

The 2021 Philippines Non-Communicable Disease Mobile phone survey, conducted by the Department of Health, 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 154,551 mobile phone numbers were dialed, of which 5,703 mobile phone users were screened, and yielded 3,087 completed interviews. The overall response rate was 3.2%.

	Overall		Men		Women		Item Non-response*
<b>Demographic (sample)</b>	<b>3,087</b>		<b>1,532</b>		<b>1,555</b>		
<i>Age</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	
18-29	1071	34.7%	529	34.5%	542	34.9%	NA
30-44	1008	32.7%	514	33.6%	494	31.8%	NA
45+	1008	32.7%	489	31.9%	519	33.4%	NA
<b>Tobacco Use</b>	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	
<i>Tobacco Smokers</i>							
Current tobacco smokers	15.5	14.2 16.8	22.6	20.4 24.7	8.5	7.1 9.9	
Daily tobacco smokers	8.9	7.9 9.9	13.4	11.7 15.1	4.4	3.4 5.5	2.4%
<i>Smokeless Tobacco Users</i>							
Current smokeless tobacco users	3.9	3.2 4.6	6.2	5.0 7.5	1.6	1.0 2.2	
Daily smokeless tobacco users	1.9	1.4 2.4	3.2	2.3 4.1	0.6	0.2 1.0	3.1%
<i>Tobacco Users (any use)</i>							
Current tobacco users	16.1	14.9 17.4	23.4	21.2 25.5	8.9	7.5 10.4	NA
<b>Alcohol Use</b>							
Current alcohol users (past 30 days)	40.1	38.4 41.8	51.4	48.9 53.9	28.9	26.6 31.1	2.5%
Heavy episodic drinkers (percentage of drinkers had 6+ drinks)	33.1	31.4 34.7	43.2	40.7 45.8	22.9	20.8 25.0	4.1%
<b>Raised Blood Pressure/Hypertension</b>							
Diagnosed by doctor or health care professional with raised blood pressure/	25.8	24.3 27.3	29.8	27.6 32.0	21.8	19.9 23.8	2.7%
Currently taking medication for raised blood pressure/ hypertension	54.5	51.0 58.0	51.1	46.5 55.7	59.1	53.7 64.5	1.2%
<b>Raised Blood Glucose/Diabetes</b>							
Diagnosed by doctor or health care professional with raised blood glucose/diabetes	12.7	11.5 13.9	14.1	12.4 15.8	11.3	9.7 12.9	3.2%
Currently taking medication for raised blood glucose/ diabetes	49.2	44.1 54.3	48.9	42.0 55.8	49.6	42.0 57.3	1.1%
<b>Diet</b>							
<i>Salt Consumption</i>							
Always or often add salt or salty sauce to food before eating or as they're eating	39.5	37.8 41.3	38.0	35.6 40.5	41.0	38.5 43.5	3.4%
Always or often add salt or salty seasoning when cooking or preparing foods	60.2	58.5 62.0	57.7	55.2 60.3	62.7	60.2 65.2	4.0%
Always or often eat processed foods high in salt	31.4	29.7 33.0	30.4	28.0 32.7	32.4	30.0 34.8	4.0%
<i>Fruit Consumption</i>							
	<b>Mean (95% CI)</b>		<b>Mean (95% CI)</b>		<b>Mean (95% CI)</b>		
Average number of days per week fruits are consumed	3.4	3.3 3.4	3.4	3.3 3.5	3.3	3.2 3.4	4.9%
Average number of servings of fruit consumed per day	1.2	1.1 1.2	1.2	1.1 1.3	1.1	1.1 1.2	2.8%
<i>Vegetable Consumption</i>							
	<b>Mean (95% CI)</b>		<b>Mean (95% CI)</b>		<b>Mean (95% CI)</b>		
Average number of days per week vegetables are consumed	4.1	4.1 4.2	4.1	4.0 4.2	4.1	4.0 4.2	4.8%
Average number of servings of vegetables consumed per day	1.3	1.3 1.4	1.4	1.3 1.4	1.3	1.3 1.4	2.8%
<i>Fruit and Vegetable Consumption</i>							
	<b>% (95% CI)</b>		<b>% (95% CI)</b>		<b>% (95% CI)</b>		
Consume less than five servings of fruits OR vegetables per day	90.1	89.0 91.2	90.0	88.4 91.5	90.3	88.8 91.8	NA
Consume no fruits and vegetables	0.4	0.2 0.6	0.3	0.0 0.5	0.5	0.2 0.8	NA

\*Item nonresponse is calculated as:  $1 - I_x / (1 - V_x)$ , 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  $x$ ).