



## Noncommunicable diseases risk factors







### STEPS SURVEY Niue 2025

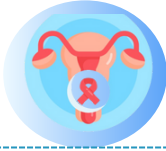






The second national STEPS survey of noncommunicable disease (NCD) risk factors in Niue was carried out from 10<sup>th</sup> March to 1<sup>st</sup> May 2025. Niue carried out Step 1, Step 2 and Step 3. Sociodemographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3.

The survey was a population-based survey of adults aged 15-69 years. A census survey was done. A total of 726 adults participated in the survey out of targeted 1029. The overall response rate was 71% for Step 1 and Step 2 whereas 70% for Step 3.

A repeat survey is planned for 2030 if funds permit.

Results for adults aged 15 - 69 years		Both sexes	Males	Females
<b>Step 1: Tobacco use</b>				
	Percentage who currently smoke tobacco	14.7%	20.8%	8.7%
	Percentage who currently smoke tobacco daily	8.9%	13.1%	4.6%
	Percentage who currently use smokeless tobacco	0.7%	1.2%	0.3%
	Percentage who use tobacco in any form (smoked and or smokeless)	15.4%	22.0%	9.0%
	Percentage who currently use electronic cigarettes (in the last 30 days)	9.5%	11.3%	7.8%
	Average age (years) started smoking among daily tobacco smokers	18.6	18.4	19.3
	Percentage of daily smokers smoking manufactured cigarettes	95.3%	95.6%	94.5%
<b>Step 1: Alcohol consumption</b>				
	Percentage who are lifetime abstainers	17.8%	13.9%	21.7%
	Percentage who are past 12-month abstainers	12.4%	9.3%	15.4%
	Percentage who currently drink (drank alcohol in the past 30 days)	49.2%	57.1%	41.3%
	Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	28.9%	40.7%	17.2%
<b>Step 1: Diet</b>				
	Mean number of days fruit consumed in a typical week	3.1	2.7	3.6
	Mean number of servings of fruit consumed on average per day	1.1	0.9	1.3
	Mean number of days vegetables consumed in a typical week	3.8	3.5	4.2
	Mean number of servings of vegetables consumed on average per day	1.1	1.0	1.1
	Percentage who ate <5 servings of fruits and/or vegetables on average per day	91.9%	94.7%	89.2%
	Percentage who always or often add salt or salty sauce before or during eating	45.0%	44.3%	45.7%
	Percentage who always or often eat processed foods high in salt	41.1%	36.2%	45.9%
	Mean number of days sugar-sweetened beverages is consumed in a typical week	3.2	3.3	3.0
<b>Step 1: Physical activity</b>				
	Percentage with insufficient activity (defined as <150 minutes of moderate-intensity activity per week or equivalent)*	15.3%	12.7%	17.9%
	Percentage not doing any leisure activity	43.2%	42.5%	43.9%
	Percentage not engaging in vigorous activity	40.4%	23.0%	57.4%

Results for adults aged 15 - 69 years		Both sexes	Males	Females
	<b>Step 1: Cervical cancer screening</b>			
	Percentage of women aged 30–49 years who have ever done a screening test for cervical cancer	-	-	76.6%
	<b>Step 2: Physical measurements</b>			
	Mean body mass index - BMI (kg/m <sup>2</sup> )	34.7	33.7	35.8
	Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	90.6%	90.0%	91.2%
	Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	70.9%	65.5%	76.5%
	Average waist circumference (cm)	-	106.7	105.0
	Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	125.9	129.4	122.4
	Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	82.2	83.1	81.3
	Percentage with hypertension (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on hypertension medication)	36.2%	38.7%	33.7%
	Prevalence of uncontrolled hypertension (SBP ≥ 140 or DBP ≥ 90)	29.7%	32.4%	27.1%
	Percentage who are currently on medication for raised BP among those with hypertension	40.5%	38.2%	43.2%
	Percentage with controlled blood pressure among those with hypertension	17.9%	16.4%	19.6%
	<b>Step 3: Biochemical measurements</b>			
	Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	7.1	6.9	7.2
	Percentage with impaired fasting glycaemia • plasma venous value ≥ 6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) or capillary whole blood value ≥ 5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	29.4%	28.4%	30.4%
	Percentage with diabetes • (plasma venous value ≥ 7.0 mmol/L (126 mg/dl) or capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl) or currently on medication for diabetes)	32.6%	30.8%	34.4%
	Percentage who are currently on treatment for raised blood glucose among those with diabetes	49.1%	48.6%	49.5%
	Percentage with controlled blood glucose level among those with diabetes	9.4%	11.5%	7.6%
	Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	4.8	4.6	5.0
	Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	48.5%	45.5%	51.5%
	<b>Cardiovascular disease risk (CVD)</b>			
	Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**	12.4%	17.1%	7.9%
	<b>Summary of combined risk factors</b>			
	<ul style="list-style-type: none"> <li>Current daily smokers</li> <li>Less than 5 servings of fruit &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>		
	Percentage with none of the above risk factors	0.1%	0.0%	0.3%
	Percentage with three or more of the above risk factors (aged 18-44 years)	36.7%	43.6%	30.0%
	Percentage with three or more of the above risk factors (aged 45-69 years)	56.2%	58.9%	53.4%
	Percentage with three or more of the above risk factors (aged 18-69 years)	42.2%	47.0%	37.4%

\* 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 ≥20% is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

For additional information, please contact: STEPS Survey Coordinator [Dr Grizelda Mokoia, [grizelda.mokoia@gov.nu](mailto:grizelda.mokoia@gov.nu)]

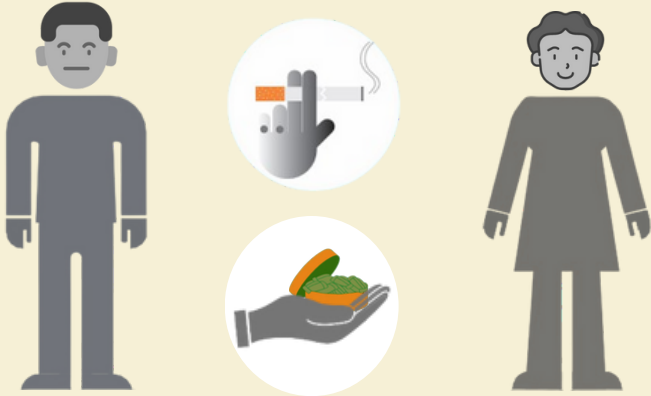


# Niue



## CURRENT TOBACCO USE

22% USE 9%



## CURRENT TOBACCO SMOKING

21% SMOKING 9%

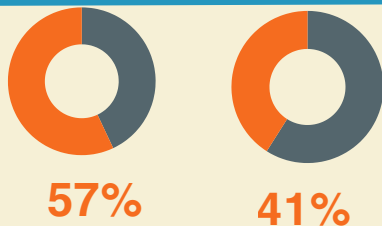
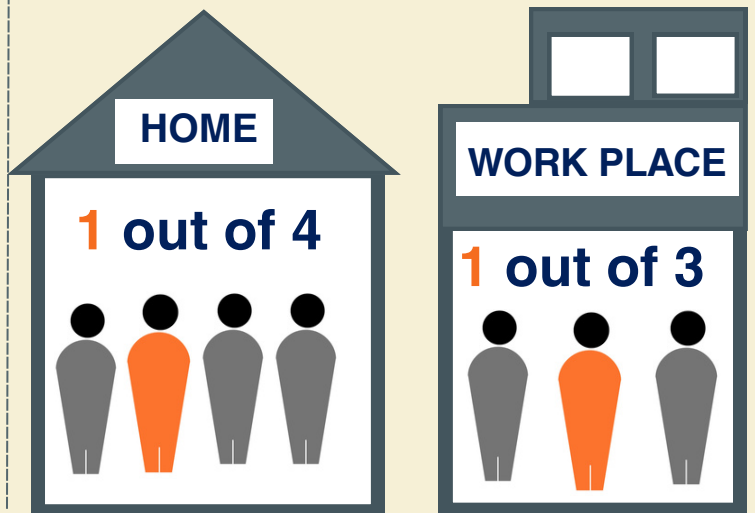


## CURRENT USE OF ELECTRONIC CIGARETTES

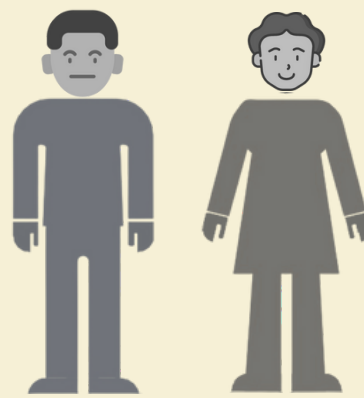
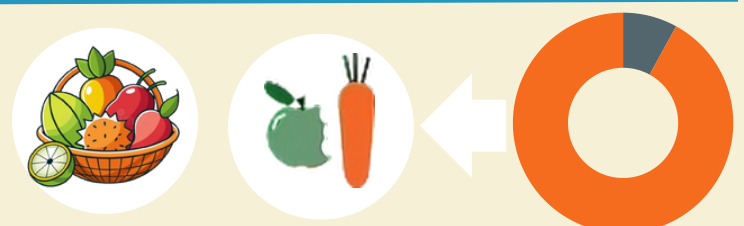
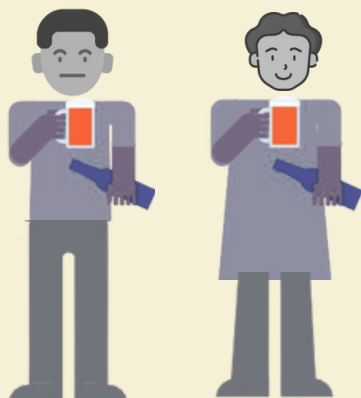
11% 8%



## SECOND HAND SMOKING



## CURRENT ALCOHOL DRINKERS

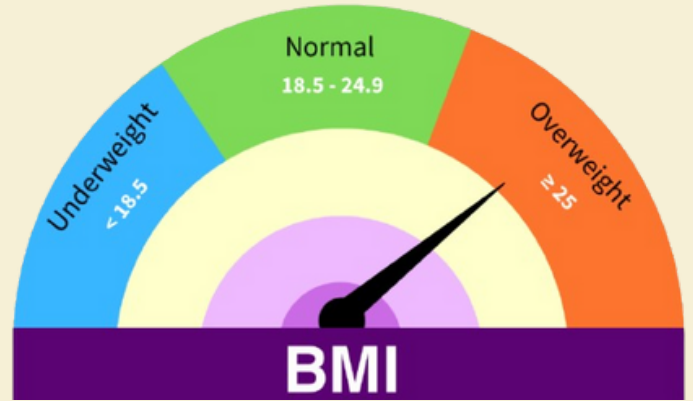




**77%** of women aged 30-49 years have ever had a screening test for cervical cancer



**9** out of 10 people live with **OVERWEIGHT** or **OBESITY**



## MEAN BLOOD PRESSURE

**129.4**  
mmHg

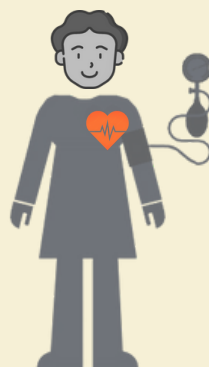
**Systolic**

**122.4**  
mmHg

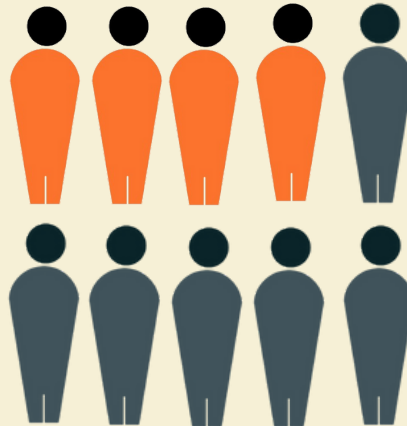
**83.1**  
mmHg

**Diastolic**

**81.3**  
mmHg



**4** out of 10 with **HYPERTENSION** (with raised blood pressure or currently on medication)



## MEAN BLOOD CHOLESTEROL

**4.6**  
(mmol/L)

**5.0**  
(mmol/L)



**1** out of 3 with **DIABETES** (raised fasting blood glucose or currently on medication)

