

Non-communicable diseases survey in Davao Region— alcoholic beverage drinking, smoking, diet, and exercise profiles

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The Non-Communicable Diseases (NCD) survey in Davao Region conducted by the Department of Health-Davao Center for Health Development (DOH-DCHD), with technical support from the DOH-Epidemiology Bureau and World Health Organization–Philippines, was a descriptive study done to determine the prevalence of NCD risk factors among adults from October 2018 to February 2019. A total of 5,312 participants from 6 cities and 43 municipalities in Region XI (at least 100 participants per city or municipality) were interviewed for this study. The mean age of the participants was 45.4 ± 12.6 years, and the sex distribution was 62.6% (3,323/5,312) women and 37.4% (1,989/5,312) men.¹

This infographic shows the alcoholic beverage drinking, smoking, diet, and exercise profiles of the participants of the survey. The results show that 935/5,312 of adult participants in Davao Region currently smoke tobacco products. A total of 37 (0.7%) participants use electronic cigarettes (3.8%). Two out of 5 adults consumed alcoholic beverage within 12 months prior to interview, and out of those two, one engaged in heavy episodic drinking (had 6 or more standard drinks on at least one occasion) within 30 days prior to interview. With regard to diet, the average days the participants consume fruits per week is 3 days, with 812/5,312 of the participants eating fruits everyday. The average days participants consume vegetables per week is 6 days, with 3,621/5,312 participants eating vegetables everyday. On average, the participants consume 2 bowls (or around 300 g) of fruits, and 2 bowls (or around 300 g) of vegetables per day. The proportion of participants with insufficient physical activity based on the levels of physical activity for adults recommended by the World Health Organization² is 62.5% (3,320/5,312). Among the participants aged 18–65 years old, 2,819 has work that does not involve moderate- to vigorous-intensity physical activity. There are 2,629/5,312 participants who are classified as overweight/obese (BMI of ≥ 25).

Given the high prevalence of adults with NCD risk factors across the globe, and the considerable incidence of global mortality due to NCD,^{3–5} there is a need to identify strategies and approaches that effectively deliver shared gains for all sectors involved. Behavioral risk factors are common across all sectors and can be addressed by interventions both for individuals and for entire populations. Disease prevention efforts must be scaled-up alongside taking concrete steps towards universal health care. Cost-effective strategies, such as intensified awareness campaigns and proactive governance, should be focused on geographic areas where risk factors are more prevalent. Investing in increased access to early detection, diagnosis and treatment services is also critical, in order to prevent early death and disability from NCDs.

Contributors

RCLQ, IBN, SLBV, and CXDL wrote the original draft and subsequent revisions of this article. CXDL did the layout for the infographics. All authors gave their approval of the final version to be published. All authors agreed to be accountable for all aspects of the work.

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Non-communicable diseases survey in Davao Region

ALCOHOL BEVERAGE DRINKING AND SMOKING PROFILES

37.4%

Male participants
1,989/5,312

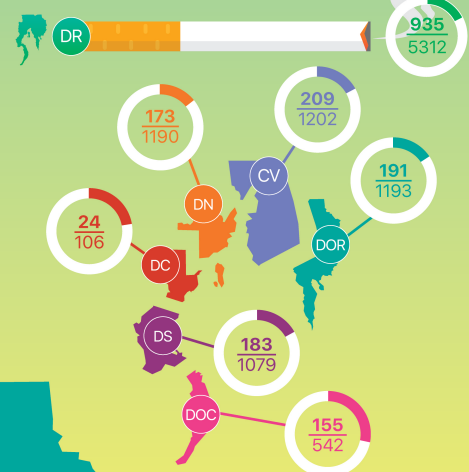
62.6%

Female participants
3,323/5,312

45 years old

Mean age of participants

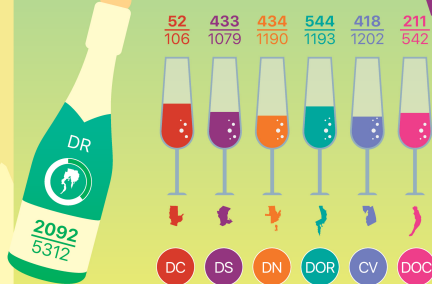
CURRENTLY SMOKING ANY TOBACCO PRODUCTS



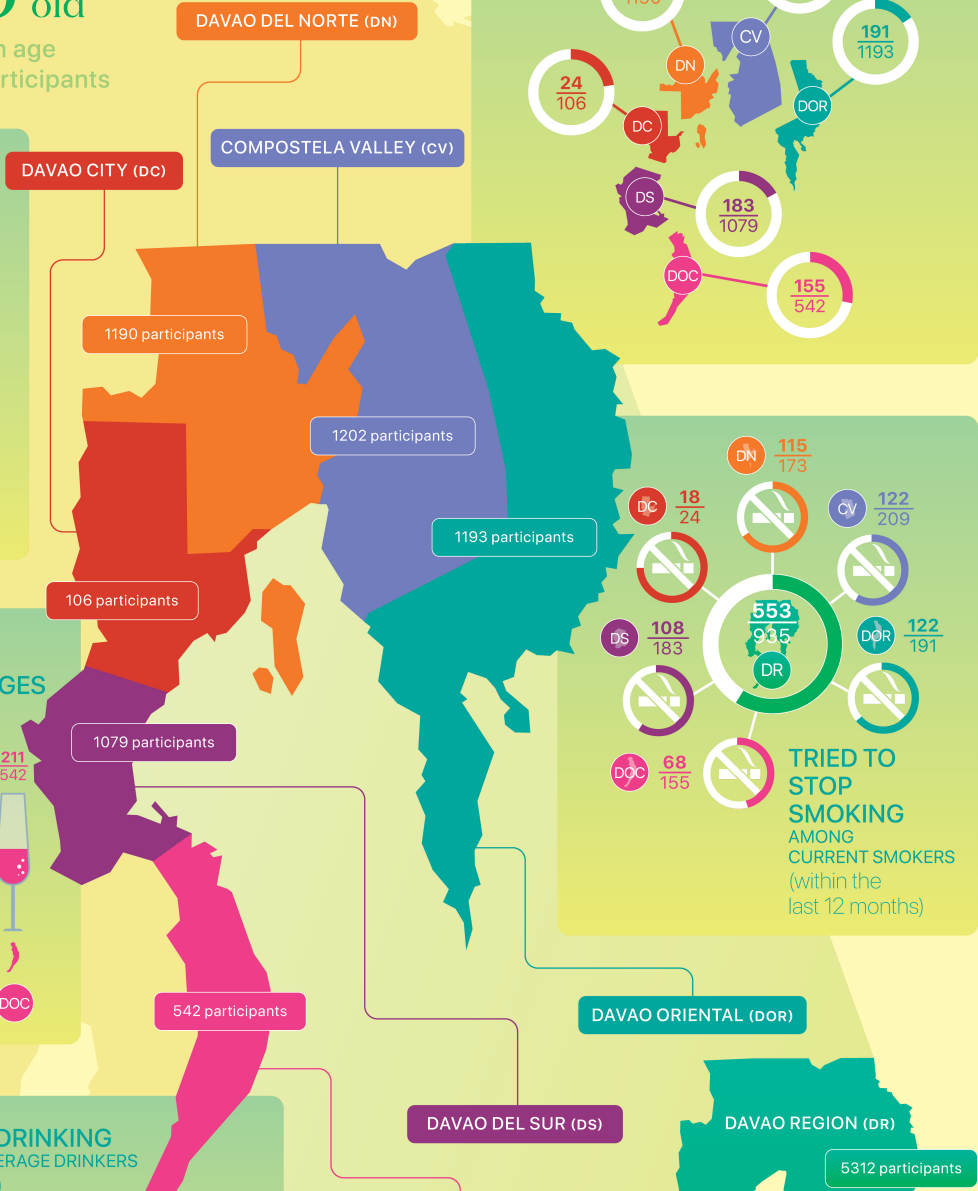
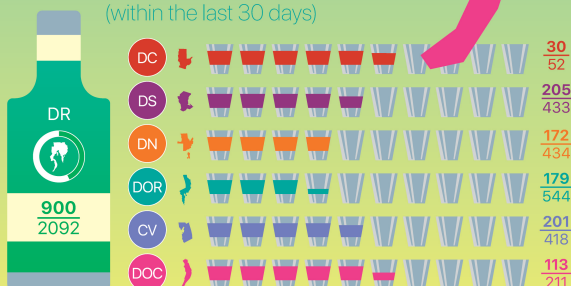
CURRENT ELECTRONIC CIGARETTE USERS



CONSUMED ALCOHOLIC BEVERAGES (within the last 12 months)



HEAVY EPISODIC DRINKING AMONG ALCOHOLIC BEVERAGE DRINKERS (within the last 30 days)



Non-communicable diseases survey in Davao Region

DIET AND EXERCISE PROFILES

37.4%

Male participants
1,989/5,312

62.6%

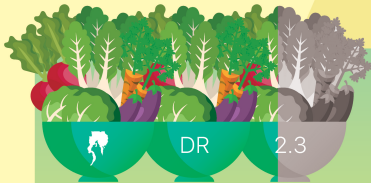
Female participants
3,323/5,312

45 years old

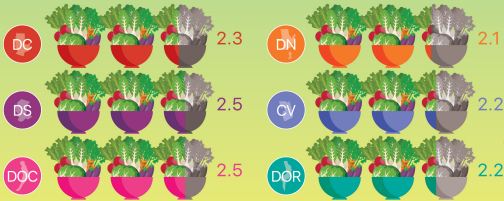
Mean age of participants



MEAN NUMBER OF SERVINGS* OF FRUITS PER DAY

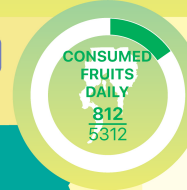


MEAN NUMBER OF SERVINGS* OF VEGETABLES PER DAY

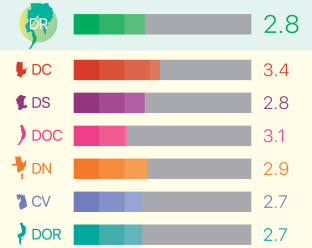


DAVAO DEL NORTE (DN)

COMPOSTELA VALLEY (cv)



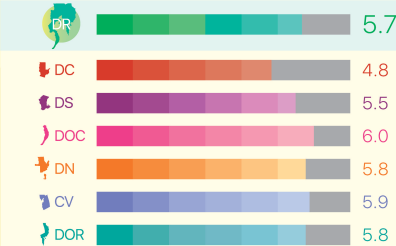
MEAN NUMBER OF DAYS FRUITS ARE CONSUMED PER WEEK



*One serving = One 350mL bowl of vegetables or fruits
†Present work does not involve moderate-to vigorous-intensity physical activity
‡Based on levels of physical activity for adults, as recommended by the World Health Organization.



MEAN NUMBER OF DAYS VEGETABLES ARE CONSUMED PER WEEK



1190 participants

1202 participants

106 participants

1193 participants

1079 participants

DAVAO CITY (DC)

DAVAO ORIENTAL (DOR)

542 participants

DAVAO DEL SUR (DS)

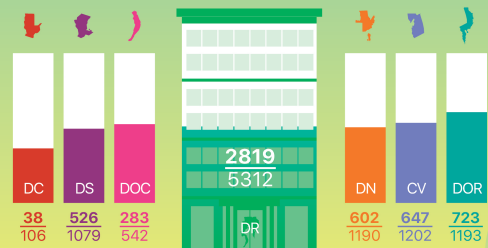
DAVAO OCCIDENTAL (DOC)

DAVAO REGION (DR)

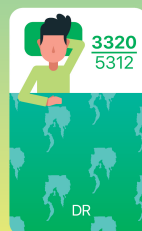
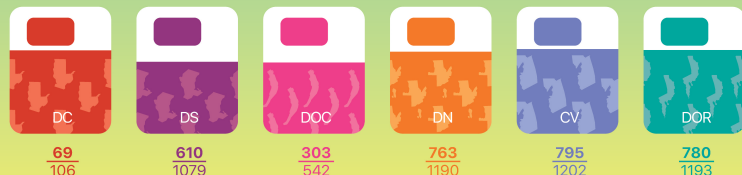
5312 participants



SEDENTARY AT WORK†



PROPORTION OF ADULTS WITH INSUFFICIENT PHYSICAL ACTIVITY‡



Competing interests

None declared

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