

The 2023/2024 Tanzania Non-Communicable Disease Mobile phone survey, conducted by the Tanzaniz Ministry of Health, Zanzibar Ministry of Health, and National Institute for Medical Research, 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 27,900 mobile phone numbers were dialed, of which 14,195 mobile phone users were screened, and yielded 4,479 completed interviews. The overall response rate was 45.9%.

	Overall			Men			Women			Item Non-response*
Demographic (sample)	4,479			2,186			2,293			
Age	n	%		n	%		n	%		
18-29	1871	41.8		940	43.0		931	40.6		N/A
30-44	1402	31.3		671	30.7		731	31.9		N/A
45+	1206	26.9		575	26.3		631	27.5		N/A
Tobacco Use	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)	
<i>Tobacco Smokers</i>										
Current tobacco smokers	4478	3.3	(2.8 4.0)	2186	6.6	(5.5 7.8)	2292	0.4	(0.2 0.9)	0.02%
Daily tobacco smokers	4478	2.3	(1.9 2.8)	2186	4.6	(3.8 5.7)	2292	0.2	(0.1 0.5)	0.0%
Non-daily tobacco smokers	4478	1.1	(0.8 1.4)	2186	1.9	(1.4 2.7)	2292	0.3	(0.1 0.6)	N/A
Never smokers	4479	88.8	(87.7 89.7)	2186	78.4	(76.4 80.2)	2293	98.1	(97.4 98.7)	N/A
Former smokers	4479	7.9	(7.1 8.8)	2186	15.1	(13.5 16.8)	2293	1.4	(1.0 2.1)	N/A
Current daily smokers among smokers	158	68.5	(59.9 76.0)	148	70.9	(62.0 78.4)	10	37.4	(9.8 76.6)	N/A
Ever tobacco smokers	4479	11.2	(10.3 12.3)	2186	21.6	(19.8 23.6)	2293	1.9	(1.3 2.6)	0.0%
Ever daily tobacco smokers	4479	6.1	(5.4 6.9)	2186	12.3	(10.9 13.9)	2293	0.6	(0.3 1.0)	0.0%
Former daily smokers (who don't currently smoke) among all respondents	4479	3.4	(2.9 4.1)	2186	6.8	(5.8 8.1)	2293	0.3	(0.2 0.7)	N/A
Former daily smokers (who don't currently smoke) among ever daily smokers	280	55.9	(49.4 62.2)	268	55.6	(48.9 62.1)	12	61.2	(27.2 86.9)	N/A
<i>Smokeless Tobacco Users</i>										
Current smokeless tobacco users	4479	1.3	(1.0 1.7)	2186	2.2	(1.6 2.9)	2293	0.6	(0.3 1.0)	0.0%
Daily smokeless tobacco users	4479	0.6	(0.4 0.9)	2186	1.1	(0.7 1.7)	2293	0.2	(0.1 0.6)	0.0%
Non-daily smokeless tobacco users	4479	0.7	(0.5 1.0)	2186	1.1	(0.7 1.7)	2293	0.3	(0.2 0.7)	N/A
Never smokeless tobacco users	4477	95.5	(94.8 96.1)	2185	92.8	(91.5 93.9)	2292	98.0	(97.3 98.6)	N/A
Former smokeless tobacco users	4477	3.1	(2.6 3.8)	2185	5.1	(4.1 6.2)	2292	1.4	(1.0 2.1)	N/A
Current daily smokeless tobacco users among smokeless tobacco users	61	47.7	(34.1 61.6)	47	49.7	(34.2 65.3)	14	40.7	(14.9 72.8)	N/A
Ever smokeless tobacco users	4477	4.5	(3.9 5.2)	2185	7.2	(6.1 8.5)	2292	2.0	(1.4 2.7)	0.04%
Ever daily smokeless tobacco users	4477	1.6	(1.2 2.1)	2185	2.8	(2.1 3.6)	2292	0.6	(0.3 1.0)	0.0%
Former daily smokeless tobacco users (who don't currently use smokeless tobacco) among all respondents	4477	0.8	(0.6 1.1)	2185	1.4	(0.9 2.1)	2292	0.3	(0.1 0.7)	N/A
Former daily smokeless tobacco users (who don't currently use smokeless tobacco) among ever daily smokeless tobacco users	76	50.2	(37.6 62.9)	63	50.5	(36.6 64.4)	13	49.0	(19.6 79.1)	N/A
<i>Electronic Cigarette Users</i>										
Current electronic cigarette users	4478	1.2	(0.9 1.6)	2185	1.6	(1.1 2.2)	2293	0.8	(0.5 1.3)	0.02%
Daily electronic cigarette users	4478	0.3	(0.2 0.5)	2185	0.5	(0.2 0.9)	2293	0.1	(0.0 0.4)	0.0%
Non-daily electronic cigarette users	4478	0.9	(0.6 1.2)	2185	1.1	(0.7 1.7)	2293	0.7	(0.4 1.2)	N/A
Never electronic cigarette users	4477	97.0	(96.4 97.5)	2184	95.5	(94.4 96.3)	2293	98.3	(97.6 98.8)	N/A
Former electronic cigarette users	4477	1.9	(1.5 2.3)	2184	3.0	(2.3 3.8)	2293	0.9	(0.5 1.4)	N/A
Current daily electronic cigarette users among electronic cigarette users	55	23.9	(13.4 38.8)	39	30.1	(16.0 49.4)	16	13.1	(2.8 43.7)	N/A
Ever electronic cigarette users	4477	3.0	(2.5 3.6)	2184	4.5	(3.7 5.6)	2293	1.7	(1.2 2.4)	0.04%
Ever daily electronic cigarette users	4477	0.7	(0.5 1.0)	2184	1.2	(0.8 1.8)	2293	0.3	(0.1 0.6)	0.0%
Former daily electronic cigarette users (who don't currently use electronic cigarettes) among all respondents	4477	0.4	(0.2 0.6)	2184	0.6	(0.4 1.1)	2293	0.1	(0.0 0.4)	N/A
Former daily electronic cigarette users (who don't currently use electronic cigarettes) among ever daily electronic cigarette users	32	49.7	(31.1 68.4)	27	51.9	(31.1 72.1)	5	40.7	(3.6 92.6)	N/A
<i>Tobacco Users (any use)</i>										
Current tobacco users	4479	4.3	(3.7 4.9)	2186	8.0	(6.8 9.3)	2293	0.9	(0.6 1.4)	N/A
<i>Tobacco Smoke in Home or Work</i>										
Tobacco smoke in home	4464	12.0	(11.0 13.1)	2176	13.2	(11.8 14.8)	2288	10.9	(9.6 12.4)	0.3%
Tobacco smoke at work	3688	21.6	(20.2 23.1)	1904	29.5	(27.4 31.8)	1784	13.7	(12.1 15.6)	1.0%
<i>Alcohol Use</i>										
Alcohol use in the past 12 months	4471	25.3	(23.9 26.7)	2182	31.2	(29.1 33.3)	2289	20.0	(18.2 21.8)	0.2%
Alcohol frequency among users in past 12 months	958			582			376			1.2%
Daily	78	8.1	(6.5 10.1)	59	10.3	(8.0 13.1)	19	5.2	(3.3 8.0)	N/A
5-6 days per week	24	2.4	(1.6 3.7)	17	2.8	(1.7 4.6)	7	1.9	(0.9 4.0)	N/A
3-4 days per week	83	8.8	(7.1 10.8)	67	12.0	(9.5 15.1)	16	4.3	(2.6 6.9)	N/A
1-2 days per week	202	21.4	(18.8 24.1)	135	23.8	(20.4 27.6)	67	18.0	(14.4 22.2)	N/A
1-3 days per month	230	23.9	(21.3 26.8)	124	20.9	(17.7 24.5)	106	28.1	(23.8 32.9)	N/A
Less than once per month	341	35.3	(32.3 38.5)	180	30.2	(26.5 34.1)	161	42.5	(37.6 47.6)	N/A
Alcohol use in the past 30 days	4471	17.0	(15.9 18.3)	2182	22.4	(20.6 24.4)	2289	12.2	(10.7 13.7)	0.0%

Raised Blood Pressure/Hypertension										
Had blood pressure measured by doctor or health care professional	4471	63.1	(61.6 64.6)	2181	52.5	(50.3 54.7)	2290	72.7	(70.7 74.6)	0.2%
Diagnosed by doctor or health care professional with raised blood pressure/hypertension	2881	20.8	(19.2 22.4)	1163	17.2	(14.9 19.8)	1718	23.1	(20.9 25.3)	0.2%
Currently taking medication for raised blood pressure/hypertension	625	26.0	(22.3 30.2)	207	22.0	(16.2 29.2)	418	28.0	(23.3 33.2)	0.0%
Diabetes										
Had blood sugar measured by doctor or health care professional	4459	42.6	(41.1 44.2)	2177	37.3	(35.1 39.5)	2282	47.5	(45.3 49.7)	0.4%
Diagnosed by doctor or health care professional with raised blood sugar/diabetes	2020	6.5	(5.4 7.8)	839	7.9	(6.1 10.2)	1181	5.5	(4.2 7.2)	0.1%
Currently taking medication for raised blood sugar/diabetes	139	39.6	(30.4 49.5)	66	27.6	(16.8 41.7)	73	51.7	(37.9 65.3)	0.7%
Diet										
<i>Salt Consumption</i>										
Always or often add salt or salty sauce to food before eating or as they're eating	4466	12.6	(11.5 13.6)	2178	13.3	(11.8 14.9)	2288	11.9	(10.5 13.4)	0.3%
Always or often add salt or salty seasoning when cooking or preparing foods	4299	18.0	(16.8 19.3)	2022	18.4	(16.6 20.3)	2277	17.7	(16.0 19.4)	4.0%
Always or often eat processed foods high in salt	4457	8.2	(7.4 9.2)	2171	9.1	(7.9 10.5)	2286	7.5	(6.4 8.8)	0.5%
<i>Fruit Consumption</i>		Mean (95% CI)			Mean (95% CI)			Mean (95% CI)		
Average number of days per week fruits are consumed	4372	3.8	(3.7 3.9)	2142	3.7	(3.6 3.8)	2230	3.9	(3.8 4.0)	2.4%
Average number of servings of fruit consumed per day	4186	1.6	(1.5 1.7)	2058	1.7	(1.6 1.8)	2128	1.5	(1.4 1.6)	5.7%
<i>Vegetable Consumption</i>		Mean (95% CI)			Mean (95% CI)			Mean (95% CI)		
Average number of days per week vegetables are consumed	4441	5.0	(5.0 5.1)	2165	4.7	(4.6 4.8)	2276	5.3	(5.2 5.4)	0.8%
Average number of servings of vegetables consumed per day	4300	1.8	(1.7 1.8)	2112	1.7	(1.6 1.8)	2188	1.8	(1.7 1.9)	3.7%
<i>Fruit and Vegetable Consumption</i>		% (95% CI)			% (95% CI)			% (95% CI)		
Consume less than five servings of fruits OR vegetables per day	4367	84.6	(83.4 85.7)	2136	84.7	(83.0 86.3)	2231	84.5	(82.8 86.1)	N/A
Consume no fruits and vegetables	4460	0.6	(0.4 0.9)	2175	0.6	(0.3 1.0)	2285	0.6	(0.3 1.0)	N/A
Physical Activity										
Average number of days per week with 30 or more minutes of moderate physical activity	4457	2.5	(2.5 2.6)	2176	3.2	(3.0 3.3)	2281	2.0	(1.9 2.1)	0.5%
Days in the past week, exercised a total of 30 minutes+ of physical activity (enough to raise your breathing rate)	4457			2176			2281			N/A
Daily	941	20.4	(19.1 21.7)	583	26.0	(24.1 28.1)	358	15.3	(13.7 17.0)	N/A
5 - 6	314	7.2	(6.4 8.1)	194	9.2	(7.9 10.6)	120	5.4	(4.5 6.5)	N/A
3 - 4	624	14.3	(13.2 15.4)	377	17.9	(16.2 19.7)	247	11.0	(9.7 12.5)	N/A
1 - 2	661	15.5	(14.4 16.7)	319	15.3	(13.7 17.0)	342	15.7	(14.1 17.4)	N/A
None	1917	42.7	(41.1 44.3)	703	31.6	(29.5 33.8)	1214	52.6	(50.4 54.8)	N/A

*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).