



**STEP Wise WHO dalam penanggulangan
PTM**

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PERTEMUAN 6
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Kesmas/ Fikes

KEMAMPUAN AKHIR YANG DIHARAPKAN

Mahasiswa mampu menguraikan dan menjelaskan tentang STEP Wise WHO untuk Penanggulangan PTM

Learning objective

- Pendahuluan
- Tujuan dari STEPS
- Disain STEPS
- STEPS methods – The risk factors
- STEPS methods – The framework
- STEP1: Questionnaire
- STEP2: Physical measurements
- STEP3: Biochemical measures
- Why a STEPwise framework to surveillance?

Introduction

- The STEPS approach focuses on obtaining core data on the established risk factors that determine the major disease burden.
- It is sufficiently flexible to allow each country to expand on the core variables and risk factors, and to incorporate optional modules related to local or regional interests.
- System for surveillance of chronic disease risk factors
- Designed for implementation in low- and middle income countries

Objectives of STEPS

- Gather information on chronic disease risk factors for policy makers and intervention planning
- Collect standardized risk factor data, but allow flexibility
- Provide an entry point for low- and middle income countries to get started on chronic disease surveillance
- Build capacity in countries
- Integrated approach at low cost

Design

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

- 1) Questionnaire
- 2) Physical measurements
- 3) Biochemical measurements

STEPS methods – The risk factors

- **Behavioural Risk Factors**
 1. Tobacco use
 2. Harmful alcohol consumption
 3. Unhealthy diet (low fruit and vegetable consumption)
 4. Physical inactivity
- **Biological Risk Factors**
 - 1) Overweight and obesity
 - 2) Raised blood pressure
 - 3) Raised blood glucose
 - 4) Abnormal blood lipids

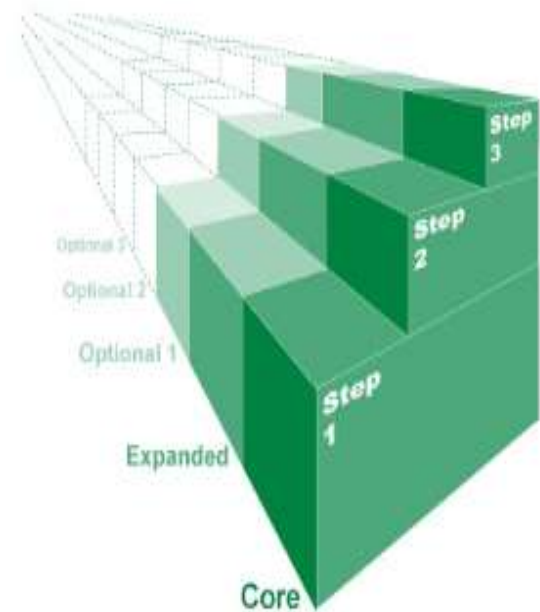
STEPS methods – The framework

Different levels of risk factor assessment:

- STEP 1 – questionnaire
- STEP 2 – physical measurements
- STEP 3 – blood samples

Three modules:

- Core
- Expanded
- optional



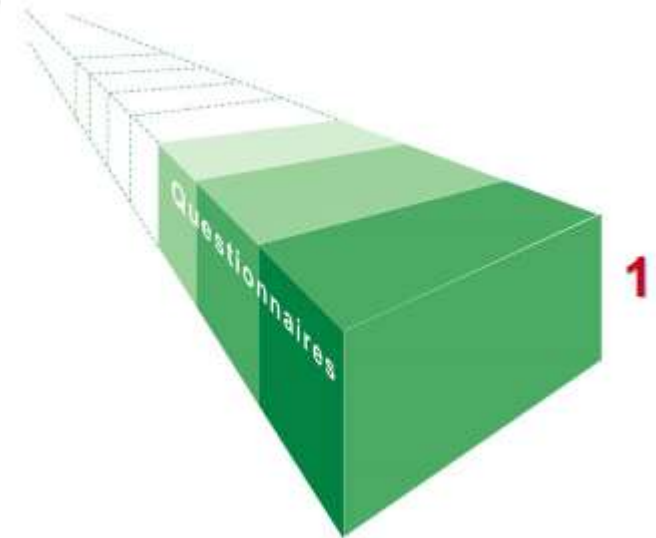
STEP1: Questionnaire

- **Core:**

- 1) Socio-demographic info
- 2) Tobacco use
- 3) Alcohol consumption
- 4) Fruit & vegetable consumption
- 5) Physical inactivity

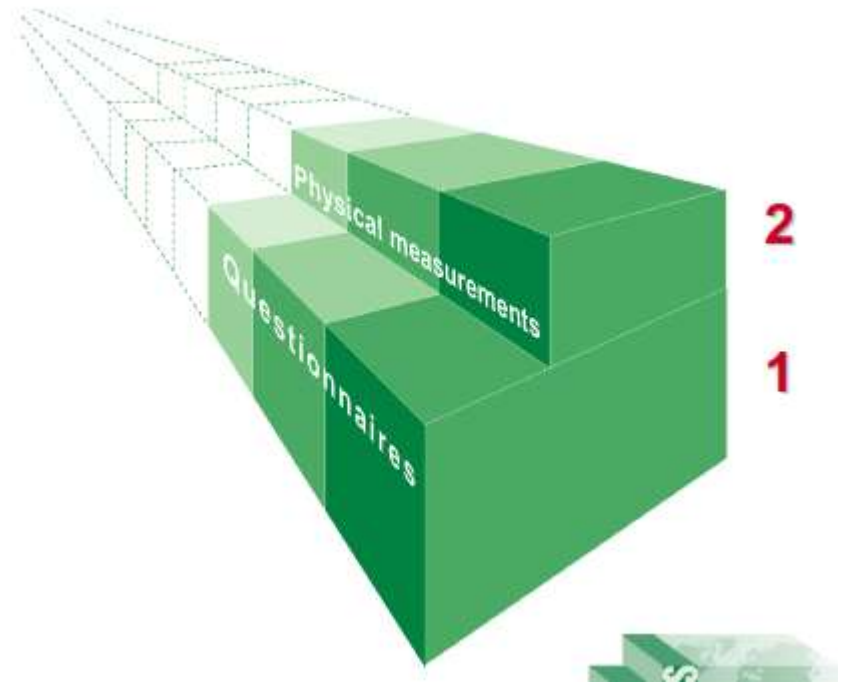
- **Expanded:**

- 1) Smokeless tobacco, tob. use cessation
- 2) Binge drinking
- 3) Oil consumption
- 4) History of high BP
- 5) History of diabetes



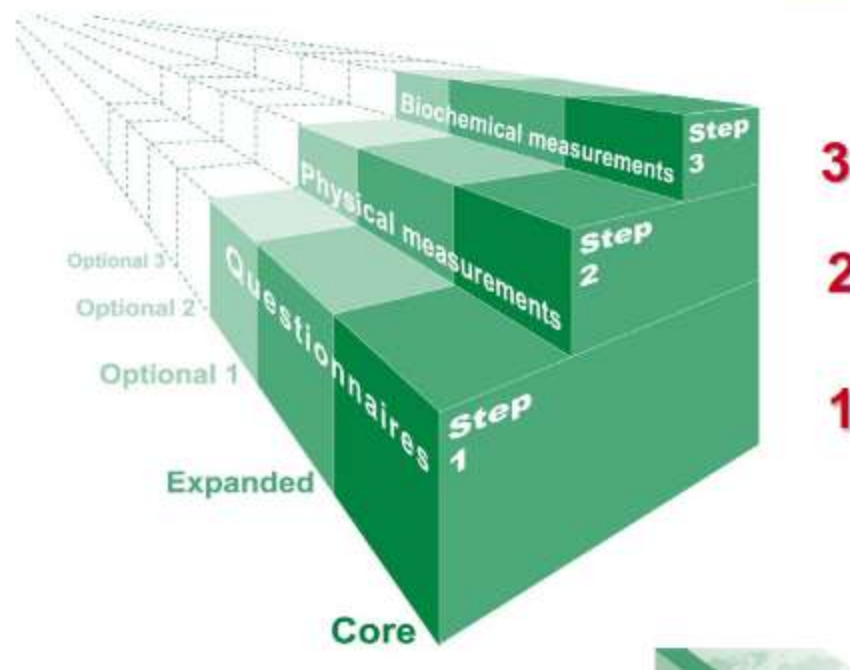
STEP2: Physical measurements

- **Core:**
 - 1) Height
 - 2) Weight
 - 3) Waist circumference
 - 4) Blood pressure
- **Expanded:**
 - 1) Hip circumference
 - 2) Heart rate



STEP3: Biochemical measures

- **Core:**
 1. Fasting blood sugar
 2. Fasting total cholesterol
- **Expanded:**
 1. Triglycerides
 2. HDL cholesterol



Optional modules

- Mental health
- Violence and injury
- Oral health

Why a STEPwise framework to surveillance?

- Standard methods and tools, but also
- Flexible for adaptation to cultural and local needs
- Simple
- Hierarchical
- Can add on to existing systems

Daftar Pustaka

Bustan, MN, 2015. Manajemen Pengendalian Penyakit Tidak Menular. Jakarta: Rineka Cipta

WHO. STEPwise approach to surveillance (STEPS).
<http://www.who.int/chp/steps/en/>