



# Cabo Verde STEPS Survey 2020

## Fact Sheet

The second STEPS survey of noncommunicable disease (NCD) risk factors in Cabo Verde was carried out from February to March 2020. Cabo Verde carried out Step 1, Step 2 and Step 3. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Blood and Urine sample were collected for Biochemical measurements to assess blood glucose, cholesterol levels and intake of salt in Step 3. The survey was a population-based survey of adults aged 18-69. A multiple-stage probability sampling design was used to produce representative data for that age range in Cabo Verde. A total of 4563 adults participated STEP 1, 2 and for STEP 3 a subsample of 2436. The overall response rate was 64%. A repeat survey is planned for 2025 if funds permit.

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	9.6% (8.3-10.9)	15.7% (13.4-18.0)	3.2% (2.3-4.2)
Percentage adults exposed to second-hand smoke in the closed areas in their workplace	15.0% (13.3-16.7)	19.0% (16.3-21.7)	11.0% (9.4-12.6)
Percentage who currently smoke tobacco daily	4.9% (4.1-5.8)	8.4% (6.9-9.9)	1.3% (0.9-1.8)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	18.9 (18.0-19.8)	19.0 (18-19.9)	18.4 (17.2-19.5)
Percentage of daily smokers smoking manufactured cigarettes	74.7% (66.0-83.4)	74.8% (64.9-84.7)	73.8% (62.6-85.0)
<b>Step 1 Alcohol Consumption</b>			
Percentage who are lifetime abstainers	26.7% (24.9-28.6)	13.4% (11.3-15.6)	40.7% (38.0-43.4)
Percentage who are past 12 month abstainers	13.8% (12.4-15.1)	10.3% (8.7-12.0)	17.4% (15.3-19.4)
Percentage who currently drink (drank alcohol in the past 30 days)	45.0% (42.8-47.2)	62.3% (59.3-65.3)	26.9% (24.5-29.3)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	17.5% (15.7-19.2)	28.6% (25.7-31.5)	6.5% (5.2-7.9)
<b>Step 1 Diet</b>			
Mean number of days fruit consumed in a typical week	4.0 (3.8-4.1)	3.8 (3.6-3.9)	4.1 (4.0-4.3)
Mean number of servings of fruit consumed on average per day	1.4 (1.3-1.5)	1.4 (1.3-1.5)	1.4 (1.3-1.5)
Mean number of days vegetables consumed in a typical week	4.4 (4.3-4.5)	4.2 (4.0-4.3)	4.5 (4.4-4.6)
Mean number of servings of vegetables consumed on average per day	2.2 (2.1-2.3)	2.1 (2.0-2.3)	2.3 (2.1-2.4)
Mean number of servings of fruit and vegetables consumed on average per day	3.4 (3.2-3.5)	3.3 (3.1-3.5)	3.5 (3.3-3.6)
Percentage who eats less than 5 servings of fruit and/or vegetables on average per day	79.0% (77.1-80.9)	79.8% (77.0-82.5)	78.1% (75.8-80.5)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	8.5% (7.2-9.9)	8.3% (6.3-10.2)	8.8% (7.2-10.5)
Percentage who always or often eat processed foods high in salt	10.2% (8.8-11.6)	10.5% (8.5-12.4)	9.9% (8.2-11.6)
Percentage who always or often eat/drink sugary food	30.6% (28.7-32.5)	30.9% (28.2-33.7)	30.2% (27.8-32.7)
Percentage who always or often eat fat food	15.5% (13.9-17.1)	16.8% (14.4-19.2)	14.2% (12.2-16.1)
<b>Step 1 Physical Activity</b>			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent) *	31.8% (29.8-33.9)	21.6% (19.0-24.2)	42.3% (39.5-45.0)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	54.3 (11.4-189.3)	90.0 (25.7-300.0)	30.0 (5.7-115.7)
Median time spent in sedentary activity per day (minutes) (presented with inter-quartile range)	120.0 (60.0-300.0)	120.0 (60.0-300.0)	120.0 (60.0-300.0)
Percentage not engaging in vigorous activity	55.6% (53.4-57.8)	38.5% (35.4-41.5)	73.1% (70.2-75.9)
<b>Step 1 Cervical Cancer Screening</b>			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			52.2% (48.3-56.2)
Percentage of women aged 18-69 years not know how or where to get a cervical cancer test			36.0% (32.4-39.7)

\* 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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Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
<b>Step 1 Oral Health</b>			
Percentage with natural teeth $\leq$ 19 (including no natural teeth)	12.3% (11.2-13.5)	7.3% (5.9-8.7)	17.7% (16.0-19.4)
Percentage cleaning their teeth at least twice a day	91.0% (89.6-92.4)	89.7% (87.6-91.7)	92.4% (90.8-93.9)
Percentage who has never received dental care	18.8% (16.9-20.7)	22.6% (22.6-28.6)	14.8% (12.8-16.8)
Percentage who has been to a dentist within 6 months	13.4% (11.9-15.0)	12.1% (9.8-14.4)	14.8% (12.9-16.7)
Percentage who went to a dentist for pain	49.0% (46.5-51.5)	46.9% (43.1-50.8)	51.0% (48.1-53.8)
<b>Step 1 Mental Health/Suicide</b>			
Percentage who have seriously considered a suicide attempt, In the past 12 months	3.3% (2.6-4.0)	2.1% (1.2-3.0)	4.5% (3.4-5.6)
Percentage who have made a plan attempt suicide, In the past 12 months	1.6% (1.0-2.1)	0.8% (0.2-1.4)	2.3% (1.5-3.2)
<i>Those who have ever attempted suicide</i>			
Percentage who have a suicide attempt, In the past 12 months	35.1% (18.1-52.1)	15.4% (0.0-32.3)	41.2% (21.3-61.1)
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	25.1 (24.8-25.3)	23.9 (23.6-24.2)	26.3 (26.0-26.6)
Percentage who are overweight (BMI $\geq$ 25 kg/m <sup>2</sup> )	44.2% (41.8-46.5)	34.2% (30.9-37.6)	54.9% (52.1-57.7)
Percentage who are obese (BMI $\geq$ 30 kg/m <sup>2</sup> )	14.3% (12.9-15.7)	6.7% (5.0-8.4)	22.5% (20.4-24.5)
Average waist circumference (cm)		82.1 (81.3-83.0)	83.4 (82.6-84.1)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	128.8 (128.0-129.5)	133.7 (132.6-134.8)	123.7 (122.8-124.5)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	79.1 (78.7-79.6)	80.3 (79.6-81.0)	77.9 (77.3-78.5)
Percentage with raised BP (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg or currently on medication for raised BP)	30.8% (28.8-32.7)	36.2% (33.1-39.4)	25.1% (23.0-27.2)
Percentage with raised BP (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP	70.2% (67.0-73.4)	83.4% (79.8-87.0)	50.3% (45.6-55.0)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [mg/dl]	83.2 (81.9-84.6)	82.5 (80.5-84.5)	84.1 (82.4-85.7)
Percentage with impaired fasting glycaemia as defined below (plasma venous value $\geq$ 110 mg/dl and $<$ 126 mg/dl)	2.3% (1.5-3.0)	1.9% (1.0-2.8)	2.6% (1.5-3.8)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose (plasma venous value $\geq$ 126 mg/dl)	3.7% (2.9-4.6)	3.3% (2.1-4.5)	4.2% (3.0-5.4)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [mg/dl]	154.6 (152.2-157.0)	151.1 (147.3-154.9)	158.2 (155.3-161.1)
Percentage with raised total cholesterol ( $\geq$ 190 mg/dl or currently on medication for raised cholesterol)	18.8% (16.7-20.9)	18.2% (15.0-21.4)	19.3% (16.5-22.2)
Mean intake of salt per day (in grams)	9.2 (9.1-9.3)	10.0 (9.8-10.2)	8.4 (8.2-8.5)
<b>Cardiovascular disease (CVD) risk</b>			
Percentage aged 40-69 years with a 10-year CVD risk $\geq$ 30%, or with existing CVD**	6.7% (4.1-9.4)	8.3% (3.3-13.3)	5.2% (3.4-7.1)
<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 <math>\geq</math> 25 kg/m<sup>2</sup>)</li> <li>raised BP (SBP <math>\geq</math> 140 and/or DBP <math>\geq</math> 90 mmHg or currently on medication for raised BP)</li> </ul>	
Percentage with none of the above risk factors	5.9% (4.8-7.1)	7.5% (5.5-9.5)	4.3% (3.2-5.4)
Percentage with three or more of the above risk factors, aged 18 to 44 years	20.0% (17.7-22.3)	18.6% (15.1-22.0)	21.6% (19.1-24.2)
Percentage with three or more of the above risk factors, aged 45 to 69 years	44.7% (41.5-48.0)	39.6% (34.4-44.8)	49.2% (44.9-53.5)
Percentage with three or more of the above risk factors, aged 18 to 69 years	27.0% (24.9-29.0)	23.9% (20.9-26.9)	30.2% (27.8-32.6)

\*\* A 10-year CVD risk of  $\geq$ 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).

**For additional information, please contact:**  
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