

Sri Lanka Fact Sheet 2019

The 2019 Sri Lanka 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 220,101 mobile phone numbers were dialed, of which 15,031 mobile phone users were screened, and yielded 4,624 interviews. The overall response rate was 7.6%.

	Overall		Men		Women		Item Non-response (%)
Demographic (sample)							
<i>Age</i>	n	%	n	%	n	%	
18-29	1470	31.8%	811	30.2%	659	34.1%	NA
30-44	1703	36.8%	956	35.6%	747	38.6%	
45+	1451	31.4%	922	34.3%	529	27.3%	
	4624		2689	58.2%	1935	41.8%	
<i>Education</i>							
No schooling	223	4.9%	127	4.8%	96	5.0%	0.8%
Up to grade 5	146	3.2%	84	3.2%	62	3.2%	
Up to grade 6-10	754	16.4%	489	18.3%	265	13.8%	
Passed G.C.E. ordinary level	1358	29.6%	886	33.2%	472	24.6%	
Passed G.C.E. advanced level	1306	28.5%	674	25.3%	632	32.9%	
For degree and above	801	17.5%	406	15.2%	395	20.6%	
Tobacco Use	% or mean	(95% CI)	% or mean	(95% CI)	% or mean	(95% CI)	
<i>Tobacco Smokers</i>							
Current tobacco smokers	22.4	(21.3 , 23.6)	38.1	(36.2 , 39.9)	8.0	(6.7 , 9.4)	0.0%
Daily tobacco smokers	10.6	(9.7 , 11.5)	16.9	(15.5 , 18.3)	4.7	(3.8 , 5.9)	
<i>Smokeless Tobacco Users</i>							
Current smokeless tobacco users	14.2	(13.2 , 15.3)	22.3	(20.7 , 24.0)	6.0	(4.8 , 7.5)	13.7%
Daily smokeless tobacco users	6.8	(6.0 , 7.6)	10.4	(9.2 , 11.7)	3.1	(2.3 , 4.2)	
<i>Tobacco Users (any use)</i>							
Current tobacco users	27.0	(25.8 , 28.2)	45.3	(43.4 , 47.3)	10.1	(8.7 , 11.6)	0.0%
Alcohol Use							
Current alcohol users (past 30 days)	26.6	(25.1 , 28.2)	44.6	(42.3 , 47.1)	9.1	(7.5 , 11.1)	37.8%
Heavy episodic drinkers (percentage of drinkers had 6+ drinks)	22.0	(20.6 , 23.5)	38.1	(35.7 , 40.5)	6.8	(5.4 , 8.6)	6.5%
Raised Blood Pressure/Hypertension							
Diagnosed by doctor or health care professional with raised blood pressure/ hypertension	18.7	(17.1 , 20.4)	18.1	(16.3 , 20.1)	19.3	(16.8 , 22.0)	38.1%
Currently taking medication for raised blood pressure/ hypertension	56.2	(51.2 , 61.0)	54.7	(48.7 , 60.7)	57.3	(49.7 , 64.6)	2.6%
Raised Blood Glucose/Diabetes							
Diagnosed by doctor or health care professional with raised blood glucose/diabetes	16.4	(14.9 , 18.0)	16.8	(15.0 , 18.8)	16.0	(13.7 , 18.6)	39.6%
Currently taking medication for raised blood glucose/ diabetes	68.3	(63.2 , 73.0)	69.2	(63.1 , 74.7)	67.4	(59.1 , 74.7)	1.0%

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	Overall		Men		Women		Item Non-response (%)
Diet	% or mean	(95% CI)	% or mean	(95% CI)	% or mean	(95% CI)	
<i>Salt Consumption</i>							
Always or often add salt or salty seasoning when cooking or preparing foods	61.9	(60.0 , 63.9)	64.2	(61.8 , 66.6)	59.9	(56.8 , 62.9)	36.7%
Always or often add salt or salty sauce to food before eating or as they're eating	19.5	(18.0 , 21.1)	19.7	(17.8 , 21.7)	19.3	(17.1 , 21.8)	39.1%
Always or often eat processed foods high in salt	13.8	(12.5 , 15.2)	16.2	(14.4 , 18.2)	11.6	(9.7 , 13.6)	43.4%
<i>Fruit Consumption</i>							
Average number of days per week fruits are consumed	3.1	(3.0 , 3.1)	2.9	(2.8 , 3.0)	3.2	(3.1 , 3.3)	33.0%
Average number of servings of fruit consumed per day	1.4	(1.3 , 1.4)	1.4	(1.3 , 1.4)	1.3	(1.2 , 1.4)	8.7%
Average number of different types of fruit consumed per day	1.2	(1.1 , 1.2)	1.2	(1.1 , 1.3)	1.2	(1.1 , 1.3)	13.1%
<i>Vegetable Consumption</i>							
Average number of days per week vegetables are consumed	4.4	(4.3 , 4.5)	4.2	(4.1 , 4.3)	4.6	(4.5 , 4.7)	43.5%
Average number of servings of vegetables consumed per day	2.1	(2.0 , 2.2)	2.1	(2.0 , 2.2)	2.1	(2.0 , 2.3)	6.4%
Average number of different types of vegetables consumed per day	3.0	(2.9 , 3.1)	2.8	(2.7 , 2.9)	3.2	(3.0 , 3.3)	9.5%
<i>Fruit and Vegetable Consumption</i>							
Consume less than five servings of fruits OR vegetables per day	82.2	(80.6 , 83.7)	83.0	(81.0 , 84.8)	81.4	(78.9 , 83.7)	NA
Consume no fruits and vegetables	0.2	(0.1 , 0.5)	0.3	(0.1 , 0.6)	0.2	(0.0 , 0.8)	NA