



# Tonga STEPS Survey 2011-2012

## Fact Sheet

The STEPS survey of chronic disease risk factors in Tonga was carried out from September 2011 to August 2012. Tonga 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 Tonga was a population-based survey of adults aged 25-64. A multi-stage cluster sample design was used to produce representative data for that age range in Tonga. A total of 2457 adults participated in the Tonga STEPS survey. The overall response rate was 82%. A repeat survey is planned for [insert year] if funds permit.

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	<b>29.3%</b> (26.7 – 31.9)	<b>46.4%</b> (42.4 – 50.4)	<b>13.4%</b> (11.1 – 15.8)
Percentage who currently smoke tobacco daily	<b>26.7%</b> (24.3 – 29.2)	<b>42.1%</b> (38.2 – 45.9)	<b>12.4%</b> (10.2 – 14.6)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	<b>18.6</b> (18.1 – 19.2)	<b>17.5</b> (16.9 – 18.0)	<b>22.2</b> (21.0 – 23.3)
Percentage of daily smokers smoking manufactured cigarettes	<b>85.2%</b> (81.9 – 88.5)	<b>81.8%</b> (77.6 – 86.0)	<b>95.9%</b> (92.8 – 98.9)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	<b>11.3</b> (10.4 – 12.3)	<b>12.0</b> (10.8 – 13.3)	<b>9.2</b> (7.75 – 10.7)
<b>Step 1 Alcohol Consumption</b>			
Percentage who are lifetime abstainers	<b>72.8%</b> (70.1 – 75.5)	<b>58.1%</b> (53.5 – 62.6)	<b>86.5%</b> (83.9 – 89.0)
Percentage who are past 12 month abstainers	<b>12.2%</b> (10.4 – 14.0)	<b>16.9%</b> (13.6 – 20.2)	<b>7.9%</b> (6.1 – 9.7)
Percentage who currently drink (drank alcohol in the past 30 days)	<b>9.3%</b> (7.6 – 11.1)	<b>16.4%</b> (13.2 – 19.5)	<b>2.8%</b> (1.7 – 3.8)
Percentage who engage in heavy episodic drinking (men who had 5 or more / women who had 4 or more drinks on any day in the past 30 days)	--	<b>14.6%</b> (11.6 – 17.6)	<b>2.2%</b> (1.2 – 3.2)
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	<b>3.4</b> (3.2 – 3.5)	<b>3.3</b> (3.0 – 3.5)	<b>3.4</b> (3.2 – 3.6)
Mean number of servings of fruit consumed on average per day	<b>1.8</b> (1.7 – 2.0)	<b>2.0</b> (1.7 – 2.2)	<b>1.7</b> (1.6 – 1.9)
Mean number of days vegetables consumed	<b>4.2</b> (4.1 – 4.3)	<b>3.9</b> (3.7 – 4.1)	<b>4.4</b> (4.3 – 4.6)
Mean number of servings of vegetables consumed on average per day	<b>2.1</b> (2.0 – 2.3)	<b>2.0</b> (1.8 – 2.2)	<b>2.2</b> (2.0 – 2.4)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	<b>73.1%</b> (70.1 – 76.1)	<b>72.4%</b> (68.0 – 76.9)	<b>73.7%</b> (70.6 – 76.8)
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as < 600 MET-minutes per week)*	<b>23.7%</b> (21.5 – 25.8)	<b>15.1%</b> (12.3 – 17.9)	<b>31.7%</b> (27.9 – 35.5)
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*	<b>52.4%</b> (49.7 – 55.1)	<b>69.7%</b> (65.8 – 73.5)	<b>36.3%</b> (32.8 – 39.7)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	<b>111.4</b> (30.0 – 257.1)	<b>192.9</b> (64.3 – 321.4)	<b>60.0</b> (15.0 – 171.4)
Percentage not engaging in vigorous activity	<b>64.8%</b> (62.2 – 67.4)	<b>42.3%</b> (38.2 – 46.5)	<b>85.8%</b> (83.2 – 88.5)

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\* For complete definitions of low and high levels of physical activity, other conditions are specified in the GPAQ Analysis Guide, available at: <http://www.who.int/chp/steps/GPAQ/en/index.html>