

The 2022/2023 Uganda Non-Communicable Disease Mobile phone survey, conducted by the Uganda 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 185,649 mobile phone numbers were dialed, of which 28,133 mobile phone users were screened, and yielded 5,408 completed interviews. The overall response rate was 12.8%.

	Overall			Men			Women			Item Non-response*
Demographic (sample)	5,408			2,681			2,727			
Age	n	%		n	%		n	%		
18-29	2656	49.1		1282	23.7		1374	25.4		N/A
30-44	1747	32.3		825	15.3		922	17.0		N/A
45+	1005	18.6		574	10.6		431	8.0		N/A
Tobacco Use	n	%	(95% CI)	n	%	(95% CI)	n	%	(95% CI)	
Tobacco Smokers										
Current tobacco smokers	5296	3.9	3.4, 4.4	2627	5.1	4.4, 6.1	2669	2.8	2.2, 3.5	2.1%
Daily tobacco smokers	5292	1.4	1.1, 1.8	2625	2.1	1.6, 2.7	2667	0.9	0.6, 1.3	1.9%
Non-daily tobacco smokers	5292	2.4	2.0, 2.8	2625	3.0	2.4, 3.7	2667	1.8	1.3, 2.4	N/A
Never smokers	5277	90.9	90.1, 91.7	2620	87.0	85.7, 88.3	2657	94.4	93.5, 95.2	N/A
Former smokers	5302	5.1	4.6, 5.8	2635	7.7	6.8, 8.8	2667	2.8	2.2, 3.5	N/A
Current daily smokers among smokers	203	37.7	31.2, 44.6	133	40.5	32.5, 49.0	70	32.9	22.4, 45.4	N/A
Ever tobacco smokers	5303	9.0	8.3, 9.8	2636	12.9	11.7, 14.2	2667	5.6	4.7, 6.5	0.5%
Ever daily tobacco smokers	5299	4.5	4.0, 5.1	2633	7.1	6.2, 8.1	2666	2.2	1.7, 2.8	0.2%
Smokeless Tobacco Users										
Current smokeless tobacco users	5278	1.8	1.5, 2.2	2625	2.4	1.9, 3.0	2653	1.3	0.9, 1.8	2.4%
Daily smokeless tobacco users	5277	0.7	0.5, 1.0	2624	1.0	0.6, 1.4	2653	0.5	0.3, 0.9	1.0%
Non-daily smokeless tobacco users	5277	1.1	0.8, 1.4	2624	1.4	1.0, 1.9	2653	0.8	0.5, 1.2	N/A
Never smokeless tobacco users	5258	95.8	95.2, 96.3	2618	94.5	93.6, 95.3	2640	97.0	96.2, 97.6	N/A
Former smokeless tobacco user	5275	2.4	2.0, 2.8	2624	3.1	2.5, 3.8	2651	1.7	1.3, 2.3	N/A
Current daily smokeless tobacco users among smokeless tobacco users	95	40.1	30.5, 50.6	61	41.0	28.9, 54.2	34	38.9	23.6, 56.8	N/A
Ever smokeless tobacco users	5258	4.2	3.7, 4.8	2618	5.5	4.7, 6.4	2640	3.0	2.4, 3.8	0.6%
Ever daily smokeless tobacco users	5274	1.9	1.5, 2.3	2624	2.6	2.0, 3.2	2650	1.3	0.9, 1.8	1.1%
Tobacco Users (any use)										
Current tobacco users	5322	5.1	4.6, 5.7	2643	6.9	6.0, 8.0	2679	3.5	2.8, 4.3	N/A
Tobacco Smoke in Home or Work										
Tobacco smoke in home	5270	14.6	13.7, 15.6	2619	18.3	16.9, 19.8	2651	11.4	10.2, 12.6	2.6%
Tobacco smoke at work	5252	34.2	32.9, 35.5	2609	40.7	38.8, 42.6	2643	28.3	26.6, 30.1	2.9%
Alcohol Use										
Alcohol use in the past 12 months	5216	31.7	30.4, 33.0	2592	37.5	35.6, 39.4	2624	26.5	24.8, 28.2	3.6%
Alcohol frequency among users in past 12 months	1653			967			686			
Daily	200	12.0	10.5, 13.7	139	14.4	12.3, 16.7	61	9.0	7.0, 11.4	
3-6 days per week	263	16.0	14.3, 17.9	181	18.8	16.5, 21.4	82	12.4	10.1, 15.2	1.1%
1-2 days per week	266	16.0	14.3, 17.8	174	17.9	15.6, 20.5	92	13.5	11.1, 16.3	
1-3 days per month	363	21.7	19.8, 23.8	205	21.2	18.7, 23.9	158	22.4	19.4, 25.7	
Less than once per month	561	34.3	32.0, 36.6	268	27.7	25.0, 30.6	293	42.7	39.0, 46.5	
Alcohol use in the past 30 days	5194	22.7	21.6, 23.8	2585	28.5	26.8, 30.3	2609	17.4	16.0, 18.9	0.8%
Raised Blood Pressure/Hypertension										
Had blood pressure measured by doctor or health care professional	5168	58.2	56.9, 59.5	2560	49.8	47.9, 51.7	2608	65.7	63.9, 67.5	4.4%
Diagnosed by doctor or health care professional with raised blood pressure/hypertension	2931	25.7	24.1, 27.3	1256	24.8	22.5, 27.3	1675	26.3	24.2, 28.5	0.9%
Currently taking medication for raised blood pressure/hypertension	711	40.6	37.1, 44.2	305	41.6	36.2, 47.1	406	40.0	35.3, 44.8	1.8%
Diet										
Salt Consumption										
Always or often add salt or salty sauce to food before eating or as they're eating	5062	28.3	27.1, 29.5	2515	29.1	27.4, 30.9	2547	27.5	25.8, 29.3	6.4%
Always or often add salt or salty seasoning when cooking or preparing foods	4806	46.2	44.8, 47.7	2356	45.5	43.5, 47.5	2450	46.9	44.9, 48.9	6.3%
Always or often eat processed foods high in salt	4992	19.9	18.9, 21.1	2480	23.3	21.7, 25.0	2512	16.9	15.5, 18.4	7.7%
Fruit Consumption										
		Mean (95% CI)			Mean (95% CI)			Mean (95% CI)		
Average number of days per week fruits are consumed	5331	3.0	3.0, 3.1	2643	3.0	2.9, 3.0	2688	3.0	3.0, 3.1	1.4%
Average number of servings of fruit consumed per day	5191	1.2	1.1, 1.2	2581	1.2	1.1, 1.2	2610	1.2	1.1, 1.2	1.8%
Vegetable Consumption										
		Mean (95% CI)			Mean (95% CI)			Mean (95% CI)		
Average number of days per week vegetables are consumed	5219	3.3	3.3, 3.4	2595	3.2	3.1, 3.2	2624	3.5	3.4, 3.6	3.5%
Average number of servings of vegetables consumed per day	5127	1.2	1.2, 1.3	2546	1.2	1.1, 1.2	2581	1.3	1.2, 1.3	1.0%
Fruit and Vegetable Consumption										
		% (95% CI)			% (95% CI)			% (95% CI)		
Consume less than five servings of fruits OR vegetables per day	5241	90.6	89.8, 91.4	2608	91.0	89.9, 92.0	2633	90.2	89.0, 91.3	N/A
Consume no fruits and vegetables	5334	0.7	0.5, 1.0	2644	0.5	0.3, 0.9	2690	0.8	0.5, 1.3	N/A
Physical Activity										
Average number of days per week with 30 or more minutes of moderate physical activity	4750	4.0	4.0, 4.1	2363	4.0	4.0, 4.1	2387	4.1	4.0, 4.1	11.1%
Days in the past week, exercised a total of 30 minutes+ of physical activity (enough to raise your breathing rate)	4750			2363			2387			N/A
Daily	766	16.2	15.2, 17.3	335	14.1	12.8, 15.6	431	18.1	16.6, 19.8	N/A
5 - 6	1290	27.1	25.9, 28.4	682	28.9	27.1, 30.7	608	25.5	23.8, 27.3	N/A
3 - 4	1494	31.5	30.1, 32.8	781	33.1	31.2, 35.0	713	30.0	28.1, 31.9	N/A
1 - 2	1100	23.0	21.8, 24.2	525	22.2	20.6, 23.9	575	23.8	22.1, 25.5	N/A
None	100	2.2	1.8, 2.7	40	1.7	1.2, 2.3	60	2.6	2.0, 3.4	N/A

*Item nonresponse is calculated as: $1 - \frac{I_x}{I - W_x}$, where I_x equals the number of valid responses for question x , I equals the total number of respondents in the survey, and W_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).

COVID tobacco	198			130			68				
More	34	18.0	13.2, 24.1	19	14.6	9.5, 21.7	15	23.9	14.8, 36.2		
Less	85	42.5	35.7, 49.7	57	43.7	35.4, 52.5	28	40.5	29.0, 53.1	4.3%	
Same	79	39.5	32.8, 46.5	54	41.7	33.4, 50.4	25	35.7	24.8, 48.2		
COVID alcohol	1636			959			677				
More	205	12.3	10.8, 14.0	138	14.4	12.3, 16.7	67	9.6	7.6, 12.1		
Less	706	43.2	40.8, 45.7	415	43.3	40.1, 46.4	291	43.2	39.4, 47.0	1.4%	
Same	725	44.5	42.1, 46.9	406	42.4	39.3, 45.5	319	47.2	43.4, 51.1		
COVID food	5145			2555			2590				
More	1459	28.5	27.3, 29.8	721	28.2	26.5, 30.0	738	28.8	27.1, 30.6		
Less	1532	29.7	28.5, 31.0	734	28.7	27.0, 30.5	798	30.7	28.9, 32.5	1.5%	
Same	2154	41.7	40.4, 43.1	1100	43.1	41.2, 45.0	1054	40.5	38.6, 42.5		