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Ethiopia STEPS Survey 2024

Fact Sheet

The STEPS survey of non-communicable disease (NCD) risk factors in Ethiopia was carried out from 1st July to 30th October 2024. 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 height, weight, waist circumference, blood pressure and heart rate were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18 to 69 years. A three stage cluster sample design was used to produce national representative data and there were a total of 9,620 contacted study participants in the survey. The response rates among contacted respondents were (Step-1 = 98.5%; Step-2 = 98.4%; Step-3 = 93.6%). A repeat survey is planned every five years - if funds permit.

| Results for adults aged 18-69 years (incl. 95% CI) | Both Sexes | Males | Females |
|---|------------------------|------------------------|------------------------|
| Step 1 Tobacco Use | | | |
| Percentage who currently smoke tobacco | 2.9% (2.2 - 4.0) | 4.9% (3.5 - 6.8) | 0.5% (0.3 - 0.9) |
| Percentage who currently smoke tobacco daily | 2.4% (1.7 - 3.5) | 4.1% (2.8 - 5.9) | 0.3% (0.2 - 0.6) |
| Percentage of daily smokers smoking manufactured cigarettes | 89.8% (73.9 - 96.4) | 90.5% (72.6 - 97.2) | 78.9% (55.5 - 91.8) |
| Mean number of manufactured cigarettes smoked per day among daily smokers | 5.9 (4.3 - 7.6) | 6.2 (4.4 - 7.9) | 2.1 (0.8 - 3.5) |
| Step 1 Alcohol Consumption | | | |
| Percentage who are lifetime abstainers | 72.7% (69.1 - 76.1) | 70.0% (65.2 - 74.4) | 76.2% (72.8 - 79.2) |
| Percentage who are past-12-month abstainers | 3.6% (2.5 - 5.1) | 3.9% (2.3 - 6.6) | 3.1% (2.4 - 4.2) |

| Results for adults aged 18-69 years (incl. 95% CI) | Both Sexes | Males | Females |
|---|------------------------|------------------------|------------------------|
| Percentage who currently drink (drank alcohol in the past 30 days) | 20.1% (17.2 - 23.2) | 22.9% (19.3 - 27.1) | 16.5% (13.9 - 19.4) |
| Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days) | 1.7% (1.2 - 2.3) | 2.4% (1.6 - 3.4) | 0.8% (0.4 - 1.4) |
| Step 1 Khat consumption | | | |
| Percentage who currently chew khat | 23.4% (19.3 - 28.0) | 28.6% (23.6 - 34.0) | 16.9% (13.2 - 21.5) |
| Among the chewers during the past 12 months, percentage of respondents who chew khat daily | 67.2% (60.5 - 73.3) | 71.7% (63.7 - 78.5) | 57.9% (48.0 - 67.2) |
| Step 1 Diet | | | |
| Percentage who ate less than 5 servings of fruit and/or vegetables on average per day | 98.6% (97.8 - 99.1) | 98.6% (97.6 - 99.2) | 98.6% (97.8 - 99.1) |
| Percentage who always or often add salt or salty sauce to their food before eating or as they are eating | 85.0% (82.1 - 87.6) | 85.9% (82.4 - 88.8) | 84.0% (80.8 - 86.7) |
| Percentage who always or often eat processed foods high in salt | 4.9% (3.7 - 6.5) | 4.8% (3.3 - 6.8) | 5.1% (3.6 - 7.1) |
| Step 1 Physical Activity | | | |
| Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)* | 27.9% (25.1 - 31.0) | 22.1% (19.1 - 25.4) | 35.0% (31.5 - 38.7) |
| Percentage not doing any leisure activities (sports, fitness or recreational activities) | 93.0% (91.7 - 94.1) | 89.9% (87.7 - 91.8) | 96.8% (95.8 - 97.5) |
| Percentage not engaging in vigorous activity | 77.5% | 67.3% | 89.7% |

| Results for adults aged 18-69 years (incl. 95% CI) | Both Sexes | Males | Females |
|--|------------------------|------------------------|------------------------|
| | (74.4 - 80.3) | (62.9 - 71.5) | (86.8 - 92.0) |
| Step 1 Cervical Cancer Screening | | | |
| Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer | | | 10.0% (7.8 - 12.7) |
| Step 1 Mental Health (Depression) | | | |
| Percentage of the population with depression | 2.3% (1.7 - 3.1) | 2.1% (1.4 - 3.1) | 2.6% (1.8 - 3.7) |
| Step 2 Physical Measurements | | | |
| Percentage who are overweight (BMI \geq 25 kg/m ²) | 10.9% (9.5 - 12.3) | 9.0% (7.5 - 10.8) | 13.3% (11.7 - 15.0) |
| Percentage who are obese (BMI \geq 30 kg/m ²) | 2.5% (2.1 - 3.0) | 1.5% (1.1 - 2.1) | 3.8% (3.1 - 4.7) |
| Percentage with raised blood pressure (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on hypertension medication) | 17.3% (15.0 - 19.8) | 16.7% (13.9 - 20.0) | 17.9% (15.7 - 20.4) |
| Prevalence of uncontrolled hypertension (SBP \geq 140 or DBP \geq 90) | 16.6% (14.3 - 19.1) | 16.2% (13.4 - 19.5) | 17.0% (14.8 - 19.5) |
| Percentage previously diagnosed among those with raised blood pressure | 20.5% (17.1 - 24.3) | 15.2% (11.5 - 20.0) | 26.6% (22.3 - 31.4) |
| Percentage who are currently on treatment for raised blood pressure among those with raised blood pressure | 12.2% (9.8 - 15.1) | 9.8% (6.9 - 13.6) | 14.9% (12.0 - 18.4) |
| Percentage with controlled blood pressure among those with raised blood pressure | 4.0% (2.8 - 5.8) | 3.0% (1.7 - 5.0) | 5.2% (3.5 - 7.7) |

| Results for adults aged 18-69 years (incl. 95% CI) | Both Sexes | Males | Females |
|--|------------------------|-----------------------|------------------------|
| Step 3 Biochemical Measurements | | | |
| Percentage with impaired fasting glycaemia (plasma venous value \geq 6.1 mmol/L (110 mg/dl) and $<$ 7.0 mmol/L (126 mg/dl)) | 7.4% (6.2 - 8.8) | 7.1% (5.6 - 8.9) | 7.9% (6.4 - 9.6) |
| Percentage with elevated fasting blood glucose (plasma venous value \geq 7.0 mmol/L (126 mg/dl) or currently on medication for diabetes) | 4.2% (3.5 - 5.1) | 3.7% (2.9 - 4.9) | 4.7% (3.8 - 5.9) |
| Percentage previously diagnosed among those with elevated fasting blood glucose | 18.2% (13.5 - 24.1) | 13.9% (8.6 - 21.7) | 22.1% (15.2 - 31.1) |
| Percentage who are currently on treatment for elevated fasting blood glucose among those with raised blood glucose | 17.0% (12.4 - 22.8) | 12.9% (7.8 - 20.5) | 20.8% (14.0 - 29.7) |
| Percentage with raised total cholesterol (\geq 5.0 mmol/L or \geq 190 mg/dl or currently on medication for raised cholesterol) | 5.0% (4.1 - 6.1) | 3.4% (2.6 - 4.4) | 7.0% (5.6 - 8.7) |
| Mean intake of salt per day (in grams) | 9.4 (9.2 - 9.6) | 10.4 (10.1 - 10.7) | 8.2 (8.1 - 8.4) |
| Cardiovascular disease risk | | | |
| Percentage aged 40-69 years with a 10-year CVD risk \geq 20%, or with existing CVD** | 5.5% (3.7 - 8.0) | 4.9% (3.1 - 7.7) | 6.2% (4.2 - 9.1) |

* For complete definitions of insufficient physical activity, refer to the GPAQ Analysis Guide (<https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/physical-activity-surveillance>) or to the WHO Global recommendations on physical activity for health (<https://www.who.int/news-room/fact-sheets/detail/physical-activity>).

** A 10-year CVD risk of \geq 20% is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

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