



Uzbekistan STEPS Survey 2014

FACT SHEET

In Uzbekistan, the WHO STEPS survey on NCD risk factors was carried out from January 2014 to April 2014. Field work to collect data was conducted from January 22 to April 5, 2014. Data collection contained three phases (steps). Socio-demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight, blood pressure, pulse rate were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. It was a population-based survey of adults aged 18-64. A multi-stage cluster sampling design was used to produce representative data for three age groups: 18-29, 30-44, 45-64. A total of 4350 adults participated in the survey. The overall response rate made 88,1%. Recurrent STEPS survey is planned for 2018.

Results for adults aged 18-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	14.4% (12.3-16.4)	26.8% (23.0-30.5)	1.4% (0.7 – 2.0)
Percentage who currently smoke tobacco daily	9.0% (7.5-10.4)	16.6% (14.0-19.2)	0.9% (0.3-1.5)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	20.1 (19.3-20.8)	20.0 (19.2-20.8)	21.4 (17.0-25.9)
Percentage of daily smokers smoking manufactured cigarettes	90.2% (84.8-95.6)	89.8% (84.1-95.4)	98.6% (95.5-100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	8.4 (7.3-9.5)	8.5 (7.3-9.7)	7.2 (4.7-9.8)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	66.6% (63.9-69.3)	50.0% (45.5-54.4)	84.3% (81.5-87.1)
Percentage who are past 12 month abstainers	7.0% (5.8-8.1)	8.3% (6.7-10.0)	5.5% (4.0-6.9)
Percentage who currently drink (drank alcohol in the past 30 days)	18.6% (16.8-20.4)	30.7% (27.4-34.0)	5.7% (4.3-7.1)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	6.1% (4.8-7.3)	11.4% (9.0-13.8)	0.4% (0.1-0.6)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	4.5 (4.3-4.6)	4.3 (4.1-4.4)	4.7 (4.5-4.9)
Mean number of servings of fruit consumed on average per day	1.7 (1.6-1.8)	1.6 (1.4-1.7)	1.8 (1.7-1.9)
Mean number of days vegetables consumed	6.2 (6.1-6.3)	6.2 (6.1-6.3)	6.2 (6.1-6.4)
Mean number of servings of vegetables consumed on average per day	2.9 (2.6-3.1)	2.9 (2.6-3.2)	2.9 (2.6-3.2)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	67.2% (62.9-71.6)	68.5% (63.6-73.4)	65.9% (61.3-70.5)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	16.4% (13.6-19.1)	10.6% (7.9-13.3)	22.5% (18.9-26.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	128.6 (51.4-278.6)	188.6 (75.7-377.1)	92.1 (25.7-185.7)
Percentage not engaging in vigorous activity	60.9% (57.9-64.0)	40.5% (36.4-44.6)	82.8% (80.4-85.3)
Step 1 Cervical Cancer Screening / Скрининг на рак шейки матки			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer	–	–	14.0% (10.9-17.2)

* For complete definitions of insufficient physical activity, refer to the GPAQ Analysis Guide (<http://www.who.int/chp/steps/GPAQ/en/index.html>) or to the WHO Global recommendations on physical activity for health (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html)



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Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	26.0 (25.7-26.3)	25.5 (25.1-25.8)	26.6 (26.2-27.0)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	50.1% (47.5-52.6)	47.7% (44.3-51.1)	52.7% (49.7-55.7)
Percentage who are obese (BMI ≥ 30 kg/m ²)	20.2% (18.2-22.2)	15.7% (13.2-18.1)	25.4% (22.9-27.9)
Average waist circumference (cm)	-	89.1 (88.2-89.9)	85.5 (84.7-86.3)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	127.1 (126.1-128.1)	130.1 (128.8-131.5)	123.9 (122.5-125.3)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	81.0 (80.4-81.6)	83.0 (82.1-83.8)	78.9 (78.1-79.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	30.8% (28.3-33.2)	33.9% (30.4-37.4)	27.5% (24.7-30.2)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose, mmol/L	5.0 (4.9-5.1)	5.0 (4.9-5.1)	5.0 (4.9-5.1)
Percentage with impaired fasting glycaemia as defined as capillary whole blood value ≥5.6 mmol/L and <6.1 mmol/L	8.4% (7.0-9.7)	7.3% (5.6-9.1)	9.5% (7.7-11.3)
Percentage with raised fasting blood glucose as defined as (capillary whole blood value ≥ 6.1 mmol/L) or currently on medication for raised blood glucose	9.1% (7.8-10.4)	9.0% (7.1-10.9)	9.2% (7.7-10.7)
Mean total blood cholesterol, including those currently on medication for raised cholesterol, mmol/L	4.8 (4.7-4.8)	4.6 (4.5-4.7)	4.9 (4.9-5.0)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	46.3% (42.4-50.1)	40% (34.8-45.2)	52.9% (49.0-56.8)
Cardiovascular disease (CVD) risk			
Percentage aged 40-64 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	20.2% (16.8-23.6)	16.6% (12.9-20.3)	23.7% (18.9-28.4)
Summary of combined risk factors			
- 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	10.9% (9.1 – 12.8)	11.0% (8.6 – 13.3)	10.9% (8.6 – 13.2)
Percentage with three or more of the above risk factors, aged 18 to 44 years	14.6% (12.4 – 16.8)	16.2% (13.5 – 18.9)	12.6% (10.2 – 15.0)
Percentage with three or more of the above risk factors, aged 45 to 64 years	44.6% (40.2 – 49.0)	48.2% (41.7 – 54.6)	41.2% (36.0 – 46.4)
Percentage with three or more of the above risk factors, aged 18 to 64 years	22.6% (20.3 – 25.0)	24.0% (21.0 – 27.1)	21.0% (18.3 – 23.7)

** A 10-year CVD risk of ≥30% is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed or a capillary whole blood value ≥ 6.1 mmol/L)

**For additional information, please contact: Health System Improvement Project (Health-3) CPIB,
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