

The 2022/2023 Uganda Non-Communicable Disease Mobile phone survey, conducted by the Uganda Ministry of Health, was a cross-sectional survey of 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. In phase one, a list of all possible mobile phone numbers was generated via random digit dialing. In phase two, the selected mobile phone numbers were dialed, of which 28,133 mobile phone users were screened, and yielded 5,408 completed interviews.

	Overall			Male	
Demographic (sample)	5,408				
<i>Age</i>	<i>n</i>	<i>%</i>		<i>n</i>	
18-29	2656	49.1		1282	
30-44	1747	32.3		825	
45+	1005	18.6		574	
Tobacco Use	n	%	(95% CI)	n	%
<i>Tobacco Smokers</i>					
Current tobacco smokers	5296	3.9	3.4, 4.4	2627	5.1
Daily tobacco smokers	5292	1.4	1.1, 1.8	2625	2.1
Non-daily tobacco smokers	5292	2.4	2.0, 2.8	2625	3.0
Never smokers	5277	90.9	90.1, 91.7	2620	87.0
Former smokers	5302	5.1	4.6, 5.8	2635	7.7
Current daily smokers among smokers	203	37.7	31.2, 44.6	133	40.5
Ever tobacco smokers	5303	9.0	8.3, 9.8	2636	12.9
Ever daily tobacco smokers	5299	4.5	4.0, 5.1	2633	7.1
<i>Smokeless Tobacco Users</i>					
Current smokeless tobacco users	5278	1.8	1.5, 2.2	2625	2.4
Daily smokeless tobacco users	5277	0.7	0.5, 1.0	2624	1.0
Non-daily smokeless tobacco users	5277	1.1	0.8, 1.4	2624	1.4
Never smokeless tobacco users	5258	95.8	95.2, 96.3	2618	94.5
Former smokeless tobacco user	5275	2.4	2.0, 2.8	2624	3.1
Current daily smokeless tobacco users among smokeless tobacco users	95	40.1	30.5, 50.6	61	41.0
Ever smokeless tobacco users	5258	4.2	3.7, 4.8	2618	5.5
Ever daily smokeless tobacco users	5274	1.9	1.5, 2.3	2624	2.6
<i>Tobacco Users (any use)</i>					
Current tobacco users	5322	5.1	4.6, 5.7	2643	6.9
<i>Tobacco Smoke in Home or Work</i>					
Tobacco smoke in home	5270	14.6	13.7, 15.6	2619	18.3
Tobacco smoke at work	5252	34.2	32.9, 35.5	2609	40.7
Alcohol Use					
Alcohol use in the past 12 months	5216	31.7	30.4, 33.0	2592	37.5

Alcohol frequency among users in past 12 months	1653			967	
Daily	200	12.0	10.5, 13.7	139	14.4
3-6 days per week	263	16.0	14.3, 17.9	181	18.8
1-2 days per week	266	16.0	14.3, 17.8	174	17.9
1-3 days per month	363	21.7	19.8, 23.8	205	21.2
Less than once per month	561	34.3	32.0, 36.6	268	27.7
Alcohol use in the past 30 days	5194	22.7	21.6, 23.8	2585	28.5
Raised Blood Pressure/Hypertension					
Had blood pressure measured by doctor or health care professional	5168	58.2	56.9, 59.5	2560	49.8
Diagnosed by doctor or health care professional with raised blood pressure/hypertension	2931	25.7	24.1, 27.3	1256	24.8
Currently taking medication for raised blood pressure/hypertension	711	40.6	37.1, 44.2	305	41.6
Diet					
<i>Salt Consumption</i>					
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
Always or often add salt or salty seasoning when cooking or preparing foods	4806	46.2	44.8, 47.7	2356	45.5
Always or often eat processed foods high in salt	4992	19.9	18.9, 21.1	2480	23.3
<i>Fruit Consumption</i>			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
Average number of servings of fruit consumed per day	5191	1.2	1.1, 1.2	2581	1.2
<i>Vegetable Consumption</i>			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
Average number of servings of vegetables consumed per day	5127	1.2	1.2, 1.3	2546	1.2
<i>Fruit and Vegetable Consumption</i>			% (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
Consume no fruits and vegetables	5334	0.7	0.5, 1.0	2644	0.5
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

Days in the past week, exercised a total of 30 minutes+ of physical activity (enough to raise your breathing rate)	4750			2363	
Daily	766	16.2	15.2, 17.3	335	14.1
5 - 6	1290	27.1	25.9, 28.4	682	28.9
3 - 4	1494	31.5	30.1, 32.8	781	33.1
1 - 2	1100	23.0	21.8, 24.2	525	22.2
None	100	2.2	1.8, 2.7	40	1.7

*Item nonresponse is calculated as: $1 - l_x / (I - V_x)$, where l_x equals the number of valid responses for question x , I equals the total number of respondents in the them from being asked question x).

COVID tobacco	198			130	
More	34	18.0	13.2, 24.1	19	14.6
Less	85	42.5	35.7, 49.7	57	43.7
Same	79	39.5	32.8, 46.5	54	41.7
COVID alcohol	1636			959	
More	205	12.3	10.8, 14.0	138	14.4
Less	706	43.2	40.8, 45.7	415	43.3
Same	725	44.5	42.1, 46.9	406	42.4
COVID food	5145			2555	
More	1459	28.5	27.3, 29.8	721	28.2
Less	1532	29.7	28.5, 31.0	734	28.7
Same	2154	41.7	40.4, 43.1	1100	43.1

f Health, was a nationally representative mobile phone survey of men and women aged factors.

male and age. In phase one a sample of mobile phone numbers from an implicit frame ents were stratified to the general population distribution. A total of 185,649 mobile erviews. The overall response rate was 12.8%.

Men		Women		Item Non-response*
2,681		2,727		
%		<i>n</i>	%	
23.7		1374	25.4	N/A
15.3		922	17.0	N/A
10.6		431	8.0	N/A
(95% CI)	n	%	(95% CI)	
4.4, 6.1	2669	2.8	2.2, 3.5	2.1%
1.6, 2.7	2667	0.9	0.6, 1.3	1.9%
2.4, 3.7	2667	1.8	1.3, 2.4	N/A
85.7, 88.3	2657	94.4	93.5, 95.2	N/A
6.8, 8.8	2667	2.8	2.2, 3.5	N/A
32.5, 49.0	70	32.9	22.4, 45.4	N/A
11.7, 14.2	2667	5.6	4.7, 6.5	0.5%
6.2, 8.1	2666	2.2	1.7, 2.8	0.2%
1.9, 3.0	2653	1.3	0.9, 1.8	2.4%
0.6, 1.4	2653	0.5	0.3, 0.9	1.0%
1.0, 1.9	2653	0.8	0.5, 1.2	N/A
93.6, 95.3	2640	97.0	96.2, 97.6	N/A
2.5, 3.8	2651	1.7	1.3, 2.3	N/A
28.9, 54.2	34	38.9	23.6, 56.8	N/A
4.7, 6.4	2640	3.0	2.4, 3.8	0.6%
2.0, 3.2	2650	1.3	0.9, 1.8	1.1%
6.0, 8.0	2679	3.5	2.8, 4.3	N/A
16.9, 19.8	2651	11.4	10.2, 12.6	2.6%
38.8, 42.6	2643	28.3	26.6, 30.1	2.9%
35.6, 39.4	2624	26.5	24.8, 28.2	3.6%

	686				
12.3, 16.7	61	9.0	7.0, 11.4		
16.5, 21.4	82	12.4	10.1, 15.2	1.1%	
15.6, 20.5	92	13.5	11.1, 16.3		
18.7, 23.9	158	22.4	19.4, 25.7		
25.0, 30.6	293	42.7	39.0, 46.5		
26.8, 30.3	2609	17.4	16.0, 18.9	0.8%	
47.9, 51.7	2608	65.7	63.9, 67.5	4.4%	
22.5, 27.3	1675	26.3	24.2, 28.5	0.9%	
36.2, 47.1	406	40.0	35.3, 44.8	1.8%	
27.4, 30.9	2547	27.5	25.8, 29.3	6.4%	
43.5, 47.5	2450	46.9	44.9, 48.9	6.3%	
21.7, 25.0	2512	16.9	15.5, 18.4	7.7%	
95% CI)		Mean (95% CI)			
2.9, 3.0	2688	3.0	3.0, 3.1	1.4%	
1.1, 1.2	2610	1.2	1.1, 1.2	1.8%	
95% CI)		Mean (95% CI)			
3.1, 3.2	2624	3.5	3.4, 3.6	3.5%	
1.1, 1.2	2581	1.3	1.2, 1.3	1.0%	
95% CI)		% (95% CI)			
89.9, 92.0	2633	90.2	89.0, 91.3	N/A	
0.3, 0.9	2690	0.8	0.5, 1.3	N/A	
4.0, 4.1	2387	4.1	4.0, 4.1	11.1%	

	2387			N/A
12.8, 15.6	431	18.1	16.6, 19.8	N/A
27.1, 30.7	608	25.5	23.8, 27.3	N/A
31.2, 35.0	713	30.0	28.1, 31.9	N/A
20.6, 23.9	575	23.8	22.1, 25.5	N/A
1.2, 2.3	60	2.6	2.0, 3.4	N/A

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

	68			
9.5, 21.7	15	23.9	14.8, 36.2	4.3%
35.4, 52.5	28	40.5	29.0, 53.1	
33.4, 50.4	25	35.7	24.8, 48.2	
	677			
12.3, 16.7	67	9.6	7.6, 12.1	1.4%
40.1, 46.4	291	43.2	39.4, 47.0	
39.3, 45.5	319	47.2	43.4, 51.1	
	2590			
26.5, 30.0	738	28.8	27.1, 30.6	1.5%
27.0, 30.5	798	30.7	28.9, 32.5	
41.2, 45.0	1054	40.5	38.6, 42.5	