

The STEPS survey of chronic disease risk factors in St. Kitts was carried out from October 2007 to January 2008. St. Kitts carried out Step 1 and Step 2. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. The STEPS survey in St. Kitts, was a population-based survey of adults aged 25-64. A stratified random sampling sample design was used to produce representative data for that age range in St. Kitts. A total of 1443 adults participated in the St. Kitts STEPS survey. The overall response rate was 66.3%. A repeat survey is planned for 2011 if funds permit.

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	8.7% (5.6-11.75)	16.2% (12.3-20.1)	1.1% (0.0-2.2)
Percentage who currently smoke tobacco daily	6.0% (3.3-8.8)	11.4% (6.9-15.9)	0.7% (0.1-1.3)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	17.2 (15.7 – 18.7)	16.9 (15.6-18.3)	*
Percentage smoking manufactured cigarettes	51.8% (32.9- 70.7)	50.9% (31.4-70.4)	*
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	6.3 (3.6 – 9.0)	6.4 (3.5-9.2)	*
Percentage exposed to smoke at home on 1 or more days per week	9.2% (0.0-19.6)	11.2% (0.0 -22.6)	7.2% (0.0 -16.9)
Percentage exposed to smoke at workplace on 1 or more days per week	11.5% (9.0-14.0)	16.6% (12.4- 20.8)	6.2% (3.7-8.6)
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	10.8% (6.4-15.3)	9.5% (4.2 -14.8)	12.1% (8.1-16.1)
Percentage of current drinkers (who drank alcohol in the past 30 days)	29.8% (25.6-34.1)	45.1% (39.4-50.7)	14.3% (11.5-17.2)
<i>For those who drank alcohol in the last 30 days</i>			
Percentage who drank alcohol on 4 or more days in the last week	24.7% (19.2-30.1)	29.9% (22.2-37.7)	7.8% (2.2-13.4)
Percentage of women who had 4 or more drinks on any day in the last week			20.7% (10.3-31.1)
Percentage of men who had 5 or more drinks on any day in the last week		20.1% (10.1-30.1)	
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	3.7 (3.5 – 3.9)	3.5 (3.2-3.8)	3.9 (3.6- 4.1)
Mean number of servings of fruit consumed per day	0.8 (0.6-0.9)	0.7 (0.5-1.0)	0.8 (0.7-0.9)
Mean number of days vegetables consumed	4.1 (3.8- 4.5)	4.0 (3.7-4.4)	4.2 (3.8-4.6)
Mean number of servings of vegetables consumed per day	0.8 (0.7-1.0)	0.8 (0.7-1.0)	0.8 (0.7-0.9)
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	97.3% (95.4-99.2)	97.6% (95.7-99.6)	97.0% (94.8-99.2)
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	38.3% (34.6-41.9)	28.3% (24.8-31.8)	48.5% (44.6-52.4)
Percentage with high levels of activity (defined as ≥3000 MET-minutes/week)	36.2% (30.7 -41.8)	51.0% (42.4-59.6)	21.1% (15.6-26.5)
Median time spent in physical activity per day (minutes) (presented with Inter-quartile range)	51.4 (12.9-227.1)	107.1 (25.7-304.3)	30.0 (0.0-102.9)
Percentage not engaging in vigorous physical activity	72.2% (64.3 -80.0)	55.7% (42.3-69.2)	89.0% (83.7-94.4)

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Fact Sheet

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	30.2 (29.6-30.8)	29.2 (28.0-30.4)	31.2 (30.6-31.8)
Percentage who are overweight or obese (BMI ≥ 25 kg/m ²)	78.5% (74.5-82.4)	74.1% (67.7-80.5)	83.0% (79.9-86.1)
Percentage who are obese (BMI ≥ 30 kg/m ²)	45.0% (40.6-49.4)	37.9% (30.9-44.9)	52.5% (47.9-57.0)
Average waist circumference (cm)		94.0 (91.3-96.6)	95.1 (93.6-96.7)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	128.1 (125.8-130.4)	132.4 (130.0-134.9)	123.5 (120.7-126.4)
Mean diastolic blood pressure - DBP (mmHg) , excluding those currently on medication for raised BP	77.8 (75.9-79.7)	78.9 (76.8-80.9)	76.7 (74.9-78.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	35.0% (27.7-42.3)	38.2% (27.6-48.9)	31.9% (27.5-36.2)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	18.4% (12.4-24.4)	15.5% (7.6-23.4)	21.2% (15.8-26.6)
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 (<600 MET -minutes) overweight or obese (BMI ≥ 25 kg/m²) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 			
Percentage with low risk (i.e. none of the risk factors included above)	0.1% (0.0-0.4)	0.0% (0.0-0.0)	0.3% (0.0-0.8)
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	43.4% (39.4-47.5)	37.0% (29.9-44.1)	49.7% (46.8- 52.7)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	67.4% (63.6-71.2)	65.2% (54.8-75.6)	69.6% (65.9-73.2)

* Number of respondents too small for accurate estimate

For additional information, please contact the STEPS Focal Point:

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