

The 2024 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 337,528 mobile phone numbers were dialed, of which 3,644 mobile phone users were screened, and yielded 2,429 completed interviews. The overall response rate was 1%.

	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	626	25.8%	262	23.6%	364	27.6%	NA
30-44	952	39.2%	470	42.3%	482	36.5%	NA
45+	851	35.0%	378	34.1%	473	35.9%	NA
<b>Highest Educational Level Achieved</b>							
	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	
No formal	2.9	(2.2 - 3.6)	3.8	(2.6 - 5.0)	2.0	(1.3 - 2.8)	0.0%
Elementary	2.6	(2.0 - 3.3)	3.2	(2.2 - 4.3)	2.0	(1.2 - 2.7)	
Secondary/Junior High	17.6	(16.0 - 19.1)	16.9	(14.6 - 19.2)	18.3	(16.2 - 20.4)	
Post-Secondary/Vocational	12.1	(10.8 - 13.5)	12.8	(10.8 - 14.9)	11.4	(9.7 - 13.2)	
College or Higher	64.8	(62.8 - 66.7)	63.3	(60.4 - 66.2)	66.3	(63.7 - 68.9)	
<b>Island Residence</b>							
Luzon	56.3	(54.1 - 58.6)	58.2	(54.9 - 61.6)	54.4	(51.4 - 57.5)	19.0%
Visayas	20.0	(18.2 - 21.9)	18.9	(16.2 - 21.5)	21.2	(18.7 - 23.7)	
Mindanao	23.6	(21.7 - 25.6)	22.9	(20.0 - 25.8)	24.4	(21.8 - 27.0)	
<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	17.9	(16.3 - 19.5)	26.7	(23.9 - 29.5)	8.9	(7.3 - 10.5)	6.1%
Daily tobacco smokers	11.2	(9.9 - 12.6)	16.8	(14.5 - 19.2)	5.5	(4.2 - 6.8)	
<i>Smokeless Tobacco Users</i>							
Current smokeless tobacco users	6.7	(5.6 - 7.8)	10.4	(8.4 - 12.3)	3.1	(2.1 - 4.1)	6.8%
Daily smokeless tobacco users	3.3	(2.5 - 4.1)	5.0	(3.6 - 6.4)	1.6	(0.9 - 2.4)	
<i>E-Cigarette or Vaping Device Users</i>							
Current E-cigarette/Vaping device users	12.1	(10.7 - 13.5)	17.5	(15.0 - 19.9)	6.7	(5.2 - 8.1)	7.1%
Daily E-cigarette/vaping device users	5.6	(4.6 - 6.7)	8.0	(6.3 - 9.8)	3.2	(2.2 - 4.3)	
<i>Tobacco Users (any use)</i>							
Current tobacco users	18.8	(17.2 - 20.5)	27.9	(25.1 - 30.7)	9.6	(7.9 - 11.3)	NA
<b>Alcohol Use</b>							
	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	
Current alcohol users (past 30 days)	36.0	(34.0 - 38.0)	45.8	(42.7 - 48.9)	26.1	(23.7 - 28.6)	6.4%
Heavy episodic drinkers (percentage of drinkers had 6+ drinks)	30.7	(28.8 - 32.7)	40.3	(37.2 - 43.4)	21.4	(19.0 - 23.7)	0.5%
<b>Mental Health Status</b>							
	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	
Excellent/Somewhat Good	56.6	(54.5 - 58.7)	59.2	(56.1 - 62.3)	54.1	(51.3 - 56.9)	7.2%
Average	30.7	(28.7 - 32.6)	29.4	(26.5 - 32.3)	31.9	(29.3 - 34.6)	
Poor/Somewhat Poor	12.7	(11.3 - 14.1)	11.4	(9.4 - 13.5)	14.0	(12.0 - 15.9)	
<b>Raised Blood Pressure/Hypertension</b>							
Diagnosed by doctor or health care professional with raised blood pressure/ hypertension	31.3	(29.5 - 33.2)	33.2	(30.4 - 36.0)	29.5	(27.0 - 31.9)	6.4%
Currently taking medication for raised blood pressure/ hypertension	62.5	(58.9 - 66.1)	62.7	(57.6 - 67.9)	62.3	(57.2 - 67.3)	0.6%
<b>Raised Blood Glucose/Diabetes</b>							
Diagnosed by doctor or health care professional with raised blood glucose/diabetes	19.8	(18.2 - 21.5)	20.2	(17.8 - 22.7)	19.4	(17.2 - 21.6)	7.0%
Currently taking medication for raised blood glucose/ diabetes	51.6	(46.8 - 56.3)	48.1	(41.1 - 55.0)	55.2	(48.8 - 61.6)	0.4%
<b>Diet</b>							
	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	
<i>Salt Consumption</i>							
Always or often add salt or salty sauce to food before eating or as they're eating	44.7	(42.6 - 46.8)	43.7	(40.5 - 46.8)	45.7	(42.9 - 48.5)	7.6%
<i>Amount of salt added when cooking/preparing one dish at home:</i>							
	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>	
Less than 1 teaspoon	53.7	(51.5 - 55.8)	51.2	(48.0 - 54.5)	56.1	(53.2 - 58.9)	8.7%
One Teaspoon	21.8	(20.0 - 23.6)	21.1	(18.4 - 23.8)	22.5	(20.1 - 24.9)	
Greater than 1 teaspoon	10.7	(9.4 - 12.1)	11.3	(9.2 - 13.3)	10.2	(8.4 - 11.9)	
Do not add salt	4.7	(3.8 - 5.6)	4.8	(3.4 - 6.2)	4.6	(3.4 - 5.8)	
Do not cook	9.1	(7.8 - 10.3)	11.6	(9.5 - 13.6)	6.6	(5.2 - 8.1)	
<i>Salt Consumption</i>							
Always or often add salt or salty seasoning when cooking or preparing foods	62.2	(59.9 - 64.5)	61.2	(57.7 - 64.7)	63.2	(60.2 - 66.1)	0.6%
Always or often eat processed foods high in salt	30.4	(28.4 - 32.3)	31.2	(28.2 - 34.2)	29.5	(26.9 - 32.1)	10.1%
Always/Often see marketing/advertising of processed foods on the TV, social media, or on billboards outside of home	57.0	(54.8 - 59.1)	56.4	(53.2 - 59.6)	57.5	(54.6 - 60.4)	11.7%
<i>Fruit Consumption</i>							
Average number of days per week fruits are consumed	3.2	(3.2 - 3.3)	3.2	(3.1 - 3.3)	3.3	(3.2 - 3.4)	3.0%
Average number of servings of fruit consumed per day	1.2	(1.2 - 1.3)	1.3	(1.2 - 1.3)	1.2	(1.1 - 1.3)	1.1%
<i>Vegetable Consumption</i>							
Average number of days per week vegetables are consumed	4.0	(4.0 - 4.1)	3.9	(3.8 - 4.1)	4.1	(4.0 - 4.2)	4.8%
Average number of servings of vegetables consumed per day	1.4	(1.4 - 1.5)	1.5	(1.4 - 1.6)	1.4	(1.3 - 1.5)	3.7%
<i>Fruit and Vegetable Consumption</i>							
Average number of servings of fruit & vegetables consumed per day	2.6	(2.5 - 2.7)	2.6	(2.5 - 2.8)	2.5	(2.4 - 2.6)	NA
<i>Fruit and Vegetable Consumption</i>							
	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	
Consume less than five servings of fruits OR vegetables per day	87.8	(86.4 - 89.2)	86.0	(83.7 - 88.2)	89.6	(87.8 - 91.3)	NA
Consume no fruits and vegetables	0.7	(0.3 - 1.1)	0.8	(0.2 - 1.4)	0.6	(0.1 - 1.0)	NA
<b>Physical Activity</b>							
Average number of days per week with 30 or more minutes of moderate physical activity	3.1	(3.0 - 3.2)	3.2	(3.1 - 3.3)	2.9	(2.8 - 3.1)	NA
Days in the past week, exercised a total of 30 minutes+ of physical activity (enough to raise your breathing rate)	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	
None	11.0	(9.6 - 12.4)	9.5	(7.6 - 11.5)	12.5	(10.5 - 14.4)	

1 - 2	32.3 (30.2 - 34.4)	30.0 (27.0 - 33.0)	34.7 (31.8 - 37.6)	
3 - 4	29.6 (27.5 - 31.6)	31.3 (28.3 - 34.4)	27.7 (25.0 - 30.4)	10.5%
5 - 6	17.9 (16.2 - 19.6)	19.9 (17.3 - 22.5)	15.8 (13.5 - 18.0)	
Daily	9.3 (8.0 - 10.6)	9.2 (7.3 - 11.1)	9.4 (7.6 - 11.1)	
<b>Doctor/Healthcare Lifestyle Advice</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>%(95% CI)</b>	
Visited a doctor or healthcare worker in the past year	54.2 (52.1 - 56.3)	52.6 (49.4 - 55.8)	55.8 (53.0 - 58.6)	7.8%
During any visit to a doctor or other health worker in the past 12 months, was advised to:				
Reduce salt only	13.5 (11.5 - 15.6)	14.4 (11.3 - 17.6)	12.7 (10.1 - 15.3)	
Reduce fat only	10.0 (8.3 - 11.8)	10.1 (7.5 - 12.7)	10.0 (7.7 - 12.4)	0.8%
Reduce salt and fat	29.4 (26.7 - 32.1)	29.8 (25.7 - 33.9)	29.0 (25.5 - 32.5)	
No advice on salt or fat reduction	47.0 (44.1 - 50.0)	45.7 (41.3 - 50.1)	48.3 (44.4 - 52.2)	
Reduce sugary beverage consumption	48.5 (45.6 - 51.5)	48.0 (43.6 - 52.4)	49.1 (45.2 - 53.0)	1.7%
Start or do more physical activity	59.3 (56.4 - 62.2)	58.5 (54.1 - 62.8)	60.1 (56.3 - 64.0)	2.0%
Maintain a healthy body weight / lose weight	64.7 (61.9 - 67.5)	64.6 (60.4 - 68.9)	64.8 (61.0 - 68.5)	2.5%