



World Health  
Organization

European Region

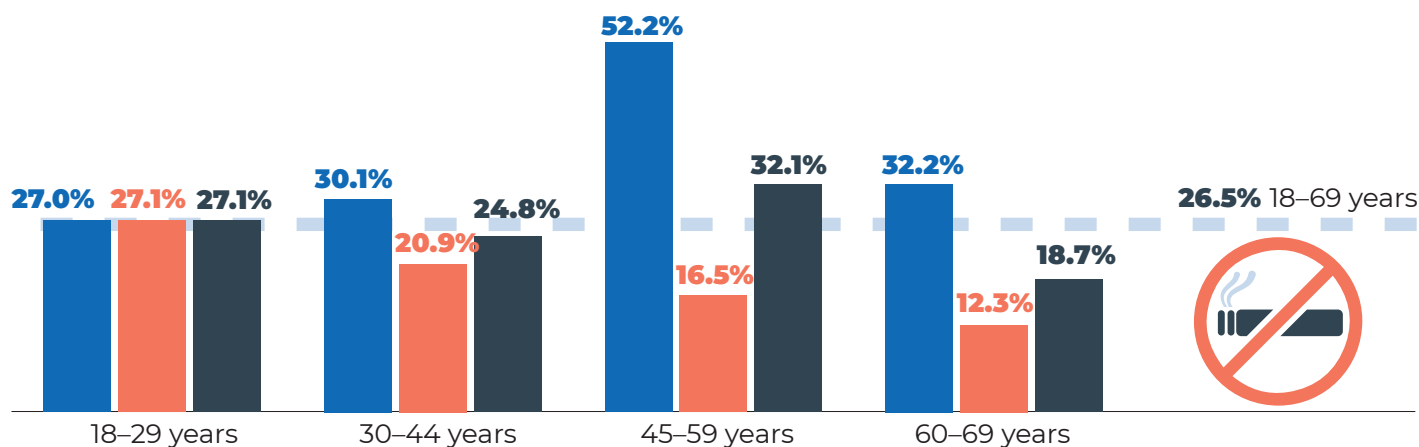
## **FACTSHEET ON UKRAINE BASED ON STEPS**

(the WHO STEPwise Approach  
to Surveillance)

**Health behavior advice  
by healthcare  
professionals**  
in adults aged 18–69 years

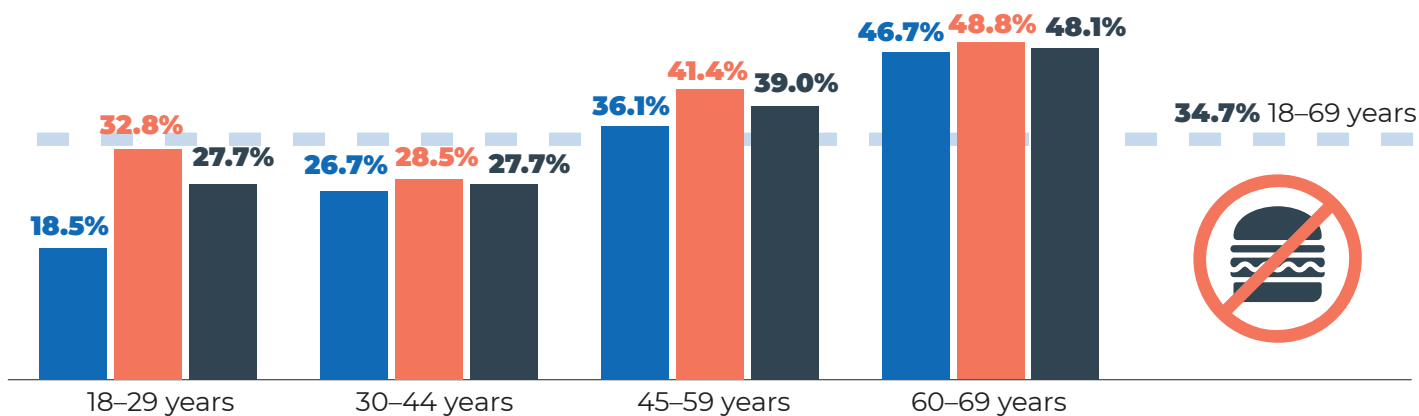
## > PROPORTION ADVISED BY A DOCTOR OR HEALTH-CARE WORKER TO QUIT OR NOT TO START USING TOBACCO

■ men ■ women ■ both sexes



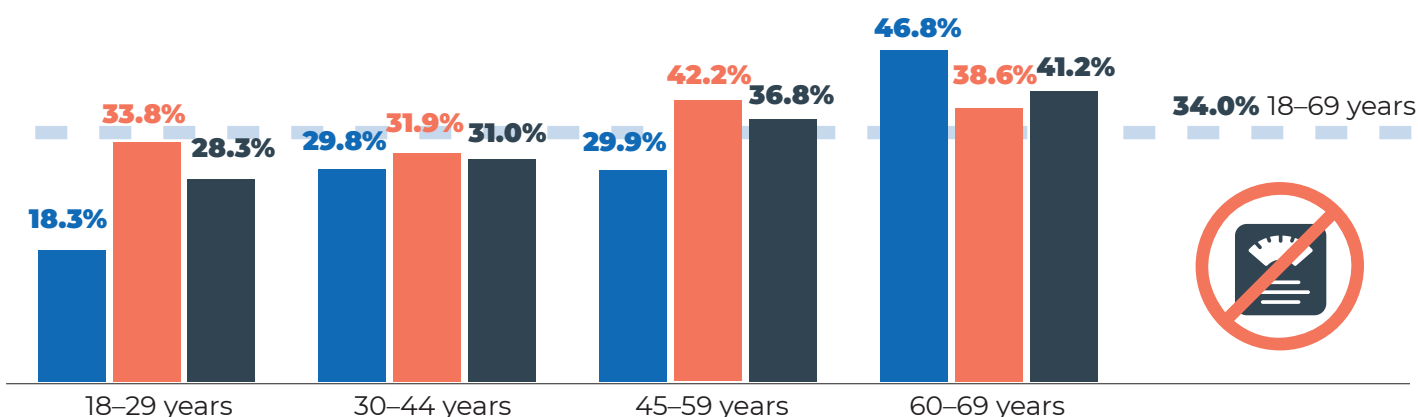
## > PROPORTION ADVISED BY A DOCTOR OR HEALTH-CARE WORKER TO REDUCE FAT IN THE DIET

■ men ■ women ■ both sexes



## > PROPORTION ADVISED BY DOCTOR OR HEALTH-CARE WORKER TO MAINTAIN A HEALTHY BODY WEIGHT OR LOSE WEIGHT

■ men ■ women ■ both sexes



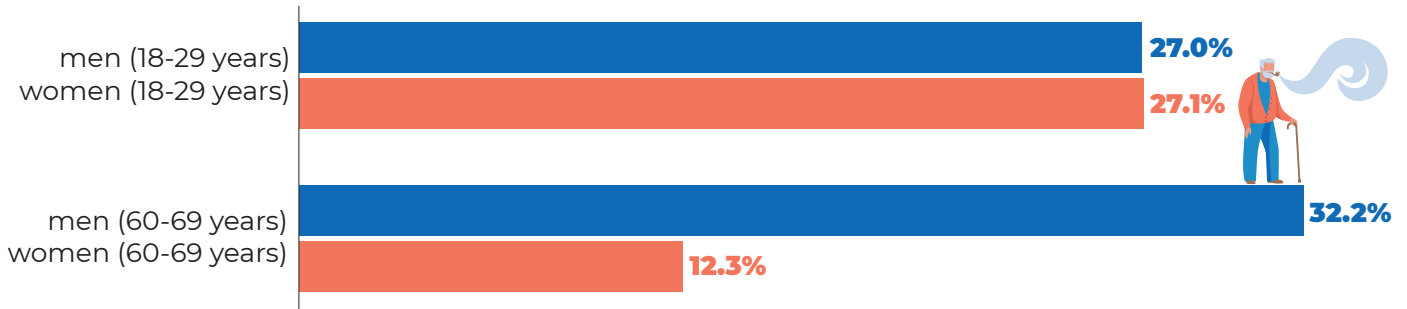
## > TOBACCO USE

- One quarter (**26.5%**) of the total population had been informed by a health-care worker in the last year of the dangers of smoking and been advised to quit or not start using tobacco products.

26.5%

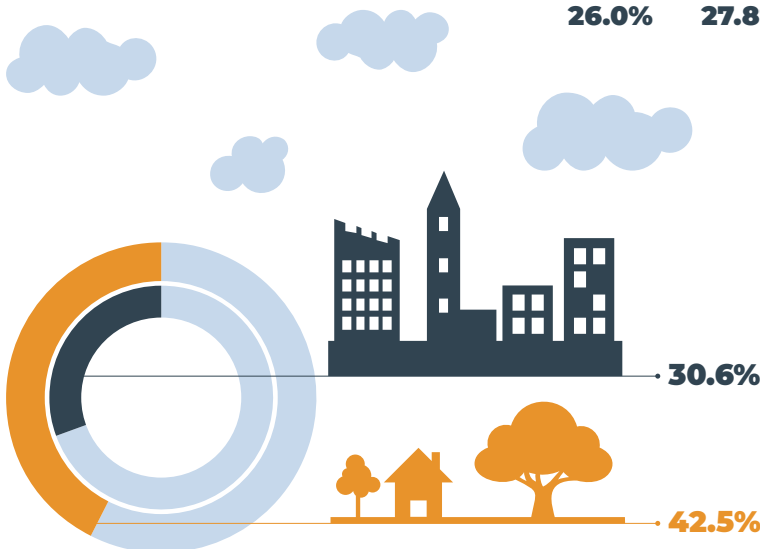
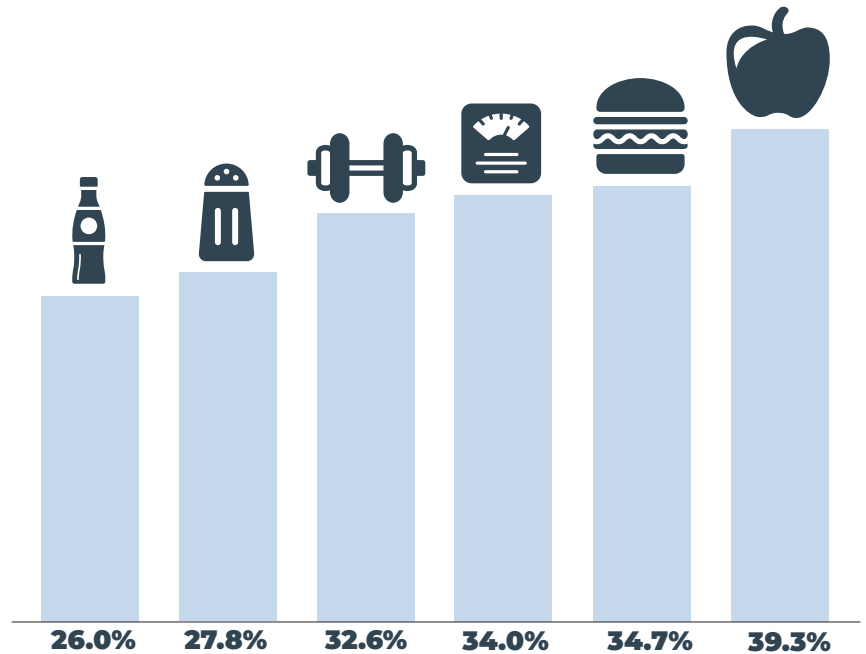


- The proportion of men who had been advised to quit or not start smoking increased between the ages of 18–29 years (**27.0%**) and 45–59 years (52.2%), and then decreased thereafter (**32.2%** of those aged 60–69 years); the proportion of women who received such advice reduced with increasing age, from **27.1%** of those aged 18–29 years to **12.3%** of those aged 60–69 years.



## > PHYSICAL EXERCISE AND HEALTHY DIET

- Overall, approximately one third of the population had been advised by a health-care worker in the last year to reduce their dietary salt consumption (**27.8%**), reduce the amount of fat in their diet (**34.7%**), start taking part in or increase their level of physical activity (**32.6%**), or maintain their healthy body weight or lose weight (**34%**).
- A slightly higher proportion of the population had been advised to eat at least five servings of fruit and vegetables daily (**39.3%**) and a slightly lower proportion had been advised to limit their intake of sugary beverages (**26%**).



- The proportion of both men and women advised to decrease their salt consumption increased with age.
- The proportion of men advised to reduce the amount of fat in their diet and to maintain a healthy body weight or lose weight also increased with age, whereas the proportion of women did not.
- Overall, a greater proportion of the rural population than the urban population was advised to reduce the amount of fat in their diet (**42.5%** versus **30.6%**).



## RECOMMENDED ENABLING ACTIONS (1)

- Provide measurement, behaviour change counselling and referral options on NCD risk factors such as unhealthy diets, physical inactivity, tobacco and alcohol use, and increased body mass index, as part of routine primary health care services through the use of brief interventions (2).
- Scale up early detection of noncommunicable disease (NCDs) and screening/treatment coverage, prioritizing very cost-effective high-impact interventions, including cost-effective interventions to address behavioural risk factors.
- Train the health workforce and strengthen the capacity of health systems, particularly at the primary-health-care level, to address the prevention and control of NCDs. Focus on interventions to provide support for obesity (brief interventions on diet and physical activity, exclusive breastfeeding for first six months of a baby's life), tobacco cessation and reduction of alcohol use (3).
- Expand the use of digital technologies to increase health service access and efficacy for NCD prevention, and to reduce the costs in health care delivery.

## STEPS DESCRIPTION

The STEPS survey of NCD risk factors in Ukraine was organized by the Ministry of Health of Ukraine and WHO within the scope of Serving People, Improving Health, a joint project of the World Bank and the Ministry of Health of Ukraine. STEPS uses a global standardized methodology. Data collection for three Steps took place from July to November 2019: history of a NCD was collected in Step 1, anthropometric measurements in Step 2 and biochemical health indicators in Step 3. The population-based survey used a multistage cluster sampling design to produce representative data for adults (aged 18–69 years). In total, 7704 randomly selected households were approached, with 4409 participants agreeing to take part in the survey and provide information (response rate of 57%).<sup>1</sup>

### Note

<sup>1</sup> More details can be found in the report entitled STEPS prevalence of noncommunicable disease risk factors in Ukraine 2019 (2).

### References

- (1) Tackling NCDs: "best buys" and other recommended interventions for the prevention and control of noncommunicable diseases. Geneva: World Health Organization; 2017 (<https://apps.who.int/iris/handle/10665/259232>, accessed 26 January 2022).
- (2) Integrated brief interventions for noncommunicable disease risk factors in primary care: the manual. BRIEF project. Copenhagen: WHO Regional Office for Europe; 2022 (<https://apps.who.int/iris/handle/10665/364437>, accessed 14 June 2023).
- (3) The best start in life: breastfeeding for the prevention of noncommunicable diseases and the achievement of the Sustainable Development Goals in the WHO European Region. Copenhagen: WHO Regional Office for Europe; 2020 (<https://apps.who.int/iris/handle/10665/354398>, accessed 14 June 2023).
- (4) STEPS prevalence of noncommunicable disease risk factors in Ukraine 2019. Copenhagen: WHO Regional Office for Europe; 2020 (<https://apps.who.int/iris/handle/10665/336642>, accessed 26 January 2022).