

Zambia Fact Sheet 2017

The 2017 Zambia Noncommunicable Disease Mobile Phone Survey, conducted by the 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 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 339,073 mobile phone numbers were dialed, of which 13,010 mobile phone users were screened, and yielded 6,056 completed interviews. The overall response rate was 6.3%.

	Overall		Men		Women		Item Non-response (%)
Demographic (sample)							
<i>Age</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	
18-29	2976	49.1	1486	44.5	1490	54.9	
30-44	2040	0.3	1131	0.3	909	0.3	
45+	1040	0.2	726	0.2	314	0.1	
Tobacco Use	% or mean	(95% CI)	% or mean	(95% CI)	% or mean	(95% CI)	
<i>Tobacco Smokers</i>							
Current tobacco smokers	17.3	(15.8 ,18.9)	21.4	(19.3 ,23.6)	13.4	(11.4 ,15.7)	0.0
Daily tobacco smokers	6.2	(5.3 ,7.2)	9.0	(7.5 ,10.6)	3.5	(2.5 ,4.9)	
<i>Smokeless Tobacco Users</i>							
Current smokeless tobacco users	17.2	(15.7 ,18.9)	19.1	(17.0 ,21.3)	15.5	(13.4 ,17.9)	5.3
Daily smokeless tobacco users	5.7	(4.8 ,6.7)	6.7	(5.5 ,8.2)	4.6	(3.5 ,6.1)	
<i>Tobacco Users (any use)</i>							
Current tobacco users	24.3	(22.6 ,26.1)	28.3	(26.0 ,30.7)	20.5	(18.2 ,23.1)	0.0
Alcohol Use							
Current alcohol users (past 30 days)	32.1	(30.2 ,34.0)	38.4	(35.8 ,41.0)	26.2	(23.5 ,29.1)	7.0
Heavy episodic drinkers (percentage of drinkers had 6+ drinks)	27.7	(25.9 ,29.6)	34.1	(31.6 ,36.7)	21.7	(19.2 ,24.5)	7.9
Raised Blood Pressure/Hypertension							
Diagnosed by doctor or health care professional with raised blood pressure/hypertension	22.5	(20.6 ,24.5)	19.3	(17.1 ,21.6)	25.7	(22.7 ,28.9)	27.4
Currently taking medication for raised blood pressure/ hypertension	37.3	(32.3 ,42.5)	32.2	(26.6 ,38.4)	40.9	(33.7 ,48.6)	0.8
Raised Blood Glucose/Diabetes							
Diagnosed by doctor or health care professional with raised blood glucose/diabetes	6.3	(5.1 ,7.6)	6.5	(5.2 ,8.1)	6.0	(4.3 ,8.4)	28.2
Currently taking medication for raised blood glucose/ diabetes	41.7	(31.8 ,52.3)	45.5	(34.0 ,57.4)	37.9	(22.7 ,55.9)	2.4
Diet							
<i>Salt Consumption</i>							
Always or often add salt or salty seasoning when cooking or preparing foods	56.6	(54.4 ,58.8)	57.7	(54.9 ,60.6)	55.5	(52.1 ,58.9)	24.3
Always or often add salt or salty sauce to food before eating or as they're eating	79.6	(77.8 ,81.4)	78.4	(75.9 ,80.6)	80.8	(77.9 ,83.4)	23.0
Always or often eat processed foods high in salt	35.0	(32.9 ,37.2)	37.9	(35.1 ,40.8)	32.3	(29.1 ,35.6)	26.4

Zambia Fact Sheet 2017

	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	2.8	(2.7 ,2.9)	2.7	(2.6 ,2.8)	2.9	(2.7 ,3.0)	13.9
Average number of servings of fruit consumed per day	1.1	(1.1 ,1.2)	1.2	(1.1 ,1.3)	1.1	(1.0 ,1.1)	7.0
<i>Vegetable Consumption</i>							
Average number of days per week vegetables are consumed	5.5	(5.4 ,5.6)	5.2	(5.1 ,5.3)	5.8	(5.6 ,5.9)	18.4
Average number of servings of fruit consumed per day	2.5	(2.4 ,2.6)	2.5	(2.3 ,2.6)	2.6	(2.4 ,2.7)	5.6
<i>Fruit and Vegetable Consumption</i>							
Consume less than five servings of fruits OR vegetables per day	78.6	(76.8 ,80.3)	77.6	(75.1 ,79.9)	79.5	(76.9 ,81.9)	NA
Consume no fruits or vegetables	0.5	(0.1 ,1.5)	0.3	(0.1 ,0.9)	0.6	(0.1 ,3.4)	