



Rapid Mobile Phone Surveys (RaMPS) on Noncommunicable Diseases (NCDs) and COVID-19

October, 2022

The Rapid Mobile Phone Survey (RaMPS) on Noncommunicable Diseases (NCDs) and COVID-19 in Uruguay was conducted to understand people’s knowledge, behaviors, and service utilization about NCDs, as well as gauge attitudes towards health policies.

The computer-assisted telephone interview survey was based on a sample of 2,005 adults age 18 and older and employed random-digit-dialing (RDD) methods to produce key indicators stratified by sex. A total of 34,891 mobile phone numbers were dialed, of which 8,386 mobile phone users were contacted, and yielded 2,005 interviews. The cooperation rate* was 18.2%. Data were collected between September 22 and October 20, 2022.

Nutrition	Total	Male	Female
	% (95% CI)	% (95% CI)	% (95% CI)
Percentage who saw symbols of excess sugars, fats, or sodium on food and beverage labels:	76.7 (74.5-78.9)	73.5 (70.1-76.9)	79.7 (76.8-82.5)
Purchasing decision influence of excess sugar, fat, and sodium symbols on food and beverage labels:			
Did not influence	36.5 (33.6-39.3)	43.1 (38.7-47.5)	30.9 (27.3-34.5)
Stopped purchasing some foods and beverages	21.5 (19.1-23.9)	19.0 (15.6-22.4)	23.6 (20.3-27)
Purchased smaller quantity or less often	42.0 (39.1-44.9)	37.8 (33.5-42.2)	45.5 (41.5-49.4)
Periodicity of reading nutrition facts on food and beverages before purchase:			
Never	28.0 (25.7-30.3)	32.0 (28.5-35.5)	24.3 (21.3-27.3)
Rarely	19.3 (17.3-21.4)	24.5 (21.2-27.7)	14.6 (12.2-17.1)
Sometimes	22.4 (20.3-24.6)	21.0 (17.8-24.1)	23.8 (20.9-26.7)
Often	14.0 (12.2-15.7)	9.6 (7.5-11.8)	17.9 (15.2-20.7)
Always	16.3 (14.4-18.2)	12.9 (10.3-15.5)	19.3 (16.5-22.1)
In a typical week # of days drink sugary drinks:			
0 days	38.2 (35.8-40.6)	30.7 (27.4-34.1)	44.9 (41.5-48.4)
1-2 days	38.6 (36.1-41.2)	40.1 (36.3-43.8)	37.3 (33.9-40.8)
3-5 days	12.1 (10.4-13.7)	15.9 (13.1-18.7)	8.5 (6.6-10.4)
6-7 days	11.1 (9.5-12.7)	13.2 (10.8-15.7)	9.2 (7.2-11.2)
Purchasing decision influence of increasing price of sugary drinks:			
Yes, would purchase less often	30.0 (27.6-32.4)	31.0 (27.5-34.6)	29.1 (25.8-32.3)
No, would not purchase less often	34.3 (31.9-36.8)	39.3 (35.5-43)	29.9 (26.6-33.1)
No, do not purchase sugary drinks	35.6 (33.2-38.1)	29.7 (26.3-33.1)	41.1 (37.6-44.5)
In a typical week # of days drink sugar-free sweetened beverages:			
0 days	61.7 (59.2-64.2)	61.5 (57.8-65.2)	61.9 (58.5-65.3)
1-2 days	22.0 (19.9-24.2)	21.4 (18.3-24.4)	22.6 (19.7-25.6)
3-5 days	9.5 (8-11.1)	9.8 (7.5-12.2)	9.2 (7.2-11.3)
6-7 days	6.8 (5.5-8)	7.3 (5.4-9.2)	6.2 (4.6-7.9)

Nutrition	Total	Male	Female
	% (95% CI)	% (95% CI)	% (95% CI)
Percentage in favor of prohibiting sale of foods and beverages with excess sugars, fats, salts at schools:	76.6 (74.4-78.8)	72.0 (68.5-75.4)	80.8 (77.9-83.6)
Health behaviors and conditions			
Percentage of current tobacco smokers	25.7 (23.5-28)	29.1 (25.7-32.5)	22.7 (19.7-25.6)
Percentage of current electronic cigarette users	1.0 (0.4-1.7)	2.0 (0.7-3.3)	0.1 (0-0.4)
Percentage of current users of open tank vaping devices (tobacco, marijuana, others)	2.5 (1.6-3.3)	3.4 (1.9-4.9)	1.6 (0.8-2.5)
Environmental tobacco smoke exposure in the home in the past 30 days (tobacco/e-cigarettes/tobacco vaporizers)	16.0 (14.1-17.9)	16.2 (13.4-19)	15.9 (13.3-18.4)
Percentage who think e-cigarettes/vaporizers with tobacco are less harmful than cigarettes	27.0 (24.1-29.9)	33.5 (28.8-38.3)	21.7 (18.2-25.2)
Percentage of current alcohol drinkers	56.1 (53.6-58.6)	68.0 (64.5-71.5)	45.2 (41.7-48.6)
Purchasing decision influence of a price increase of alcoholic beverages:			
Yes, would purchase less often	25.5 (23.2-27.8)	32.9 (29.2-36.6)	18.9 (16.1-21.6)
No, would not purchase less often	38.9 (36.4-41.4)	41.2 (37.4-44.9)	36.8 (33.4-40.2)
No, do not purchase alcoholic beverages	35.6 (33.2-38.1)	25.9 (22.6-29.3)	44.3 (40.9-47.8)
Percentage who would support an increase of tax on alcoholic beverages:	67.5 (64.9-70.1)	61.0 (56.9-65)	73.6 (70.3-76.9)
Access to services and medicines			
Most recent visit to a doctor or other health care professional for a health checkup, physical exam, or general checkup:			
During the past year	78.3 (76.2-80.4)	72.3 (69-75.6)	83.8 (81.2-86.4)
Between last year and less than 2 years	11.1 (9.5-12.7)	12.8 (10.2-15.3)	9.6 (7.6-11.7)
Between 2 years and less than 3 years	4.1(3.1-5.2)	5.6 (3.9-7.3)	2.8 (1.7-4)
Between 3 and 5 years ago	2.4 (1.6-3.1)	3.4 (2-4.7)	1.4 (0.6-2.3)
Over 5 years ago	4.1 (3.1-5.1)	6.0 (4.3-7.7)	2.3 (1.2-3.4)
Percentage who were told by a doctor or other health professional that they have high blood pressure or hypertension	29.1 (26.8-31.3)	28.2 (25-31.3)	29.9 (26.8-33)
Among those diagnosed with hypertension, percentage who use medication for hypertension	63.1 (58.7-67.6)	59.3 (52.7-65.9)	66.5 (60.5-72.5)
Among those diagnosed who use hypertension medication, percentage who had to stop using it during the pandemic	2.0 (0.6-3.4)	2.1 (0-4.4)	1.9 (0.2-3.6)
Percentage who were told by a doctor or other health professional that they have high blood sugar or diabetes	15.2 (13.4-17)	14.0 (11.5-16.5)	16.4 (13.9-19)
Among those diagnosed with diabetes, percentage who use medication for diabetes management	48.7 (42.3-55.1)	44.9 (35.3-54.5)	51.7 (43.1-60.3)
Among those diagnosed who use diabetes medication, percentage who had to stop using it during the pandemic	2.6 (0-5.8)	-	4.3 (0-9.7)
Percentage who use medication prescribed by a doctor or other health professional to treat other conditions	34.7 (32.4-37.1)	24.7 (21.6-27.8)	43.9 (40.5-47.3)
Among those who use medication to treat other conditions, percentage who had to stop taking it during the pandemic	6.9 (4.5-9.2)	4.7 (1.3-8.1)	7.9 (4.8-11.1)

Access to services and medicines	Total	Male	Female
	% (95% CI)	% (95% CI)	% (95% CI)
Since the COVID-19 pandemic started, percentage who ever needed to see a doctor	56.7 (54.1-59.2)	53.2 (49.4-57)	59.9 (56.4-63.3)
Among those who needed to see a doctor, percentage who:			
Were able to see a doctor every time	74.5 (71.5-77.5)	75.9 (71.3-80.4)	73.4 (69.5-77.4)
Were able to see a doctor some times	21.7 (18.9-24.6)	20.0 (15.6-24.4)	23.1 (19.3-26.9)
Were not able to see a doctor	3.7 (2.6-4.9)	4.2 (2.2-6.1)	3.4 (1.9-4.9)
Since the COVID-19 pandemic started, percentage who had medical visits/scheduled surgeries suspended	21.6 (19.6-23.7)	16.4 (13.6-19.2)	26.4 (23.3-29.5)
Percentage who have had access to remote medicine/telemedicine during the pandemic	60.2 (57.7-62.7)	47.7 (43.9-51.5)	71.7 (68.5-74.9)
COVID-19 attitudes and practices			
Percentage who always worn a mask when they left home in the past 2 weeks	14.4 (12.6-16.2)	10.4 (8.2-12.6)	18.1 (15.4-20.8)
Percentage who think that official COVID prevention messages have changed their behaviour	71.0 (68.7-73.3)	72.6 (69.2-75.9)	69.6 (66.3-72.8)
Most trusted source of information to change behavior related to COVID-19:			
Ministry of Public Health	64.7 (62.2-67.1)	61.0 (57.2-64.7)	68.0 (64.7-71.2)
Religious community	0.6 (0.1-1)	0.7 (0-1.4)	0.5 (0-0.9)
Friends and family	7.0 (5.7-8.3)	7.5 (5.5-9.5)	6.5 (4.8-8.2)
Community leader	0.2 (0-0.4)	0.4 (0-0.8)	0.1 (0-0.2)
Independent medical societies	6.1 (4.9-7.3)	7.2 (5.4-9.1)	5.1 (3.6-6.5)
Pan American Health Organization/World Health Organization	12.3 (10.5-14)	12.3 (9.7-15)	12.2 (9.9-14.5)
None	4.2 (3.2-5.2)	5.2 (3.6-6.9)	3.3 (2.1-4.5)
Other	5.0 (3.9-6.2)	5.7 (3.8-7.5)	4.5 (3.1-5.9)
Main media source for COVID-19 prevention information:			
Television	36.7 (34.3-39.1)	37.8 (34.2-41.4)	35.7 (32.4-39.1)
Radio	4.6 (3.6-5.7)	5.9 (4.2-7.7)	3.4 (2.2-4.7)
Websites	23.4 (21.2-25.6)	25.2 (21.8-28.5)	21.8 (18.9-24.7)
WhatsApp	3.2 (2.2-4.1)	2.8 (1.5-4.1)	3.5 (2.2-4.8)
Social media	22.2 (20-24.3)	19.9 (16.9-23)	24.2 (21.2-27.2)
Newspapers and magazines	4.4 (3.4-5.5)	3.7 (2.2-5.1)	5.2 (3.6-6.7)
None	2.9 (2.1-3.7)	2.6 (1.4-3.7)	3.2 (2-4.4)
Other	2.6 (1.8-3.4)	2.1 (1-3.2)	3.0 (1.8-4.2)
COVID-19 vaccine receptivity			
Percentage who were vaccinated against COVID-19	91.7 (90.3-93.2)	90.5 (88.2-92.8)	92.8 (91-94.6)
Among unvaccinated, main reason why they did not get the COVID-19 vaccine:			
Do not think it is safe	35.0 (25.2-44.8)	31.1 (17.1-45.1)	39.2 (25.5-52.9)
Do not think it is effective	18.0 (9.2-26.7)	13.2 (2.3-24.2)	23.2 (9.6-36.7)
Waiting to decide	6.3 (0-12.7)	11.1 (0-22.8)	1.1 (0-2.7)
Already had COVID-19 and do not need it	8.5 (3.1-14)	9.6 (2.2-17)	7.4 (0-15.5)
Do not believe in vaccination	32.2 (22.8-41.7)	35.0 (21.4-48.7)	29.2 (16.2-42.1)

*The cooperation rate is the number of complete interviews divided by the number of interviews (complete plus partial) plus the number of non-interviews that involve the identification of and contact with an eligible respondent (refusal and break-off plus other).

For further information, please contact nmhsurveillance@paho.org