



# Oman STEPS Survey 2025

## Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Oman was carried out from April to October 2025. Oman 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 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 years or older. A multi-stage clustered sample design was used to produce representative data for that age range in Oman. A total of 10174 adults participated in the survey. The overall response rate was 83%.

Results for adults aged 18+ years (incl. 95% CI)	Both Sexes	Males	Females
<b>Tobacco Use</b>			
Percentage who currently use tobacco (Smoked or Smokeless tobacco)	12.1% (10.1 - 14.3)	18.2% (15.6 - 21.2)	0.4% (0.2 - 1.0)
Percentage who currently smoke tobacco	11.3% (9.5 - 13.4)	17.1% (14.6 - 19.8)	0.4% (0.2 - 1.0)
Percentage who currently smoke tobacco daily	8.8% (7.3 - 10.5)	13.3% (11.3 - 15.6)	0.2% (0.1 - 0.5)
Percentage of daily smokers smoking manufactured cigarettes	85.8% (79.7 - 90.2)	86.0% (79.8 - 90.6)	--
Percentage who currently use smokeless tobacco	1.3% (0.7 - 2.3)	2.0% (1.2 - 3.5)	0.0% (0.0 - 0.1)
<b>Alcohol Consumption</b>			
Percentage who are lifetime abstainers	96.1% (93.3 - 97.7)	94.7% (91.2 - 96.8)	98.7% (97.2 - 99.3)
Percentage who are past-12-month abstainers	1.6% (0.8 - 3.0)	2.1% (1.2 - 3.5)	0.7% (0.2 - 3.0)
Percentage who currently drink (drank alcohol in the past 30 days)	1.6% (0.9 - 2.7)	2.2% (1.2 - 3.9)	0.4% (0.1 - 1.5)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.1% (0.0 - 0.3)	0.1% (0.0 - 0.4)	0.0% (0.0 - 0.0)
<b>Diet</b>			
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	64.7% (61.0 - 68.1)	65.6% (62.0 - 69.1)	62.9% (58.3 - 67.2)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	21.0% (18.9 - 23.3)	19.5% (16.8 - 22.5)	23.8% (21.0 - 26.7)
Percentage who always or often eat processed foods high in salt	14.2% (12.3 - 16.3)	12.9% (10.6 - 15.6)	16.6% (14.1 - 19.4)
Mean intake of salt per day (in grams)	8.6 (8.5 - 8.7)	9.3 (9.1 - 9.4)	7.4 (7.3 - 7.5)
<b>Physical Activity</b>			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	27.9% (24.6 - 31.4)	23.6% (20.1 - 27.6)	36.0% (31.4 - 40.8)
Percentage not doing any leisure activities (sports, fitness or recreational activities)	56.6% (53.2 - 60.0)	52.6% (48.5 - 56.7)	64.1% (60.2 - 67.9)
Percentage not engaging in vigorous activity	74.9% (72.2 - 77.4)	65.6% (61.8 - 69.2)	92.2% (90.4 - 93.7)
<b>Cervical and Breast Cancer Screening</b>			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			11.4% (8.8 - 14.8)
<b>Overweight and obesity</b>			
Percentage who are overweight (BMI $\geq$ 25 kg/m <sup>2</sup> )	64.7% (62.7 - 66.5)	62.7% (59.8 - 65.5)	68.5% (64.4 - 72.4)
Percentage who are overweight but not obese (BMI $\geq$ 25 kg/m <sup>2</sup> - 29.9 kg/m <sup>2</sup> )	37.3% (35.2 - 39.5)	40.4% (37.6 - 43.3)	31.2% (28.0 - 34.6)
Percentage who are obese (BMI $\geq$ 30 kg/m <sup>2</sup> )	27.3% (25.5 - 29.2)	22.3% (20.4 - 24.3)	37.3% (32.9 - 42.0)

Results for adults aged 18+ years (incl. 95% CI)	Both Sexes	Males	Females
<b>Hypertension</b>			
Prevalence of raised blood pressure (SBP $\geq$ 140 or DBP $\geq$ 90)	25.7% (23.8 - 27.8)	28.9% (26.0 - 31.8)	19.9% (17.7 - 22.2)
Prevalence of raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg) or currently on hypertension medication	28.8% (26.8 - 30.9)	31.5% (28.6 - 34.5)	23.9% (21.2 - 26.7)
Percentage of previously diagnosed with hypertension among those with raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg) or currently on hypertension medication	32.4% (28.6 - 36.4)	27.8% (22.8 - 33.5)	43.7% (39.6 - 47.9)
Percentage who are currently treated for hypertension among those with raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg) or currently on hypertension medication	26.7% (23.8 - 29.7)	21.5% (17.8 - 25.9)	39.4% (35.3 - 43.6)
Percentage with blood pressure (SBP < 140 and DBP < 90 mmHg) among those with raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg) or currently on hypertension medication	10.7% (8.9 - 12.9)	8.3% (6.3 - 10.8)	16.8% (14.2 - 19.8)
<b>Diabetes and raised cholesterol</b>			
Percentage with impaired fasting glycaemia (Fasting Blood Glucose $\geq$ 6.1 mmol/L and < 7.0 mmol/L)	8.7% (7.8 - 9.8)	9.1% (7.5 - 10.9)	8.1% (6.8 - 9.6)
Prevalence of raised fasting blood glucose (Fasting Blood Glucose $\geq$ 7.0 mmol/L) or currently on diabetes medication	13.4% (11.7 - 15.2)	13.4% (11.6 - 15.5)	13.2% (11.1 - 15.7)
Percentage of previously diagnosed with diabetes among those with raised fasting blood glucose (Fasting Blood Glucose $\geq$ 7.0 mmol/L) or currently on diabetes medication	55.6% (48.4 - 62.6)	53.4% (46.0 - 60.6)	60.0% (50.1 - 69.1)
Percentage who are currently treated for diabetes among those with raised fasting blood glucose (Fasting Blood Glucose $\geq$ 7.0 mmol/L) or currently on diabetes medication	53.2% (45.7 - 60.6)	50.6% (42.8 - 58.3)	58.2% (48.6 - 67.2)
Percentage with fasting blood glucose < 7.0 mmol/L among those with raised fasting blood glucose (Fasting Blood Glucose $\geq$ 7.0 mmol/L) or currently on diabetes medication	26.0% (21.5 - 31.2)	26.0% (20.4 - 32.5)	26.0% (21.1 - 31.7)
Percentage with systolic blood pressure < 140 mmHg among those with raised fasting blood glucose (Fasting Blood Glucose $\geq$ 7.0 mmol/L) or currently on diabetes medication	71.9% (66.4 - 76.8)	68.6% (61.8 - 74.8)	78.2% (72.8 - 82.8)
Prevalence of raised total cholesterol ( $\geq$ 5.0 mmol/L) or currently on hyperlipidemia medication	30.1% (27.0 - 33.4)	26.0% (22.6 - 29.8)	37.1% (33.5 - 40.9)
<b>Cardiovascular disease risk</b>			
Percentage aged 40-69 years with a 10-year CVD risk $\geq$ 20%, or with existing CVD**	7.1% (6.0 - 8.5)	6.5% (5.0 - 8.4)	8.2% (6.6 - 10.0)
<b>Mental Health - Depressive Episode</b>			
Percentage of the population with depressive episode	5.5% (4.3 - 7.0)	3.7% (2.9 - 4.8)	8.8% (6.8 - 11.4)
Percentage of those with depressive episode who received anti-depressants	8.0% (5.9 - 10.8)	8.6% (5.2 - 13.9)	7.5% (4.8 - 11.4)
Percentage of those with depressive episode who received psychological therapy/counselling	9.3% (6.0 - 14.2)	8.2% (4.8 - 13.8)	10.2% (6.1 - 16.8)

\* 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.