

## Ecuador Fact Sheet 2020

The 2020 Ecuador 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, filtered to include only active numbers, was generated via random digit dialing. In phase two, phase one respondents were stratified to the general population distribution. A total of 50,740 mobile phone numbers were dialed, of which 5,393 mobile phone users were screened, and yielded 3,101 interviews. The overall response rate was 9.9%.

	Overall		Men		Women		Item Non-response (%)
<b>Demographic (sample)</b>							
<i>Age</i>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	
18-29	1038	33.5%	519	33.7%	519	33.2%	NA
30-44	1049	33.8%	524	34.0%	525	33.6%	
45+	1014	32.7%	496	32.2%	518	33.2%	
	<i>3101</i>		<i>1539</i>	<i>49.6%</i>	<i>1562</i>	<i>50.4%</i>	
<i>Education</i>							
Sin estudio	153	5.0%	87	5.7%	66	4.3%	1.2
Primaria	510	16.6%	243	16.0%	267	17.3%	
Secundaria	1339	43.7%	659	43.4%	680	44.0%	
Estudios tecnicos	339	11.1%	181	11.9%	158	10.2%	
Tercer nivel	564	18.4%	247	16.3%	317	20.5%	
Cuarto nivel	160	5.2%	101	6.7%	59	3.8%	
<b>Tobacco Use</b>	<b>% or mean</b>	<b>(95% CI)</b>	<b>% or mean</b>	<b>(95% CI)</b>	<b>% or mean</b>	<b>(95% CI)</b>	
<i>Tobacco Smokers</i>							
Current tobacco smokers	15.6	(14.4 , 16.9)	24.0	(21.9 , 26.2)	7.7	(6.5 , 9.2)	0.0
Daily tobacco smokers	7.6	(6.7 , 8.6)	11.3	(9.8 , 13.0)	4.0	(3.1 , 5.2)	
<i>Smokeless Tobacco Users</i>							
Current smokeless tobacco users	5.1	(4.4 , 6.0)	7.3	(6.1 , 8.8)	3.0	(2.3 , 4.1)	6.2
Daily smokeless tobacco users	2.0	(1.5 , 2.5)	2.8	(2.1 , 3.9)	1.1	(0.7 , 1.8)	
<i>Tobacco Users (any use)</i>							
Current tobacco users	17.1	(15.9 , 18.5)	25.4	(23.3 , 27.6)	9.3	(8.0 , 10.9)	0.0
<i>Electronic Cigarette Users</i>							
Current electronic cigarette users	4.1	(3.5 , 4.9)	5.6	(4.5 , 6.9)	2.7	(2.0 , 3.7)	1.9
Daily electronic cigarette users	2.1	(1.7 , 2.7)	3.2	(2.4 , 4.2)	1.1	(0.7 , 1.8)	
<b>Alcohol Use</b>							
Current alcohol users (past 30 days)	36.4	(34.6 , 38.3)	47.5	(44.7 , 50.4)	26.1	(23.8 , 28.6)	19.6
Heavy episodic drinkers (percentage of drinkers had 6+ drinks)	33.6	(31.8 , 35.5)	44.6	(41.8 , 47.5)	23.5	(21.3 , 26.0)	1.4
<b>Raised Blood Pressure/Hypertension</b>							
Diagnosed by doctor or health care professional with raised blood pressure/hypertension	21.8	(20.2 , 23.5)	21.7	(19.4 , 24.2)	21.9	(19.6 , 24.3)	20.1

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	Overall		Men		Women		Item Non-response (%)
Currently taking medication for raised blood pressure/ hypertension	48.3	(43.9 , 52.7)	48.4	(42.1 , 54.7)	48.2	(42.1 , 54.5)	0.2
<b>Raised Blood Glucose/Diabetes</b>	<b>% or mean</b>	<b>(95% CI)</b>	<b>% or mean</b>	<b>(95% CI)</b>	<b>% or mean</b>	<b>(95% CI)</b>	
Diagnosed by doctor or health care professional with raised blood glucose/diabetes	12.4	(11.1 , 13.8)	11.6	(9.9 , 13.6)	13.1	(11.3 , 15.1)	20.6
Currently taking medication for raised blood glucose/ diabetes	43.5	(37.7 , 49.4)	43.1	(34.7 , 51.9)	43.8	(35.9 , 51.9)	1.4
<b>Diet</b>							
<i>Salt Consumption</i>							
Always or often add salt or salty sauce to food before eating or as they're eating	30.8	(29.0 , 32.7)	33.3	(30.6 , 36.0)	28.6	(26.2 , 31.2)	19.3
Always or often add salt or salty seasoning when cooking or preparing foods	41.9	(39.9 , 43.9)	42.6	(39.8 , 45.5)	41.3	(38.5 , 44.1)	20.2
Always or often eat processed foods high in salt	20.4	(18.8 , 22.0)	23.9	(21.5 , 26.4)	17.2	(15.2 , 19.4)	20.9
<i>Fruit Consumption</i>							
Average number of days per week fruits are consumed	3.6	(3.5 , 3.7)	3.4	(3.3 , 3.5)	3.8	(3.7 , 3.9)	18.9
Average number of servings of fruit consumed per day	1.2	(1.1 , 1.2)	1.1	(1.1 , 1.2)	1.2	(1.1 , 1.3)	1.1
<i>Vegetable Consumption</i>							
Average number of days per week vegetables are consumed	3.7	(3.7 , 3.8)	3.6	(3.5 , 3.7)	3.8	(3.7 , 3.9)	20.9
Average number of servings of vegetables consumed per day	1.2	(1.1 , 1.2)	1.1	(1.1 , 1.2)	1.2	(1.1 , 1.3)	1.4
<i>Fruit and Vegetable Consumption</i>							
Consume less than five servings of fruits OR vegetables per day	91.3	(90.1 , 92.4)	91.3	(89.6 , 92.8)	91.3	(89.6 , 92.8)	NA
Consume no fruits and vegetables	0.6	(0.3 , 1.0)	0.6	(0.3 , 1.3)	0.5	(0.2 , 1.1)	NA
<i>Sugar Consumption</i>							
Average number of days per week sugary drinks are consumed	3.0	(2.9 , 3.0)	3.1	(3.0 , 3.2)	2.8	(2.7 , 2.9)	19.9
Average number of days per week diet drinks are consumed	1.8	(1.8 , 1.9)	2.0	(1.9 , 2.1)	1.7	(1.6 , 1.8)	20.5
<i>Nutritional Guidance</i>							
Always or often uses the nutritional traffic light when selecting food	39.5	(37.6 , 41.5)	40.4	(37.7 , 43.2)	38.7	(36.0 , 41.4)	18.4

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	Overall	Men	Women	Item Non-response (%)
<b>Mental Health</b>				
Average number of days of mental health stress in the past month	3.9 (3.6 , 4.1)	3.9 (3.5 , 4.2)	3.9 (3.6 , 4.3)	19.9
<b>Physical Activity</b>				
Insufficient physical activity	68.3 (66.4 , 70.1)	61.8 (59.0 , 64.5)	74.2 (71.7 , 76.5)	19.1