

Healthy Lifestyles In The Bahamas:

Findings from the Bahamas CNCD Prevalence Study and Risk Factor Survey
(February-March, 2005)

Survey Participants Summary:

- New Providence, Grand Bahama and Long Island
- 1,424 participants in 637 households were surveyed
- 74.6% of those participants were screened
- Ages: 15-74

*Lifestyles
In
The Bahamas*

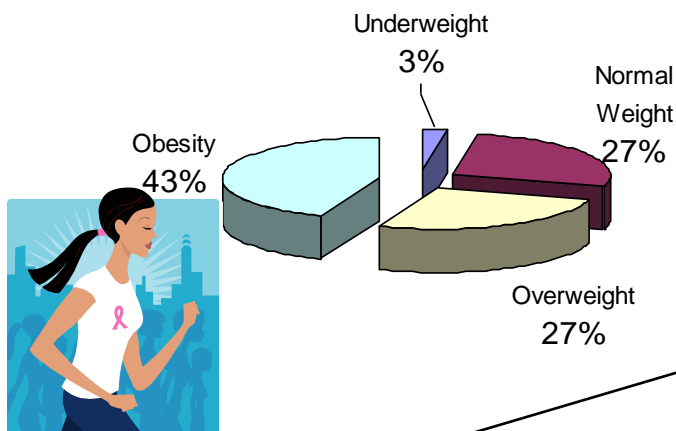
Measurement of Body Mass Index (BMI)

(Adult Categories)

BMI	Weight
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

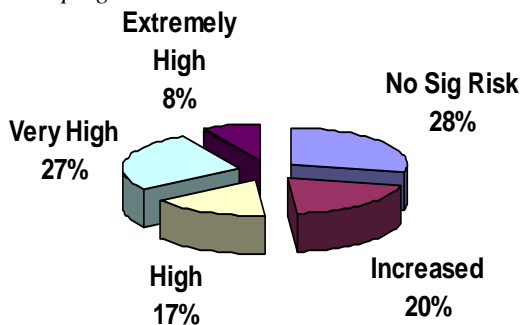


70% of Those Surveyed Were Overweight or Obese



Are we at risk for Heart Disease?

72% had increased to extremely high risk for developing Cardiovascular Disease



Heart Disease risk (BMI vs. Waist Circumference)

Health Seeking Behavior?

- 17.5 % had not had blood pressure checked in over a year
- >50% of the women had not had their breasts examined by a doctor in the previous 2 years
- 38% had never done breast self examination

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- 8.8% of those surveyed were currently smoking cigarettes
- 64.5% described themselves as sedentary in their leisure time

• **Current dietary guidelines recommend 5-9 servings of fruit and vegetables per day**

However, the survey said:

- 47% did not even have ONE serving of fruit each day
- 51% did not eat vegetables every day
- 33 % had fast food two or more times per week

Health Status

- 21% had been diagnosed with high blood pressure
- 26% of those measured had high blood pressure
- 7% had been diagnosed with diabetes (self-reported)
- 12% had impaired and elevated fasting glucose on measurement
- 9.2% = Diabetes prevalence based on clinical data

Importance of a Healthy Lifestyle

- Increased health and wellness
- Increased feelings of well being
- Better quality of life
- Increased productivity
- Less burden on Health Services