

The 2023/2024 Tanzania Non-Communicable Disease Mobile phone survey, conducted by the Tanzaniz Mini: nationally representative mobile phone survey of men and women aged 18 years and older designed to proc

The survey employed a two-phase sample design to produce key indicators for the country stratified by male all possible mobile phone numbers was generated via random digit dialing. In phase two, phase one respon numbers were dialed, of which 14,195 mobile phone users were screened, and yielded 4,479 completed inte

Overall				
Demographic (sample)	4,479			
Age	n	%		
18-29	1871	41.8		
30-44	1402	31.3		
45+	1206	26.9		
Tobacco Use	n	%	(95% CI)	n
<i>Tobacco Smokers</i>				
Current tobacco smokers	4478	3.3	(2.8 4.0)	2186
Daily tobacco smokers	4478	2.3	(1.9 2.8)	2186
Non-daily tobacco smokers	4478	1.1	(0.8 1.4)	2186
Never smokers	4479	88.8	(87.7 89.7)	2186
Former smokers	4479	7.9	(7.1 8.8)	2186
Current daily smokers among smokers	158	68.5	(59.9 76.0)	148
Ever tobacco smokers	4479	11.2	(10.3 12.3)	2186
Ever daily tobacco smokers	4479	6.1	(5.4 6.9)	2186
Former daily smokers (who don't currently smoke) among all respondents	4479	3.4	(2.9 4.1)	2186
Former daily smokers (who don't currently smoke) among ever daily smokers	280	55.9	(49.4 62.2)	268
<i>Smokeless Tobacco Users</i>				
Current smokeless tobacco users	4479	1.3	(1.0 1.7)	2186
Daily smokeless tobacco users	4479	0.6	(0.4 0.9)	2186
Non-daily smokeless tobacco users	4479	0.7	(0.5 1.0)	2186
Never smokeless tobacco users	4477	95.5	(94.8 96.1)	2185
Former smokeless tobacco users	4477	3.1	(2.6 3.8)	2185
Current daily smokeless tobacco users among smokeless tobacco users	61	47.7	(34.1 61.6)	47
Ever smokeless tobacco users	4477	4.5	(3.9 5.2)	2185
Ever daily smokeless tobacco users	4477	1.6	(1.2 2.1)	2185
Former daily smokeless tobacco users (who don't currently use smokeless tobacco) among all respondents	4477	0.8	(0.6 1.1)	2185

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
Electronic Cigarette Users				
Current electronic cigarette users	4478	1.2	(0.9 1.6)	2185
Daily electronic cigarette users	4478	0.3	(0.2 0.5)	2185
Non-daily electronic cigarette users	4478	0.9	(0.6 1.2)	2185
Never electronic cigarette users	4477	97.0	(96.4 97.5)	2184
Former electronic cigarette users	4477	1.9	(1.5 2.3)	2184
Current daily electronic cigarette users among electronic cigarette users	55	23.9	(13.4 38.8)	39
Ever electronic cigarette users	4477	3.0	(2.5 3.6)	2184
Ever daily electronic cigarette users	4477	0.7	(0.5 1.0)	2184
Former daily electronic cigarette users (who don't currently use electronic cigarettes) among all respondents	4477	0.4	(0.2 0.6)	2184
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
Tobacco Users (any use)				
Current tobacco users	4479	4.3	(3.7 4.9)	2186
Tobacco Smoke in Home or Work				
Tobacco smoke in home	4464	12.0	(11.0 13.1)	2176
Tobacco smoke at work	3688	21.6	(20.2 23.1)	1904
Alcohol Use				
Alcohol use in the past 12 months	4471	25.3	(23.9 26.7)	2182
Alcohol frequency among users in past 12 months	958			582
Daily	78	8.1	(6.5 10.1)	59
5-6 days per week	24	2.4	(1.6 3.7)	17
3-4 days per week	83	8.8	(7.1 10.8)	67
1-2 days per week	202	21.4	(18.8 24.1)	135
1-3 days per month	230	23.9	(21.3 26.8)	124
Less than once per month	341	35.3	(32.3 38.5)	180
Alcohol use in the past 30 days	4471	17.0	(15.9 18.3)	2182
Raised Blood Pressure/Hypertension				
Had blood pressure measured by doctor or health care professional	4471	63.1	(61.6 64.6)	2181
Diagnosed by doctor or health care professional with raised blood pressure/hypertension	2881	20.8	(19.2 22.4)	1163
Currently taking medication for raised blood pressure/hypertension	625	26.0	(22.3 30.2)	207

Diabetes				
Had blood sugar measured by doctor or health care professional	4459	42.6	(41.1 44.2)	2177
Diagnosed by doctor or health care professional with raised blood sugar/diabetes	2020	6.5	(5.4 7.8)	839
Currently taking medication for raised blood sugar/diabetes	139	39.6	(30.4 49.5)	66
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
Always or often add salt or salty seasoning when cooking or preparing foods	4299	18.0	(16.8 19.3)	2022
Always or often eat processed foods high in salt	4457	8.2	(7.4 9.2)	2171
<i>Fruit Consumption</i>		Mean (95% CI)		
Average number of days per week fruits are consumed	4372	3.8	(3.7 3.9)	2142
Average number of servings of fruit consumed per day	4186	1.6	(1.5 1.7)	2058
<i>Vegetable Consumption</i>		Mean (95% CI)		
Average number of days per week vegetables are consumed	4441	5.0	(5.0 5.1)	2165
Average number of servings of vegetables consumed per day	4300	1.8	(1.7 1.8)	2112
<i>Fruit and Vegetable Consumption</i>		% (95% CI)		
Consume less than five servings of fruits OR vegetables per day	4367	84.6	(83.4 85.7)	2136
Consume no fruits and vegetables	4460	0.6	(0.4 0.9)	2175
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
Days in the past week, exercised a total of 30 minutes+ of physical activity (enough to raise your breathing rate)	4457			2176
Daily	941	20.4	(19.1 21.7)	583
5 - 6	314	7.2	(6.4 8.1)	194
3 - 4	624	14.3	(13.2 15.4)	377
1 - 2	661	15.5	(14.4 16.7)	319
None	1917	42.7	(41.1 44.3)	703

*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 from being asked question x .

stry of Health, Zanzibar Ministry of Health, and National Institute for Medical Research, was a
duce comparable data on Non-Communicable diseases and their related risk factors.

♀/female and age. In phase one a sample of mobile phone numbers from an implicit frame of
dents were stratified to the general population distribution. A total of 27,900 mobile phone
erviews. The overall response rate was 45.9%.

Men		Women			Item Non-response*
2,186		2,293			
<i>n</i>	%	<i>n</i>	% (95% CI)		
940	43.0	931	40.6		N/A
671	30.7	731	31.9		N/A
575	26.3	631	27.5		N/A
%	(95% CI)	<i>n</i>	%	(95% CI)	
6.6	(5.5 7.8)	2292	0.4	(0.2 0.9)	0.02%
4.6	(3.8 5.7)	2292	0.2	(0.1 0.5)	0.0%
1.9	(1.4 2.7)	2292	0.3	(0.1 0.6)	N/A
78.4	(76.4 80.2)	2293	98.1	(97.4 98.7)	N/A
15.1	(13.5 16.8)	2293	1.4	(1.0 2.1)	N/A
70.9	(62.0 78.4)	10	37.4	(9.8 76.6)	N/A
21.6	(19.8 23.6)	2293	1.9	(1.3 2.6)	0.0%
12.3	(10.9 13.9)	2293	0.6	(0.3 1.0)	0.0%
6.8	(5.8 8.1)	2293	0.3	(0.2 0.7)	N/A
55.6	(48.9 62.1)	12	61.2	(27.2 86.9)	N/A
2.2	(1.6 2.9)	2293	0.6	(0.3 1.0)	0.0%
1.1	(0.7 1.7)	2293	0.2	(0.1 0.6)	0.0%
1.1	(0.7 1.7)	2293	0.3	(0.2 0.7)	N/A
92.8	(91.5 93.9)	2292	98.0	(97.3 98.6)	N/A
5.1	(4.1 6.2)	2292	1.4	(1.0 2.1)	N/A
49.7	(34.2 65.3)	14	40.7	(14.9 72.8)	N/A
7.2	(6.1 8.5)	2292	2.0	(1.4 2.7)	0.04%
2.8	(2.1 3.6)	2292	0.6	(0.3 1.0)	0.0%
1.4	(0.9 2.1)	2292	0.3	(0.1 0.7)	N/A

50.5	(36.6 64.4)	13	49.0	(19.6 79.1)	N/A
1.6	(1.1 2.2)	2293	0.8	(0.5 1.3)	0.02%
0.5	(0.2 0.9)	2293	0.1	(0.0 0.4)	0.0%
1.1	(0.7 1.7)	2293	0.7	(0.4 1.2)	N/A
95.5	(94.4 96.3)	2293	98.3	(97.6 98.8)	N/A
3.0	(2.3 3.8)	2293	0.9	(0.5 1.4)	N/A
30.1	(16.0 49.4)	16	13.1	(2.8 43.7)	N/A
4.5	(3.7 5.6)	2293	1.7	(1.2 2.4)	0.04%
1.2	(0.8 1.8)	2293	0.3	(0.1 0.6)	0.0%
0.6	(0.4 1.1)	2293	0.1	(0.0 0.4)	N/A
51.9	(31.1 72.1)	5	40.7	(3.6 92.6)	N/A
8.0	(6.8 9.3)	2293	0.9	(0.6 1.4)	N/A
13.2	(11.8 14.8)	2288	10.9	(9.6 12.4)	0.3%
29.5	(27.4 31.8)	1784	13.7	(12.1 15.6)	1.0%
31.2	(29.1 33.3)	2289	20.0	(18.2 21.8)	0.2%
		376			1.2%
10.3	(8.0 13.1)	19	5.2	(3.3 8.0)	N/A
2.8	(1.7 4.6)	7	1.9	(0.9 4.0)	N/A
12.0	(9.5 15.1)	16	4.3	(2.6 6.9)	N/A
23.8	(20.4 27.6)	67	18.0	(14.4 22.2)	N/A
20.9	(17.7 24.5)	106	28.1	(23.8 32.9)	N/A
30.2	(26.5 34.1)	161	42.5	(37.6 47.6)	N/A
22.4	(20.6 24.4)	2289	12.2	(10.7 13.7)	0.0%
52.5	(50.3 54.7)	2290	72.7	(70.7 74.6)	0.2%
17.2	(14.9 19.8)	1718	23.1	(20.9 25.3)	0.2%
22.0	(16.2 29.2)	418	28.0	(23.3 33.2)	0.0%

37.3	(35.1 39.5)	2282	47.5	(45.3 49.7)	0.4%
7.9	(6.1 10.2)	1181	5.5	(4.2 7.2)	0.1%
27.6	(16.8 41.7)	73	51.7	(37.9 65.3)	0.7%
13.3	(11.8 14.9)	2288	11.9	(10.5 13.4)	0.3%
18.4	(16.6 20.3)	2277	17.7	(16.0 19.4)	4.0%
9.1	(7.9 10.5)	2286	7.5	(6.4 8.8)	0.5%
Mean (95% CI)		Mean (95% CI)			
3.7	(3.6 3.8)	2230	3.9	(3.8 4.0)	2.4%
1.7	(1.6 1.8)	2128	1.5	(1.4 1.6)	5.7%
Mean (95% CI)		Mean (95% CI)			
4.7	(4.6 4.8)	2276	5.3	(5.2 5.4)	0.8%
1.7	(1.6 1.8)	2188	1.8	(1.7 1.9)	3.7%
% (95% CI)		% (95% CI)			
84.7	(83.0 86.3)	2231	84.5	(82.8 86.1)	N/A
0.6	(0.3 1.0)	2285	0.6	(0.3 1.0)	N/A
3.2	(3.0 3.3)	2281	2.0	(1.9 2.1)	0.5%
		2281			N/A
26.0	(24.1 28.1)	358	15.3	(13.7 17.0)	N/A
9.2	(7.9 10.6)	120	5.4	(4.5 6.5)	N/A
17.9	(16.2 19.7)	247	11.0	(9.7 12.5)	N/A
15.3	(13.7 17.0)	342	15.7	(14.1 17.4)	N/A
31.6	(29.5 33.8)	1214	52.6	(50.4 54.8)	N/A

ts in the survey, and Vx equals the respondents with a valid skip for question x (i.e. an answer to a previous question prevented