



Ethiopia STEPS Survey 2015

Fact Sheet



The STEPS survey of non communicable disease (NCD) risk factors in Ethiopia was conducted in 2015. The country carried-out Step 1, Step 2 and Step 3. Socio-demographic and behavioral information was collected in Step 1. Physical measurements such as blood pressure, heart rate, height, weight, circumferences of waist and hip were collected in Step 2. Biochemical measurements were taken to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults within the age range of 15-69 years. A three stage cluster sample design was used to produce national representative data and there were a total of 9, 801 study participants in the survey. The overall response rate was 95.5%.

Results for adults age 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	4.2% (3.5-4.9)	7.3% (6.1-8.6)	0.4% (0.3-0.6)
Percentage who currently smoke tobacco daily	3.5% (2.8-4.1)	6.2% (5.0-7.4)	0.2% (0.1-0.4)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	21.0 (19.9-22.0)	20.9 (19.8-22.0)	22.8 (19.1-26.5)
Percentage of daily smokers smoking manufactured cigarettes	89.4% (85.3-93.6)	91.5% (87.4-95.5)	48.4% (26.5-70.3)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	7.1 (6.1-8.1)	7.3 (6.2-8.3)	2.4 (1.1-3.7)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	50.7 (47.3-54.0)	45.1 (41.4-48.8)	57.3 (53.8-60.9)
Percentage who are past 12 month abstainers among alcohol consumers	5.1 (4.0-6.2)	5.1 (3.9-6.3)	5.2 (3.9-6.5)
Percentage who currently drink (drank alcohol in the past 30 days)	40.7 (37.4-43.9)	46.6 (43.0-50.2)	33.5 (30.3-36.7)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	12.4 (11.0-13.7)	20.5 (18.2-22.7)	2.7 (2.0-3.3)
Step 1 Khat consumption¹			
Percentage who currently chew <i>Khat</i>	15.8 (13.1-18.5)	21.1 (17.6-24.7)	9.4 (7.2-11.5)
Among the chewers during the past 12 months, percentage of respondents who chew <i>Khat</i> daily.	58.4 (51.6-65.2)	61.4 (53.9-68.8)	50.4 (41.7-59.2)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	0.9 Days (0.8-1.0)	0.9 Days (0.8-1.0)	1.0 Days (0.9-1.1)
Mean number of servings of fruit consumed on average per day	0.3 (0.3-0.4)	0.3 (0.3-0.4)	0.3 (0.3-0.4)
Mean number of days vegetables consumed in a typical week	1.5 Days (1.3-1.6)	1.4 Days (1.3-1.6)	1.5 Days (1.4-1.7)
Mean number of servings of vegetables consumed on average per day	0.6 (0.5-0.7)	0.5 (0.4-0.6)	0.6 (0.5-0.8)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	97.6%	98%	97.1%
Percentage who always or often add salt or salty sauce to their food before eating or while they are eating	60.4% (56.6-64.2)	60.0% (55.9-64.1)	60.9% (57.0-64.8)
Percentage who always or often eat processed foods high in salt	9.1% (7.6-10.7)	9.8% (7.9-11.7)	8.3% (6.7-10.0)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)	5.8% (5.0-6.6)	4.0% (3.0-5.0)	7.9% (6.7-9.1)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	257.1Min (102.9-411.4)	300.0Min (154.2-450.8)	188.6Min (71.4-360.0)
Percentage not engaging in vigorous activity	42.5% (40.3-44.6)	22.1% (19.8-24.5)	66.7% (63.8-69.6)

Step 1 Cervical Cancer Screening			
Percentage of women age 30-49 years who have ever had a screening test for cervical cancer			2.65 (1.61 – 3.69)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	20.4 (20.2 – 20.5)	20.1 (19.9 – 20.2)	20.7 (20.6 – 20.9)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	6.3 (5.4 – 7.3)	4.4 (3.4 – 5.4)	8.8 (7.6 – 10.0)
Percentage who are obese (BMI ≥ 30 kg/m ²)	1.2 (0.9 – 1.4)	0.5 (0.2 – 0.8)	2.0 (1.5 – 2.4)
Average waist circumference (cm)		74.4 (73.9 – 75.0)	73.9 (73.3 – 74.4)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	119.5 (118.8 – 120.2)	120.2 (119.2 – 121.1)	118.7 (117.9 – 119.5)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	77.5 (77.0 – 78.1)	76.5 (75.8 – 77.2)	78.8 (78.3 – 79.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	16 (14.8 – 17.3)	15.7 (13.9 – 17.5)	16.5 (15.0 – 17.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	15.6 (14.4 – 16.9)	15.3 (13.5 – 17.1)	16.0 (14.6 – 17.5)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose in mg/dl	79.5 (78.3 – 80.7)	79.0 (77.6 – 80.4)	80.2 (79.0 – 81.3)
Percentage with impaired fasting glycaemia as defined below • capillary whole blood value ≥ 100 mg/dl and <110 mg/dl	5.4 (4.4 – 6.3)	5.1 (3.9 – 6.3)	5.7 (4.9 – 6.8)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • capillary whole blood value ≥ 110 mg/dl	5.9 (4.9 – 6.9)	6.0 (4.7 – 7.2)	5.8 (4.6 – 7.0)
Mean total blood cholesterol, including those currently on medication for raised cholesterol in mg/dl	130.9 (129.3 – 132.6)	124.4 (122.6 – 126.1)	139.2 (137.0 – 141.3)
Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol)	5.6 (4.8 – 6.4)	3.5 (2.7 – 4.3)	8.3 (7.1 – 9.4)
Cardiovascular disease (CVD) risk			
Percentage age 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD ²	4.7 (3.5-5.8)	3.7 (2.4-5.0)	6.0 (4.3-7.7)
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 • over-weight (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	1.6 (0.9-2.3)	1.2 (0.5-1.9)	2.1 (1.3-2.9)
Percentage with 1-2 of the above risk factors, age 15 to 44 years	95.0 (94.0-95.9)	95.3 (94.2-96.5)	94.5 (93.4-95.6)
Percentage with 1-2 of the above risk factors, age 45 to 69 years	89.6 (87.7-91.4)	91.0 (88.6-93.5)	87.3 (85.0-89.7)
Percentage with 1-2 of the above risk factors, age 15 to 69 years	94.0 (93.0-94.9)	94.5 (93.3-95.7)	93.3 (92.2-94.4)

¹Khat is a plant native to the Horn of Africa and the Arabian Peninsula. *Khat* chewing in Ethiopia is a social custom that dates back thousands of years. However, *Khat* is a strong stimulant that causes mild to moderate psychological dependence, although not as strong as that of alcohol and tobacco, and its consumption can have serious health and economic consequences.

²A 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 >126 mg/dl).

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