

## 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.

Percentage who currently smoke tobacco (9.6 - 12.5) (17.3 - 22.6) (17.7 - 3.9) (17.	Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Percentage who currently smoke tobacco (9.6 - 12.5) (17.2 - 32.6) (17.7 - 3.3) (17.5 - 3.0)  Percentage who currently smoke tobacco daily (6.2 - 9.4) (1.1.5 - 15.5) (0.8 - 2.0)  Percentage who currently smoke tobacco daily (1.2 - 1.2) (1.1.5 - 15.5) (0.8 - 2.0)  Average age started smoking (years) (19.4 19.2 2.7  Percentage of daily smokers smoking manufactured (19.5 - 1.5) (1.8 - 2.02) (1.8 - 2.00) (1.8 - 2.5.1)  Percentage of daily smokers smoking manufactured (19.5 - 1.5) (1.8 - 2.02) (1.8 - 2.00) (1.8 - 2.5.1)  Percentage of daily smokers smoking manufactured (19.5 - 1.5) (9.5 - 9.8) (1.8 - 2.00) (1.8 - 2	Step 1 Tobacco Use			
Percentage who currently smoke tobacco daily  7.3% 13.4% (1.5-15.6) (0.8-2.0)  6.2-8.4 (11.5-15.6) (0.8-2.0)  4.2-2.7  Average age started smoking (years)  19.4 19.2 2.7  Percentage of daily smokers smoking manufactured  97.5% 97.7% 96.0%  6.32-8.8) (31.4-20.0) (18.2-25.1)  Percentage of daily smokers smoking manufactured  97.5% 97.7% 96.0%  6.32-98.8) (37.2-98.8)  6.40-4.9) (4.0-4.9) (3.3-5.0)  Step 1 Alcohol Consumption  Percentage who are lifetime abstainers  64.0% 50.2% 77.3%  64.9-53.5) (75.0-79.5)  Percentage who are past-12-month abstainers  64.0% (61.7-66.2) (46.9-53.5) (75.0-79.5)  Percentage who currently drink (drank alcohol in the past 30 days)  Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)  Step 1 Diet  Mean number of days fruit consumed in a typical week  Mean number of days ruit consumed in a typical week  Mean number of of servings of fruit consumed on average per day  Mean number of servings of vegetables consumed on 1.8 1.7 1.9  Mean number of servings of vegetables consumed on 1.8 1.7 1.9  Neweek than a servings of fruit and/or wegetables on average per day  Mean number of servings of vegetables consumed on 1.8 1.7 1.9  Neweek than a servings of fruit and/or wegetables on average per day  Mean number of servings of vegetables consumed on 1.8 1.7 1.9  Neweek than a servings of fruit and/or wegetables on average per day  Mean number of servings of vegetables consumed on 24.7% 26.5% 22.8%  Mean number of servings of vegetables consumed on 1.8 1.7 1.9  Neweek 1.7 1.9 (1.6-1.9) (1.7-2.0)  Mean number of servings of vegetables consumed on 1.8 1.7 1.9  Neweek 1.7 1.9 (1.6-1.9) (1.7-2.0)  Mean number of servings of vegetables consumed on 1.8 1.7 1.9  Neweek 1.7 1.9 (1.6-1.9) (1.7-2.0)  Mean number of servings of vegetables consumed on 1.8 1.7 1.9  Neweek 1.7 1.9 (1.6-1.9) (1.7-5.7)  Mean number of servings of vegetables on surge per day (1.7-1.9) (1.6-1.9) (1.7-2.0)  Mean number of servings of vegetables on surge per day (1.7-1.9) (1.6-1.9) (1	Danish and the comment of the con-	11.0%	19.8%	2.4%
(6,2 = 8.4)   (11.5 - 15.6)   (0.8 - 2.0)	Percentage who currently smoke tobacco	(9.6 - 12.5)	(17.3 - 22.6)	(1.7 - 3.3)
Average age started smoking (years)  Average age started smoking (years)  19.4  19.2  19.2  21.7  (18.6-2.0.2)  (18.4-2.0.0)  (18.4-2.0.0)  (18.2-25.1)  Percentage of daily smokers smoking manufactured (garettes (95.4-98.7))  (95.4-98.7)  (95.3-98.9)  (97.7-98.8)  4.4  4.4  4.4  4.2  day (by smokers of manufactured cigarettes)  (4.0-4.9)  (4.0-4.9)  (4.0-4.9)  (4.0-4.9)  (3.3-5.0)  Step 1 Alcohol Consumption  Percentage who are lifetime abstainers  (61.7-66.2)  (61.7-66.2)  (62.9-53.5)  (77.0-79.5)  Percentage who are past-12-month abstainers  (61.7-66.2)  (61.7-66.2)  (46.9-53.5)  (77.0-79.5)  (79.0-79.5)  Percentage who are past-12-month abstainers  (20.1-24.0)  (30.6-37.4)  (30.6-37.4)  (30.6-37.4)  (30.9-11.9)  Percentage who engage in heavy episodic drinking (6 or 10.2%  (30.1-24.0)  (30.6-37.4)  (30.6-37.4)  (30.8-31.9)  Step 1 Diet  3.7  (3.6-3.9)  (3.6-3.8)  Mean number of days fruit consumed in a typical week  (3.9-1.0)  Mean number of days fruit consumed in a typical week  (3.9-1.0)  Mean number of servings of fruit consumed on average per day  (1.2-1.3)  (1.2-1.4)  (1.1-1.2)  Mean number of servings of vegetables consumed in a typical week  (4.8-5.1)  Mean number of servings of vegetables consumed on 1.8  1.7  1.9  Everage per day  (4.7-5.0)  (4.9-5.2)  Mean number of servings of vegetables consumed on 1.8  1.7  1.9  Everage per day  (1.7-1.9)  (1.6-1.9)  (1.7-2.0)  Everage per day  (2.1-27.4)  (2.3-3.0.1)  (2.1-2.5.7)  Every Step 1.9  Everage per day  (2.1-27.4)  (2.3-3.0.1)  (2.1-2.5.7)  Every Step 1.9  Every St	Percentage who currently smoke tobacco daily	7.3%	13.4%	1.3%
Werage age started smoking (years)   (18.6 - 20.2)   (18.2 - 20.0)   (18.2 - 25.1)		(6.2 - 8.4)	(11.5 - 15.6)	(0.8 - 2.0)
Percentage of daily smokers smoking manufactured 97.5% 97.7% 96.0% cigarettes 97.5% 95.4 98.7) (95.3 98.9) (87.2 98.8) (87.2 - 98.2) (87.2 - 98.2) (87.2 - 98.2) (87.2 - 98.2) (87.2 - 98.2) (87.2 - 98.2) (87.2 - 98.2) (87.2 - 98.2) (98.2 - 9		19.4	19.2	21.7
cigarettes         (95.4 - 98.7)         (95.3 - 98.9)         (87.2 - 98.8)           Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)         4.4         4.4         4.4         4.2           Lady (by smokers of manufactured cigarettes)         (4.0 - 4.9)         (4.0 - 4.9)         (3.3 - 5.0)           Step 1 Alcohol Consumption           Percentage who are lifetime abstainers         64.0%         50.2%         77.3%           Percentage who are past-12-month abstainers         4.7%         4.8%         4.5%           Percentage who currently drink (drank alcohol in the past 30 days)         20.0%         33.9%         10.3%           30 days)         (8.8 - 11.9)         (15.0 - 21.0)         (2.9 - 5.1)           Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)         3.7         3.8         3.8%           Mean number of days fruit consumed in a typical week         3.6 - 3.9         3.6 - 3.9         3.6 - 3.8           Mean number of servings of fruit consumed on average per day         1.2         1.3         1.2           Mean number of servings of vegetables consumed on         1.8         1.7         1.9           Average per day         (1.7 - 1.9)         (1.6 - 1.9)         (1.7 - 2.0)	Average age started smoking (years)	(18.6 - 20.2)	(18.4 - 20.0)	(18.2 - 25.1)
Mean number of manufactured cigarettes moked per (a.0 - 4.9) (a.0 - 4.9) (a.0 - 4.9) (3.3 - 5.0)   Step 1 Alcohol Consumption  Percentage who are lifetime abstainers (64.0% 50.2% 75.0 - 79.5) (75.0	Percentage of daily smokers smoking manufactured	97.5%	97.7%	96.0%
Agy (by smokers of manufactured cigarettes)   (4.0 - 4.9)   (4.0 - 4.9)   (3.3 - 5.0)	cigarettes	(95.4 - 98.7)	(95.3 - 98.9)	(87.2 - 98.8)
Step 1 Alcohol Consumption   64.0%   50.2%   77.3%   (61.7 - 66.2)   (46.9 - 53.5)   (75.0 - 79.5)   (75.0 -	Mean number of manufactured cigarettes smoked per	4.4	4.4	4.2
Percentage who are lifetime abstainers  (64.0% (50.7~66.2) (46.9~53.5) (75.0~79.5)  Percentage who are past-12-month abstainers (3.9~5.6) (3.7~6.2) (3.5~5.8)  Percentage who currently drink (drank alcohol in the past 22.0% 33.9% 10.3%	day (by smokers of manufactured cigarettes)	(4.0 - 4.9)	(4.0 - 4.9)	(3.3 - 5.0)
Percentage who are lifetime abstainers  (61.7 - 66.2)	Step 1 Alcohol Consumption			
Col.	Percentage who are lifetime abstainers	64.0%	50.2%	77.3%
Percentage who are past-12-month abstainers  (3.9 - 5.6)  (3.7 - 6.2)  (3.5 - 5.8)  Percentage who currently drink (drank alcohol in the past 30 days)  Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)  Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)  Mean number of days fruit consumed in a typical week (8.8 - 11.9)  Mean number of servings of fruit consumed on average per day (1.2 - 1.3)  Mean number of days vegetables consumed in a typical week (4.8 - 5.1)  Mean number of days vegetables consumed in a typical week (4.8 - 5.1)  Mean number of servings of vegetables consumed on a typical week (4.8 - 5.1)  Mean number of servings of vegetables consumed on a typical week (4.8 - 5.1)  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of fruit and/or (4.8 - 5.1)  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of days vegetables consumed on 1.8  Mean number of servings of vegetables consumed on 1.8  Mean number of servings of fruit and/or (4.8 - 5.1)  Mean number of days vegetables consumed on 1.8  Mean number of days vegetables consumed on 1.8  Mean number of servings of fruit and/or (4.8 - 5.1)  Mean number of days vegetables consumed on 1.8  Mean number of servings of fruit and/or (4.8 - 5.1)  Mean number of days vegetables consumed on 1.8  Mean number of days vegetables consumed on 1.8  Mean number of days vegetables consumed on 1.8  Mean number of days vegetables consum		(61.7 - 66.2)	(46.9 - 53.5)	(75.0 - 79.5)
Percentage who currently drink (drank alcohol in the past 30 days)  Percentage who currently drink (drank alcohol in the past 30 days)  Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)  Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)  Step 1 Diet  Mean number of days fruit consumed in a typical week  Mean number of servings of fruit consumed on average  Per day  Mean number of days vegetables consumed in a typical  Mean number of days vegetables consumed in a typical  Mean number of servings of vegetables consumed on average  Per day  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of vegetables consumed on a typical  Mean number of servings of fruit and/or  Mean number of servings of f	Dercentage who are past 12 manth shateiness	4.7%	4.8%	4.5%
(20.1 - 24.0) (30.6 - 37.4) (8.9 - 11.9)	rercentage who are past-12-month abstainers	(3.9 - 5.6)	(3.7 - 6.2)	(3.5 - 5.8)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)  (8.8 - 11.9)  (15.0 - 21.0)  (2.9 - 5.1)  Step 1 Diet  Mean number of days fruit consumed in a typical week  Mean number of servings of fruit consumed on average per day  (1.2 - 1.3)  (1.2 - 1.4)  (1.1 - 1.2)  Mean number of days vegetables consumed in a typical week  (4.8 - 5.1)  Mean number of servings of vegetables consumed on a verage per day  (1.7 - 1.9)  Mean number of servings of vegetables consumed on average per day  (1.7 - 1.9)  Mean number of servings of vegetables consumed on average per day  (1.7 - 1.9)  Mean number of servings of vegetables consumed on average per day  (1.7 - 1.9)  Mean number of servings of vegetables consumed on average per day  (1.7 - 1.9)  Mean number of servings of fruit and/or vegetables on average per day  (82.7 - 86.5)  Mean number of servings of fruit and/or vegetables on average per day  (82.7 - 86.5)  Mean number of servings of fruit and/or vegetables on average per day  (82.7 - 86.5)  Mean number of servings of fruit and/or vegetables on average per day  (82.7 - 86.5)  Mean number of servings of fruit and/or vegetables on average per day  (82.7 - 86.5)  Mean number of servings of vegetables consumed on average per day  (82.7 - 86.5)  Mean number of servings of vegetables consumed on average per day  (82.7 - 86.5)  Mean number of servings of vegetables consumed in a typical  (82.7 - 86.5)  Mean number of servings of vegetables consumed in a typical  (82.7 - 86.5)  Mean number of servings of vegetables consumed in a typical  Mean number of servings of vegetables consumed in a typical  Mean number of servings of vegetables consumed in a typical  Mean number of servings of vegetables consumed in a typical  Mean number of servings of vegetables consumed in a typical  Mean number of servings of fruit and/or  Me	Percentage who currently drink (drank alcohol in the past	22.0%	33.9%	10.3%
Step 1 Diet   Step 2 Diet	30 days)	(20.1 - 24.0)	(30.6 - 37.4)	(8.9 - 11.9)
Step 1 Diet   Step 2 Diet	Percentage who engage in heavy episodic drinking (6 or	10.2%	17.8%	3.8%
Mean number of days fruit consumed in a typical week  Mean number of servings of fruit consumed on average per day  Mean number of days vegetables consumed in a typical week  Mean number of days vegetables consumed in a typical week  Mean number of days vegetables consumed in a typical week  Mean number of servings of vegetables consumed on  1.8  1.7  1.9  Mean number of servings of vegetables consumed on  1.8  1.7  1.9  Average per day  Mean number of servings of vegetables consumed on  1.8  1.7  1.9  Average per day  Mean number of servings of vegetables consumed on  1.8  1.7  1.9  Average per day  Mean number of servings of fruit and/or wegetables on average per day  Mean number of servings of fruit and/or wegetables on average per day  Mean number of servings of fruit and/or wegetables on average per day  Mean number of servings of vegetables consumed on  1.8  1.7  1.9  (1.7-1.9)  (1.6-1.9)  (1.7-2.0)  Percentage who at less than 5 servings of fruit and/or wegetables on average per day  (82.7-86.5)  (82.5-87.7)  (81.8-86.1)  Percentage who always or often at processed foods high 18.9%  18.6%  19.1%  10.6%  7.0%  14.1%  17.1-21.2)  Step 1 Physical Activity  Percentage with insufficient physical activity (defined as  10.6% (9.4-12.0)  (5.6-8.8)  10.5.0  (12.2-16.2)  Median time spent in physical activity on average per day  (minutes)  (presented with inter-quartile range)  Percentage on tengaging in vigorous activity  (51.6-56.3)  Step 1 Physical Cancer Screening  Percentage of women aged 30.49 years who have ever  65.9%  NA%  65.9%  NA%  65.9%  NA%  65.9%  NAN  66.2-69.4)  Mean body mass index, PMI (kg/m2)	more drinks on any occasion in the past 30 days)	(8.8 - 11.9)	(15.0 - 21.0)	(2.9 - 5.1)
Mean number of days fruit consumed in a typical week         (3.6 - 3.9)         (3.6 - 3.9)         (3.6 - 3.8)           Mean number of servings of fruit consumed on average per day         1.2         1.3         1.2           per day         (1.2 - 1.3)         (1.2 - 1.4)         (1.1 - 1.2)           Mean number of days vegetables consumed in a typical week         (4.8 - 5.1)         (4.7 - 5.0)         (4.9 - 5.2)           Mean number of servings of vegetables consumed on average per day         1.8         1.7         1.9           Percentage who at less than 5 servings of fruit and/or vegetables on average per day         (8.7 - 8.6.5)         (8.2.5 - 87.7)         (81.8 - 86.1)           Percentage who at less than 5 servings of fruit and/or vegetables on average per day         (82.7 - 86.5)         (82.5 - 87.7)         (81.8 - 86.1)           Percentage who always or often add salt or salty sauce to their food before eating or as they are eating         (22.1 - 27.4)         (23.3 - 30.1)         (20.1 - 25.7)           Percentage who always or often eat processed foods high in salt         18.9%         18.9%         18.6%         19.1%           In salt         (17.5 - 20.4)         (16.2 - 21.4)         (17.1 - 21.2)         (17.1 - 21.2)           Step 1 Physical Activity         10.6%         7.0%         14.1%         (17.2 - 16.2)           Median time spent in physic	Step 1 Diet			
(3.6 - 3.9)   (3.6 - 3.8)	Many number of days finite agreement in a typical work	3.7	3.8	3.7
Percentage who always or often eat processed foods high in salt   (1.2 - 1.4)   (1.1 - 1.2)		(3.6 - 3.9)	(3.6 - 3.9)	(3.6 - 3.8)
Mean number of days vegetables consumed in a typical week	Mean number of servings of fruit consumed on average	1.2	1.3	1.2
Week   (4.8-5.1) (4.7-5.0) (4.9-5.2)   Wean number of servings of vegetables consumed on   1.8   1.7   1.9   (1.7-2.0)     Percentage who at less than 5 servings of fruit and/or vegetables on average per day   (82.7-86.5)   (82.5-87.7)   (81.8-86.1)   Percentage who always or often add salt or salty sauce to their food before eating or as they are eating   (22.1-27.4)   (23.3-30.1)   (20.1-25.7)   Percentage who always or often eat processed foods high in salt   (17.5-20.4)   (16.2-21.4)   (17.1-21.2)   (17.1-21.	per day	(1.2 - 1.3)	(1.2 - 1.4)	(1.1 - 1.2)
Mean number of servings of vegetables consumed on average per day   (1.7 - 1.9)   (1.6 - 1.9)   (1.7 - 2.0)     Percentage who ate less than 5 servings of fruit and/or vegetables on average per day   (82.7 - 86.5)   (82.5 - 87.7)   (81.8 - 86.1)     Percentage who always or often add salt or salty sauce to their food before eating or as they are eating   (22.1 - 27.4)   (23.3 - 30.1)   (20.1 - 25.7)     Percentage who always or often eat processed foods high in salt   (17.5 - 20.4)   (16.2 - 21.4)   (17.1 - 21.2)     Step 1 Physical Activity     Percentage with insufficient physical activity (defined as < 10.6% (9.4 - 12.0)   (5.6 - 8.8)   (12.2 - 16.2)     Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)   (60.0 - 330.0)   (96.4 - 428.6)   (42.9 - 235.7)     Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer   (62.2 - 69.4)   (NA - NA)   (62.2 - 69.4)     Mean body mass index - RMII (kg/m2)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)   (26.5)   (24.4)   (28.7)     Mean body mass index - RMII (kg/m2)   (26.5)	Mean number of days vegetables consumed in a typical	5.0	4.8	5.1
(1.7 - 1.9)   (1.6 - 1.9)   (1.7 - 2.0)	week	(4.8 - 5.1)	(4.7 - 5.0)	(4.9 - 5.2)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day  Percentage who always or often add salt or salty sauce to their food before eating or as they are eating  Percentage who always or often eat processed foods high in salt  Percentage who always or often eat processed foods high in salt  Step 1 Physical Activity  Percentage with insufficient physical activity (defined as 10.6% acquivalent)*  Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)  Percentage not engaging in vigorous activity  Step 1 Cervical Cancer Screening  Percentage of women aged 30-49 years who have ever (62.2 - 69.4)  Mean body mass index a RMI (kg/m²)	Mean number of servings of vegetables consumed on	1.8	1.7	1.9
Regetables on average per day   Regetables on average per da	average per day	(1.7 - 1.9)	(1.6 - 1.9)	(1.7 - 2.0)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating (22.1 - 27.4) (23.3 - 30.1) (20.1 - 25.7)  Percentage who always or often eat processed foods high in salt (17.5 - 20.4) (16.2 - 21.4) (17.1 - 21.2)  Step 1 Physical Activity  Percentage with insufficient physical activity (defined as < 10.6% (9.4 - 12.0) (5.6 - 8.8) (12.2 - 16.2)  Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range) (60.0 - 330.0) (96.4 - 428.6) (42.9 - 235.7)  Percentage not engaging in vigorous activity (51.6 - 56.3) (29.7 - 36.0) (71.5 - 76.9)  Step 1 Cervical Cancer Screening  Percentage of women aged 30-49 years who have ever (62.2 - 69.4) (NA - NA) (62.2 - 69.4)  Step 2 Physical Measurements  Mean body mass index - BMI (kg/m2) (26.5) (24.4) (28.7)	Percentage who ate less than 5 servings of fruit and/or	84.7%	85.3%	84.1%
their food before eating or as they are eating  (22.1 - 27.4)  (23.3 - 30.1)  (20.1 - 25.7)  Percentage who always or often eat processed foods high in salt  (17.5 - 20.4)  (16.2 - 21.4)  (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)*  Median time spent in physical activity on average per day (minutes)  (presented with inter-quartile range)  Percentage not engaging in vigorous activity  Step 1 Cervical Cancer Screening  Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer  Mean body mass index a RMI (kg/m²)  Mean body mass index a RMI (kg/m²)  Percentage of womens aged 30-49 RMI (kg/m²)  Mean body mass index a RMI (kg/m²)  (22.1 - 27.4)  (23.3 - 30.1)  (20.1 - 25.7)  (18.9%  19.1%  (10.6.2 - 21.4)  (17.1 - 21.2)  10.6%  (10.6.2 - 21.4)	vegetables on average per day	(82.7 - 86.5)	(82.5 - 87.7)	(81.8 - 86.1)
Percentage who always or often eat processed foods high in salt  18.9% (17.5 - 20.4) (16.2 - 21.4) (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)*  Median time spent in physical activity on average per day (minutes) (60.0 - 330.0) (96.4 - 428.6) (17.5 - 76.9)  Percentage not engaging in vigorous activity  Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer  Mean body mass index - BMI (kg/m²)  Percentage of womes agen activity activity on the same activity (18.9% (17.5 - 20.4) (16.2 - 21.4) (17.1 - 21.2) (17.1 - 21.2)  10.6% (10.6 - 21.4) (16.2 - 21.4) (17.1 - 21.2)  10.6% (10.6 - 21.4) (16.2 - 21.4) (17.1 - 21.2)  10.6% (10.6 - 21.4) (16.2 - 21.4) (17.1 - 21.2)  10.6% (10.6 - 21.4) (16.2 - 21.4) (17.1 - 21.2)  10.6% (10.6 - 21.4) (16.2 - 21.4) (16.2 - 16.2)  10.6% (10.6 - 21.4) (16.2 - 21.4) (17.1 - 21.2)  10.6% (10.6 - 21.4) (10.6 - 21.	Percentage who always or often add salt or salty sauce to	24.7%	26.6%	22.8%
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)   10.6% (12.2 - 16.2)   10.5.0 (12.2 - 16.2)   10.5	their food before eating or as they are eating	(22.1 - 27.4)	(23.3 - 30.1)	(20.1 - 25.7)
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*  Median time spent in physical activity on average per day (minutes) (60.0 - 330.0) (96.4 - 428.6) (12.2 - 16.2)  Percentage not engaging in vigorous activity  Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer  Mean body mass index - BMI /(rg/m²)  10.6% (9.4 - 12.0) (5.6 - 8.8) (12.2 - 16.2)  105.0 (222.9 (105.0 (42.9 - 235.7)  105.0 (96.4 - 428.6) (42.9 - 235.7)  105.0 (227.9 (22.9 (42.9 - 235.7)  105.0 (227.9 (42.9 - 235.7)  105.0 (227.9 (42.9 - 235.7)  105.0 (60.0 - 330.0) (96.4 - 428.6) (42.9 - 235.7)  105.0 (60.0 - 330.0) (96.4 - 428.6) (42.9 - 235.7)  105.0 (60.0 - 330.0) (96.4 - 428.6) (42.9 - 235.7)  105.0 (60.0 - 330.0) (96.4 - 428.6) (42.9 - 235.7)  105.0 (60.0 - 330.0) (96.4 - 428.6) (42.9 - 235.7)  105.0 (60.0 - 330.0) (96.4 - 428.6) (42.9 - 235.7)  105.0 (60.0 - 330.0) (96.4 - 428.6) (42.9 - 235.7)	Percentage who always or often eat processed foods high	18.9%	18.6%	19.1%
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*  Median time spent in physical activity on average per day (minutes)  (presented with inter-quartile range)  Percentage not engaging in vigorous activity  Step 1 Cervical Cancer Screening  Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer  Mean body mass index - BMI (kg/m²)  Mean body mass index - BMI (kg/m²)  10.6%  (9.4 - 12.0)  150.0  (96.4 - 12.0)  222.9  105.0  (96.4 - 428.6)  (12.2 - 16.2)  105.0  (12.2 - 16.2)  105.0  (12.2 - 16.2)  105.0  (12.3 - 16.2)  105.0  (12.4 - 12.0)  105.0  (12.5 - 16.2)  105.0  (12.7 - 36.0)  (12.8 - 16.2)  105.0  (12.9 - 235.7)  105.0  (12.9 - 2	in salt	(17.5 - 20.4)	(16.2 - 21.4)	(17.1 - 21.2)
< 150 minutes of moderate-intensity activity per week, or equivalent)* Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range) Percentage not engaging in vigorous activity Step 1 Cervical Cancer Screening Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer (62.2 - 69.4) Mean body mass index - RML (kg/m²) (10.6% (9.4 - 12.0) (10.6% (12.2 - 16.2) (105.0 (42.9 - 235.7) (42.9 - 235.7) (42.9 - 235.7) (42.9 - 235.7) (51.6 - 56.3) (29.7 - 36.0) (71.5 - 76.9) NA% (62.2 - 69.4) (NA - NA) (62.2 - 69.4) (62.2 - 69.4) Step 2 Physical Measurements Mean body mass index - RML (kg/m²) 26.5 24.4 28.7	Step 1 Physical Activity			
(9.4 - 12.0)   (5.6 - 8.8)   (12.2 - 16.2)	Percentage with insufficient physical activity (defined as	10.60/	7.00/	14.10/
Median time spent in physical activity on average per day (minutes) (60.0 - 330.0) (96.4 - 428.6) (42.9 - 235.7) (96.5 - 56.3) (29.7 - 36.0) (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 (62.2 - 69.4) (NA - NA) (62.2 - 69.4)  Step 2 Physical Measurements  Mean body mass index - RMI (kg/m²) (20.7 - 36.0) (29.7 -	150 minutes of moderate-intensity activity per week, or			
(minutes) (presented with inter-quartile range)  Percentage not engaging in vigorous activity  Step 1 Cervical Cancer Screening  Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer  (62.2 - 69.4)  Mean body mass index - RMI (kg/m²)  105.0 (60.0 - 330.0) (96.4 - 428.6) (96.4 - 428.6) (42.9 - 235.7) (42.9 - 235.7)  (42.9 - 235.7)  74.3% (71.5 - 76.9)  Step 1 Cervical Cancer Screening (71.5 - 76.9)  NA% (62.2 - 69.4) (NA - NA) (62.2 - 69.4)  Step 2 Physical Measurements  Mean body mass index - RMI (kg/m²)	equivalent)*	(9.4 - 12.0)	(5.6 - 8.8)	(12.2 - 16.2)
(minutes)       (60.0 - 330.0)       (96.4 - 428.6)       (42.9 - 235.7)         (presented with inter-quartile range)       54.0%       32.8%       74.3%         Percentage not engaging in vigorous activity       (51.6 - 56.3)       (29.7 - 36.0)       (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%       NA%       65.9%         had a screening test for cervical cancer       (62.2 - 69.4)       (NA - NA)       (62.2 - 69.4)         Step 2 Physical Measurements       26.5       24.4       28.7	Median time spent in physical activity on average per day	150.0	222.0	105.0
Step 1 Cervical Cancer Screening	(minutes)			
Percentage not engaging in vigorous activity (51.6 - 56.3) (29.7 - 36.0) (71.5 - 76.9)  Step 1 Cervical Cancer Screening  Percentage of women aged 30-49 years who have ever (65.9% NA% 65.9% had a screening test for cervical cancer (62.2 - 69.4) (NA - NA) (62.2 - 69.4)  Step 2 Physical Measurements  Mean body mass index - RMI (kg/m²) 26.5 24.4 28.7	(presented with inter-quartile range)	(00.0 - 330.0)	(30.4 - 420.0)	(42.3 - 233.1)
(51.6 - 56.3)   (29.7 - 36.0)   (71.5 - 76.9)	Percentage not engaging in vigorous activity	54.0%	32.8%	74.3%
Percentage of women aged 30-49 years who have ever 65.9% NA% 65.9% had a screening test for cervical cancer (62.2 - 69.4) (NA - NA) (62.2 - 69.4)  Step 2 Physical Measurements  Mean body mass index - RMI (kg/m²) 26.5 24.4 28.7		(51.6 - 56.3)	(29.7 - 36.0)	(71.5 - 76.9)
had a screening test for cervical cancer (62.2 - 69.4) (NA - NA) (62.2 - 69.4)  Step 2 Physical Measurements  Mean body mass index - RMI (kg/m²) 26.5 24.4 28.7	Step 1 Cervical Cancer Screening			
Step 2 Physical Measurements         26.5         24.4         28.7	Percentage of women aged 30-49 years who have ever	65.9%	NA%	65.9%
Mean body mass index - RMI (kg/m²) 26.5 24.4 28.7	had a screening test for cervical cancer	(62.2 - 69.4)	(NA - NA)	(62.2 - 69.4)
Mean hody mass index = RMI (kg/m²)	Step 2 Physical Measurements			
(26.3 - 26.8) (24.0 - 24.8) (28.3 - 29.1)	Mean body mass index - BMI (kg/m2)	26.5	24.4	28.7
		(26.3 - 26.8)	(24.0 - 24.8)	(28.3 - 29.1)

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Percentage who are evenueight (PMI > 25 kg/m2)	51.6%	37.2%	66.2%
Percentage who are overweight (BMI ≥ 25 kg/m2)	(49.5 - 53.7)	(33.9 - 40.6)	(63.6 - 68.7)
Percentage who are obese (BMI ≥ 30 kg/m2)	24.7%	12.1%	37.5%
	(23.2 - 26.3)	(10.2 - 14.2)	(35.0 - 40.0)
A	84.7	81.6	87.9
Average waist circumference (cm)	(84.1 - 85.4)	(80.6 - 82.5)	(87.1 - 88.8)
Mean systolic blood pressure - SBP (mmHg), including	120.5	122.9	118.2
those currently on medication for raised BP	(119.8 - 121.2)	(121.8 - 123.9)	(117.3 - 119.0)
Mean diastolic blood pressure - DBP (mmHg), including	79.1	79.8	78.4
those currently on medication for raised BP	(78.6 - 79.6)	(79.0 - 80.6)	(77.8 - 78.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90	21.7%	21.4%	21.9%
mmHg or currently on medication for raised BP)	(19.9 - 23.5)	(18.9 - 24.2)	(19.9 - 24.0)
	28.6%	16.8%	39.8%
Percentage with raised BP on medication	(25.4 - 32.1)	(13.1 - 21.5)	(35.3 - 44.4)
	13.9%	6.9%	20.6%
Percentage with raised BP controlled	(11.6 - 16.5)	(4.5 - 10.3)	(17.1 - 24.6)
Step 3 Biochemical Measurements	(11.0 10.5)	(4.5 10.5)	(17.1 24.0)
Mean fasting blood glucose, including those currently on			
medication for raised blood glucose [choose accordingly:	4.6	4.5	4.8
mmol/L or mg/dl]	(4.6 - 4.7)	(4.4 - 4.5)	(4.7 - 4.9)
Percentage with impaired fasting blood glucose (FBG) as			
defined below			
	2.00/	2.00/	4.00/
• plasma venous value ≥6.1 mmol/L (110 mg/dl)	3.8%	2.8%	4.8%
and <7.0 mmol/L (126 mg/dl)	(3.1 - 4.6)	(2.0 - 3.9)	(3.7 - 6.2)
• capillary whole blood value ≥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	3.7%	3.1%	4.3%
• plasma venous value ≥ 7.0 mmol/L (126 mg/dl)	(3.0 - 4.6)	(2.3 - 4.3)	(3.4 - 5.5)
capillary whole blood value ≥ 6.1 mmol/L (110	, ,	, ,	, ,
mg/dl)	47.00/	50.00/	44.00/
Percentage with raised FBG diagnosed	47.8%	52.8%	44.2%
	(37.9 - 57.8)	(36.9 - 68.1)	(32.8 - 56.2)
Percentage with raised FBG on medication	40.4%	41.6%	39.5%
	(31.3 - 50.2)	(27.5 - 57.2)	(29.1 - 51.0)
Mean total blood cholesterol, including those currently	3.2	3.0	3.3
on medication for raised cholesterol [choose accordingly:	(3.2 - 3.2)	(3.0 - 3.1)	(3.3 - 3.4)
mmol/L or mg/dl]	(0.2 0.2)	(6.6 6.2)	(8.6 8.1)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or	2.9%	2.3%	3.6%
≥ 190 mg/dl or currently on medication for raised	(2.2 - 3.9)	(1.2 - 4.3)	(2.8 - 4.6)
cholesterol)	(2.2 - 3.3)	(1.2 - 4.3)	(2.0 - 4.0)
Cardiovascular disease risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥	14.1%	9.5%	18.2%
20%, or with existing CVD**	(12.1 - 16.3)	(7.3 - 12.3)	(15.3 - 21.4)
Summary of Combined Risk Factors			
D	4.2%	5.2%	3.3%
Percentage with none of the above risk factors	(3.3 - 5.4)	(3.6 - 7.3)	(2.4 - 4.4)
Percentage with three or more of the above risk factors,	12.9%	11.2%	14.7%
aged 18 to 44 years	(11.1 - 15.0)	(8.7 - 14.2)	(12.4 - 17.3)
Percentage with three or more of the above risk factors,	36.8%	32.2%	40.4%
aged 45 to 69 years	(33.0 - 40.8)	(26.8 - 38.2)	(36.1 - 45.0)
Percentage with three or more of the above risk factors,	18.3%	15.4%	21.1%
aged 18 to 69 years	(16.7 - 20.0)	(13.2 - 18.0)	(18.9 - 23.4)
abea 10 to 00 years	(10.1 20.0)	(13.2 10.0)	(10.3 23.7)

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

## For additional information, please contact:

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<sup>\*\*</sup> 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.