



# IRAN STEPS Survey 2011

Fact Sheet 1390

*This STEPS survey of chronic disease risk factors in Iran was carried out in 2011 as the 6<sup>th</sup> round concluding Step 1 and Step 2; Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. biochemical measurements were collected in this round.*

*The STEPS survey in Iran was a population-based survey of adults aged 15-64 (25-64 for biochemical measures). A cluster sample design was used to produce representative data for that age range in Iran. A total of 12000 adults participated in the Iran STEPS survey.*

Results for adults aged 15-64 years (incl. 95% CI)	Both Sexes	Females	Males
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco daily	10.91 [9.97,11.93]	0.90 [0.55,1.48]	20.84 [18.94,22.87]
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	21.23 [20.09,22.37]	22.49 [20.43,24.54]	19.98 [19.43, 20.53]
Average years of smoking	10.30 [8.88,11.72]	11.11 [8.31,13.91]	9.49 [8.25,10.73]
Percentage smoking manufactured cigarettes	-----	-----	-----
<i>For smokers of manufactured cigarettes</i>			
Mean number of manufactured cigarettes smoked per day	10.15 [8.92,11.37]	7.74 [5.88,9.61]	12.53 [11.44,13.62]

<b>Step 1 Alcohol Consumption</b>			
Percentage of abstainers (who did not drink alcohol in the last year )	-----	-----	-----
Percentage of current drinkers (who drank alcohol in the past 30 days)	-----	-----	-----
<i>For those who drank alcohol in the last 30 days</i>			
Percentage of women who had 4 or more drinks on any day in the last week	-----	-----	-----
Percentage of men who had 5 or more drinks on any day in the last week	-----	-----	-----
Percentage who drank alcohol on 4 or more days in the last week	-----	-----	-----
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of servings of fruit consumed per day	1.49 [1.35,1.64]	1.53 [1.37,1.68]	1.46 [1.31,1.61]
Mean number of servings of vegetables consumed per day	1.11 [0.99,1.22]	1.19 [1.07,1.31]	1.03 [0.91,1.15]
Percentage who ate 5 or more combined servings of fruit & vegetables per day	11.85 [9.50,14.69]	13.22 [10.55,16.44]	10.50 [8.09,13.52-]
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	40.12 [37.32,42.98]	48.82 [45.3,52.35]	31.53 [27.65,35.70]
No moderate and vigorous physical activity at work	34.85 [31.11,38.79]	27.57 [23.60,31.93]	42.03 [37.31,46.90]
No moderate and vigorous physical activity at transport	67.35 [63.75,70.77]	67.90 [63.62,71.89]	66.82 [62.98,70.45]
No moderate and vigorous physical activity at recreational	24.71 [22.41,27.16]	16.75 [14.24,19.6]	32.56 [29.95,35.28]

Results for adults aged 15-64 years (incl. 95% CI)	Both Sexes	Females	Males
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	25.34 [25.07,25.61]	25.93 [25.66,26.21]	24.76 [24.42,25.10]
Percentage who are overweight or obese (BMI ≥ 25 kg/m <sup>2</sup> )	48.24 [45.82,50.66]	51.59 [50.51,52.67]	44.96 [43.10,46.84]
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	16.84 [15.44,18.35]	21.89 [21.03,22.77]	11.92 [11.15,12.74]
Average waist circumference (cm)	85.68 [84.81,86.54]	84.55 [83.66,85.43]	86.78 [85.59,87.96]
Mean systolic blood pressure - SBP (mmHg)	120.53 [119.16,121.89]	117.97 [116.32,119.61]	123.02 [121.69,124.35]
Mean diastolic blood pressure - DBP (mmHg)	76.72 [76.07,77.37]	76.80 [76.16,77.43]	76.64 [75.71,77.58]
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg)	19.01 [17.58,20.54]	19.21 [18.37,20.08]	18.83 [17.84,19.85]
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg)	7.37 [6.80,7.98]	9.07 [8.61,9.55]	5.72 [5.40,6.05]
<b>Step 3 Biochemical Measurements (aged 25-64)</b>			

Mean fasting blood glucose (mmol/L)	93.02 [91.51,94.52]	93.16 [91.35,94.98]	92.87 [91.13,94.61]
Percentage with raised blood glucose ( $\geq 7.0$ mmol/L)	13.79 [11.90,15.92]	14.57 [13.49,15.72]	13.02 [11.85,14.28]
Mean total blood cholesterol (mg/dL)	180.58 [177.39,183.78]	184.38 [181.20,187.55]	176.82 [173.03,180.60]
Percentage total cholesterol ( $\geq 5.2$ mmol/L)	28.43 [25.57,31.47]	30.98 [28.05,34.07]	25.89 [22.34,29.78]
Percentage total cholesterol ( $\geq 6.5$ mmol/L)	5.34 [4.21,6.76]	6.57 [5.38,8.01]	4.13 [2.66,6.35]
<b>Summary of combined risk factors</b>			
<ul style="list-style-type: none"> <li>• <b>current daily smokers</b></li> <li>• <b>less than 5 servings of fruits &amp; vegetables per day</b></li> <li>• <b>Low level of activity</b> (&lt;600 MET -minutes)</li> <li>• <b>overweight or obese</b> (BMI <math>\geq 25</math> kg/m<sup>2</sup>)</li> <li>• <b>raised BP</b> (SBP <math>\geq 140</math> and/or DBP <math>\geq 90</math> mmHg)</li> </ul>			
Percentage with low risk (i.e. none of the risk factors included above)	<b>2.79</b> [2.13,3.65]	<b>2.58</b> [2.22,3.01]	<b>3.00</b> [2.54,3.54]
<b>Percentage with raised risk (i.e. at least three of the risk factors included above) distributed in the age groups below</b>			
Percentage with raised risk, aged 15 to 44 years old	<b>26.96</b> [25.25,28.74]	<b>27.91</b> [26.63,29.22]	<b>26.04</b> [24.69,27.44]
Percentage with raised risk, aged 45 to 64 years old	<b>54.29</b> [51.26,57.29]	<b>56.48</b> [54.62,58.32]	<b>52.13</b> [50.14,54.11]