



# Tonga STEPS Survey 2011-2012

## Fact Sheet

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	<b>33.1</b> (32.7 – 33.5)	<b>31.3</b> (30.8 – 31.8)	<b>34.8</b> (34.4 – 35.3)
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	<b>90.7%</b> (88.9 – 92.5)	<b>87.3%</b> (84.3 – 90.3)	<b>94.0%</b> (92.3 – 95.7)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	<b>67.6%</b> (64.8 – 70.5)	<b>57.2%</b> (52.8 – 61.6)	<b>77.6%</b> (74.7 – 80.5)
Average waist circumference (cm)	--	<b>103.3</b> (102.1 – 104.6)	<b>106.7</b> (105.7 – 107.6)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	<b>129.2</b> (128.3 – 130.0)	<b>131.2</b> (130.0 – 132.4)	<b>127.3</b> (126.1 – 128.6)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	<b>78.2</b> (77.7 – 78.8)	<b>78.2</b> (77.3 – 79.1)	<b>78.3</b> (77.7 – 79.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	<b>27.6%</b> (25.2 – 30.0)	<b>28.2%</b> (24.6 – 31.9)	<b>27.1%</b> (24.2 – 30.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	<b>81.0%</b> (77.8 – 84.2)	<b>87.4%</b> (83.4 – 91.5)	<b>75.0%</b> (70.2 – 79.8)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	<b>6.5</b> (6.3 – 6.6)	<b>6.2</b> (6.0 – 6.4)	<b>6.7</b> (6.5 – 6.9)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥ 6.1 mmol/L (110 mg/dl) and < 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 5.6 mmol/L (100 mg/dl) and < 6.1 mmol/L (110 mg/dl)	<b>23.8%</b> (21.7 – 26.0)	<b>23.9%</b> (20.3 – 27.5)	<b>23.8%</b> (21.3 – 26.4)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	<b>34.4%</b> (31.5 – 37.3)	<b>29.7%</b> (25.6 – 33.8)	<b>38.6%</b> (35.2 – 41.9)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	<b>5.1</b> (5.1 – 5.2)	<b>5.2</b> (5.1 – 5.2)	<b>5.1</b> (5.0 – 5.1)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	<b>48.8%</b> (45.8 – 51.7)	<b>49.3%</b> (45.3 – 53.4)	<b>48.2%</b> (44.7 – 51.7)
<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</li> <li>• overweight (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 none of the above risk factors	<b>1.3%</b> (0.0 – 2.6)	<b>1.6%</b> (0.0 – 3.5)	<b>0.3%</b> (0.0 – 0.9)
Percentage with three or more of the above risk factors, aged 25 to 44 years	<b>52.8%</b> (47.2 – 58.5)	<b>51.7%</b> (44.5 – 59.0)	<b>55.4%</b> (47.0 – 63.7)
Percentage with three or more of the above risk factors, aged 45 to 64 years	<b>66.9%</b> (60.5 – 73.3)	<b>64.7%</b> (57.2 – 72.1)	<b>75.0%</b> (64.6 – 85.5)
Percentage with three or more of the above risk factors, aged 25 to 64 years	<b>57.1%</b> (52.6 – 61.7)	<b>56.0%</b> (50.4 – 61.6)	<b>60.2%</b> (53.2 – 67.1)

**For additional information, please contact:  
STEPS country focal point [name, email addresses]**