

## Philippines Fact Sheet 2018

The 2018 Philippines Noncommunicable 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 noncommunicable 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 977,957 mobile phone numbers were dialed, of which 7,555 mobile phone users were screened, and yielded 3,679 completed interviews. The overall response rate was 3.9%.

	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	1594	43.4	781	44.0	813	42.8	NA
30-44	1317	35.9	640	36.1	677	35.6	NA
45+	762	20.7	352	19.9	410	21.6	NA
<b>Tobacco Use</b>	<b>% or mean</b>	<b>(95% CI)</b>	<b>% or mean</b>	<b>(95% CI)</b>	<b>% or mean</b>	<b>(95% CI)</b>	
<i>Tobacco Smokers</i>							
Current tobacco smokers	19.6	(16.7 , 23.0)	29.7	(25.3 , 34.7)	9.4	(6.1 , 14.2)	1.1
Daily tobacco smokers	11.8	(9.9 , 14.0)	18.5	(15.3 , 22.1)	5.1	(3.2 , 8.0)	
<i>Smokeless Tobacco Users</i>							
Current smokeless tobacco users	6.7	(4.6 , 9.6)	9.8	(6.3 , 14.9)	3.5	(1.8 , 6.7)	4.6
Daily smokeless tobacco users	2.5	(1.7 , 3.8)	3.5	(2.2 , 5.6)	1.5	(0.7 , 3.2)	
<i>Tobacco Users (any use)</i>							
Current tobacco users	21.0	(17.9 , 24.4)	30.6	(26.1 , 35.5)	11.3	(7.7 , 16.5)	NA
<b>Alcohol Use</b>							
Current alcohol users (past 30 days)	34.8	(31.3 , 38.6)	50.8	(45.5 , 56.1)	18.8	(14.7 , 23.8)	5.7
Heavy episodic drinkers (percentage of drinkers had 6+ drinks)	32.5	(29.0 , 36.2)	47.8	(42.6 , 53.0)	17.4	(13.3 , 22.4)	4.5
<b>Raised Blood Pressure/Hypertension</b>							
Diagnosed by doctor or health care professional with raised blood pressure/	34.2	(29.7 , 39.0)	35.7	(30.0 , 41.8)	32.7	(26.0 , 40.2)	18.9
Currently taking medication for raised blood pressure/ hypertension	51.9	(42.7 , 61.0)	55.3	(44.1 , 66.0)	48.5	(34.3 , 62.9)	2.0
<b>Raised Blood Glucose/Diabetes</b>							
Diagnosed by doctor or health care professional with raised blood glucose/diabetes	16.8	(13.3 , 20.9)	17.0	(13.1 , 21.8)	16.5	(11.2 , 23.8)	20.2
Currently taking medication for raised blood glucose/ diabetes	45.4	(32.8 , 58.6)	38.2	(27.0 , 50.9)	52.5	(32.0 , 72.3)	2.0
<b>Diet</b>							
<i>Salt Consumption</i>							
Always or often add salt or salty sauce to food before eating or as they're eating	38.9	(34.7 , 43.2)	37.7	(32.4 , 43.4)	40.0	(33.8 , 46.6)	14.8
Always or often add salt or salty seasoning when cooking or preparing foods	60.1	(55.6 , 64.4)	56.9	(50.9 , 62.7)	63.3	(56.7 , 69.4)	16.3
Always or often eat processed foods high in salt	27.5	(23.6 , 31.7)	29.3	(23.8 , 35.5)	25.6	(20.6 , 31.5)	17.8

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	Overall		Men		Women		Item Non-response (%)
	% or mean	(95% CI)	% or mean	(95% CI)	% or mean	(95% CI)	
<i>Fruit Consumption</i>							
Average number of days per week fruits are consumed	3.3	(3.2 , 3.5)	3.1	(3.0 , 3.3)	3.5	(3.3 , 3.7)	10.0
Average number of servings of fruit consumed per day	1.2	(1.2 , 1.3)	1.2	(1.1 , 1.3)	1.3	(1.1 , 1.4)	3.2
<i>Vegetable Consumption</i>							
Average number of days per week vegetables are consumed	4.1	(3.9 , 4.2)	3.9	(3.7 , 4.1)	4.2	(4.0 , 4.4)	14.9
Average number of servings of vegetables consumed per day	1.4	(1.3 , 1.5)	1.4	(1.2 , 1.6)	1.4	(1.2 , 1.5)	4.1
<i>Fruit and Vegetable Consumption</i>							
Consume less than five servings of fruits OR vegetables per day	90.5	(88.0 , 92.6)	88.7	(84.7 , 91.7)	92.3	(88.8 , 94.8)	NA
Consume no fruits and vegetables	0.1	(0.1 , 0.3)	0.2	(0.1 , 0.5)	0.1	(0.0 , 0.4)	NA