

وزارة الصحة الفلسطينية تعلن النتائج الأولية للمسح الوطني المتدرج لعوامل الخطورة المسببة للأمراض المزمنة خلال عام 2022

نفذت وزارة الصحة الفلسطينية وبالشراكة مع المعهد الوطني الفلسطيني للصحة العامة ومنظمة الصحة العالمية المسح الثاني الوطني المتدرج لعوامل الخطورة المسببة للأمراض المزمنة ومدى انتشارها في فلسطين خلال الفترة الممتدة بين (أب 2022- تشرين الثاني 2022).

وقد استهدف المسح الأسري المقطعي المستند إلى السكان المواطنين الذين تتراوح أعمارهم بين 18-69 عاماً، ضمن العينة العشوائية التي تم سحبها من قبل جهاز الإحصاء المركزي الفلسطيني، والتي بلغت 5503 بالغاً من 525 منطقة تعداد سكاني في الضفة الغربية (بما فيها القدس) وقطاع غزة، منها 2962 بالغاً في الضفة الغربية، و 2541 بالغاً في قطاع غزة، بنسبة استجابة بلغت 95.3%.

نسبة المدخنين

أظهر المسح أن نسبة المدخنين للفئة العمرية 18-69 عاماً والذين يدخنون منتجاً أو أكثر من منتجات التبغ المدخن (السجائر المصنعة، والسجائر الملفوفة يدوياً، والنرجيلة، والسيجار، والسجائر الإلكترونية والتي تعمل بالتسخين) في فلسطين حوالي 33.5% من إجمالي الأفراد للعام 2022. وعلى مستوى المنطقة فقد أشارت نتائج المسح إلى فجوة كبيرة بين الضفة الغربية وقطاع غزة، حيث أظهر المسح أن نسبة المدخنين في الضفة الغربية بلغ حوالي 37.3% من الأفراد وأن نسبة المدخنين في قطاع غزة بلغت حوالي 28.6%.

نسبة المدخنين بين الأفراد (18-69 عاماً) حسب المنطقة والجنس للعام 2022

المنطقة	كلا الجنسين	ذكور	إناث
	%	%	%
فلسطين	33.5	55.1	12.1
الضفة الغربية	37.3	66.6	17.7
قطاع غزة	28.6	45.7	2.0

نسب زيادة الوزن والسمنة

أظهر المسح أن نسبة زيادة الوزن للفئة العمرية 18-69 عاماً في فلسطين بلغت حوالي 61.4% من إجمالي الأفراد للعام 2022. وعلى مستوى المنطقة فقد أشارت نتائج المسح أن نسبة زيادة الوزن في الضفة الغربية بلغت حوالي 64.8% من الأفراد و 57.5% في قطاع غزة، وأن نسبة السمنة للفئة العمرية 18-69 عاماً بلغت 31.6%، من إجمالي الأفراد في فلسطين، و 35.1% في الضفة الغربية و 27.6% في قطاع غزة.

نسبة زيادة الوزن والسمنة بين الأفراد (18-69 عاماً) حسب المنطقة والجنس للعام 2022

المنطقة	1 ^{زيادة الوزن}	2 ^{السمنة}	1 ^{زيادة الوزن}	2 ^{السمنة}	1 ^{زيادة الوزن}	2 ^{السمنة}
فلسطين	61.4	31.6	56.1	24.7	66.9	38.8
الضفة الغربية	64.8	35.1	59.9	28.3	68.3	39.9
قطاع غزة	57.5	27.6	53.1	21.9	64.5	36.8

1^{زيادة كتلة الجسم} ≤ 25 كغم/م²، 2^{زيادة كتلة الجسم} ≥ 30 كغم/م²

نسب ارتفاع ضغط الدم

أظهر المسح أن نسبة ارتفاع ضغط الدم للفئة العمرية 40-69 عاماً، والتي تعتبر الأكثر عرضة لمرض ارتفاع ضغط الدم في فلسطين حوالي 31.8% من إجمالي الأفراد للعام 2022. و33.0% في الضفة الغربية و29.8% في قطاع غزة.

نسبة ارتفاع ضغط الدم بين الأفراد (40-69 عاماً) حسب المنطقة والجنس للعام 2022

المنطقة	كلا الجنسين	ذكور	إناث
	%	%	%
فلسطين	31.8	26.8	36.9
الضفة الغربية	33.0	27.4	37.2
قطاع غزة	29.8	26.2	36.0

نسبة الإصابة بمرض السكري

أظهر المسح أن نسبة الإصابة بمرض السكري للفئة العمرية 40-69 عاماً في فلسطين بلغت حوالي 20.8% من إجمالي الأفراد للعام 2022، 22.3% في الضفة الغربية و18.3% في قطاع غزة.

نسبة الإصابة بمرض السكري بين الأفراد (40-69 عاماً) حسب المنطقة والجنس للعام 2022

المنطقة	كلا الجنسين	ذكور	إناث
	%	%	%
فلسطين	20.8	17.3	24.3
الضفة الغربية	22.3	19.2	24.6
قطاع غزة	18.3	15.2	23.5

نسبة الإصابة بأمراض القلب والأوعية الدموية

أظهر المسح أن نسبة الإصابة بأمراض القلب والأوعية الدموية للفئة العمرية 40-69 عاماً في فلسطين، بلغت حوالي 11.4% من إجمالي الأفراد للعام 2022، 12.4% في الضفة الغربية و9.8% في قطاع غزة.

نسبة الإصابة بأمراض القلب والأوعية الدموية بين الأفراد (40-69 عاماً) حسب المنطقة والجنس للعام 2022

المنطقة	كلا الجنسين	ذكور	إناث
	%	%	%
فلسطين	11.4	13.0	9.8
الضفة الغربية	12.4	14.3	11.0
قطاع غزة	9.8	11.5	6.8

نسبة الإصابة بارتفاع الكوليسترول في الدم

أظهر المسح أن نسبة الإصابة بارتفاع الكوليسترول في الدم للفئة العمرية 18-69 عاماً في فلسطين، بلغت حوالي 23.0% من إجمالي الأفراد للعام 2022، 28.0% في الضفة الغربية و 17.2% في قطاع غزة.

نسبة الإصابة بارتفاع الكوليسترول في الدم بين الأفراد (18-69 عاماً) حسب المنطقة والجنس للعام 2022

المنطقة	كلا الجنسين	ذكور	إناث
	%	%	%
فلسطين	23.0	17.0	29.0
الضفة الغربية	28.0	22.2	32.0
قطاع غزة	17.2	13.0	23.6

نسبة الأشخاص الذين لديهم احتمالية الإصابة بأمراض القلب $\leq 20\%$ خلال السنوات العشرة القادمة

أظهر المسح أن نسبة الأشخاص الذين لديهم احتمالية الإصابة بأمراض القلب $\leq 20\%$ خلال العشر سنوات القادمة للفئة العمرية 40-69 عاماً في فلسطين حوالي 17.1% من إجمالي الأفراد للعام 2022، 18.7% في الضفة الغربية و 14.7% في قطاع غزة.

نسبة الأشخاص الذين لديهم احتمالية الإصابة بأمراض القلب $\leq 20\%$ خلال السنوات العشرة القادمة بين الأفراد (40-69 عاماً) حسب المنطقة والجنس للعام 2022

المنطقة	كلا الجنسين	ذكور	إناث
	%	%	%
فلسطين	17.1	21.6	12.6
الضفة الغربية	18.7	25.6	13.6
قطاع غزة	14.7	17.2	10.4

نسبة الأشخاص الذين لا يمارسون النشاط البدني

أظهر المسح أن نسبة الأشخاص الذين لا يمارسون النشاط البدني القوي (النشاط البدني الذي يؤدي إلى التسارع في التنفس ودقات القلب مثل الركض وحمل الأثقال) للفئة العمرية 18-69 عاماً في فلسطين حوالي 78.4% من إجمالي الأفراد للعام 2022. 80.9% في الضفة الغربية و 75.3% في قطاع غزة. وقد كان هنالك فروق واضحة في النشاط البدني بين الذكور والإناث حسب ما هو مبين في الجدول التالي:

نسبة الأشخاص الذين لا يمارسون النشاط البدني القوي بين الأفراد (18-69 عاماً) حسب المنطقة والجنس للعام 2022

المنطقة	كلا الجنسين	ذكور	إناث
	%	%	%
فلسطين	78.4	62.0	94.7
الضفة الغربية	80.9	58.7	96.2
قطاع غزة	75.3	64.7	91.9



Palestine (Gaza Strip) STEPS Survey

2022

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Palestine was carried out from August 2022 to October 2022. Palestine carried out Step 1, 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 to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69. A cross-sectional, population-based household survey was used to produce representative data for that age range in Palestine. A total of 2541 adults participated in the survey. The overall response rate was 96.3%. A repeat survey is planned for 2027 if funds permit.

Results for adults aged 18-69 years (95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	28.6% (25.7-31.5)	45.7% (41.6-49.9)	2.0% (1.2-2.8)
Percentage who currently smoke tobacco daily	23.7% (20.9-26.4)	38.5 % (34.3-42.7)	0.7% (0.3-1.2)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	18.1 (17.5-18.6)	17.9 (17.4-18.5)	27.1 (17.2-37.0)
Percentage of daily smokers smoking manufactured cigarettes	100% (100%-100%)	100% (100%-100%)	100% (100%-100%)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	11.1 (10.2-12.0)	11.2 (10.3-12.1)	6.5 (0.4-12.6)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	98.7% (98.0-99.5)	98.0% (96.9-99.2)	99.9% (99.7-100.0)
Percentage who are past 12 month abstainers	1.3% (0.5-2.0)	2.0% (0.8-3.1)	0.1% (0.0-0.3)
Percentage who currently drink (drank alcohol in the past 30 days)	0.0% (0.0-0.0)	0.0% (0.0-0.0)	0.0% (0.0-0.0)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.0% (0.0-0.0)	0.0% (0.0-0.0)	0.0% (0.0-0.0)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	2.6 (2.4-2.7)	2.6 (2.5-2.8)	2.5 (2.3-2.6)
Mean number of servings of fruit consumed on average per day	0.9 (0.8-1.0)	1.0 (0.8-1.1)	0.8 (0.7-0.9)
Mean number of days vegetables consumed in a typical week	5.2 (5.0-5.4)	5.1 (4.9-5.3)	5.3 (5.1-5.5)
Mean number of servings of vegetables consumed on average per day	1.7 (1.6-1.9)	1.7 (1.6-1.9)	1.8 (1.7-1.9)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	87.0% (83.7-90.4)	86.5% (82.7-90.3)	87.8% (84.3-91.2)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	18.4% (12.3-24.5)	19.3% (12.3-26.2)	17.1% (12.0-22.1)
Percentage who always or often eat processed foods high in salt	34.8% (31.1-38.4)	33.3% (29.1-37.5)	37.1% (32.9-41.3)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	20.1% (17.0-23.2)	15.1% (12.1-18.1)	28.0% (22.5-33.4)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	90.0 (30.0-192.9)	98.6 (34.3-215.7)	71.4 (17.4-180.0)
Percentage not engaging in vigorous activity	75.3% (72.2-78.4)	64.7% (60.6-68.7)	91.9% (88.7-95.2)



Palestine (Gaza) STEPS Survey 2022

Fact Sheet

Results for adults aged 18-69 years (95% CI)	Both Sexes	Males	Females
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			4.3% (2.5-6.1)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	26.9 (26.5-27.3)	26.0 (25.5-26.4)	28.4 (27.9-28.8)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	57.5% (54.6-60.3)	53.1% (49.7-56.6)	64.5% (60.9-68.0)
Percentage who are obese (BMI ≥ 30 kg/m ²)	27.6% (25.0-30.1)	21.9% (18.7-25.1)	36.8% (33.7-39.9)
Average waist circumference (cm)		92.7 (91.5-93.9)	89.8 (88.5-91.2)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	115.5 (114.6-116.4)	119.4 (118.3-120.5)	109.4 (108.4-110.4)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	77.3 (76.8-77.9)	77.7 (76.8-78.5)	76.8 (76.2-77.4)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP), age 18-69	18.0% (16.3-19.7)	18.5% (16.2-20.8)	17.2% (15.3-19.2)
- Age 18-44	9.5% (8.0-11.1)	9.9% (7.7-12.0)	9.1% (6.8-11.3)
- Age 45-69	50.6% (46.0-55.3)	50.7% (44.8-56.6)	50.5% (45.5-55.5)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 or currently on medication for raised BP) who are not currently on medication for raised BP, aged 18-69	55.2% (49.6-60.7)	59.7% (51.1-68.3)	47.7% (40.6-54.8)
- Age 18-44	78.0% (70.9-85.1)	81.4% (70.9-91.9)	72.2% (61.8-82.7)
- Age 45-69	38.6% (33.1-44.1)	43.9% (35.6-52.2)	29.8% (24.1-35.5)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [mg/dl]	87.1 (85.5-88.7)	86.3 (84.3-88.2)	88.3 (86.3-90.3)
Percentage with impaired fasting glycaemia as defined below, aged 18-69 • plasma venous value ≥ 110 mg/dl) and <126 mg/dl) capillary whole blood value ≥ 100 mg/dl) and <110 mg/dl)	3.5% (2.6-4.5)	3.0% (1.9-4.0)	4.4% (3.2-5.7)
- Age 18-44	2.0% (1.0-2.9)	1.5% (0.6-2.4)	2.7% (1.5-3.9)
- Age 45-69	9.5% (7.0-12.0)	8.4% (4.8-12.0)	11.3% (8.5-14.1)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose. Aged 18-69 • plasma venous value ≥ 126 mg/dl) capillary whole blood value ≥ 110 mg/dl)	4.9% (3.8-5.9)	4.8% (3.4-6.2)	4.9% (3.8-6.1)
- Age 18-44	2.1% (1.2-3.0)	2.5% (1.2-3.8)	1.5% (0.9-2.2)
- Age 45-69	15.4% (11.9-19.0)	13.5% (9.1-18.0)	18.5% (13.9-23.1)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [mg/dl]	146.5 (143.4-149.5)	138.6 (135.1-142.2)	158.6 (155.1-162.1)
Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol), aged 18-69	17.2% (15.0-19.3)	13.0% (10.4-15.7)	23.6% (21.1-26.1)
- Age 18-44	11.6% (9.6-13.6)	8.6% (6.2-10.9)	16.2% (13.6-18.8)
- Age 45-69	38.3% (34.1-42.4)	29.2% (23.9-34.5)	53.4% (48.8-58.0)

Results for adults aged 18-69 years (95% CI)	Both Sexes	Males	Females
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk \geq 20%, or with existing CVD**	14.7% (12.2-17.5)	17.2% (13.8-21.2)	10.4% (7.9-13.5)
Summary of combined risk factors <ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day insufficient physical activity overweight (BMI \geq 25 kg/m²) raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP) 			
Percentage with none of the above risk factors	2.6% (1.8-3.4)	2.3% (1.4-3.3)	2.9% (1.8-4.1)
Percentage with three or more of the above risk factors, aged 18 to 44 years	22.8% (19.8-25.8)	24.8% (20.9-28.7)	19.6% (15.4-23.7)
Percentage with three or more of the above risk factors, aged 45 to 69 years	56.9% (52.1-61.8)	58.1% (52.1-64.0)	55.1% (49.4-60.8)
Percentage with three or more of the above risk factors, aged 18 to 69 years	30.0% (27.0-32.9)	31.8% (28.1-35.5)	27.0% (22.9-31.0)

** A 10-year CVD risk of \geq 20% 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 $>$ 7.0 mmol/l (126 mg/dl)).

For additional information, please contact:
STEPS Survey Coordinator [Salwa Massad, salwamassad@gmail.com]



Palestine (West Bank) STEPS Survey 2022

Tobacco Fact Sheet

The WHO STEPwise approach to surveillance (STEPS) is a simple, standardized method for collecting, analysing and disseminating data on noncommunicable diseases (NCDs) and risk factors. Data are collected on the established risk factors and NCD conditions that determine the major NCD burden, including tobacco use, harmful use of alcohol, unhealthy diet, insufficient physical activity, overweight and obesity, raised blood pressure, raised blood glucose, and abnormal blood lipids. Data from STEPS surveys can be used by countries to help monitor progress in meeting the global voluntary targets related to specific risk factors such as tobacco, alcohol, diet and physical inactivity. The tobacco indicators from STEPS can be used to evaluate and monitor existing tobacco-control policies and programs.*

The STEPS survey on NCD risk factors in [country/site name] was carried out from August 2022 to October 2022. The STEPS survey in Palestine was a population-based survey of adults aged 18-69. A cross-sectional population-based household survey was used to produce representative data for that age range in Palestine/West Bank. Survey information was collected electronically using handheld devices. The survey was implemented by the Palestinian National Institute of Public Health. A total of 2962 adults participated in the Palestine/West Bank STEPS survey. The overall response rate was 94.5%. A repeat survey is planned for 2027 if funds permit.

Highlights

TOBACCO USE

- 66.7% of men, 17.7% of women, and 37.7% overall (787 adults) were current smokers of tobacco.
- 0.2% of men, 0.02% of women, and 0.1% overall (4 adults) were current users of smokeless tobacco.

CESSATION

- 4 in 10 current smokers tried to stop smoking in the last 12 months.
- 4 in 10 current smokers were advised by a healthcare provider to stop smoking in the last 12 months

SECONDHAND SMOKE

- 33.7% of adults (477 adults) were exposed to tobacco smoke at the workplace.
- 81.8% of adults (2384 adults) were exposed to tobacco smoke at home.

MEDIA

- 2 in 10 adults noticed anti-cigarette smoking information on the television or radio.
- 2 in 10 current smokers thought about quitting because of warning labels on cigarette packages.
- 3 in 10 adults noticed cigarette marketing in stores where cigarettes are sold.
- 2 in 10 adults noticed cigarette promotions.

ECONOMICS

- Average monthly expenditure on manufactured cigarettes was 1062 Shekel

Data presented in this fact sheet relate only to select tobacco indicators. Additional information on tobacco or other NCD risk factors from the survey is available from sources listed below.

For additional information, please contact:

WHO STEPS Team [Steps@who.int]

STEPS country focal point [Salwa Massad, salwamassad@gmail.com]

Website: www.pniph.org

*Tobacco questions are drawn from the Tobacco Questions for Surveys (TQS)
<http://www.who.int/tobacco/publications/surveillance/tqs/en/>

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Tobacco Use			
Current tobacco users (smoked and/or smokeless) ¹			
Current tobacco users	37.7% (34.9-40.4)	66.6% (62.7 - 70.6)	17.7% (15.0 - 20.4)
Current daily tobacco users	28.6% (26.0-31.1)	57.1% (53.5-61.7)	8.9% (7.0-10.8)
Current tobacco smokers			
Current tobacco smokers	37.7% (34.9-40.4)	66.7% (62.7-70.6)	17.7% (15.0 - 20.4)
Current smoking manufactured cigarette among smokers	55.4% (55.2-55.6)	66.1% (65.8-66.4)	27.6% (27.2-28.0)
Current smoking hand rolled cigarette among smokers	10.5% (10.3-10.6)	13.3% (13.1-13.5)	3.1% (3.0-3.3)
Current smoking shisha cigarette among smokers	41.1% (40.9-41.3)	27.4% (27.1-27.6)	76.7% (76.4-77.1)
Current daily tobacco smokers among smokers	75.9% (75.7-76.1)	85.6% (85.4-85.8)	50.1% (50.1-51.0)
Current daily cigarette smokers among smokers	77.8% (77.6-78.0)	85.1% (84.8-85.3)	46.0% (45.4-46.7)
Average age started tobacco smoking (years)	21.1 (19.6-22.5)	22.2 (20.6-23.9)	11.9 (10.0-13.8)
Average number of cigarettes smoked per day (among daily cigarette smokers)	36.7 (30.0-43.5)	37.3 (30.3-44.3)	22.0 (0.0-0.0)
Current smokeless tobacco users			
Current smokeless tobacco users	0.1% (0.0-0.2)	0.2% (0.0-0.5)	0.0% (0.0-0.1)
Current daily smokeless tobacco users	0.0% (0.0-0.0)	0.0% (0.0-0.0)	0.0% (0.0-0.0)
Current non-users (smoked and/or smokeless) ¹			
Former tobacco users ²	62.3% (59.6-65.1)	33.3% (29.4-37.3)	82.3% (79.6-85.1)
Former tobacco smokers ³	4.8% (3.6-6.0)	8.1% (5.8-10.4)	2.5% (1.6-3.3)
Never users	57.5% (54.6-60.4)	25.2% (21.2-29.3)	79.7% (77.0-82.5)
Exposure to Second-hand smoke			
Adults exposed to second-hand smoke at home*	81.8% (79.7-84.0)	83.5% (79.7-87.3)	80.7% (78.5-82.9)
Adults exposed to second-hand smoke in the closed areas in their workplace*	33.7% (29.8-37.6)	57.0% (51.2-62.9)	17.2% (13.3-211)
Tobacco Cessation			
Current smokers who tried to stop smoking in past 12 months	35.0% (30.2-39.7)	32.8% (27.0-38.5)	40.8% (33.8-47.7)
Current smokers advised by a health care provider to stop smoking in past 12 months ⁴	36.2% (31.1-41.4)	41.1% (34.1-48.1)	25.1% (19.3-30.8)
Health Warnings			
Current smokers who thought about quitting because of a warning label*	23.8% (18.7-28.8)	20.4% (15.2-25.7)	33.3% (24.6-42.0)
Adults who noticed anti-cigarette smoking information on the television or radio *	22.7% (20.4-25.1)	23.6% (19.7-27.4)	22.1% (19.7-24.6)
Adults who noticed anti-cigarette smoking information in newspapers or magazines*	8.7% (7.0-10.3)	11.5% (8.4-14.5)	6.7% (5.2-8.2)
Tobacco Advertisement and Promotion			
Adults who noticed cigarette marketing in stores where cigarettes are sold*	23.1% (20.2-26.0)	34.6% (29.1-40.1)	15.1% (12.8-17.4)
Adults who noticed any cigarette promotions*	21.7% (19.1-24.3)	33.0% (28.1-38.0)	13.8% (11.5-16.0)

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Economics	Local Currency [Shekel]		
Average amount spent on 20 manufactured cigarettes	29.8 (8.9 – 50.7)		
Average monthly expenditure on manufactured cigarettes [Shekel]	1062 (350.6-1772.8)		
Cost of 100 packs of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) [2022] ⁵	18.8% (13.2-24.5)		

1 Current use refers to daily and less than daily use. 2 Current non-users. 3 Current non-smokers. 4 Among those who visited a health care provider in past 12 months. 5 [World Bank 2022]. * During the past 30 days. † Promotions include free cigarette sample, cigarettes at sale prices, coupons for cigarettes, free gifts upon purchase of cigarettes, clothing or other items with cigarette brand name or logo and cigarette promotions in mail. Adults refer to persons age 18-69 years. Data have been weighted to be nationally representative of all men and women age 18-69 years. Technical assistance for the survey was provided by the World Health Organization (WHO). This document has been produced with a partial grant from the CDC Foundation, with financial support from the Bloomberg Initiative to Reduce Tobacco Use, a program of Bloomberg Philanthropies. The contents of this document are the sole responsibility of the authors and can under no circumstances be regarded to reflect the positions of the CDC Foundation.



Palestine STEPS Survey 2022

Tobacco Fact Sheet

The WHO STEPwise approach to surveillance (STEPS) is a simple, standardized method for collecting, analysing and disseminating data on noncommunicable diseases (NCDs) and risk factors. Data are collected on the established risk factors and NCD conditions that determine the major NCD burden, including tobacco use, harmful use of alcohol, unhealthy diet, insufficient physical activity, overweight and obesity, raised blood pressure, raised blood glucose, and abnormal blood lipids. Data from STEPS surveys can be used by countries to help monitor progress in meeting the global voluntary targets related to specific risk factors such as tobacco, alcohol, diet and physical inactivity. The tobacco indicators from STEPS can be used to evaluate and monitor existing tobacco-control policies and programs. *

The STEPS survey on NCD risk factors in Palestine was carried out from August 2022 to October 2022. The STEPS survey in Palestine was a population-based survey of adults aged 18-69. A cross-sectional, population-based household survey was used to produce representative data for that age range in Palestine. Survey information was collected electronically using handheld devices. The survey was implemented by Palestinian National Institute of Public Health. A total of 5503 adults participated in Palestine STEPS survey. The overall response rate was 95.3%. A repeat survey is planned for 2027 if funds permit.

Highlights [Palestine]

TOBACCO USE

- 55.1% of men, 11.3% of women, and 33.5% overall (1844 adults) were current smokers of tobacco.
- 0.1% of men, 0.0% of women, and 0.1% overall (6 adults) were current users of smokeless tobacco.

CESSATION

- 4 in 10 current smokers tried to stop smoking in the last 12 months.
- 3 in 10 current smokers were advised by a health care provider to stop smoking in the last 12 months

SECONDHAND SMOKE

- 28.8% of adults (1585 adults) were exposed to tobacco smoke at the workplace.
- 72.4% of adults (3984 adults) were exposed to tobacco smoke at home.

MEDIA

- 2 in 10 adults noticed anti-cigarette smoking information on the television or radio.
- 3 in 10 current smokers thought about quitting because of warning labels on cigarette packages.
- 2 in 10 adults noticed cigarette marketing in stores where cigarettes are sold.
- 2 in 10 adults noticed cigarette promotions.

ECONOMICS

- Average monthly expenditure on manufactured cigarettes was 967 [ILS]

Data presented in this fact sheet relate only to select tobacco indicators. Additional information on tobacco or other NCD risk factors from the survey is available from sources listed below.

For additional information, please contact:

WHO STEPS Team [Steps@who.int]

STEPS country focal point [Salwa Massad, salwamassad@gmail.com]

Website pniph.org

*Tobacco questions are drawn from the Tobacco Questions for Surveys (TQS)

<http://www.who.int/tobacco/publications/surveillance/tqs/en/>

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Tobacco Use			
Current tobacco users (smoked and/or smokeless)¹			
Current tobacco users	33.5% (31.5-35.6)	55.1% (52.0-58.1)	12.1% (10.2-14.0)
Current daily tobacco users	26.3% (24.4-28.3)	46.8% (43.6-50.0)	6.0% (4.7-7.3)
Current tobacco smokers			
Current tobacco smokers	33.5% (31.5-35.6)	55.1% (52.0-58.1)	11.3% (8.7-13.9)
Current smoking manufactured cigarette among smokers	63.9% (62.9 – 64.8)	71.8% (70.9-72.7)	28.5% (27.6-29.4)
Current smoking hand rolled cigarette among smokers	7.9% (7.4-8.4)	8.9% (8.4-9.5)	3.0% (2.6-3.3)
Current smoking shisha cigarette among smokers	35.0% (34. – 36.0)	26.0% (25.1-26.8)	75.8% (75.0-76.7)
Current smoking cigars cigarette among smokers	0.1% (0.0 – 0.2)	0.1% (0.0-0.1)	0% (0.0-0.0)
Current smoking pipe cigarette among smokers	0.1% (0.0 – 0.2)	0.1% (0.1-0.2)	0.1% (0.0-0.1)
Current smoking (electronic shisha or electronic cigarettes) among smokers	0.3% (0.2 -0.4)	0.2% (0.1-0.3)	0.7% (0.5-0.9)
Current daily tobacco smokers	26.3% (24.4-28.3)	46.8% (43.6-50.0)	6.0% (4.7-7.3)
Current daily cigarette smokers	83.1% (83.0-83.3)	87.7% (87.6-87.9)	47.7% (47.1-48.3)
Average age started tobacco smoking (years)	18.3 (17.9-18.8)	17.6 (17.1-18.0)	24.4 (23.1-25.8)
Average number of cigarettes smoked per day (among daily cigarette smokers)	16.3 (15.3-17.3)	16.7 (15.6-17.7)	11.5 (9.7-13.3)
Current smokeless tobacco users			
Current smokeless tobacco users	0.1% (0.0-0.1)	0.1% (0.0-0.2)	0.0% (0.0-0.0)
Current daily smokeless tobacco users	0.0% (0.0-0.0)	0.0% (0.0-0.0)	0.0% (0.0-0.0)
Current non-users (smoked and/or smokeless)¹			
Former tobacco users ²	66.5% (64.4-68.5)	45.0% (41.8-48.0)	87.9% (86.0-89.8)
Former tobacco smokers ³	5.4% (4.6-6.2)	9.1% (7.6-10.5)	1.8% (1.2-2.4)
Never users	61.0% (58.9-63.1)	35.9% (32.9-38.9)	86.1% (84.0-88.0)
Exposure to Second-hand smoke			
Adults exposed to second-hand smoke at home*	72.4% (70.1-74.6)	70.9% (67.4-74.2)	73.8% (71.6-76.1)
Adults exposed to second-hand smoke in the closed areas in their workplace*	28.8% (25.9-31.7)	43.5% (39.3-47.8)	13.6% (10.6-16.6)
Tobacco Cessation			
Current smokers who tried to stop smoking in past 12 months	40.9% (37.3-44.6)	41.0% (36.9-45.1)	40.7% (34.0-47.4)

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Current smokers advised by a health care provider to stop smoking in past 12 months ⁴	32.9% (29.0-36.7)	35.1% (30.4-39.8)	24.2% (18.7-29.6)
Health Warnings			
Current smokers who thought about quitting because of a warning label [*]	28.8% (25.0-32.7)	27.9% (23.9-32.0)	33.1% (24.8-41.4)
Adults who noticed anti-cigarette smoking information on the television or radio [*]	17.3% (15.4-19.2)	16.6% (13.9-19.2)	18.0% (16.0-20.1)
Adults who noticed anti-cigarette smoking information in newspapers or magazines [*]	8.3% (7.0-9.7)	10.3% (8.1-12.5)	6.4% (5.3-7.6)
Tobacco Advertisement and Promotion			
Adults who noticed cigarette marketing in stores where cigarettes are sold [*]	19.0% (16.5-21.5)	24.4% (20.6-28.2)	13.6% (11.7-15.5)
Adults who noticed any cigarette promotions [*]	14.8% (13.0-16.7)	19.3% (16.2-22.3)	10.4% (8.7-12.0)
Economics	Local Currency [ILS]		
Average amount spent on 20 manufactured cigarettes [ILS]	27.8 (8.8-46.8)		
Average monthly expenditure on manufactured cigarettes [ILS]	967.2 (320.0-1604.3)		
Cost of 100 packs of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) [YEAR] ⁵	17.6% (14.4-20.8)		

1 Current use refers to daily and less than daily use. Adapted for other products as per country situation. 2 Current non-users. 3 Current non-smokers. 4 Among those who visited a health care provider in past 12 months. 5 [World Bank, 2022]. ^{*} During the past 30 days. [†] Promotions include free cigarette sample, cigarettes at sale prices, coupons for cigarettes, free gifts upon purchase of cigarettes, clothing or other items with cigarette brand name or logo and cigarette promotions in mail. Adults refer to persons age 18-69 years. Data have been weighted to be nationally representative of all men and women age 18-69 years. Technical assistance for the survey was provided by the World Health Organization (WHO). This document has been produced with a partial grant from the CDC Foundation, with financial support from the Bloomberg Initiative to Reduce Tobacco Use, a program of Bloomberg Philanthropies. The contents of this document are the sole responsibility of the authors and can under no circumstances be regarded to reflect the positions of the CDC Foundation.



Palestine (Gaza) STEPS Survey 2022

Tobacco Fact Sheet

The WHO STEPwise approach to surveillance (STEPS) is a simple, standardized method for collecting, analysing and disseminating data on noncommunicable diseases (NCDs) and risk factors. Data are collected on the established risk factors and NCD conditions that determine the major NCD burden, including tobacco use, harmful use of alcohol, unhealthy diet, insufficient physical activity, overweight and obesity, raised blood pressure, raised blood glucose, and abnormal blood lipids. Data from STEPS surveys can be used by countries to help monitor progress in meeting the global voluntary targets related to specific risk factors such as tobacco, alcohol, diet and physical inactivity. The tobacco indicators from STEPS can be used to evaluate and monitor existing tobacco-control policies and programs.*

The STEPS survey on NCD risk factors in Palestine/Gaza was carried out August 2022 to October 2022. The STEPS survey in Palestine was a population-based survey of adults aged 18-69. A [insert type of sampling design] sample design was used to produce representative data for that age range in Palestine/Gaza. Survey information was collected electronically using handheld devices. The survey was implemented by the Palestinian National Institute of Public Health. A total of 2541 adults participated in the Palestine/Gaza STEPS survey. The overall response rate was (96.3%). A repeat survey is planned for 2027 if funds permit.

Highlights [Palestine; Gaza Strip]

TOBACCO USE

- 45.7% of men, 2.0% of women, and 28.6% overall (727 adults) were current smokers of tobacco.
- 0.0% of men, 0.0% of women, and 0.0% overall (0 adults) were current users of smokeless tobacco.

CESSATION

- 5 in 10 current smokers tried to stop smoking in the last 12 months.
- 3 in 10 current smokers were advised by a health care provider to stop smoking in the last 12 months

SECONDHAND SMOKE

- 23.6% of adults (600 adults) were exposed to tobacco smoke at the workplace.
- 61.0% of adults (1550 adults) were exposed to tobacco smoke at home.

MEDIA

- 2 in 10 adults noticed anti-cigarette smoking information on the television or radio.
- 4 in 10 current smokers thought about quitting because of warning labels on cigarette packages.
- 1 in 10 adults noticed cigarette marketing in stores where cigarettes are sold.
- 1 in 10 adults noticed cigarette promotions.

ECONOMICS

- Average monthly expenditure on manufactured cigarettes was 206 [ILS]

Data presented in this fact sheet relate only to select tobacco indicators. Additional information on tobacco or other NCD risk factors from the survey is available from sources listed below.

For additional information, please contact:

WHO STEPS Team [Steps@who.int]

STEPS country focal point [Salwa Massad, salwamassad@gmail.com]

Website pniph.org

*Tobacco questions are drawn from the Tobacco Questions for Surveys (TQS)

<http://www.who.int/tobacco/publications/surveillance/tqs/en/>

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Tobacco Use			
Current tobacco users (smoked and/or smokeless)¹			
Current tobacco users	28.6% (25.7-31.5)	45.7% (41.6-49.9)	2.0% (1.2-2.8)
Current daily tobacco users	23.7% (20.9-26.4)	38.5% (34.3-42.7)	0.7% (0.3-1.2)
Current tobacco smokers			
Current tobacco smokers	28.6% (25.7-31.5)	45.7% (41.6-49.9)	2.0% (1.2-2.8)
Current smoking manufactured cigarette among smokers	77.4% (77.0-77.8)	78.4% (77.6-79.2)	42.7% (41.7-43.7)
Current smoking hand rolled cigarette among smokers	3.7% (3.6-3.7)	3.8% (3.4-4.2)	0.0% (0.0-0.0)
Current smoking shisha cigarette among smokers	25.3% (24.4-26.2)	24.3% (23.4-24.7)	61.1% (60.1-62.1)
Current daily tobacco smokers among smokers	82.9% (82.6-83.1)	84.1% (83.9-84.4)	37.3% (35.5-39.0)
Current daily cigarette smokers among smokers	90.8% (90.6-91.0)	90.9% (90.7-91.1)	83.8% (81.6-85.9)
Average age started tobacco smoking (years)	18.1 (17.5-18.6)	17.9 (17.4-18.5)	27.1 (17.2-37.0)
Average number of cigarettes smoked per day (among daily cigarette smokers)	11.1 (10.2-12.0)	11.2 (10.3-12.1)	6.5 (0.4-12.6)
Current smokeless tobacco users			
Current smokeless tobacco users	0.0% (0.0-0.0)	0.0% (0.0-0.0)	0.0% (0.0-0.0)
Current daily smokeless tobacco users	0.0% (0.0-0.0)	0.0% (0.0-0.0)	0.0% (0.0-0.0)
Current non-users (smoked and/or smokeless)¹			
Former tobacco users ²	71.4% (68.5-74.3)	54.3% (50.1-58.4)	98.0% (97.2-98.8)
Former tobacco smokers ³	6.2% (5.0-7.4)	9.8% (7.9-11.7)	0.6% (0.1-1.0)
Never users	65.2% (62.2-68.2)	44.4% (40.3-48.5)	97.5% (96.6-98.3)
Exposure to Second-hand smoke			
Adults exposed to second-hand smoke at home [*]	61.0% (57.2-64.7)	60.7% (55.8-65.5)	61.4% (57-65.9)
Adults exposed to second-hand smoke in the closed areas in their workplace [*]	23.6% (19.5-27.6)	33.6% (27.9-39.3)	7.8% (3.6-11.9)
Tobacco Cessation			
Current smokers who tried to stop smoking in past 12 months	50.4% (44.9-55.9)	50.7% (45.1-56.2)	40.3% (16.3-64.4)
Current smokers advised by a health care provider to stop smoking in past 12 months ⁴	27.0% (21.8-32.3)	27.6% (22.2-33.1)	10.4% (3.1-23.8)
Health Warnings			
Current smokers who thought about quitting because of a warning label [*]	36.8% (30.4-43.3)	37.0% (30.5-43.5)	30.2% (6.9-53.5)
Adults who noticed anti-cigarette smoking information on the television or radio [*]	19.8% (15.8-23.7)	19.7% (15.3-24.2)	19.9% (15.2-24.6)
Adults who noticed anti-cigarette smoking information in newspapers or magazines [*]	7.8% (5.6-10.1)	9.1% (6.0-12.2)	5.8% (4.1-7.4)

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Tobacco Advertisement and Promotion			
Adults who noticed cigarette marketing in stores where cigarettes are sold*	14.1% (10.0-18.2)	16.2% (11.4-21.0)	10.7% (7.3-14.1)
Adults who noticed any cigarette promotions*	5.8% (4.2-7.4)	7.3% (4.9-9.6)	3.4% (2.4-4.4)
Economics	Local Currency [ILS]		
Average amount spent on 20 manufactured cigarettes [ILS]	9.2 (5.9-12.6)		
Average monthly expenditure on manufactured cigarettes [ILS]	205.7(119.8-291.5)		
Cost of 100 packs of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) [2022] ⁵	16.1%(14.2-18.0)		

1 Current use refers to daily and less than daily use. 2 Current non-users. 3 Current non-smokers. 4 Among those who visited a health care provider in past 12 months. 5 [World Bank, 2022]. * During the past 30 days. † Promotions include free cigarette sample, cigarettes at sale prices, coupons for cigarettes, free gifts upon purchase of cigarettes, clothing or other items with cigarette brand name or logo and cigarette promotions in mail. Adults refer to persons age 18-69 years. Data have been weighted to be nationally representative of all men and women age 18-69 years. Technical assistance for the survey was provided by the World Health Organization (WHO). This document has been produced with a partial grant from the CDC Foundation, with financial support from the Bloomberg Initiative to Reduce Tobacco Use, a program of Bloomberg Philanthropies. The contents of this document are the sole responsibility of the authors and can under no circumstances be regarded to reflect the positions of the CDC Foundation.



Palestine (West Bank) STEPS Survey 2022

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Palestine was carried out from August 2022 to October 2022. Palestine carried out Step 1, 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 to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69. A cross-sectional, population-based household survey was used to produce representative data for that age range in Palestine. A total of 2,962 adults participated in the survey. The overall response rate was 94.5%. A repeat survey is planned for 2027 if funds permit.

Results for adults aged 18-69 years (95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	37.7% (34.9-40.0)	66.6% (62.7-70.6)	17.7% (15.0-20.4)
Percentage who currently smoke tobacco daily	28.6% (26.0-31.1)	57.1% (53.5-61.7)	8.9% (7.0-10.8)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	18.5 (17.8-19.2)	17.2 (16.6-17.9)	24.3 (23.0-25.6)
Percentage of daily smokers smoking manufactured cigarettes	100% (100-100)	100% (100-100)	100% (100-100)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	21.1 (19.6-22.5)	22.2 (20.6-23.9)	11.9 (10.0-13.8)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	96.6% (94.8-98.4)	92.9% (89.3-96.5)	99.2% (98.5-99.9)
Percentage who are past 12 month abstainers	2.0% (1.2-2.9)	4.6% (2.6-6.5)	0.3% (0.0-0.5)
Percentage who currently drink (drank alcohol in the past 30 days)	1.1% (0.0-2.4)	2.1% (0.0-4.9)	0.4% (0.0-0.9)
Percentage who engages in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.4% (0.0-0.8)	0.5% (0.0-1.4)	0.3% (0.0-0.6)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	4.5 (4.4-4.6)	4.3 (4.1-4.5)	4.7 (4.5-4.8)
Mean number of servings of fruit consumed on average per day	1.4 (1.4-1.5)	1.5 (1.3-1.6)	1.4 (1.3-1.5)
Mean number of days vegetables consumed in a typical week	5.8 (5.7-5.9)	5.6 (5.4-5.8)	6.0 (5.9-6.1)
Mean number of servings of vegetables consumed on average per day	1.7 (1.6-1.8)	1.5 (1.4-1.6)	1.8 (1.7-1.9)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	82.0% (79.6-84.4)	83.2% (79.4-87.1)	81.2% (78.4-84.0)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	33.3% (29.4-37.2)	28.5% (23.3-33.6)	36.6% (32.5-40.8)
Percentage who always or often eat processed foods high in salt	33.8% (31.0-36.6)	38.4% (33.2-43.6)	30.6% (28.0-33.3)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	21.8% (18.9-24.7)	19.4% (15.6-23.1)	23.5% (20.0-27.1)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	120.0 (30.0-294.3)	151.4 (34.3-385.7)	105.7 (25.7-235.7)
Percentage not engaging in vigorous activity	80.9% (78.3-83.4)	58.7% (53.9-63.5)	96.2% (95.1-97.3)

* 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)



Palestine (West Bank) STEPS Survey 2022

Fact Sheet

Results for adults aged 18-69 years (95% CI)	Both Sexes	Males	Females
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			12.5% (9.7-15.3)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	28.1 (27.7-28.4)	27.0 (26.5-27.6)	28.8 (28.5-29.2)
Percentage who are overweight ()	64.8% (62.1-67.4)	59.9% (55.3-64.4)	68.3% (65.7-70.9)
Percentage who are obese (BMI ≥ 30 kg/m ²)	35.1% (32.5-37.6)	28.3% (23.9-32.7)	39.9% (37.3-42.5)
Average waist circumference (cm)		96.3 (94.9-97.7)	91.5 (90.5-92.5)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP (18-69)	115.3 (114.5-116.1)	120.5 (119.1-122.0)	111.7 (110.9-112.5)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP (18-69)	77.4 (76.9-78.0)	77.4 (76.3-78.5)	77.5 (76.9-78.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) (Aged 18-69)	22.5% (20.4-24.6)	23.8% (19.6-28.0)	21.6% (19.6-23.6)
- Age 18-44	9.2% (7.3-11.0)	11.3% (7.1-15.4)	7.8% (6.1-9.5)
- Age 45-69	52.7% (49.1-56.2)	50.5% (43.7-57.4)	54.3% (50.7-57.8)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP (Aged 18-69)	43.5% (38.5-48.5)	55.6% (46.0-65.1)	34.4% (30.2-38.7)
- Age 18-44	73.4% (64.4-82.4)	82.3% (68.0-96.6)	64.9% (55.4-74.3)
- Age 45-69	31.7% (26.8-36.6)	42.9% (32.5-53.2)	24.1% (19.9-28.3)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [mg/dl], aged 18-69	98.1 (96.0-100.1)	96.6 (92.9-100.2)	99.1 (96.9-101.2)
Percentage with impaired fasting glycaemia as defined below, (Age 18-69) • plasma venous value ≥110 mg/dl and <126 mg/dl • capillary whole blood value ≥100 mg/dl and <110 mg/dl	7.1% (6.0-8.2)	6.9% (4.8-9.0)	7.2% (6.0-8.4)
- Age 18-44	4.6% (3.5-5.8)	3.9% (1.8-6.0)	5.1% (3.8-6.4)
- Age 45-69	12.5% (10.1-14.9)	13.2% (8.7-17.8)	12.0% (9.8-14.2)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose, aged 18-69 • plasma venous value ≥ 126 mg/dl • capillary whole blood value ≥ 110 mg/dl	10.0% (8.7-11.3)	9.8% (7.4-12.2)	10.2% (8.8-11.6)
- Age 18-44	3.2% (2.2-4.2)	3.2% (1.2-5.2)	3.1% (2.1-4.2)
- Age 45-69	25.0% (22.1-27.9)	23.3% (17.6-29.0)	26.2% (23.1-29.4)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [mg/dl],	157.4 (154.5-160.4)	144.5 (139.0-150.0)	166.3 (163.7-169.0)
Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol), aged 18-69	28.0% (25.5-30.5)	22.2% (17.8-26.5)	32.0% (29.3-34.7)
- - Age 18-44	19.3% (16.3-22.3)	15.2% (9.6-20.8)	22.0% (18.9-25.1)
- - Age 45-69	46.9% (42.9-50.9)	36.3% (29.4-43.2)	54.7% (51.0-58.5)

Results for adults aged 18-69 years (95% CI)	Both Sexes	Males	Females
Percentage aged 40-69 years with a 10-year CVD risk \geq 20%, or with existing CVD**	18.7% (16.2-21.5)	25.6% (20.6-31.3)	13.6% (11.5-15.9)
Summary of combined risk factors <ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day insufficient physical activity overweight (BMI \geq 25 kg/m²) raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP) 			
Percentage with none of the above risk factors	2.6% (1.8-3.4)	1.7% 0.5-2.9	3.3% 2.2-4.4
Percentage with three or more of the above risk factors, aged 18 to 44 years	26.7% (23.8-29.6)	38.1% (32.4-43.7)	18.5% (15.7-21.4)
Percentage with three or more of the above risk factors, aged 45 to 69 years	58.6% (54.9-62.4)	63.8% (57.3-70.3)	54.9% (51.0-58.8)
Percentage with three or more of the above risk factors, aged 18 to 69 years	36.8% (34.2-39.3)	46.3% (41.5-51.1)	29.9% (27.4-32.5)

** A 10-year CVD risk of \geq 20% 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 $>$ 7.0 mmol/l (126 mg/dl)).

For additional information, please contact:
STEPS Survey Coordinator [Salwa Massad, salwamassad@gmail.com]



Palestine STEPS Survey 2022

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Palestine was carried out from August 2022 to October 2022. Palestine carried out Step 1, 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 to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69. A cross-sectional, population-based household survey was used to produce representative data for that age range in Palestine. A total of 5503 adults participated in the survey. The overall response rate was 95.3%. A repeat survey is planned for 2027 if funds permit.

Results for adults aged 18-69 years (95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	33.5% (31.5- 35.6)	55.1% (52.0 – 58.1)	12.1% (10.2-14.0)
Percentage who currently smoke tobacco daily	26.3% (24.4-28.3%)	46.8% (43.6- 50.0)	6.0% (4.7- 7.3)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	18.3 (17.9- 18.8)	17.6 (17.1- 18.0)	24.4 (23.1- 25.8)
Percentage of daily smokers smoking manufactured cigarettes	100% (100.0- 100.0)	100% (100.0- 100.0)	100% (100.0- 100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	16.3 (15.3- 17.3)	16.7 (15.6- 17.7)	11.5 (9.7- 13.3)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	97.6% (96.6-98.6)	95.7% (94.0- 97.5)	99.4% (99.0- 99.9)
Percentage who are past 12 month abstainers	1.7% (1.1- 2.2)	3.1% (2.1-4.2)	0.2% (0.0- 0.4)
Percentage who currently drink (drank alcohol in the past 30 days)	0.6% (0.0- 1.3)	1.0% (0.0- 2.2)	0.3% (0.0- 0.6)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.2% (0.0-0.4)	0.2% (0.0- 0.6)	0.2% (0.0-0.4)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	3.6 (3.5- 3.7)	3.4 (3.2-3.5)	3.9 (3.8-4.0)
Mean number of servings of fruit consumed on average per day	1.2 (1.1-1.3)	1.2 (1.1-1.3)	1.2 (1.1-1.3)
Mean number of days vegetables consumed in a typical week	5.5 (5.4- 5.6)	5.3 (5.2-5.5)	5.7 (5.6-5.8)
Mean number of servings of vegetables consumed on average per day	1.7 (1.6-1.8)	1.6 (1.5-1.7)	1.8 (1.7-1.9)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	84.3% (82.3- 86.3)	85.0% (82.3- 87.8)	83.5% (81.3-85.7)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	26.5% (23.1-30.0)	23.4% (19.0-27.7)	29.7% (26.4-33.0)
Percentage who always or often eat processed foods high in salt	34.2% (32.0-36.5)	35.6% (32.3-38.8)	32.9% (30.7-35.2)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	21.1% (18.9- 23.2)	17.0% (14.7-19.4)	25.1% (22.1-28.1)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	102.9 (30.0-240.0)	120.0 (34.3-300.0)	90.0 (20.0-201.4)
Percentage not engaging in vigorous activity	78.4% (76.4-80.3)	62.0% (58.9- 65.1)	94.7% (93.4-96.0)

* 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)



Palestine STEPS Survey 2022

Fact Sheet

Results for adults aged 18-69 years (95% CI)	Both Sexes	Males	Females
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			9.6% (7.6-11.6)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	27.5 (27.3-27.8)	26.5 (26.1-26.8)	28.7 (28.4-28.9)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	61.4% (59.5-63.3)	56.1% (53.4-58.9)	66.9% (64.8-69.0)
Percentage who are obese (BMI ≥ 30 kg/m ²)	31.6% (29.8-33.4)	24.7% (22.1-27.3)	38.8% (36.8-40.8)
Average waist circumference (cm)		94.3 (93.4-95.2)	90.9 (90.1-91.7)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	115.4 (114.8-116.0)	119.9 (119.0-120.8)	110.9 (110.2-111.5)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	77.4 (77.0-77.8)	77.5 (76.8-78.2)	77.2 (76.8-77.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) (Age 18-69)	20.5% (19.1-21.8)	20.9% (18.6-23.1)	20.0% (18.6-21.5)
- Age 18-29	4.6% (3.3-6.0)	5.3% (3.0-7.6)	3.9% (2.5-5.4)
- Age 30-44	15.1% (12.9-17.3)	16.9% (12.9-20.9)	13.4% (11.2-15.6)
- Age 45-59	47.4% (44.2-50.6)	47.8% (42.4-53.3)	47.0% (43.6-50.3)
- Age 60-69	64.6% (59.8-69.4)	58.5% (49.9-67.1)	70.5% (65.8-75.2)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP (Age 18-69)	48.2% (44.5-51.8)	57.6% (51.2-63.9)	38.5% (34.8-42.2)
- Age 18-29	92.1% (85.9-98.3)	96.8% (90.5-100.0)	85.7% (74.4-96.9)
- Age 30-44	69.6% (62.4-76.8)	75.9% (64.9-87.0)	61.9% (53.1-70.6)
- Age 45-59	40.7% (36.0-45.4)	49.6% (41.3-58.0)	31.8% (27.1-36.5)
- Age 60-69	20.7% (15.4-26.0)	28.8% (18.3-39.3)	14.2% (10.3-18.2)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [mg/dl]	93.0 (91.6-94.3)	90.8 (88.8-92.7)	95.2 (93.6-96.8)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥110 mg/dl and <126 mg/dl) • capillary whole blood value ≥100 mg/dl and <110 mg/dl) (Age 18-69)	5.4% (4.7-6.2)	4.7% (3.6-5.8)	6.2% (5.3-7.1)
- Age 18-29	2.3% (1.3-3.3)	1.6% (0.5-2.8)	3.0% (1.7-4.3)
- Age 30-44	4.5% (3.3-5.7)	3.4% (1.6-5.3)	5.6% (4.1-7.0)
- Age 45-59	10.9% (8.8-13.0)	11.3% (7.5-15.1)	10.5% (8.3-12.7)
- Age 60-69	12.8% (10.1-15.5)	10.3% (5.8-14.7)	15.3% (11.8-18.8)

Results for adults aged 18-69 years (95% CI)	Both Sexes	Males	Females
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose (Age 18-69) • plasma venous value \geq 126 mg/dl) • capillary whole blood value \geq 110 mg/dl)	7.6% (6.8-8.5)	7.0% (5.7-8.3)	8.3% (7.3-9.3)
- Age 18-29	1.0% (0.4-1.5)	1.0% (0.1-1.8)	1.0% (0.4-1.5)
- Age 30-44	4.7% (3.4-6.0)	5.0% (2.8-7.3)	4.3% (3.0-5.6)
- Age 45-59	18.6% (16.0-21.1)	16.0% (11.6-20.3)	21.1% (18.2-24.0)
- Age 60-69	29.6% (25.5-33.7)	26.7% (19.8-33.6)	32.5% (27.9-37.1)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [mg/dl]	152.4 (150.2-154.6)	141.2 (138.0-144.3)	163.5 (161.4-165.7)
Percentage with raised total cholesterol (\geq 190 mg/dl or currently on medication for raised cholesterol)	23.0% (21.2-24.8)	17.0% (14.5-19.6)	29.0% (27.0-30.9)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk \geq 20%, or with existing CVD**	17.1% (15.3-19.2)	21.6% (18.5-25.1)	12.6% (11.0-14.5)
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day insufficient physical activity overweight (BMI \geq 25 kg/m²) raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP) 			
Percentage with none of the above risk factors	2.6% (2.0-3.2)	2.1% (1.3-2.8)	3.2% (2.4-4.0)
Percentage with three or more of the above risk factors, aged 18 to 44 years	24.8% (22.7-26.9)	30.2% (26.9-33.5)	18.9% (16.6-21.3)
Percentage with three or more of the above risk factors, aged 45 to 69 years	58.0% (55.0-61.0)	61.2% (56.8-65.7)	54.9% (51.7-58.1)
Percentage with three or more of the above risk factors, aged 18 to 69 years	33.6% (31.7-35.6)	38.2% (35.2-41.2)	28.9% (26.7-31.0)

** A 10-year CVD risk of \geq 20% 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 $>$ 7.0 mmol/l (126 mg/dl)).

**For additional information, please contact:
STEPS Survey Coordinator [Salwa Massad, salwamassad@gmail.com]**