Egypt STEPwise 2017
Role of CAPMAS in STEPwise survey

1. Survey Strategy and Implementation plan.
2. Questionnaire adoption.
3. Field work preparation & logistics.
4. Data linking (data base divided into 3 sources).
5. Data Analysis and reporting.
Results: Tobacco use

- 22.8% of respondents are current tobacco users with the highest percentage among men.

- Average monthly expenditure on manufactured cigarettes in L.E = 410.2

- Cost of 100 packs of manufactured cigarettes was found to be 4.9% of the GDP per capita.
Results: Tobacco use

Distribution of current smokers by type of tobacco products

- 82% of current smokers use manufactured cigarettes
- 20% use shisha
- 6% use cigar
- 0.2% use smokeless tobacco
The respondents were considered having combined risk factors if they have more than one risk factors from the followings:

1. **Current daily smokes**
2. Eat less than 5 servings of fruits & vegetables per day
3. Insufficient physical activity
4. Overweight (BMI ≥ 25 kg/m²)
5. Raised Blood pressure raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)
<table>
<thead>
<tr>
<th>Health Indicator</th>
<th>Steps 2012</th>
<th>Steps 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>The current tobacco smokers</td>
<td>24%</td>
<td>22%</td>
</tr>
<tr>
<td>less than five servings of fruit and/or vegetables per day</td>
<td>95%</td>
<td>90%</td>
</tr>
<tr>
<td>Percentage with insufficient physical activity</td>
<td>32%</td>
<td>28%</td>
</tr>
<tr>
<td>Obesity &amp; overweight</td>
<td>62% &amp; 31%</td>
<td>63% &amp; 35%</td>
</tr>
<tr>
<td>raised blood pressure</td>
<td>39%</td>
<td>29%</td>
</tr>
<tr>
<td>raised fasting blood glucose</td>
<td>17%</td>
<td>15%</td>
</tr>
</tbody>
</table>
Set of 9 voluntary global NCD targets for 2025

- Premature mortality from NCDs 25% reduction
- Essential NCD medicines and technologies 80% coverage
- Drug therapy and counseling 50% coverage
- Diabetes/obesity 0% increase
- Raised blood pressure 25% reduction
- Tobacco use 30% reduction
- Salt/sodium intake 30% reduction
- Physical inactivity 10% reduction
- Harmful use of alcohol 10% reduction

Mortality and Morbidity
Risk Factors for NCDs
National Systems Response
<table>
<thead>
<tr>
<th>Framework element</th>
<th>Baseline</th>
<th>Target 2022</th>
<th>Target 2025</th>
</tr>
</thead>
<tbody>
<tr>
<td>Premature mortality from NCD</td>
<td>25%</td>
<td>15% relative reduction</td>
<td>20% relative reduction</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>24.9%</td>
<td>5% relative reduction</td>
<td>10% relative reduction</td>
</tr>
<tr>
<td>Salt/sodium intake</td>
<td>8.9 g/day</td>
<td>20% relative reduction</td>
<td>10% relative reduction</td>
</tr>
<tr>
<td>Tobacco use</td>
<td>22.7%</td>
<td>10% relative reduction</td>
<td>20% relative reduction</td>
</tr>
<tr>
<td>Raised blood Pressure</td>
<td>29.5%</td>
<td>15% relative reduction</td>
<td>10% relative reduction</td>
</tr>
<tr>
<td>Diabetes and obesity</td>
<td>15.5% diabetes</td>
<td>Halt the rise in diabet</td>
<td>Halt the rise in diabetes &amp; obesity</td>
</tr>
<tr>
<td>Drug therapy to prevent CVD</td>
<td>*N/A %</td>
<td>10 % coverage</td>
<td>15% coverage</td>
</tr>
<tr>
<td>Essential NCDs medicines &amp; basic technologies to treat major NCDs</td>
<td>60%</td>
<td>70% availability</td>
<td>80 % availability</td>
</tr>
</tbody>
</table>
Egypt MAP- NCD Strategic action areas

- Strengthen prevention
- Improve NCD management through primary health care approach
- Enhance national capacity for surveillance
- Promote high quality NCD research
- Strengthen national capacity for implementation
Thank You

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