



Kuwait STEPS Survey 2014

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Kuwait was carried out from March 2014 to September 2014. Kuwait 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 simple random sample design was used to produce representative data for that age range in Kuwait. A total of 4391 adults participated in the survey. The overall response rate was (89%).

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	20.5% 19.1-21.9	39.2% 36.6-41.7	3.3% 2.6-4.0
Percentage who currently smoke tobacco daily	18.0% 16.7-19.4	35.4% 32.9-37.9	2.0% 1.5-2.6
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	17.1 16.8-17.5	16.9 16.5-17.2	21.2 19.2-23.2
Percentage of daily smokers smoking manufactured cigarettes	88.5% 85.9-91.1	89.9% 87.3-92.5	64.6% 50.4-78.7
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	18.9 17.8-20.0	19.5 18.4-20.6	8.4 5.2-11.6
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	97.9% 97.4-98.4	95.9% 94.9-96.9	99.8% 99.6-100.0
Percentage who are past 12 month abstainers, and who drank previously	0.8% 0.5-1.2	1.7% 1.0-2.3	0.1% 0.0-0.2
Percentage who currently drink (drank alcohol in the past 30 days)	0.8% 0.5-1.1	1.5% 0.9-2.2	0.1% 0.0-0.2
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.3% 0.1-0.5	0.6% 0.2-1.0	--- ---
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	3.6 3.6-3.7	3.8 3.7-3.9	3.5 3.4-3.6
Mean number of servings of fruit consumed on average per day	1.3 1.2-1.4	1.4 1.3-1.5	1.2 1.1-1.3
Mean number of days vegetables consumed	5.0 4.9-5.1	4.9 4.8-5.1	5.0 4.9-5.1
Mean number of servings of vegetables consumed on average per day	1.8 1.8-1.9	1.9 1.8-2.1	1.8 1.7-1.9
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	83.8% 82.6-85.0	81.4% 79.4-83.4	86.0% 84.6-87.4
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	62.6% 60.9-64.2	51.4% 48.8-54.0	72.8% 71.0-74.6
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	1.4 0.0-42.9	17.1 0.0-60.0	0.0 0.0-21.4
Percentage not engaging in vigorous activity	84.2% 83.0-85.5	76.6% 74.4-78.9	91.2% 90.0-92.3
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			17.6% 15.4-19.8

* 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 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	29.4 29.2-29.5	29.0 28.7-29.2	29.7 29.5-30.0
Percentage who are overweight (BMI ≥ 25 kg/m ²)	77.2% 75.8-78.7	78.4% 76.2-80.6	76.1% 74.3-77.9
Percentage who are obese (BMI ≥ 30 kg/m ²)	40.2% 38.5-41.8	36.3% 33.7-38.8	44.0% 41.9-46.1
Average waist circumference (cm)		93.6 92.8-94.5	88.4 87.8-89.1
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	120.7 120.2-121.2	124.6 123.8-125.4	117.0 116.3-117.6
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	77.5 77.2-77.9	79.4 78.9-80.0	75.7 75.2-76.1
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	25.1% 23.6-26.7	27.7% 25.3-30.2	22.6% 20.8-24.5
Percentage of those with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	47.4% 52.1-62.6	57.3% 30.8-40.2	35.5% 43.8-51.1
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	5.7 5.6-5.8	5.8 5.7-6.0	5.6 5.5-5.7
Percentage with impaired fasting glycaemia defined as plasma venous value ≥6.1 mmol/L and <7.0 (mmol/L)	6.1% 5.1-7.0	7.6% 6.0-9.3	4.7% 3.7-5.7
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose plasma venous value ≥ 7.0 (mmol/L)	14.6% 13.2-15.9	15.8% 13.5-18.1	13.4% 11.8-15.1
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	5.0 5.0-5.1	5.1 5.0-5.1	5.0 5.0-5.0
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	55.9% 54.0-57.9	58.6% 55.5-61.7	53.5% 51.0-55.9
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	11.3% 9.1-13.5	14.4% 10.5-18.3	8.6% 6.2-11.1
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	1.2% 0.8-1.7	1.0% 0.4-1.5	1.5% 0.9-2.1
Percentage with three or more of the above risk factors, aged 18 to 44 years	51.6% 49.4-53.8	53.9% 50.5-57.3	49.1% 46.4-51.8
Percentage with three or more of the above risk factors, aged 45 to 69 years	74.7% 71.7-77.6	72.7% 68.0-77.3	76.3% 72.7-80.0
Percentage with three or more of the above risk factors, aged 18 to 69 years	57.9% 56.1-59.7	58.7% 55.8-61.5	57.1% 54.8-59.4

** 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).