

The 2022 Rwanda Non-Communicable Disease Mobile phone survey, conducted by the Rwanda Ministry 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 360,740 mobile phone numbers were dialed, of which 29,127 mobile phone users were screened, and yielded 4,483 completed interviews. The overall response rate was 5.6%.

	Overall			Men			Women			Item Non-response*
Demographic (sample)	4,483			2,328			2,155			
Age	n	%		n	%		n	%		
18-29	1969	43.9		977	21.8		992	22.1		N/A
30-44	1743	38.9		848	18.9		895	20.0		N/A
45+	771	17.2		503	11.2		268	6.0		N/A
Tobacco Use	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)	
<i>Tobacco Smokers</i>										
Current tobacco smokers	4390	4.5	3.9 5.1	2284	5.6	4.7 6.6	2106	3.4	2.7 4.4	2.1%
Daily tobacco smokers	4388	2.0	1.6 2.5	2283	2.9	2.3 3.7	2105	1.2	0.8 1.9	1.0%
Non-daily tobacco smokers	4388	2.4	1.9 2.9	2283	2.7	2.0 3.3	2105	2.2	1.5 2.9	N/A
Never smokers	4393	88.3	87.3 89.3	2287	83.7	82.2 85.3	2106	92.5	91.2 93.8	N/A
Former smokers	4391	7.2	6.4 8.0	2286	10.7	9.4 11.9	2105	4.0	3.0 5.0	N/A
Current daily smokers among smokers	195	45.3	37.9 52.6	125	52.0	43.2 60.8	70	35.4	22.8 47.9	N/A
Ever tobacco smokers	4393	11.7	10.7 12.7	2287	16.3	14.7 17.8	2106	7.5	6.3 8.9	0.7%
Ever daily tobacco smokers	4388	5.7	5.1 6.5	2284	8.4	7.3 9.6	2104	3.3	2.5 4.4	1.2%
<i>Smokeless Tobacco Users</i>										
Current smokeless tobacco users	4380	1.6	1.2 2.0	2283	1.7	1.3 2.4	2097	1.5	1.0 2.1	2.3%
Daily smokeless tobacco users	N/A	N/A	N/A N/A	N/A	N/A	N/A N/A	N/A	N/A	N/A N/A	N/A
Never smokeless tobacco users	4379	97.2	96.6 97.7	2281	97.0	96.3 97.7	2098	97.3	96.6 98.1	N/A
Former smokeless tobacco user	4376	1.2	0.8 1.5	2279	1.2	0.7 1.6	2097	1.2	0.6 1.7	N/A
<i>Tobacco Users (any use)</i>										
Current tobacco users	4417	5.4	4.7 6.1	2297	6.6	5.6 7.7	2120	4.3	3.4 5.3	N/A
<i>Tobacco Smoke in Home or Work</i>										
Tobacco smoke in home	4303	23.0	21.8 24.4	2247	26.5	24.8 28.4	2056	19.8	18.0 21.8	4.0%
Tobacco smoke at work	4258	14.5	13.4 15.6	2229	17.4	15.9 19.0	2029	11.7	10.3 13.3	5.0%
<i>Alcohol Use</i>										
Alcohol use in the past 12 months	4289	43.8	42.2 45.3	2243	54.9	52.8 57.0	2046	33.4	31.2 35.7	4.3%
Alcohol frequency among users in past 12 months	1899			1220			679			1.4%
Daily	203	10.9	9.4 12.4	141	11.6	9.8 13.4	62	9.8	7.2 12.3	N/A
3-6 days per week	484	25.1	23.1 27.2	343	28.3	25.8 30.9	141	20.3	17.0 23.6	N/A
1-2 days per week	341	17.9	16.1 19.7	225	18.6	16.4 20.8	116	16.8	13.8 19.9	N/A
1-3 days per month	381	20.0	18.1 21.9	263	21.4	19.1 23.7	118	17.9	14.7 21.1	N/A
Less than once per month	490	26.1	24.0 28.2	248	20.1	17.9 22.3	242	35.2	31.3 39.2	N/A
Alcohol use in the past 30 days	4255	32.1	30.7 33.5	2223	43.7	41.7 45.8	2032	21.4	19.4 23.4	1.8%
<i>Raised Blood Pressure/Hypertension</i>										
Had blood pressure measured by doctor or health care professional	4278	63.4	62.0 64.8	2232	59.1	57.1 61.1	2046	67.4	65.3 69.4	4.6%
Diagnosed by doctor or health care professional with raised blood pressure/hypertension	2597	20.0	18.3 21.8	1298	18.4	16.4 20.6	1299	21.3	18.8 24.0	0.7%
Currently taking medication for raised blood pressure/hypertension	452	37.2	32.4 42.1	230	34.7	29.0 40.8	222	38.9	32.0 46.3	1.1%
<i>Diet</i>										
<i>Salt Consumption</i>										
Always or often add salt or salty sauce to food before eating or as they're eating	4213	26.2	24.8 27.6	2186	26.8	25.0 28.7	2027	25.6	23.6 27.8	6.0%
Always or often add salt or salty seasoning when cooking or preparing foods	3959	33.4	31.9 35.0	2051	33.6	31.6 35.6	1908	33.2	31.0 35.6	6.5%
Always or often eat processed foods high in salt	4157	12.4	11.4 13.5	2165	12.9	11.5 14.4	1992	11.9	10.5 13.5	7.3%
<i>Fruit Consumption</i>										
Average number of days per week fruits are consumed	4366	2.7	2.7 2.8	2270	2.7	2.6 2.8	2096	2.8	2.7 2.8	2.6%
Average number of servings of fruit consumed per day	4316	0.6	0.6 0.6	2254	0.6	0.6 0.7	2062	0.6	0.6 0.7	1.1%
<i>Vegetable Consumption</i>										
Average number of days per week vegetables are consumed	4309	4.6	4.6 4.7	2249	4.5	4.4 4.5	2060	4.8	4.7 4.9	3.9%
Average number of servings of vegetables consumed per day	4285	1.0	1.0 1.1	2234	1.0	1.0 1.0	2051	1.1	1.0 1.1	0.5%
<i>Fruit and Vegetable Consumption</i>										
Consume less than five servings of fruits OR vegetables per day	4329	96.4	95.7 96.9	2259	96.3	95.4 97.0	2070	96.4	95.3 97.2	N/A
Consume no fruits and vegetables	4368	0.3	0.2 0.5	2270	0.3	0.1 0.6	2098	0.3	0.1 0.6	N/A
<i>Physical Activity</i>										
Average number of days per week with 30 or more minutes of moderate physical activity	4258	2.1	2.1 2.2	2221	2.4	2.3 2.4	2037	1.9	1.9 2.0	5.0%
Days in the past week, exercised a total of 30 minutes+ of physical activity (enough to raise your breathing rate)	4258			2221			2037			N/A
Daily	132	3.0	2.5 3.5	81	3.6	2.9 4.4	51	2.40	1.70 3.10	N/A
5 - 6	416	9.3	8.4 10.2	248	11.0	9.7 12.2	168	7.80	6.60 9.00	N/A
3 - 4	1035	23.7	22.4 25.0	577	25.9	24.1 27.7	458	21.70	19.80 23.70	N/A
1 - 2	1910	45.0	43.4 46.5	1012	45.8	43.7 47.9	898	44.20	41.80 46.60	N/A
None	765	19.0	17.7 20.3	303	13.7	12.3 15.2	462	23.90	21.80 25.90	N/A

*Item nonresponse is calculated as: $1 - I_x / (1 - V_x)$, where I_x equals the number of valid responses for question x , 1 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).