



Rapid Mobile Phone Surveys (RaMPS) on Noncommunicable Diseases (NCDs)

December, 2022

The Rapid Mobile Phone Survey (RaMPS) on Noncommunicable Diseases (NCDs) in Saint Lucia 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 2,003 adults age 18 and older and employed random-digit-dialing (RDD) methods to produce key indicators stratified by sex. A total of 13,153 mobile phone numbers were dialed, of which 5,363 mobile phone users were contacted, and yielded 2,003 interviews. The cooperation rate* was 38.2%. Data were collected between November 2 and December 20, 2022.

Physical Activity and Nutrition	Total	Male	Female
	% (95% CI)	% (95% CI)	% (95% CI)
Percentage who heard of government campaigns aimed to increase physical activity	27.5 (25.5-29.5)	27.1 (24.2-29.9)	27.9 (25.1-30.7)
Percentage who saw or heard of government actions to promote physical activity, such as building sidewalks so people can walk	52.3 (50.1-54.5)	54.7 (51.5-57.8)	50.2 (47.2-53.3)
Where people reside, percentage of:			
Roads, sidewalks, paths, or trails where resident can walk	68.6 (66.6-70.7)	69.3 (66.4-72.3)	67.9 (65.1-70.8)
Shops, stores, or markets that persons can walk to	81.6 (79.9-83.3)	83.9 (81.5-86.2)	79.5 (77-82)
Bus or transit stops that persons can walk to	83.4 (81.8-85.1)	82 (79.6-84.4)	84.7 (82.5-87)
Places like movies, libraries, or churches that persons can walk to	67.7 (65.7-69.8)	68.9 (66-71.8)	66.7 (63.8-69.6)
Places persons can walk to to help one relax, clear their minds, and reduce stress	59 (56.9-61.2)	64.6 (61.6-67.6)	54 (50.9-57)
In a typical week, number of days where 30+ minutes of physical activity was performed, which raised breathing rate:			
0 days	42.1 (40-44.3)	38.6 (35.5-41.6)	45.4 (42.3-48.5)
1-2 days	15.2 (13.6-16.8)	15.5 (13.2-17.8)	14.9 (12.7-17.1)
3-4 days	15.4 (13.8-17)	15.9 (13.6-18.2)	15 (12.8-17.2)
5-6 days	12 (10.6-13.4)	12.3 (10.2-14.4)	11.7 (9.7-13.7)
7 days	15.3 (13.7-16.9)	17.8 (15.4-20.2)	13 (10.9-15.1)
Percentage of always/often adding salt or salty sauces to food right before eating	25.1 (23.2-27)	26.8 (24-29.6)	23.6 (21-26.2)
In a typical week, number of days where processed food high in salt (packaged salty snacks, canned salty food, ramen, noodles, sauces, ham rolls, KFC, Pringles) was eaten:			
0 days	39.8 (37.8-41.9)	39.8 (36.8-42.7)	39.9 (37.1-42.8)
1-2 days	40.2 (38-42.3)	38.6 (35.6-41.7)	41.6 (38.6-44.5)
3-4 days	10.9 (9.5-12.2)	13.4 (11.3-15.5)	8.6 (6.9-10.3)
5-6 days	3.1 (2.4-3.9)	2.5 (1.5-3.5)	3.7 (2.5-4.8)
7 days	6 (5-7)	5.7 (4.3-7.2)	6.3 (4.8-7.7)

Physical Activity and Nutrition	Total	Male	Female
	% (95% CI)	% (95% CI)	% (95% CI)
In a typical week, # of days drinking sugary drinks (soda, tea & coffee with sugar, energy drinks, juices, flavored milk):			
0 days	23.4 (21.5-25.2)	21.2 (18.6-23.7)	25.4 (22.7-28)
1-2 days	21.8 (20-23.6)	20.8 (18.2-23.4)	22.7 (20.2-25.3)
3-4 days	10.5 (9.2-11.8)	10.9 (8.9-12.8)	10.2 (8.3-12)
5-6 days	5.5 (4.5-6.5)	6.2 (4.7-7.8)	4.9 (3.6-6.2)
7 days	38.8 (36.7-41)	40.9 (37.9-44)	36.9 (33.9-39.8)
Purchasing decision influence of increasing price of sugary drinks, percentage who:			
Would purchase less often	34.3 (32.2-36.4)	37 (34-40.1)	31.8 (29-34.6)
Would not purchase less often	32.7 (30.6-34.7)	31.9 (28.9-34.8)	33.3 (30.5-36.2)
Do not purchase sugary drinks	33.1 (31-35.1)	31.1 (28.2-34)	34.9 (32-37.7)
In a typical week, number of days drinking sugar-free sweetened beverages:			
0 days	70.5 (68.6-72.5)	67.1 (64.2-70)	73.7 (71-76.4)
1-2 days	15.1 (13.5-16.7)	16.1 (13.8-18.4)	14.2 (12-16.3)
3-4 days	6 (5-7.1)	6.7 (5.1-8.3)	5.4 (4-6.8)
5-6 days	1.6 (1-2.1)	1.8 (1-2.7)	1.3 (0.6-2)
7 days	6.7 (5.7-7.8)	8.2 (6.5-9.9)	5.4 (4-6.8)
Percentage of always/often read the nutrition facts on a packaged food or drink product before buying it	37.6 (35.4-39.7)	36.3 (33.2-39.3)	38.8 (35.8-41.8)
If food and drink products have an excessive amount of sugars, fats, or sodium or salt, they should be clearly labeled. Percentage that:			
Strongly agree	87.6 (86.2-89.1)	87.2 (85.1-89.4)	88 (86-90)
Somewhat agree	7.7 (6.5-8.9)	7.9 (6.2-9.7)	7.4 (5.8-9.1)
Somewhat disagree	2.9 (2.1-3.6)	2.6 (1.6-3.6)	3.1 (2-4.2)
Strongly disagree	1.8 (1.2-2.4)	2.2 (1.3-3.1)	1.5 (0.7-2.2)
Percentage who think that clear nutritional labeling of food and drink products would help in purchasing decisions	89.8 (88.4-91.1)	88.5 (86.4-90.5)	90.9 (89.2-92.7)
Access to services and medicines			
Percentage who were told by a doctor or other health professional that they have high blood pressure or hypertension	26.1 (24.2-27.9)	20.1 (17.6-22.5)	31.6 (28.8-34.3)
Among those diagnosed and with hypertension medication, percentage who had to stop using it during the pandemic	12.4 (9.2-15.7)	12.3 (6.7-18)	12.5 (8.5-16.5)
Percentage who were told by a doctor or other health professional that they have high blood sugar or diabetes	9.8 (8.5-11.1)	7.5 (5.8-9.2)	12 (10-14)
Among those diagnosed and with diabetes medication, percentage who had to stop using diabetes medication during the pandemic	10.1 (5.4-14.8)	14.5 (5.1-23.8)	7.8 (2.6-13.1)
Percentage who needed counseling, therapy, or other non-medication treatment from a mental health professional in the past year	8.7 (7.5-9.9)	6.3 (4.8-7.9)	10.9 (9-12.8)

Access to services and medicines	Total	Male	Female
	% (95% CI)	% (95% CI)	% (95% CI)
Among those who needed but did NOT receive counseling, therapy, or other non-medication treatment from a mental health professional, the main reason counseling/therapy/treatment was NOT received:			
Could not afford it	20.6 (12.5-28.8)	19.9 (6.6-33.2)	21 (10.8-31.3)
Too far, or no means of transportation	4.2 (0.2-8.2)	2.7 (0-7.9)	5 (0-10.6)
Did not know where to find services	24.2 (15.7-32.7)	19.4 (6.4-32.4)	26.9 (15.9-37.9)
No professionals or appointments were available	4.5 (0.2-8.8)	9.2 (0-19.2)	1.9 (0-5.5)
Fear of judgement from others	4.3 (0.2-8.5)	5.9 (0-13.8)	3.5 (0-8.2)
Other reason	42.1 (32.2-52.1)	42.9 (26.4-59.4)	41.7 (29.2-54.1)
Percentage who received counseling, therapy, or other non-medication treatment from a mental health professional in the past year	5.2 (4.2-6.1)	3.7 (2.5-4.9)	6.5 (4.9-8)
Percentage who have had heard about the suicide hotline	69.2 (67.2-71.2)	65.1 (62.1-68.1)	72.9 (70.2-75.6)

*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