

The 2019 Morocco Non-Communicable Disease Mobile phone survey, conducted by the Ministère de la Santé, was a nationally representative mobile phone survey of men and women aged 18 years and older designed to produce comparable data on Non-Communicable diseases and their related risk factors.

The survey employed a two-phase sample design to produce key indicators for the country stratified by male/female and age. In phase one a sample of mobile phone numbers from an implicit frame of all possible mobile phone numbers was generated via random digit dialing. In phase two, phase one respondents were stratified to the general population distribution. A total of 413,019 mobile phone numbers were dialed, of which 9,030 mobile phone users were screened, and yielded 3,515 completed interviews. The overall response rate was 8.3%.

	Overall		Men		Women		Item Non-response*
<b>Demographic (sample)</b>							
<i>Age</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	
18-29	1472	41.9%	750	40.1%	722	43.8%	NA
30-44	1137	32.3%	557	29.8%	580	35.2%	NA
45+	906	25.8%	561	30.0%	345	20.9%	NA
<b>Tobacco Use</b>	<b>% or mean</b>	<b>(95% CI)</b>	<b>% or mean</b>	<b>(95% CI)</b>	<b>% or mean</b>	<b>(95% CI)</b>	
<i>Tobacco Smokers</i>							
Current tobacco smokers	21.1	(19.3 , 23.0)	34.2	(31.2 , 37.3)	8.9	(7.1 , 11.0)	0.6%
Daily tobacco smokers	14.9	(13.4 , 16.6)	24.4	(21.8 , 27.2)	6.0	(4.5 , 8.0)	
<i>Smokeless Tobacco Users</i>							
Current smokeless tobacco users	12.6	(11.0 , 14.3)	19.2	(16.7 , 22.0)	6.0	(4.3 , 8.4)	10.3%
Daily smokeless tobacco users	8.9	(7.6 , 10.5)	14.0	(11.9 , 16.3)	4.0	(2.5 , 6.2)	
<i>Tobacco Users (any use)</i>							
Current tobacco users	24.0	(22.1 , 26.0)	37.9	(34.8 , 41.2)	10.9	(8.8 , 13.4)	NA
<b>Alcohol Use</b>							
Current alcohol users (past 30 days)	8.7	(7.4 , 10.3)	13.2	(11.1 , 15.7)	4.3	(2.9 , 6.4)	13.7%
Heavy episodic drinkers (percentage of drinkers had 6+ drinks)	6.3	(5.1 , 7.7)	9.4	(7.6 , 11.7)	3.3	(2.0 , 5.4)	14.7%
<b>Raised Blood Pressure/Hypertension</b>							
Diagnosed by doctor or health care professional with raised blood pressure/	25.8	(22.9 , 28.9)	18.9	(15.9 , 22.4)	32.2	(27.5 , 37.2)	33.7%
Currently taking medication for raised blood pressure/ hypertension	35.3	(28.9 , 42.2)	35.9	(27.4 , 45.5)	34.9	(26.5 , 44.4)	1.8%
<b>Raised Blood Glucose/Diabetes</b>							
Diagnosed by doctor or health care professional with raised blood glucose/diabetes	8.2	(6.4 , 10.5)	6.2	(4.3 , 8.7)	10.2	(7.3 , 14.1)	33.7%
Currently taking medication for raised blood glucose/ diabetes	55.0	(41.7 , 67.6)	47.9	(30.1 , 66.3)	58.9	(40.8 , 74.9)	4.3%
<b>Diet</b>							
<i>Salt Consumption</i>							
Always or often add salt or salty sauce to food before eating or as they're eating	42.5	(39.3 , 45.8)	46.8	(42.5 , 51.1)	38.5	(33.9 , 43.3)	30.4%
Always or often add salt or salty seasoning when cooking or preparing foods	49.7	(46.3 , 53.1)	48.6	(44.3 , 52.9)	50.7	(45.5 , 55.9)	31.1%
Always or often eat processed foods high in salt	36.7	(33.5 , 39.9)	40.1	(35.9 , 44.5)	33.4	(29.1 , 38.1)	32.4%
<i>Fruit Consumption</i>							
Average number of days per week fruits are consumed	4.2	(4.1 , 4.4)	4.1	(4.0 , 4.3)	4.4	(4.2 , 4.6)	16.6%
Average number of servings of fruit consumed per day	1.7	(1.6 , 1.8)	1.7	(1.6 , 1.8)	1.6	(1.5 , 1.8)	5.8%
<i>Vegetable Consumption</i>							
Average number of days per week vegetables are consumed	5.3	(5.2 , 5.4)	5.2	(5.0 , 5.3)	5.4	(5.3 , 5.6)	23.6%
Average number of servings of vegetables consumed per day	2.4	(2.2 , 2.5)	2.4	(2.2 , 2.6)	2.3	(2.1 , 2.5)	4.6%
<i>Fruit and Vegetable Consumption</i>							
Consume less than five servings of fruits OR vegetables per day	75.0	(72.3 , 77.5)	72.1	(68.3 , 75.5)	77.9	(74.0 , 81.3)	NA
Consume no fruits and vegetables	0.3	(0.1 , 0.6)	0.3	(0.1 , 1.1)	0.3	(0.1 , 0.7)	NA

\*Item nonresponse is calculated as:  $1 - \frac{I_x}{(I - V_x)}$ , where  $I_x$  equals the number of valid responses for question  $x$ ,  $I$  equals the total number of respondents in the survey, and  $V_x$  equals the respondents with a valid skip for question  $x$  (i.e. an answer to a previous question prevented them from being asked question  $x$ ).