



# ARUBA STEPS Survey 2006

## Fact Sheet

The STEPS survey of chronic disease risk factors in Aruba was carried out from October 2006 to December 2006. Aruba 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 Aruba was a population-based survey of adults aged 25-64. A randomized sample design was used to produce representative data for that age range in Aruba. A total of 1,565 adults participated in the Aruba STEPS survey.

Results for adults aged 25-64 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco daily	<b>12.6%</b> (12.3 - 13.0)	<b>17.2%</b> (16.6 - 17.9)	<b>8.9%</b> (8.5 - 9.3)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	<b>19.1</b> (19.0 - 19.3)	<b>17.9</b> (17.8 - 18.0)	<b>21.0</b> (20.6 - 21.4)
Average years of smoking	<b>25.3</b> (25.0 - 25.5)	<b>27.5</b> (27.2 - 27.8)	<b>22.2</b> (21.8 - 22.5)
Percentage smoking manufactured cigarettes	<b>90.6%</b> (89.7 - 91.5)	<b>88.3%</b> (87.0 - 89.5)	<b>94.3%</b> (93.1 - 95.4)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	<b>13.1</b> (12.8 - 13.5)	<b>15.6</b> (15.0 - 16.1)	<b>9.4</b> (9.0 - 9.8)
<b>Step 1 Alcohol Consumption</b>			
Percentage of abstainers (who did not drink alcohol in the last year )	<b>42.0%</b> (41.5 - 42.6)	<b>30.1%</b> (29.4 - 30.9)	<b>51.6%</b> (50.8 - 52.3)
Percentage of current drinkers (who drank alcohol in the past 30 days)	<b>38.3%</b> (37.8 - 38.9)	<b>52.9%</b> (52.1 - 53.7)	<b>26.6%</b> (26.0 - 27.3)
<i>For those who drank alcohol in the last 30 days</i>			
Percentage of women who had 4 or more drinks on any day in the last week			<b>34.4%</b> (33.0 - 35.7)
Percentage of men who had 5 or more drinks on any day in the last week		<b>48.6%</b> (47.5 - 49.6)	
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	<b>94.8%</b> (94.6 - 95.1)	<b>95.8%</b> (95.5 - 96.1)	<b>94.0%</b> (93.7 - 94.4)
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	<b>45.8%</b> (42.9 - 48.8)	<b>41.6%</b> (37.0 - 46.1)	<b>49.2%</b> (45.4 - 53.1)
Percentage with high levels of activity (defined as ≥3000 MET-minutes/week)	<b>9.5%</b> (7.8 - 11.2)	<b>14.0%</b> (11.0 - 17.0)	<b>5.9%</b> (4.1 - 7.8)
Median time spent in physical activity per day (minutes)	<b>57.9</b>	<b>85.7</b>	<b>42.9</b>
Mean time spent in physical activity per day (minutes)	<b>137.7</b> (127.3 - 148.1)	<b>158.5</b> (141.8 - 157.2)	<b>121.1</b> (108.4 - 133.8)



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Results for adults aged 25-64 years (incl. 95% CI) <i>(adjust if necessary)</i>	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	<b>29.5</b> (29.4 - 29.6)	<b>30.1</b> (30.0 - 30.2)	<b>29.0</b> (28.9 - 29.2)
Percentage who are overweight or obese (BMI ≥ 25 kg/m <sup>2</sup> )	<b>77.1%</b> (76.4 - 77.7)	<b>82.8%</b> (82.0 - 83.7)	<b>72.1%</b> (71.7 - 73.5)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	<b>41.0%</b> (40.3 - 41.8)	<b>46.7%</b> (45.6 - 47.9)	<b>36.0%</b> (35.7 - 37.6)
Average waist circumference (cm)	<b>94.8</b> (94.6 - 95.0)	<b>100.6</b> (100.2 - 100.9)	<b>90.4</b> (90.1 - 89.5)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	<b>133.7</b> (133.4 - 134.0)	<b>139.8</b> (139.3 - 140.2)	<b>129.2</b> (128.8 - 129.6)
Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP	<b>79.7</b> (79.5 - 79.9)	<b>81.5</b> (81.2 - 81.8)	<b>78.3</b> (78.1 - 78.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	<b>40.7%</b> (36.5 - 44.8)	<b>51.0%</b> (44.2 - 57.8)	<b>33.1%</b> (28.3 - 38.0)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	<b>21.3%</b> (18.0 - 24.6)	<b>22.1%</b> (16.4 - 27.7)	<b>20.7%</b> (16.8 - 24.6)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	<b>5.2</b> (5.1 - 5.2)	<b>5.2</b> (5.1 - 5.2)	<b>5.2</b> (5.1 - 5.2)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> <li>• plasma venous value ≥ 7.0 mmol/L or ≥ 126 mg/dl</li> <li>• capillary whole blood value ≥ 6.1 mmol/L or ≥ 110 mg/dl</li> </ul>	<b>5.4%</b> (5.0 - 5.8)	<b>4.6%</b> (4.1 - 5.2)	<b>6.0%</b> (5.4 - 6.5)
Mean total blood cholesterol (mmol/L)	<b>5.1</b> (5.1 - 5.1)	<b>5.2</b> (5.1 - 5.2)	<b>5.0</b> (5.0 - 5.1)
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)	<b>42.1%</b> (41.3 - 42.9)	<b>43.1%</b> (41.9 - 44.3)	<b>41.3%</b> (40.3 - 42.4)
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)	<b>10.7%</b> (10.2 - 11.2)	<b>11.0%</b> (10.3 - 11.8)	<b>10.4%</b> (9.8 - 11.1)
<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 (&lt;600 MET -minutes)</li> </ul>		<ul style="list-style-type: none"> <li>• overweight or obese (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 low risk (i.e. none of the risk factors included above)	<b>0.6%</b> (0.5 - 0.7)	<b>0.0%</b> (-)	<b>1.1%</b> (0.9 - 1.3)
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	<b>46.5%</b> (45.5 - 47.5)	<b>62.1%</b> (60.6 - 63.6)	<b>35.4%</b> (34.1 - 36.6)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	<b>63.3%</b> (62.2 - 64.5)	<b>64.0%</b> (62.3 - 65.8)	<b>62.8%</b> (61.3 - 64.3)