

Jordan STEPS Survey 2007 Fact Sheet

The STEPS survey of chronic disease risk factors in [Jordan] was carried out from [January /2007] to [November 2007] carried out the Step 1, Step 1& Step 3 Socio-demographic and behavioral information was collected in Step 1. Physical measurement such as height, weight and blood pressure were collected in Step 2, biochemical measurements were collected to assess blood lipid and cholesterol levels in step 3.]

The STEPS survey in [Jordan] was a population-based survey of adults aged 18+. Multistage cluster sample design was used to produce representative data for that age range in [Jordan].

A total of 3654 adults participated in the [Jordan] STEPS survey of which 777 adults participated in the biological sample. The overall response rate for both sample was [99.1].& 85.1 respectively

A repeat survey is planned for [2009] if funds permit.

Result for adults aged 18year&above (include.95% CI)	Both Sexes	Males	Females
Step 1 Tobacco use			
Percentage who currently smoke tobacco daily	29.0	49.6	5.7
<i>For those who smoke tobacco daily</i>			
Average age started smoking (Years)	19.5	18.9	25.7
Average Years of smoking	21.0	21.3	21.0
Percentage smoking manufactured cigarettes	97.5	90.8	9.2
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes	23.7	24.5	15.9
Step 1 Alcohol consumption			
Percentage of obtainers (who did not drink alcohol in the last year)	99.1	98.5	99.7
Percentage of current drinkers (who drank alcohol in the past 30 days)	0.9	1.5	0.3
<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			
Percentage of women who had 4 or more drinks on any day in the last week			
Percentage of men who had 5 or more drinks on any day in the last week			
Step 1 Fruit and Vegetables Consumption (in a typical week)			
Mean number of days fruit consumed	4.1	4.0	4.1
Mean number of servings of fruit consumed per day	1.8	1.8	1.8
Mean number of days of vegetables consumed per day	6.2	6.2	6.2
Mean number of servings of vegetables consumed per day	2.7	2.6	2.7
Percentage who eat less than 5 combined servings of fruit & vegetables per day	14.2	12.0	16.7
Step 1 Physical Activity			
Percentage with low levels of activity (defined as<600 MET – minutes/ week)	5.2	5.8	4.5
Percentage with low levels of activity (defined as≥ 800 MET – minutes/ week)	55.8	54.0	57.7
Median time in work related physical activity per day (/minutes)	240	300	180
Median time in transport physical activity per day (/minutes)	30	40	30
Mean time spent in recreation physical activity per day (/minutes)	60	60	60

Result for adults aged 25 years & above (adjust if necessary)	Both Sexes	Males	Females
Step 2 Physical measurements			
Mean body mass index – BMI (kg/m ²)	28.5	27.2	29.5
Percentage who are overweight or obese (BMI ≥ 25 kg/m ²)	67.4	63.3	70.4
Percentage who are obese (BMI ≥ 30 kg/m ²)	36.5	27.8	42.9
Average waist circumference (cm)	94.1	95.3	93.2
Mean systolic blood pressure - SBP (mmHg)	120.8	123.7	118.7
Mean diastolic blood pressure - DBP (mmHg)	77.5	79.5	75.9
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	25.5	30.9	21.5
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	21.7	51.2	48.8
Step 3 Biochemical Measurement			
Mean fasting blood glucose (mg/dl)	110.2	108.9	111.2
Percentage with raised blood glucose as defined below or currently on medication for raised blood glucose			
• Plasma venous value (≥ 7.0 mmol/L) or ≥126 mg/dl	16.0	15.0	16.8
• Plasma venous value (≥ 7.0 mmol/L) or ≥126 mg/dl	23.9	23.4	24.5
Mean total blood cholesterol (mmol/L)			
Percentage with raised total cholesterol (≥ 5.2 mmol/L) or ≥200 mg/dl)	186.7	183.7	189.0
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥250 mg/dl)	9.9	8.2	11.3
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)	49.2	36.0	64.1
Percentage with raised risk (i.e. at least three of the risk factors included above) in the age groups below			
Percentage with raised risk (i.e. at least three of the risk factors included above) aged 25 to 44 years old	1.5	2.0	0.8
Percentage with raised risk (i.e. at least three of the risk factors included above) aged 45 to 64 years old	4.4	4.3	4.5

For additional information , pleas contact:
STEPS country focal point dr:meyasser zindah ,
Email address meyasserz @ yahoo.com