

The 2021/2022 Sri Lanka Non-Communicable Disease mobile phone survey, conducted by the 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 131,140 mobile phone numbers were dialed, of which 22,280 mobile phone users were screened, and yielded 4,366 interviews. The overall response rate was 9.0%. Respondents >110 years of age are not included in the below prevalence estimates.

	Overall		Men		Women		Item Non-response*
Demographic (sample)	n	%	n	%	n	%	
Age							
18-29	1178	27.0%	602	25.4%	576	29.0%	
30-44	1505	34.6%	748	31.6%	757	38.1%	NA
45+	1673	38.4%	1017	43.0%	656	33.0%	
	4356		2367	54.3%	1989	45.7%	
Education							
No schooling	127	2.9%	84	3.6%	43	2.2%	
Up to grade 5	56	1.3%	33	1.4%	23	1.2%	
Up to grade 6-10	494	11.4%	309	13.2%	185	9.4%	
Passed G.C.E. ordinary level	1123	26.0%	679	28.9%	444	22.5%	0.7%
Passed G.C.E. advanced level	1433	33.1%	685	29.2%	748	37.8%	
For degree and above	1093	25.3%	559	23.8%	534	27.0%	
Tobacco Use	% or mean	(95% CI)	% or mean	(95% CI)	% or mean	(95% CI)	
Tobacco Smokers							
Current tobacco smokers	15.2	(14.2 , 16.1)	29.2	(27.4 , 31.1)	1.9	(1.3 , 2.5)	8.4%
Daily tobacco smokers	6.4	(5.7 , 7.1)	12.1	(10.8 , 13.5)	1.0	(0.5 , 1.5)	
COVID-19 Pandemic Smoking							
Smoked more than usual	15.4	(12.6 , 18.2)	14.5	(11.8 , 17.3)	28.7	(12.6 , 44.7)	1.9%
Smoke less than usual	57.6	(53.8 , 61.4)	58.8	(55.0 , 62.7)	38.4	(21.5 , 55.2)	
Smokeless Tobacco Users							
Current smokeless tobacco users	8.7	(7.9 , 9.6)	15.5	(14.0 , 17.1)	2.2	(1.5 , 2.9)	12.0%
Daily smokeless tobacco users	4.1	(3.5 , 4.7)	7.1	(6.1 , 8.3)	1.2	(0.6 , 1.7)	
Tobacco Users (any use)							
Current tobacco users	19.4	(18.3 , 20.4)	36.2	(34.2 , 38.2)	3.6	(2.7 , 4.5)	NA
Alcohol Use							
Current alcohol users (past 30 days)	21.9	(20.8 , 23.1)	40.1	(38.1 , 42.2)	5.2	(4.2 , 6.2)	8.9%
Heavy episodic drinkers (percentage of drinkers had 6+ drinks)	18.0	(17.0 , 19.1)	34.5	(32.5 , 36.5)	3.1	(2.3 , 3.9)	4.1%
Alcohol consumption increased during the COVID-19 pandemic	3.5	(2.9 , 4.0)	6.3	(5.2 , 7.3)	0.9	(0.5 , 1.4)	10.9%
Alcohol consumption decreased during the COVID-19 pandemic	20.2	(19.0 , 21.3)	36.0	(33.8 , 37.9)	5.7	(4.6 , 6.8)	
Diet							
Salt Consumption							
Always or often add salt or salty seasoning when cooking or preparing foods	62.1	(60.5 , 63.6)	66.2	(64.2 , 68.2)	58.4	(56.0 , 60.7)	7.7%
Always or often add salt or salty sauce to food before eating or as they're eating	16.3	(15.1 , 17.4)	16.5	(14.9 , 18.0)	16.1	(14.4 , 17.8)	8.7%
Always or often eat processed foods high in salt	11.1	(10.1 , 12.0)	12.9	(11.4 , 14.3)	9.4	(8.1 , 10.8)	12.2%
Fruit Consumption							
Average number of days per week fruits are consumed	3.3	(3.3 , 3.4)	3.2	(3.1 , 3.2)	3.5	(3.4 , 3.6)	8.3%
Average number of servings of fruit consumed per day	1.5	(1.5 , 1.6)	1.5	(1.4 , 1.6)	1.6	(1.5 , 1.7)	6.1%
Average number of different types of fruit consumed per day	1.2	(1.1 , 1.2)	1.1	(1.1 , 1.2)	1.2	(1.2 , 1.3)	8.3%
Vegetable Consumption							
Average number of days per week vegetables are consumed	4.5	(4.4 , 4.5)	4.3	(4.2 , 4.3)	4.7	(4.6 , 4.8)	14.6%
Average number of servings of vegetables consumed per day	2.2	(2.1 , 2.2)	2.1	(2.0 , 2.2)	2.2	(2.1 , 2.3)	5.6%
Average number of different types of vegetables consumed per day	2.9	(2.9 , 3.0)	2.8	(2.6 , 2.9)	3.1	(3.0 , 3.3)	6.8%
Fruit and Vegetable Consumption							
Consume less than five servings of fruits OR vegetables per day	78.7	(77.4 , 80.0)	80.0	(78.3 , 81.7)	77.5	(75.5 , 79.6)	NA
Consume no fruits and vegetables	0.5	(0.3 , 0.7)	0.6	(0.2 , 0.9)	0.4	(0.1 , 0.7)	NA
Raised Blood Pressure/Hypertension							
Diagnosed by doctor or health care professional with raised blood pressure/hypertension	19.6	(18.4 , 20.9)	20.0	(18.4 , 21.7)	19.2	(17.3 , 21.2)	7.9%

Currently taking medication for raised blood pressure/ hypertension	62.7	(59.2 , 66.2)	61.8	(57.3 , 66.4)	63.5	(58.1 , 66.4)	1.6%
Raised Blood Glucose/Diabetes							
Diagnosed by doctor or health care professional with raised blood glucose/diabetes	17.2	(16.0 , 18.3)	19.2	(17.6 , 20.8)	15.3	(13.5 , 17.0)	8.2%
Currently taking medication for raised blood glucose/ diabetes	67.7	(64.0 , 71.3)	70.7	(66.4 , 75.1)	64.1	(58.0 , 70.1)	1.2%

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