

The STEPS survey of chronic disease risk factors in Dominica was carried out from November 2007 to May 2008. Dominica carried out Step 1, Step 2 and Step 3 of the PAHO/WHO STEPS Protocol. Sociodemographic and behavioral 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 Dominica was a population-based survey of adults aged 15-64 years. A multi-stage cluster sample design was used to produce representative data for that age range in Dominica. A total of 1,059 adults participated in the Dominica STEPS survey.

Results for adults aged 15-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	10.2% (7.7 – 12.6)	16.6% (12.2 – 21.0)	3.2% (1.5 – 4.8)
Percentage who currently smoke tobacco daily	5.5% (3.4 – 7.6)	9.7% (5.8 – 13.6)	0.9% (0.0 – 1.9)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	*	*	*
Percentage smoking manufactured cigarettes	*	*	*
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	*	*	*
Percentage exposed to smoke at home on 1 or more days per week	9.9% (7.2 – 12.5)	10.6% (6.3 – 14.9)	9.1% (6.2 – 12.0)
Percentage exposed to smoke at workplace on 1 or more days per week	21.7% (17.8 – 25.7)	29.7% (23.8 – 35.7)	13.1% (9.8 – 16.5)
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	25.8% (22.2 – 29.3)	16.9% (13.0 – 20.8)	35.4% (30.2 – 40.6)
Percentage of current drinkers (who drank alcohol in the past 30 days)	51.3% (47.7 – 55.0)	64.2% (59.4 – 69.1)	37.3% (32.4 – 42.2)
<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	10.9% (7.7 – 14.0)	14.5% (9.7 – 19.3)	4.2% (1.3 – 7.1)
Percentage of women who had 4 or more drinks on any day in the last week	-	-	12.6% (7.5 – 17.7)
Percentage of men who had 5 or more drinks on any day in the last week	-	33.4% (25.9 – 40.9)	-
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	4.1 (3.9 – 4.3)	4.1 (3.8 – 4.4)	4.1 (3.8 – 4.3)
Mean number of servings of fruit consumed per day	1.3 (1.2 – 1.4)	1.4 (1.2 – 1.6)	1.2 (1.0 – 1.3)
Mean number of days vegetables consumed	3.6 (3.4 – 3.9)	3.4 (3.1 – 3.6)	3.9 (3.6 – 4.2)
Mean number of servings of vegetables consumed per day	0.9 (0.8 – 0.9)	0.8 (0.8 – 0.9)	0.9 (0.8 – 1.0)
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	91.3% (89.1 – 93.4)	90.1% (86.9 – 93.2)	92.6% (89.7 – 95.4)
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	24.0% (21.0 – 27.1)	14.5% (10.8 – 18.3)	34.3% (29.4 – 39.2)
Percentage with high levels of activity (defined as ≥3000 MET-minutes/week)	59.5% (55.4 – 63.3)	75.3% (70.1 – 80.5)	42.5% (36.5 – 48.5)
Median time spent in physical activity per day (minutes) (presented with Inter-quartile range)	162.9 (34.3 – 420.0)	295.7 (94.3 – 480.0)	68.6 (17.1 – 252.9)
Mean time spent in physical activity per day (minutes)	250.5 (227.1 – 273.8)	324.9 (292.6 – 357.2)	170.5 (142.3 – 198.7)

Results for adults aged 15-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	25.6 (25.2-26.1)	23.7 (23.3-24.2)	27.7 (27.1-28.3)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	45.1% (41.0-49.2)	29.5% (24.6-34.4)	61.9% (57.2- 66.5)
Percentage who are obese (BMI ≥ 30 kg/m ²)	20.2% (17.3-23.1)	8.6% (5.5-11.6)	32.7% (28.2-37.2)
Average waist circumference (cm)	-	82.2 (80.7-83.7)	88.3 (86.8 -89.7)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	126.4 (125.1-127.6)	130.3 (128.9-131.7)	121.7 (119.8-123.6)
Mean diastolic blood pressure - DBP (mmHg) , excluding those currently on medication for raised BP	80.2 (79.1-81.4)	80.6 (79.0-82.1)	79.8 (78.4-81.2)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	32.1% (28.8-35.4)	32.0% (27.5-36.5)	32.1% (28.1-36.2)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	18.7% (15.9-21.4)	16.3% (12.4 - 20.2)	21.3% (17.8-24.8)
Step 3 Biochemical Measurement			
Mean fasting blood glucose (mmol/L) , excluding those currently on medication for raised blood glucose	5.4 (5.1-5.7)	5.3 (4.8-5.8)	5.4 (5.1-5.8)
Mean fasting blood glucose (mg/dl) , excluding those currently on medication for raised blood glucose	96.7 (91.0-102.4)	95.2 (86.5-104.0)	98.7 (92.7-104.8)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose and/or diagnosed with diabetes <ul style="list-style-type: none"> plasma venous value ≥ 7.0mmol/L (12 mg/dl) capillary whole blood value ≥ 6.1mmol/L (11 mg/dl) 	17.7% (9.2-26.2)	21.8% (7.3-36.3)	12.3% (3.6-21.0)
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> plasma venous value ≥6.1mmol/L (110mg/dl) and <7.0mmol/L (12 mg/dl) capillary whole blood value ≥5.6mmol/L (100mg/dl) and <6.1mmol/L (110mg/dl) 	28.2% (19.5-36.8)	26.2% (11.9-40.5)	30.7% (21.3-40.2)
Mean total blood cholesterol (mmol/L)	4.4 (4.2-4.7)	4.4 (4.0-4.8)	4.4 (4.0-4.9)
Mean total blood cholesterol (mg/dl)	171.2 (160.8-181.7)	170.7 (154.5-186.9)	171.9 (156.0-187.9)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl)	28.2% (17.5-38.9)	28.1% (11.6-44.5)	28.4% (17.1-39.7)
Percentage with raised total cholesterol (≥ 6.2 mmol/L or ≥ 240 mg/dl)	10.0% (4.2-15.8)	9.4% (0.0-19.3)	10.7% (4.7-16.8)
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 (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)	2.8% (1.4-4.2)	3.8% (1.6-6.0)	1.7% (0.4-3.0)
Percentage with raised risk (at least three of the risk factors included above), aged 15 to 44 years old	22.0% (18.2-25.8)	15.1% (10.2-20.0)	29.3% (24.0-34.6)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	47.4% (40.8-53.9)	31.7% (23.3-40.1)	63.5% (55.8-71.1)
Percentage with raised risk (at least three of the risk factors included above), aged 15 to 64 years old	28.7% (25.2-32.2)	19.5% (15.1-23.8)	38.5% (34.1-42.8)

* Indicates less than 50 respondents.

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