



Samoa STEPS Survey 2013

Fact Sheet

The STEPS survey of chronic disease risk factors in Samoa was carried out from April 2013 to May 2013. Samoa 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 was a population-based survey of adults aged 18-64. A multi-stage, cluster sample design was used to produce representative data for that age range in Samoa. A total of 1766 adults participated in the survey. The overall response rate was 64%.

Results for adults aged 18-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	25.6% (21.3-30.0)	36.5% (31.5-41.4)	13.7% (9.4-17.9)
Percentage who currently smoke tobacco daily	23.3% (19.5-27.1)	33.4% (28.3-38.4)	12.2% (8.2-16.3)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	20.8 (19.6-22.0)	20.3 (19.0-21.6)	22.3 (20.7-23.8)
Percentage of daily smokers smoking manufactured cigarettes	91.1% (86.2-96.0)	89.3% (82.0-96.6)	96.6% (89.0-100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	9.4 (8.4-10.3)	9.2 (8.5-10.0)	9.8 (6.9-12.7)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	76.6% (73.0-80.2)	63.3% (59.0-67.7)	91.2% (86.8-95.6)
Percentage who are past 12 month abstainers	5.2% (2.9-7.6)	7.8% (4.3-11.2)	2.5% (0.4-4.6)
Percentage who currently drink (drank alcohol in the past 30 days)	10.9% (7.8-14.0)	18.8% (13.4-24.2)	2.2% (0.0-4.4)
Percentage who engage in heavy episodic drinking (men who had 5 or more / women who had 4 or more drinks on any day in the past 30 days)	--	17.7% (12.7-22.7)	2.0% (0.0-4.1)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	3.1 (2.9-3.3)	3.1 (2.9-3.4)	3.1 (2.8-3.4)
Mean number of servings of fruit consumed on average per day	0.8 (0.8-0.9)	0.8 (0.7-0.9)	0.9 (0.8-1.0)
Mean number of days vegetables consumed	4.5 (4.2-4.8)	4.4 (4.2-4.7)	4.5 (4.1-4.8)
Mean number of servings of vegetables consumed on average per day	1.3 (1.2-1.4)	1.3 (1.2-1.4)	1.3 (1.2-1.5)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	91.6% (88.9-94.3)	91.6% (88.0-95.3)	91.6% (89.3-93.9)
Step 1 Salt and Iodine Intake (n = 301 urine sample for salt, n =148 for iodine UIE mcg/L)			
Mean Salt Intake	7.0 (6.4-7.6)	7.6 (6.8-8.3)	6.4 (5.8-7.0)
Median UIE (mcg/L) (presented with inter-quartile range)	-	-	88.5 (54.5-123.0)
Step 1 Physical Activity			
Percentage with low levels of activity (defined as < 600 MET-minutes per week)*	19.9% (16.7-23.0)	13.8% (10.4-17.1)	26.5% (22.3-30.8)
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*	62.2% (57.8-66.6)	73.8% (69.1-78.4)	49.5% (43.6-55.4)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	119.3 (42.9-227.1)	154.3 (72.9-282.9)	85.7 (27.1-162.9)
Percentage not engaging in vigorous activity	42.9% (38.8-47.1)	29.1% (24.5-33.7)	58.0% (54.3-61.7)



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Results for adults aged 18-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	32.1 (31.5-32.6)	30.3 (29.5-31.0)	34.1 (33.4-34.8)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	84.7% (81.2-88.3)	79.8% (72.6-87.0)	90.4% (88.4-92.4)
Percentage who are obese (BMI ≥ 30 kg/m ²)	55.8% (53.0-58.7)	44.8% (40.1-49.4)	68.6% (65.5-71.6)
Average waist circumference (cm)	--	97.8 (95.8-99.8)	103.0 (54.3-61.7)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	124.5 (122.7-126.3)	127.7 (126.2-129.3)	120.9 (118.7-123.1)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	75.1 (73.4-76.7)	74.8 (72.9-76.7)	75.3 (73.9-76.8)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	24.5% (18.2-30.8)	26.0% (19.2-32.8)	22.9% (16.1-29.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	66.0% (51.4-80.6)	72.9% (59.3-86.6)	57.2% (40.3-74.1)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	6.5 (6.5-6.6)	6.5 (6.4-6.6)	6.6 (6.4-6.7)
Percentage with impaired fasting glycaemia as defined below • plasma venous equivalent value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl)	25.0% (19.8-30.1)	27.4% (22.0-32.8)	22.4% (17.5-27.3)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous equivalent value ≥ 7.0 mmol/L (126 mg/dl)	20.9% (18.0-23.8)	21.0% (16.2-25.8)	20.7% (16.8-24.7)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	4.3 (4.3-4.4)	4.3 (4.2-4.3)	4.4 (4.3-4.4)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	16.4% (13.5-19.2)	13.7% (9.3-18.1)	19.3% (16.9-21.6)
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day low level of activity 		<ul style="list-style-type: none"> 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	0.4% (0.0-0.9)	0.2% (0.0-0.8)	0.6% (0.0-1.6)
Percentage with three or more of the above risk factors, aged 25 to 44 years	44.9% (40.3-49.4)	46.5% (39.0-54.0)	43.0% (36.7-49.3)
Percentage with three or more of the above risk factors, aged 45 to 64 years	59.0% (48.5-69.5)	59.4% (47.3-71.6)	58.5% (47.2-69.9)
Percentage with three or more of the above risk factors, aged 25 to 64 years	50.1% (43.9-56.4)	51.4% (43.0-59.8)	48.8% (44.1-53.4)

**For additional information, please contact:
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