

The 2024 Philippines Non-Communicable Disease Mobile phone survey, conducted by men and women aged 18 years and older designed to produce comparable data on N

The survey employed a two-phase sample design to produce key indicators for the cc numbers from an implicit frame of all possible mobile phone numbers was generated the general population distribution. A total of 337,528 mobile phone numbers were c completed interviews. The overall response rate was 1%.

| Overall | | |
|--|----------|----------|
| Demographic (sample) | | |
| <i>Age</i> | <i>n</i> | <i>%</i> |
| 18-29 | 626 | 25.8% |
| 30-44 | 952 | 39.2% |
| 45+ | 851 | 35.0% |
| Highest Educational Level Achieved | % | (95% |
| No formal | 2.9 | (2.2 - |
| Elementary | 2.6 | (2.0 - |
| Secondary/Junior High | 17.6 | (16.0 - |
| Post-Secondary/Vocational | 12.1 | (10.8 - |
| College or Higher | 64.8 | (62.8 - |
| Island Residence | | |
| Luzon | 56.3 | (54.1 - |
| Visayas | 20.0 | (18.2 - |
| Mindanao | 23.6 | (21.7 - |
| Tobacco Use | % | (95% |
| <i>Tobacco Smokers</i> | | |
| Current tobacco smokers | 17.9 | (16.3 - |
| Daily tobacco smokers | 11.2 | (9.9 - |
| <i>Smokeless Tobacco Users</i> | | |
| Current smokeless tobacco users | 6.7 | (5.6 - |
| Daily smokeless tobacco users | 3.3 | (2.5 - |
| <i>E-Cigarette or Vaping Device Users</i> | | |
| Current E-cigarette/Vaping device users | 12.1 | (10.7 - |
| Daily E-cigarette/vaping device users | 5.6 | (4.6 - |
| <i>Tobacco Users (any use)</i> | | |
| Current tobacco users | 18.8 | (17.2 - |
| Alcohol Use | % | (95% |
| Current alcohol users (past 30 days) | 36.0 | (34.0 - |
| Heavy episodic drinkers (percentage of drinkers had 6+ drinks) | 30.7 | (28.8 - |
| Mental Health Status | | |
| Excellent/Somewhat Good | 56.6 | (54.5 - |
| Average | 30.7 | (28.7 - |

| | | |
|---|-------------|-----------------|
| Poor/Somewhat Poor | 12.7 | (11.3 - |
| Raised Blood Pressure/Hypertension | | |
| Diagnosed by doctor or health care professional with raised blood pressure/ hypertension | 31.3 | (29.5 - |
| Currently taking medication for raised blood pressure/ hypertension | 62.5 | (58.9 - |
| Raised Blood Glucose/Diabetes | | |
| Diagnosed by doctor or health care professional with raised blood glucose/diabetes | 19.8 | (18.2 - |
| Currently taking medication for raised blood glucose/ diabetes | 51.6 | (46.8 - |
| Diet | % | (95% CI) |
| <i>Salt Consumption</i> | | |
| Always or often add salt or salty sauce to food before eating or as they're eating | 44.7 | (42.6 - |
| <i>Amount of salt added when cooking/preparing one dish at home:</i> | % | (95% CI) |
| Less than 1 teaspoon | 53.7 | (51.5 - |
| One Teaspoon | 21.8 | (20.0 - |
| Greater than 1 teaspoon | 10.7 | (9.4 - |
| Do not add salt | 4.7 | (3.8 - |
| Do not cook | 9.1 | (7.8 - |
| <i>Salt Consumption</i> | | |
| Always or often add salt or salty seasoning when cooking or preparing foods | 62.2 | (59.9 - |
| Always or often eat processed foods high in salt | 30.4 | (28.4 - |
| Always/Often see marketing/advertising of processed foods on the TV, social media, or on billboards outside of home | 57.0 | (54.8 - |
| <i>Fruit Consumption</i> | Mean | (95% CI) |
| Average number of days per week fruits are consumed | 3.2 | (3.2 - |
| Average number of servings of fruit consumed per day | 1.2 | (1.2 - |
| <i>Vegetable Consumption</i> | Mean | (95% CI) |
| Average number of days per week vegetables are consumed | 4.0 | (4.0 - |
| Average number of servings of vegetables consumed per day | 1.4 | (1.4 - |
| <i>Fruit and Vegetable Consumption</i> | Mean | (95% CI) |
| Average number of servings of fruit & vegetables consumed per day | 2.6 | (2.5 - |
| <i>Fruit and Vegetable Consumption</i> | % | (95% CI) |
| Consume less than five servings of fruits OR vegetables per day | 87.8 | (86.4 - |
| Consume no fruits and vegetables | 0.7 | (0.3 - |
| Physical Activity | Mean | (95% CI) |
| Average number of days per week with 30 or more minutes of moderate physical activity | 3.1 | (3.0 - |
| Days in the past week, exercised a total of 30 minutes+ of physical activity (enough to raise your breathing rate) | % | (95% CI) |
| None | 11.0 | (9.6 - |
| 1 - 2 | 32.3 | (30.2 - |
| 3 - 4 | 29.6 | (27.5 - |
| 5 - 6 | 17.9 | (16.2 - |
| Daily | 9.3 | (8.0 - |
| Doctor/Healthcare Lifestyle Advice | % | (95% CI) |

| | | |
|--|------|---------|
| Visited a doctor or healthcare worker in the past year | 54.2 | (52.1 - |
| During any visit to a doctor or other health worker in the past 12 months, was advised to: | | |
| Reduce salt only | 13.5 | (11.5 - |
| Reduce fat only | 10.0 | (8.3 - |
| Reduce salt and fat | 29.4 | (26.7 - |
| No advice on salt or fat reduction | 47.0 | (44.1 - |
| Reduce sugary beverage consumption | 48.5 | (45.6 - |
| Start or do more physical activity | 59.3 | (56.4 - |
| Maintain a healthy body weight / lose weight | 64.7 | (61.9 - |

the Department of Health, was a nationally representative mobile phone survey of on-Communicable diseases and their related risk factors.

country stratified by male/female and age. In phase one a sample of mobile phone via random digit dialing. In phase two, phase one respondents were stratified to dialled, of which 3,644 mobile phone users were screened, and yielded 2,429

| | Men | | Women | | Item Non-response |
|--------------|----------|-----------------|----------|-----------------|-------------------|
| | <i>n</i> | % | <i>n</i> | % | |
| | 262 | 23.6% | 364 | 27.6% | NA |
| | 470 | 42.3% | 482 | 36.5% | NA |
| | 378 | 34.1% | 473 | 35.9% | NA |
| % CI) | % | (95% CI) | % | (95% CI) | |
| 3.6) | 3.8 | (2.6 - 5.0) | 2.0 | (1.3 - 2.8) | |
| 3.3) | 3.2 | (2.2 - 4.3) | 2.0 | (1.2 - 2.7) | |
| 19.1) | 16.9 | (14.6 - 19.2) | 18.3 | (16.2 - 20.4) | 0.0% |
| 13.5) | 12.8 | (10.8 - 14.9) | 11.4 | (9.7 - 13.2) | |
| 66.7) | 63.3 | (60.4 - 66.2) | 66.3 | (63.7 - 68.9) | |
| 58.6) | 58.2 | (54.9 - 61.6) | 54.4 | (51.4 - 57.5) | |
| 21.9) | 18.9 | (16.2 - 21.5) | 21.2 | (18.7 - 23.7) | 19.0% |
| 25.6) | 22.9 | (20.0 - 25.8) | 24.4 | (21.8 - 27.0) | |
| % CI) | % | (95% CI) | % | (95% CI) | |
| 19.5) | 26.7 | (23.9 - 29.5) | 8.9 | (7.3 - 10.5) | |
| 12.6) | 16.8 | (14.5 - 19.2) | 5.5 | (4.2 - 6.8) | 6.1% |
| 7.8) | 10.4 | (8.4 - 12.3) | 3.1 | (2.1 - 4.1) | |
| 4.1) | 5.0 | (3.6 - 6.4) | 1.6 | (0.9 - 2.4) | 6.8% |
| 13.5) | 17.5 | (15.0 - 19.9) | 6.7 | (5.2 - 8.1) | |
| 6.7) | 8.0 | (6.3 - 9.8) | 3.2 | (2.2 - 4.3) | 7.1% |
| 20.5) | 27.9 | (25.1 - 30.7) | 9.6 | (7.9 - 11.3) | NA |
| % CI) | % | (95% CI) | % | (95% CI) | |
| 38.0) | 45.8 | (42.7 - 48.9) | 26.1 | (23.7 - 28.6) | 6.4% |
| 32.7) | 40.3 | (37.2 - 43.4) | 21.4 | (19.0 - 23.7) | 0.5% |
| 58.7) | 59.2 | (56.1 - 62.3) | 54.1 | (51.3 - 56.9) | |
| 32.6) | 29.4 | (26.5 - 32.3) | 31.9 | (29.3 - 34.6) | 7.2% |

| | | | | | |
|--------------|-------------|-----------------|-------------|-----------------|-------|
| 14.1) | 11.4 | (9.4 - 13.5) | 14.0 | (12.0 - 15.9) | |
| 33.2) | 33.2 | (30.4 - 36.0) | 29.5 | (27.0 - 31.9) | 6.4% |
| 66.1) | 62.7 | (57.6 - 67.9) | 62.3 | (57.2 - 67.3) | 0.6% |
| 21.5) | 20.2 | (17.8 - 22.7) | 19.4 | (17.2 - 21.6) | 7.0% |
| 56.3) | 48.1 | (41.1 - 55.0) | 55.2 | (48.8 - 61.6) | 0.4% |
| % CI) | % | (95% CI) | % | (95% CI) | |
| 46.8) | 43.7 | (40.5 - 46.8) | 45.7 | (42.9 - 48.5) | 7.6% |
| % CI) | % | (95% CI) | % | (95% CI) | |
| 55.8) | 51.2 | (48.0 - 54.5) | 56.1 | (53.2 - 58.9) | |
| 23.6) | 21.1 | (18.4 - 23.8) | 22.5 | (20.1 - 24.9) | |
| 12.1) | 11.3 | (9.2 - 13.3) | 10.2 | (8.4 - 11.9) | 8.7% |
| 5.6) | 4.8 | (3.4 - 6.2) | 4.6 | (3.4 - 5.8) | |
| 10.3) | 11.6 | (9.5 - 13.6) | 6.6 | (5.2 - 8.1) | |
| 64.5) | 61.2 | (57.7 - 64.7) | 63.2 | (60.2 - 66.1) | 0.6% |
| 32.3) | 31.2 | (28.2 - 34.2) | 29.5 | (26.9 - 32.1) | 10.1% |
| 59.1) | 56.4 | (53.2 - 59.6) | 57.5 | (54.6 - 60.4) | 11.7% |
| CI) | Mean | (95% CI) | Mean | (95% CI) | |
| 3.3) | 3.2 | (3.1 - 3.3) | 3.3 | (3.2 - 3.4) | 3.0% |
| 1.3) | 1.3 | (1.2 - 1.3) | 1.2 | (1.1 - 1.3) | 1.1% |
| CI) | Mean | (95% CI) | Mean | (95% CI) | |
| 4.1) | 3.9 | (3.8 - 4.1) | 4.1 | (4.0 - 4.2) | 4.8% |
| 1.5) | 1.5 | (1.4 - 1.6) | 1.4 | (1.3 - 1.5) | 3.7% |
| CI) | Mean | (95% CI) | Mean | (95% CI) | |
| 2.7) | 2.6 | (2.5 - 2.8) | 2.5 | (2.4 - 2.6) | NA |
| I) | % | (95% CI) | % | (95% CI) | |
| 89.2) | 86.0 | (83.7 - 88.2) | 89.6 | (87.8 - 91.3) | NA |
| 1.1) | 0.8 | (0.2 - 1.4) | 0.6 | (0.1 - 1.0) | NA |
| CI) | Mean | (95% CI) | Mean | (95% CI) | |
| 3.2) | 3.2 | (3.1 - 3.3) | 2.9 | (2.8 - 3.1) | NA |
| I) | % | (95% CI) | % | (95% CI) | |
| 12.4) | 9.5 | (7.6 - 11.5) | 12.5 | (10.5 - 14.4) | |
| 34.4) | 30.0 | (27.0 - 33.0) | 34.7 | (31.8 - 37.6) | |
| 31.6) | 31.3 | (28.3 - 34.4) | 27.7 | (25.0 - 30.4) | 10.5% |
| 19.6) | 19.9 | (17.3 - 22.5) | 15.8 | (13.5 - 18.0) | |
| 10.6) | 9.2 | (7.3 - 11.1) | 9.4 | (7.6 - 11.1) | |
| I) | % | (95% CI) | % | (95% CI) | |

| | | | |
|-------|--------------------|--------------------|------|
| 56.3) | 52.6 (49.4 - 55.8) | 55.8 (53.0 - 58.6) | 7.8% |
| | | | |
| 15.6) | 14.4 (11.3 - 17.6) | 12.7 (10.1 - 15.3) | 0.8% |
| 11.8) | 10.1 (7.5 - 12.7) | 10.0 (7.7 - 12.4) | |
| 32.1) | 29.8 (25.7 - 33.9) | 29.0 (25.5 - 32.5) | |
| 50.0) | 45.7 (41.3 - 50.1) | 48.3 (44.4 - 52.2) | 1.7% |
| 51.5) | 48.0 (43.6 - 52.4) | 49.1 (45.2 - 53.0) | |
| 62.2) | 58.5 (54.1 - 62.8) | 60.1 (56.3 - 64.0) | 2.0% |
| 67.5) | 64.6 (60.4 - 68.9) | 64.8 (61.0 - 68.5) | 2.5% |