

Malawi Fact Sheet 2019

The 2019 Malawi 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 238,571 mobile phone numbers were dialed, of which 13,886 mobile phone users were screened, and yielded 5,814 interviews.

	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	3124	53.73	1958	52.30	1166	56.33	NA
30-44	2004	34.47	1272	33.97	732	35.36	NA
45+	686	11.80	514	13.73	172	8.31	NA
Tobacco Use	% or mean	(95% CI)	% or mean	(95% CI)	% or mean	(95% CI)	
<i>Tobacco Smokers</i>							
Current tobacco smokers	22.9	(21.6 , 24.2)	27.5	(26.0 , 29.1)	18.7	(16.7 , 20.9)	0.0
Daily tobacco smokers	4.5	(3.9 , 5.1)	6.9	(6.1 , 7.8)	2.3	(1.6 , 3.2)	
<i>Smokeless Tobacco Users</i>							
Current smokeless tobacco users	18.3	(17.1 , 19.6)	21.1	(19.7 , 22.6)	15.7	(13.8 , 17.8)	4.9
Daily smokeless tobacco users	4.0	(3.4 , 4.7)	5.0	(4.3 , 5.8)	3.1	(2.3 , 4.2)	
<i>Tobacco Users (any use)</i>							
Current tobacco users	27.6	(26.2 , 29.0)	32.2	(30.6 , 33.8)	23.4	(21.2 , 25.6)	0.0
Alcohol Use							
Current alcohol users (past 30 days)	16.9	(15.8 , 18.1)	25.0	(23.4 , 26.7)	9.5	(8.0 , 11.2)	19.6
Heavy episodic drinkers (percentage of drinkers had 6+ drinks)	14.6	(13.5 , 15.6)	22.2	(20.6 , 23.8)	7.7	(6.4 , 9.2)	5.3
Raised Blood Pressure/Hypertension							
Diagnosed by doctor or health care professional with raised blood pressure/hypertension	24.2	(22.6 , 25.8)	20.6	(19.0 , 22.2)	27.4	(24.8 , 30.2)	19.7
Currently taking medication for raised blood pressure/ hypertension	32.3	(28.4 , 36.6)	32.7	(28.5 , 37.2)	32.1	(26.3 , 38.6)	2.4
Raised Blood Glucose/Diabetes							
Diagnosed by doctor or health care professional with raised blood glucose/diabetes	4.8	(4.0 , 5.7)	4.6	(3.8 , 5.5)	5.0	(3.8 , 6.6)	21.5
Currently taking medication for raised blood glucose/ diabetes	36.5	(27.5 , 46.7)	30.9	(22.5 , 40.9)	41.5	(26.7 , 58.1)	3.2
Diet							
<i>Salt Consumption</i>							
Always or often add salt or salty sauce to food before eating or as they're eating	41.0	(39.4 , 42.7)	43.7	(41.9 , 45.6)	38.5	(35.8 , 41.3)	17.8
Always or often add salt or salty seasoning when cooking or preparing foods	59.5	(57.7 , 61.2)	57.6	(55.7 , 59.5)	61.1	(58.3 , 63.9)	19.7
Always or often eat processed foods high in salt	32.9	(31.3 , 34.5)	33.8	(32.0 , 35.5)	32.1	(29.5 , 34.8)	21.6

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	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	3.6	(3.6 , 3.7)	3.5	(3.4 , 3.6)	3.7	(3.6 , 3.8)	18.9
Average number of servings of fruit consumed per day	1.7	(1.7 , 1.8)	1.7	(1.6 , 1.7)	1.8	(1.7 , 1.9)	3.9
<i>Vegetable Consumption</i>							
Average number of days per week vegetables are consumed	5.1	(5.1 , 5.2)	4.8	(4.7 , 4.8)	5.4	(5.3 , 5.6)	23.6
Average number of servings of vegetables consumed per day	3.7	(3.6 , 3.8)	3.3	(3.2 , 3.4)	4.1	(3.9 , 4.2)	2.3
<i>Fruit and Vegetable Consumption</i>							
Consume less than five servings of fruits OR vegetables per day	54.5	(52.7 , 56.2)	61.0	(59.1 , 62.8)	48.4	(45.5 , 51.3)	NA
Consume no fruits and vegetables	0.2	(0.1 , 0.6)	0.1	(0.0 , 0.3)	0.2	(0.0 , 1.1)	NA