



Zambia STEPS Survey 2017

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Zambia was carried out from July to September 2017. Zambia 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 survey was a population-based survey of adults aged 18-69. A multi-stage cluster sample design was used to produce representative data for that age range in Zambia. A total of 4,302 adults participated in the survey. The overall response rate was 74% for Step 1 and 2 and 65% for Step 3. A repeat survey is planned for 2022 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	12.3% (10.9 – 13.6)	23.0% (20.4 – 25.5)	2.0% (1.4 – 2.6)
Percentage who currently smoke tobacco daily	9.0% (7.9 – 10.2)	17.1% (15.0 – 19.3)	1.3% (0.8 – 1.8)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	15.7 (14.2 – 17.2)	15.8 (14.3 – 17.3)	*
Percentage of daily smokers smoking manufactured cigarettes	80.4% (75.1 – 85.6)	82.8% (77.8 – 87.6)	*
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	4.2 (3.5 – 4.9)	4.4 (3.7 – 5.1)	*
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	63.6% (61.2 – 66.0)	52.1% (48.7 – 55.4)	74.7% (72.1 – 77.4)
Percentage who are past 12 month abstainers	9.6% (8.0 – 11.1)	10.7% (8.2 – 13.1)	8.5% (7.0 – 10.1)
Percentage who currently drink (drank alcohol in the past 30 days)	21.7% (20.0 – 23.4)	32.0% (29.2 – 34.9)	11.8% (10.3 – 13.4)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	10.9% (9.5 – 12.2)	16.8% (14.5 – 19.1)	5.1% (4.1 – 6.2)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	2.1 (1.9 - 2.2)	2.0 (1.9 - 2.2)	2.1 (1.9 - 2.2)
Mean number of servings of fruit consumed on average per day	0.7 (0.6 - 0.8)	0.7 (0.6 - 0.8)	0.7 (0.6 - 0.7)
Mean number of days vegetables consumed in a typical week	6.3 (6.2-6.3)	6.1 (6.0-6.2)	6.4 (6.3-6.5)
Mean number of servings of vegetables consumed on average per day	2.1 (2.0-2.3)	2.1 (2.0-2.3)	2.1 (2.0-2.3)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	90.4% (88.6-92.2)	90.0% (87.7-92.2)	90.8% (88.7-92.8)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	39.8% (37.0-42.5)	41.9% (38.4-45.4)	37.8% (34.7-40.8)
Percentage who always or often eat processed foods high in salt	6.0% (4.9-7.0)	5.2% (3.8-6.6)	6.8% (5.2-8.3)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	10.4% (9.0 – 11.9)	5.7% (4.3 – 7.0)	15.1% (12.9 – 17.4)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	188.6 (71.4 – 375.4)	248.6 (107.1 – 437.1)	137.1 (51.4 -316.4)
Percentage not engaging in vigorous activity	34.7% (31.9 – 37.4)	23.9% (20.4 – 27.4)	45.5% (42.0 - 49.0)

* 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 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			21.1% (17.6 - 24.6)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	23.2 (23.0 - 23.5)	22.5 (22.3 - 22.7)	24.0 (23.8 - 24.3)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	24.2% (22.3 - 26.1)	16.2% (13.8 - 18.5)	32.5% (30.0 - 35.0)
Percentage who are obese (BMI ≥ 30 kg/m ²)	7.5% (6.4 - 8.7)	3.0% (1.9 - 4.0)	12.3% (10.5 - 14.1)
Average waist circumference (cm)		78.8 (78.2 - 79.4)	80.7 (80.0 - 81.3)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	124.4 (123.8 - 125.1)	127.0 (126.0 - 128.0)	122.0 (121.2 - 122.7)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	76.8 (76.3 - 77.3)	77.3 (76.5 - 78.1)	76.3 (75.7 - 76.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	19.1% (17.5 - 20.6)	20.5% (18.1 - 23.0)	17.6% (15.8 - 19.4)
Among those with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg), the percentage who are not currently on medication for raised BP	84.6% (81.5 - 87.6)	91.0% (86.8 - 95.3)	77.3% (72.6 - 82.0)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	4.7 (4.6-4.8)	4.6 (4.5 - 4.7)	4.9 (4.8- 5.0)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	8.9% (7.7-10.1)	7.6% (5.9 -9.3)	10.2% (8.7-11.2)
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)	6.2% (5.2- 7.4)	6.0% (4.3- 7.6)	6.4% (5.2- 7.7)
Mean total blood cholesterol, including those currently on medication for raised cholesterol mmol/L	3.4 (3.3-3.4)	3.2 (3.1- 3.2)	3.6 (3.5- 3.6)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	7.3% (6.3- 8.4)	5.0% (3.6-6.3)	9.6% (8.1 -11.3)
Mean intake of salt per day (in grams)	9.5 (9.4 - 9.6)	10.5 (10.4 - 10.6)	8.5 (8.4 - 8.6)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	4.2% (2.9 - 5.5)	4.0% (2.1 - 5.9)	4.4% (2.8 - 6.0)
Summary of combined risk factors			
<ul style="list-style-type: none"> • 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	4.6% (3.6 - 5.61)	5.3% (3.7 - 7.0)	3.8% (2.8 - 4.8)
Percentage with three or more of the above risk factors, aged 18 to 44 years	8.5% (7.0 - 10.0)	7.6% (5.7 - 9.6)	9.4% (7.3 - 11.6)
Percentage with three or more of the above risk factors, aged 45 to 69 years	22.3% (18.6 - 26.0)	18.7% (13.4 - 24.1)	25.5% (20.7 - 30.2)
Percentage with three or more of the above risk factors, aged 18 to 69 years	11.1% (9.7 - 12.6)	9.5% (7.7 - 11.4)	12.8% (10.8 - 14.8)

** 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 fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl)).

**For additional information, please contact:
STEPS country focal point [name, email addresses]**