



# STEPS to a Well Bermuda 2014

## Fact Sheet

The STEPS survey of non-communicable disease (NCD) risk factors in Bermuda was carried out from November 2013 to December 2014. Bermuda carried out Step 1 (including optional modules), 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 on a sub-sample of respondents to assess blood glucose and cholesterol levels in Step 3.

The survey was a population-based survey of adults aged 18 years and over. A simple random sample design was used to produce representative data for that age range in Bermuda. A total of 1,195 adults participated in Step 1 of the survey, giving a response rate among the households reached of 62.7%. Of these persons, 467 adults participated in Step 3.

A repeat survey is planned for 2020 if resources permit.

Results for adults aged 18 years and over (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	<b>13.9%</b> (10.5 – 17.4)	<b>19.8%</b> (11.8 – 27.7)	<b>7.5%</b> (5.2 – 9.7)
Percentage who currently smoke tobacco daily	<b>10.3%</b> (7.6 – 13.1)	<b>14.8%</b> (9.6 – 20.0)	<b>5.4%</b> (3.3 – 7.5)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	<b>17.8 years</b> (16.5 – 19.0)	<b>17.5 years</b> (16.2 – 18.7)	<b>18.6 years</b> (15.8 – 21.4)
Percentage of daily smokers smoking manufactured cigarettes	<b>87.6%</b> (76.7 – 98.4)	<b>83.3%</b> (69.8 – 96.8)	<b>100%</b> (100 – 100)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	<b>11.2</b> (9.6 – 12.7)	<b>11.3</b> (8.8 – 13.8)	<b>10.6</b> (5.5 – 15.8)
<b>Step 1 Alcohol Consumption</b>			
Percentage who are lifetime abstainers	<b>7.6%</b> (5.5-9.6)	<b>2.9%</b> (1.4-4.4)	<b>12.7%</b> (9.0-16.3)
Percentage who are past 12 month abstainers	<b>15.0%</b> (12.1-17.8)	<b>11.7%</b> (8.6-14.7)	<b>18.6%</b> (14.1-23.0)
Percentage who currently drink (drank alcohol in the past 30 days)	<b>64.0%</b> (59.0-69.0)	<b>75.5%</b> (69.5-81.5)	<b>51.4%</b> (46.3-56.5)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	<b>13.5%</b> (9.4-17.6)	<b>21.4%</b> (13.7-29.0)	<b>4.8%</b> (3.1-6.6)
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	<b>4.9 days</b> (4.5 – 5.3)	<b>4.8 days</b> (4.2 – 5.5)	<b>5.0 days</b> (4.6 – 5.3)
Mean number of servings of fruit consumed on average per day	<b>1.3 servings</b> (1.2 – 1.4)	<b>1.2 servings</b> (1.1 – 1.3)	<b>1.4 servings</b> (1.3 – 1.6)
Mean number of days vegetables consumed	<b>5.6 days</b> (5.4 – 5.9)	<b>5.4 days</b> (5.0 – 5.9)	<b>5.9 days</b> (5.7 – 6.0)
Mean number of servings of vegetables consumed on average per day	<b>1.8 servings</b> (1.6 – 2.0)	<b>1.7 servings</b> (1.3 – 2.0)	<b>2.0 servings</b> (1.8 – 2.1)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	<b>81.9%</b> (77.6 – 86.2)	<b>85.4%</b> (80.6 – 90.2)	<b>78.0%</b> (73.1 – 83.0)
<b>Step 1 Physical Activity</b>			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	<b>27.1%</b> (22.1 – 32.1)	<b>20.2%</b> (16.1 – 24.2)	<b>33.7%</b> (26.9 – 40.5)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	<b>48.6 minutes</b> (17.1 – 145.7)	<b>77.1 minutes</b> (25.7 – 242.1)	<b>34.3 minutes</b> (8.6 – 85.7)
Percentage not engaging in vigorous activity	<b>57.6%</b> (51.3 – 63.9)	<b>45.5%</b> (39.0 – 52.0)	<b>69.4%</b> (61.9 – 76.8)

Results for adults aged 18 years and over (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	<b>29.0</b> (28.4-29.7)	<b>28.3</b> (27.8-28.8)	<b>29.8</b> (28.7-31.1)
Percentage who are overweight or obese (BMI ≥ 25 kg/m <sup>2</sup> )	<b>74.6%</b> (67.0-82.2)	<b>79.1%</b> (71.1-87.1)	<b>69.6%</b> (60.9-78.4)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	<b>34.4%</b> (29.0-39.8)	<b>29.4%</b> (21.2-37.7)	<b>40.0%</b> (29.9-50.2)
Average waist circumference (inches)		<b>36.8"</b> (36.1-37.5)	<b>35.3"</b> (34.2-36.4)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	<b>123.5 mmHg</b> (120.0-127.0)	<b>126.5 mmHg</b> (120.3-132.8)	<b>120.1 mmHg</b> (117.1-123.1)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	<b>80.1 mmHg</b> (78.3-81.9)	<b>81.1 mmHg</b> (78.5-83.6)	<b>79.0 mmHg</b> (77.4-80.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or currently on medication for raised BP	<b>33.4%</b> (26.8-40.0)	<b>32.3%</b> (21.1-43.6)	<b>34.6%</b> (28.2-41.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	<b>21.6%</b> (16.1-27.1)	<b>23.9%</b> (14.0-33.8)	<b>18.7%</b> (14.7-22.7)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [mg/dl]	<b>92.0 mg/dl</b> (88.1-95.8)	<b>93.9 mg/dl</b> (86.3-101.5)	<b>90.2 mg/dl</b> (86.1-94.3)
Percentage with impaired fasting glycaemia as defined below ▪ capillary whole blood value ≥100 mg/dl and <110 mg/dl	<b>8.6%</b> (6.6 – 10.6)	<b>8.5%</b> (5.2 – 11.7)	<b>8.7%</b> (5.0 - 12.4)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose ▪ capillary whole blood value ≥ 110 mg/dl	<b>10.3%</b> (7.0 – 13.7)	<b>10.9%</b> (6.2 – 15.6)	<b>9.8%</b> (6.8 – 12.8)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [mg/dl]	<b>188.9 mg/dl</b> (183.3-194.4)	<b>181.0 mg/dl</b> (172.8-189.2)	<b>196.0 mg/dl</b> (190.2 – 201.9)
Percentage with raised total cholesterol (≥ 200 mg/dl or currently on medication for raised cholesterol)	<b>47.4%</b> (43.2 – 51.6)	<b>42.6%</b> (36.2 – 48.9)	<b>51.8%</b> (44.9 – 55.8)
<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>▪ insufficient physical activity</li> </ul>		<ul style="list-style-type: none"> <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>	
<b>Adults 18 years and over:</b>			
Percentage with none of the above risk factors	<b>3.2%</b> (2.1-4.2)	<b>1.3%</b> (0.0-2.8)	<b>5.1%</b> (4.0-6.2)
Percentage with three or more of the above risk factors	<b>42.0%</b> (37.8-46.2)	<b>43.7%</b> (37.5-49.8)	<b>40.4%</b> (34.4-46.3)
<b>Optional module: Health care utilization</b>			
Percentage with health insurance	<b>92.1%</b> (88.5-95.6)	<b>91.6%</b> (87.3-95.9)	<b>92.5%</b> (88.8-96.3)
Percentage who had or currently have a NCD (self-report)	<b>17.3%</b> (12.2-22.3)	<b>15.6%</b> (9.8-21.4)	<b>19.1%</b> (13.1-25.1)
<i>For those with an NCD:</i>			
Percentage who have been hospitalized due to NCD in previous 12 months	<b>9.4%</b> (4.6-14.3)	<b>11.6%</b> (4.8-18.3)	<b>7.5%</b> (2.7-12.4)
Percentage who missed usual activity due to NCD in previous 30 days	<b>8.2%</b> (1.4-15.0)	<b>7.5%</b> (0.0-18.5)	<b>8.8%</b> (1.9-15.7)

\* 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](http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html))

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