

# Barbados STEPS Survey 2007

## Fact Sheet

The STEPS survey of chronic disease risk factors in Barbados was carried out from July to September 2007. Barbados 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 Barbados was a population-based survey of adults aged 25 years and older. A stratified random sampling design was used to produce representative data for that age range in Barbados. A total of 1282 adults participated in the Barbados STEPS survey. The overall response rate was 65%.

Results for adults aged 25 years and older (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	8.4% (6.2-10.6)	15.3% (11.1-19.67)	2.2% (0.8-3.6)
Percentage who currently smoke tobacco daily	6.1% (4.0-8.2)	11.3% (7.0-15.7)	1.4% (0.2-2.6)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	21.0yrs (16.4-25.5)	19.7yrs (17.1-22.3)	*
Percentage smoking manufactured cigarettes	82.5% (71.7-93.4)	83.3% (71.6-95.1)	*
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	9.3 (6.5-12.1)	9.2 (6.1-12.2)	*
<b>Step 1 Alcohol Consumption</b>			
Percentage of abstainers (who did not drink alcohol in the last year )	62.2% (55.5-68.8)	49.3% (41.1-57.4)	73.5% (66.7-80.3)
Percentage of current drinkers (who drank alcohol in the past 30 days)	28.7% (23.7-33.7)	42.1% (35.2-49.1)	16.9% (12.4-21.4)
<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	13.8% (9.0-18.6)	17.8% (11.6-24.0)	4.4% (0-10.0)
Percentage of women who had 4 or more drinks on any day in the last week			9.7% (3.4-16.0)
Percentage of men who had 5 or more drinks on any day in the last week		21.9% (14.8-29.0)	
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	4.4 (4.2-4.6)	4.1 (3.9-4.4)	4.6 (4.4-4.9)
Mean number of servings of fruit consumed per day	1.0 (0.9-1.01)	0.9 (0.8-1.0)	1.0 (0.9-1.1)
Mean number of days vegetables consumed	5.0 (4.9-5.2)	5.0 (4.7-5.2)	5.1 (4.8-5.4)
Mean number of servings of vegetables consumed per day	1.0 (0.9-1.1)	0.9 (0.8-1.0)	1.0 (0.9-1.0)
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	95.4% (93.6-97.7)	96.6% (95.0-98.2)	94.3% (91.2-97.4)
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	51.3% (46.1-56.5)	42.5% (36.9-48.2)	59.0% (53.5-64.5)
Percentage with high levels of activity (defined as ≥3000 MET-minutes/week)	27.2% (22.7-31.8)	36.6% (31.5-41.8)	19.0% (14.1-24.0)
Median time spent in physical activity per day (minutes) (presented with Inter-quartile range)	25.7 (0.0-137.1)	34.3 (0.0-214.3)	8.6 (0.0-34.3)
Mean time spent in physical activity per day (minutes)	107.1 (86.8-127.4)	145.5 (119.8-171.1)	73.6 (55.4-91.7)

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Results for adults aged 25-64 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	27.7 (26.7-28.7)	26.2 (25.2-27.1)	29.1 (27.6-30.5)
Percentage who are overweight or obese (BMI ≥ 25 kg/m <sup>2</sup> )	65.2 % (57.8-72.6)	54.6% (44.6-64.6)	74.3 % (65.7-82.9)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	28.5% (22.3-34.7)	20.3% (10.5-30.0)	35.5% (26.5-44.4)
Average waist circumference (cm)		91.1cms (88.2-94.1)	92.0cms (88.4-95.6)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	120.9 (118.5-123.3)	124.5 (120.3-129)	117.4 (115-120.0)
Mean diastolic blood pressure - DBP (mmHg) , excluding those currently on medication for raised BP	78.9 (77.0-80.8)	80.6 (77.6-83.5)	77.4 (75.1-79.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	20.5% (14.4-26.7)	25.9% (15.7-36.2)	15.3% (7.1-23.4)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	6.9% (3.6-10.3)	9.7% (3.4-15.6)	4.3% (0.5-8.0)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose (mmol/L) , excluding those currently on medication for raised blood glucose	5.0 (4.8-5.1)	4.9 (4.7-5.1)	5.0 (4.7-5.3)
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"> <li>• plasma venous value ≥ 7.0mmol/L (12 mg/dl)</li> <li>• capillary whole blood value ≥ 6.1mmol/L (11 mg/dl)</li> </ul>	14.9% (10.4-19.5)	12.7% (6.9-18.4)	16.7% (10.4-23.1)
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> <li>• plasma venous value ≥6.1mmol/L (110mg/dl) and &lt;7.0mmol/L (12 mg/dl)</li> <li>• capillary whole blood value ≥5.6mmol/L (100mg/dl) and &lt;6.1mmol/L (110mg/dl)</li> </ul>	2.1% (0-4.3)	0.2% (0-0.5)	3.6% (0-7.6)
Mean total blood cholesterol (mmol/L)	4.9 (4.8-5.1)	4.9 (4.7-5.1)	4.9 (4.7-5.0)
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)	35.0% (28.5-41.5)	38.6% (28.7-48.4)	32.1% (23.7-40.5)
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)	5.6% (2.5-8.8)	5.9% (0.6-11.3)	5.4% (1.9-9.0)
<b>Summary of combined risk factors (STEP 1 and 2 only)</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 (&lt;600 MET -minutes)</li> </ul>	<ul style="list-style-type: none"> <li>• overweight or obese (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 low risk (i.e. none of the risk factors included above)	0.0%	0.0%	0.0%
Percentage with raised risk (at least three of the risk factors included above),	44.0% (34.7-53.2)	34.5% (22.1-47.0)	52.2% (41.0-63.4)

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