

Non-communicable Diseases Risk-factor STEPS Survey, Georgia, 2016

WHO's STEPwise approach to noncommunicable disease (NCDs) risk factor surveillance is the most common instrument for the surveillance of Non-Communicable Diseases risk-factors.

Conducting first STEPS Survey in Georgia in 2010 was made possible through the financial support of European Union and the technical and financial support of World Health Organization. STEPS survey gave us possibility to collect basic information on prevalence of NCDs and its biological and behavioral risk-factors in the country.

The second STEPS survey was conducted in Georgia in 2016 through the technical and financial support of World Health Organization and the National Center of Disease Control and Public Health of Georgia.

Survey was carried out from June to September 2016. Both surveys have nationwide representation and were implemented by the National Center of Disease Control and Public Health. In order to plan and successfully implement STEPS survey in the country, STEPS coordinating committee has been formed which is chaired by the Deputy Minister of Health, Labor and Social Affairs, Dr. Nino Berdzuli.

STEPS Instrument covers three different levels of "steps" of risk factor assessment. These steps are:

- I. Socio-demographic and behavioural information
- II. Physical measurements such as height, weight, waist and hip circumference, blood pressure, pulse
- III. Biochemical measurements to assess blood glucose, cholesterol and high density lipoproteins (HDL); urinary salt and cotinine

The target population of STEPS survey was adults aged 18-69. The population-based survey using a multi-stage, clustered sample design was conducted simultaneously both in the East and the West Part of Georgia. A total of 5,554 adults participated in the survey. The overall response rate was 75.7 %.

It is worth noting, that Georgia is the only country in the European Region carried out the second STEPS survey. This gives us possibility to get evidence based information about trends of NCDs and its biological and behavioral risk factors in the county. This is an important resource to plan important public health decisions and interventions, which from its end, will support to improve the health of the Georgia's population.

Conducting STEPS survey in the Country is recommended for 2021.