



# Niue STEPS Survey 2011

## Fact Sheet

The STEPS survey of chronic disease risk factors in Niue was carried out from December 2011 to January 2012. Niue 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 in Niue was a population-based survey of participants aged 15 and above. A census survey was done in Niue. A total of 916 adults participated in the Niue STEPS survey. The overall response rate was 85.8%.

Results for adults aged 15 years and above	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	17.7%	22.6%	13.0%
Percentage who currently smoke tobacco daily	11.6%	15.8%	7.6%
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	19.3	17.7	22.4
Percentage of daily smokers smoking manufactured cigarettes	92.4%	92.4%	92.3%
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	11.4	12.7	9.0
<b>Step 1 Alcohol Consumption</b>			
Percentage who are lifetime abstainers	19.5%	9.5%	29.0%
Percentage who are past 12 month abstainers	19.0%	19.6%	18.6%
Percentage who currently drink (drank alcohol in the past 30 days)	49.3%	60.2%	39.1%
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)	--	54.9%	31.3%
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	3.3	2.9	3.6
Mean number of servings of fruit consumed on average per day	1.1	1.0	1.2
Mean number of days vegetables consumed	3.8	3.4	4.1
Mean number of servings of vegetables consumed on average per day	0.9	0.8	1.0
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	92.9%	94.0%	91.9%
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as < 600 MET-minutes per week)*	17.1%	16.8%	17.4%
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*	67.8%	73.1%	62.7%
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	171.4	180.0	167.1
Percentage not engaging in vigorous activity	45.3%	25.7%	63.8%

\* For complete definitions of low and high levels of physical activity, other conditions are specified in the GPAQ Analysis Guide, available at: <http://www.who.int/chp/steps/GPAQ/en/index.html>



# Niue STEPS Survey 2011

## Fact Sheet

Results for adults aged 15 years and above	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	31.8	31.1	32.5
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	85.9%	85.0%	86.8%
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	61.0%	59.2%	62.7%
Average waist circumference (cm)	--	98.9	96.6
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	129.4	132.0	127.0
Mean diastolic blood pressure - DBP (mmHg) , including those currently on medication for raised BP	75.5	76.6	74.5
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	33.5%	33.1%	33.8%
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are <b>not</b> currently on medication for raised BP	43.1%	50.0%	36.8%
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose: mmol/L	6.4	6.4	6.4
Percentage with impaired fasting glycaemia as defined below • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	36.5%	34.9%	37.9%
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	38.4%	42.1%	34.9%
Mean total blood cholesterol, including those currently on medication for raised cholesterol mmol/L	4.6	4.6	4.6
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	34.8%	33.7%	36.0%
<b>Summary of combined risk factors</b>			
<ul style="list-style-type: none"> <li>• current daily smokers</li> <li>• less than 5 servings of fruits &amp; vegetables per day</li> <li>• low level of activity</li> </ul>	<ul style="list-style-type: none"> <li>• overweight (BMI ≥ 25 kg/m<sup>2</sup>)</li> <li>• raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)</li> </ul>		
Percentage with none of the above risk factors	0.2%	0.2%	0.2%
Percentage with three or more of the above risk factors, aged 15 to 44 years	27.9%	32.6%	22.6%
Percentage with three or more of the above risk factors, aged 45 years and above	60.0%	62.2%	58.1%
Percentage with three or more of the above risk factors, aged 15 years and above	43.8%	46.2%	41.4%