NON COMMUNICABLE DISEASES, MENTAL ILLNESSES, SUICIDES, SMOKING AND DRUG CONSUMPTION

Key Findings

- **Non-Communicable Diseases:** Overall, heart disease, high blood pressure diabetes and high blood cholesterole are mostly prevalent among older population(40 or more years of age). Wheezing and asthma, and chronic kidney disease seem to affect all age groups, although with slightly higher percentages among older population.
- Heart Disease: Two percent of the population.
- High Blood Pressure: Eight percent of the population.
- Wheezing/Asthma: Four percent of the population.
- **Diabetes:** Six percent of the population.
- **High Blood Cholesterol:** Five percent of the population.
- Chronic Kidney Diseases: One percent of the population.
- Accidents: Road accidents, Serious Fall and Animal Bites have the highest prevalence at only 1 percent.
- **Mental Illnesses:** Globally, less than one percent (0.7 percent) of household members were undergoing treatment for any kind of mental illness.
- **Suicides:** Less than one percent of the households in which at least one person has tried to commit suicide during the year before the survey.
- **Tobacco Use:** In 34 percent of households, at least one member smoke tobacco and another 29 percent use smokeless tobacco.
- Alcohol and Drugs : In 37 percent of households at least one member currently consumes alcohol and less than one percent have used either ganja (0.4 percent) or heroin (0.1 percent).

This chapter presents information about non-communicable diseases, mental health and suicides and the tobacco use. It also includes the 2016 SLDHS for people suffering from the following non-communicable diseases during the 12 months before the survey: heart diseases, high blood pressure, wheezing/ asthma, paralysis, diabetes, cancer, high blood cholesterol, chronic kidney disease and cirrhosis. The questions were asked for all household members at the time of the survey.

16.1 NON-COMMUNICABLE DISEASES

Each year nearly 38 million people die from Non-Communicable Diseases (NCD) in the world. The majority of these deaths are due to four common non-communicable diseases: cardiovascular diseases (heart attack and stroke), diabetes, cancer and chronic respiratory diseases. Around 70 percent of the disease burden in Sri Lanka is due to non-communicable diseases.

For all household members, interviewers of the 2016 SLDHS asked if, during the 12 months before the survey, any had suffered from each one of the diseases listed previously. For those household members affected by a specified disease, interviewers asked if they were under treatment. Table 16.1, included below, presents the percentage of people suffering from diseases during the last 12 months, by background characteristics. Overall, heart disease, high blood pressure diabetes and high blood cholesterol are mostly prevalent among older population (40 or more years of age). Wheezing and asthma and chronic kidney disease seem to affect all age groups, although with slightly higher percentages among older populations (Table 16.1 and Figure 16.1).



The results by sector of residence confirm the expected higher prevalence of diseases associated with the pace of life of the urban inhabitants: high blood pressure, diabetes, high blood cholesterol, heart disease, wheezing and asthma, compared to the prevalence observed in the rural and estates sector residents. The distribution by wealth quintile for these NCDs show different but expected patterns, with high blood pressure and diabetes increasing with household wealth, while wheezing and asthma seem to affect more the population of the poorest quintiles than the richest ones. Heart disease appears to be similarly prevalent across all wealth quintiles.

Some variations are also observed for these NCDs across districts. The highest rates are observed as follows:

- High blood pressure in Colombo with 12 percent of the population,
- Diabetes and high blood cholesterol in Colombo with 9 percent of the population,
- Wheezing and asthma in Polonnaruwa and Batticaloa with 7 percent of the population,
- Heart disease in Matale with 3 percent of the population.

Percentage of people	suffering fro	om disease	es during the	last 12 moi	nths by ba		characteristi	cs Srilar	nka 2016	
l'erechage er people	ounoning in	High			initio, by bu	onground		Chronic		Number of
Background	Heart	blood	Wheezing/	Paralveie	Diabotos	Cancer	High blood	kidney	Cirrhosis	household
Characteristic	0136836	pressure	asuina	i ararysis	Diabetes	Cancer	CHOICSLEIDI	0136836	011110313	members
Sex										
Male	2.4	6.0	4.2	0.6	5.2	0.3	4.1	0.7	0.1	50,273
Feinale	2.1	10.1	5.7	0.4	0.1	0.4	0.5	0.4	0.0	55,074
Age										
<5	0.3	0.0	2.6	0.0	0.0	0.0	0.0	0.0	0.0	8,373
5-9 10-14	0.5	0.0	4.3	0.0	0.1	0.0	0.0	0.1	0.0	9,152
15-19	0.3	0.1	3.2	0.1	0.1	0.1	0.1	0.2	0.0	8,046
20-24	0.2	0.2	2.6	0.0	0.1	0.1	0.2	0.1	0.0	7,037
25-29	0.3	0.5	2.6	0.1	0.4	0.1	0.4	0.1	0.0	6,675 7,644
35-39	1.1	3.2	4.6	0.2	3.6	0.2	3.3	0.3	0.0	7,879
40-44	1.7	5.8	4.7	0.2	5.9	0.2	6.0	0.4	0.0	6,681
45-49	2.3	10.3 14.8	6.3 6.0	0.3	8.7 12.6	0.4	9.0 11.2	0.7	0.1	6,534 6,789
55-59	4.9	19.7	6.7	1.0	15.4	0.8	14.4	1.3	0.1	6,092
60 +	7.7	30.7	9.7	2.2	17.3	1.2	16.1	1.7	0.1	16,117
Religion										
Buddhist	2.3	8.3	5.2	0.5	5.7	0.4	5.5	0.6	0.0	75,022
Hindu	1.8	6.2	4.3	0.5	3.6	0.3	3.2	0.6	0.1	12,758
Islam Roman Catholic	1.9 2.3	8.6 9.6	3.7	0.4	7.3	0.2	6.3	0.4	0.0	9,811 6 908
Other christian	2.5	9.5	6.5	0.4	6.9	0.5	6.2	0.4	0.1	1,413
Other	(2.3)	(2.3)	(5.0)	(0.0)	(5.4)	(8.4)	(8.2)	(0.0)	(0.0)	35
Ethnicity										
Sinhala	2.4	8.5	5.3	0.5	5.9	0.4	5.6	0.6	0.0	80,264
Sri Lanka Tamil	1.6	6.2	4.6	0.5	3.9	0.2	3.8	0.6	0.1	13,654
Indian Lamil Sri Lanka moor	2.4	6.0	3.2	0.5	2.2	0.3	1.4	0.3	0.0	2,439
/Muslim	1.9	8.6	3.8	0.4	7.5	0.2	6.4	0.4	0.0	9,213
Malay	1.5	18.7	7.1	0.6	7.4	0.9	5.1	3.3	0.0	157
Other	(0.0)	6.8 (0.0)	(5.9)	0.0	8.9	0.0	5.4 (0.0)	0.0	0.0	180 41
	(0.0)	(0.0)	(0.0)	(0.0)	()	(0.0)	(0.0)	(0.0)	(0.0)	
Residence	26	10.3	5.2	0.4	8.2	03	7.5	0.4	0.1	17 /01
Rural	2.0	7.9	5.0	0.4	5.3	0.3	5.1	0.4	0.0	83,923
Estate	2.4	5.6	3.9	0.5	2.0	0.2	1.6	0.2	0.0	4,534
District										
Colombo	2.9	11.7	5.6	0.3	9.2	0.4	8.5	0.3	0.1	10,663
Gampaha	2.5	9.3	4.9	0.6	7.5	0.5	5.9	0.4	0.0	10,892
Kalutara	2.5	9.5 9.1	5.6	0.4	7.0	0.2	7.0	0.3	0.0	6,506 7,333
Matale	3.4	8.9	6.4	0.4	5.1	0.3	5.9	1.1	0.1	2,759
Nuwaraeliya	2.8	6.2	4.4	0.5	3.0	0.3	2.3	0.4	0.0	3,450
Galle	2.6	8.0 8.0	5.8 5.6	0.4	5.3 5.7	0.5	6.4 6.1	0.5	0.0	5,709 4 407
Hambantota	1.4	6.3	6.4	0.4	4.3	0.5	4.9	0.6	0.0	3,240
Jaffna	1.1	4.5	2.1	0.3	4.2	0.3	4.1	0.7	0.0	3,054
Vavuniva	0.5 1 4	5.6 6.8	2.1	0.5	4.3	0.2	4.2 5.7	0.2	0.0	508 828
Mullaitivu	0.9	3.0	2.6	0.2	1.6	0.3	1.2	0.5	0.1	449
Kilinochchi	1.3	5.1	3.8	0.3	2.8	0.3	1.9	0.4	0.0	562
Ampara	1.1	6.5 7.4	6.6 4.6	0.6	4.6 4.8	0.1	4.2 5.0	0.4	0.1	2,841
Trincomalee	1.6	7.2	5.9	0.5	5.0	0.1	4.3	0.9	0.2	2,045
Kurunegala	1.9	8.3	4.3	0.6	4.8	0.5	4.2	0.6	0.0	8,849
Anuradhanura	1.7	8.0 5.5	5.5	0.6	5.8 4.4	0.5	4.1	0.5	0.0	3,691
Polonnaruwa	2.0	8.4	7.3	0.4	5.4	0.3	6.1	1.6	0.0	2,170
Badulla	2.8	8.8	5.1	0.5	4.4	0.3	3.6	0.7	0.0	4,242
Ratnapura	1.6 2.5	6.1 77	4.4 5.3	0.4	3.4 4.6	0.4	4.3 5.0	0.5	0.0	2,604 6 076
Kegalle	2.4	6.5	2.9	0.4	4.8	0.2	4.9	0.2	0.0	4,408
Wealth quintile										
Lowest	2.4	6.6	6.2	0.7	3.2	0.4	3.3	0.5	0.1	21,113
Second	2.3	7.1 70	5.2 1 5	0.6	4.4	0.3 0 3	4.3	0.7	0.0	21,193 21 204
Fourth	2.2	8.5	4.5	0.4	6.6	0.3	5.9	0.6	0.0	21,181
Highest	2.4	10.7	4.5	0.4	9.1	0.3	8.3	0.4	0.1	21,256
Total	2.2	8.2	5.0	0.5	5.7	0.3	5.4	0.6	0.0	<u>1</u> 05,947
Note: Figures in pare	entheses a	re based o	on 25 - 49 un	weighted of	cases.					



Figure 16.1People suffering from type of NCDs during last 12 months



16.1.1 HEART DISEASE

As mentioned before, 2 percent of the Sri Lankan population was identified as having heart disease (Table 16.1). The disease increases with age and is slightly more prevalent among males, and residents of the urban sector, and among the richest 20 percent and the poorest 20 percent of the households. By districts, Matale (3.4 percent) Colombo (2.9 percent) and Nuwara Eliya& Badulla (2.8 percent) havethe highest prevalence of heart disease than other districts.

Table 16.2 shows the percentage distribution of people suffering from heart disease by age group and background characteristics. Out of the total heart disease, one percent correspond to children under 5 years. This percentage of heart disease of children aged under 5 is higher for children living in the estate sector than that of other sectors (2.3 percent versus 1.3 percent in the rural sector). Similar percentages are included by district with the highest values observed in Nuwara Eliya (3.0 percent), Puttalam (2.6 percent) and Ampara (2.5 percent).

Table 16.2: Suff	ering f	rom He	eart dis	eases												
Percentage distrib	ution of	fpeople	sufferir	ig from	Heart di	seases	by age (group ar	nd backgrou	ind char	acteristi	cs, Sri L	anka 20	016		
					Ag	е										
Background														Don't		Number of
characteristic	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +	missing	Total	members
		00	10 11	10 10	20 21	20 20	00 01	00 00	10 11	10 10	00 01	00 00	00 -	mooning	i otai	
Sex																
Male	1.4	1.9	2.5	1.1	0.4	1.1	1.0	3.3	5.0	5.1	10.9	13.6	52.8	0.0	100.0	1,197
Female	1.0	1.7	1.1	0.8	0.9	0.8	2.0	3.7	4.4	7.6	12.3	11.6	52.1	0.0	100.0	1,177
Residence																
Urban	0.8	0.6	1.5	0.4	1.3	0.1	1.2	1.9	5.0	6.9	8.6	16.8	54.9	0.0	100.0	452
Rural	1.3	2.1	1.8	1.0	0.4	1.0	1.3	3.8	4.6	6.1	12.0	11.7	52.9	0.0	100.0	1,812
Estate	2.3	1.9	2.7	2.5	1.3	3.1	4.8	5.7	4.5	8.9	16.4	10.7	35.1	0.0	100.0	111
District																
Colombo	0.0	0.4	1.6	0.0	1.0	0.0	0.4	1.8	6.1	7.2	9.0	13.6	58.7	0.0	100.0	306
Gampaha	0.8	0.5	0.0	0.4	0.5	0.5	1.0	3.0	2.1	6.2	8.1	12.5	64.5	0.0	100.0	268
Kalutara	0.9	0.0	0.0	0.0	0.0	0.0	1.9	3.1	5.0	3.4	1.4	13.3	65.1	0.0	100.0	163
Kandy	0.7	3.Z	3.8 1.5	2.0	1.4	0.2	3.4	2.9	3.0 2.0	5.9	21.0	9.0	52.1 20.0	0.0	100.0	202
Nuwaraeliya	3.0	<u> </u>	3.3	2.1	1.5	2.5	1.8	4.0	12	15.3	17.6	11.0	33.4	0.0	100.0	95 95
Galle	1.5	1.6	0.0	2.2	1.4	0.3	2.4	3.9	5.1	3.2	9.6	13.1	55.9	0.0	100.0	151
Matara	1.2	2.4	0.0	0.9	2.1	2.0	0.0	4.8	8.5	2.8	13.0	6.9	55.4	0.0	100.0	115
Hambantota	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(10.4)	(6.8)	(6.8)	(7.1)	(17.6)	(51.3)	(0.0)	(100.0)	45
Jaffna	(4.4)	(0.0)	(2.5)	(3.4)	(0.0)	(6.3)	(3.0)	(7.5)	(7.8)	(0.0)	(16.7)	(10.8)	(37.7)	(0.0)	(100.0)	33
Mannar	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	2
Vavuniya	(0.0)	(4.6)	(3.0)	(7.0)	(1.9)	(0.0)	(0.0)	(9.6)	(4.2)	(5.9)	(8.0)	(11.2)	(44.4)	(0.0)	(100.0)	11
Mullaitivu	(0 0)	(4 4)	(7 0)	(2 0)	(E 0)	^ (4 7)	, (0 0)	(0,0)	(15 5)	(0 0)	(7 6)	(12 7)	(00 6)	(0 0)	(100.0)	4
Batticaloa	(0.0)	(4.4)	(7.9)	(2.0)	(0.0)	(4.7)	(0.0)	(0.0) (4.5)	(15.5)	(9.0)	(15.3)	(13.7) (12.2)	(20.0)	(0.0)	(100.0)	0 30
Ampara	2.5	3.4	4.9	1.9	0.0	1.5	3.1	3.2	7.8	(0.0)	12.6	15.5	35.6	0.0	100.0	61
Trincomalee	(4.9)	(0.5)	(0.5)	(2.5)	(0.0)	(3.2)	(1.5)	(6.8)	(5.9)	(6.2)	(8.3)	(16.9)	(42.8)	(0.0)	(100.0)	32
Kurunegala	Ì1.5	3.5	` 5.Ó	Ò.8	`0.Ó	0 .6	Ò.0	`4.6	3.0	. 5.0	11.5	`9.9́	<u></u> 54.5	Ò.0	`100.Ó	172
Puttalam	2.6	3.8	1.8	0.0	0.0	1.3	0.0	2.0	6.4	11.4	9.6	19.0	42.2	0.0	100.0	63
Anuradhapura	(0.0)	(0.0)	(3.9)	(0.0)	(0.0)	(0.0)	(5.0)	(5.1)	(4.4)	(4.1)	(15.2)	(16.1)	(46.1)	(0.0)	(100.0)	54
Polonnaruwa	(4.7)	(0.0)	(5.0)	(0.0)	(0.0)	(0.0)	(0.0)	(4.1)	(0.0)	(1.6)	(12.0)	(24.2)	(48.4)	(0.0)	(100.0)	43
Bauulla	(0.0)	0.0 (3.1)	0.9 (/ 8)	1.U (0.0)	0.5	0.0	(3.7)	3.Z (1.8)	(1.8)	9.5 (3.8)	10.9	18.0 (8.8)	42.9	(0.0)	(100.0)	118
Ratnanura	26	(3.1)	(1.0)	0.5	(0.0)	(0.0)	3.8	(1.0)	21	(0.0)	13.6	(0.0)	44.2	(0.0)	100.0	153
Kegalle	0.5	0.8	0.0	0.0	0.0	1.1	1.1	2.2	6.1	3.6	14.0	11.4	59.2	0.0	100.0	107
Wealth quintile																
	1 २	31	33	21	٥N	24	25	40	57	56	15 /	05	<u>4</u> 4 २	0.0	100.0	510
Second	2.0	2.3	2.2	1.5	0.8	0.7	1.0	3.7	4.2	7.2	12.2	11.3	50.8	0.0	100.0	480
Middle	1.3	0.0	1.3	0.8	1.1	0.6	2.1	7.3	5.2	9.0	11.3	12.7	47.5	0.0	100.0	400
Fourth	1.0	2.8	1.0	0.1	0.6	0.8	0.7	1.4	4.6	6.7	10.3	14.0	56.1	0.0	100.0	473
Highest	0.5	0.4	1.0	0.2	0.0	0.2	1.2	1.9	3.8	4.0	8.6	15.4	62.8	0.0	100.0	510
Total	1.2	1.8	1.8	0.9	0.7	1.0	1.5	3.5	4.7	6.3	11.6	12.6	52.5	0.0	100.0	2,374
Note: Figure	s in pa	renthe	ses are	based	on 25 -	49 un	weight	ted case	es. An ast	erisk in	dicates	s that a	figure	is based	on fewe	er than
25 unweighte	ed case	es and	has bee	en supp	oressed		5						-			



16.1.2 HIGH BLOOD PRESURE

Table 16.1 shows that 8 percent of the total population are affected by high blood pressure. Among the sexes, females are more likely to be affected (10 percent) than males (6 percent). Among the sectors, 10 percent of urban household members are suffering from high blood pressure compared to 8 percent of their rural counterparts. According to the wealth quintile, people living in households from the richest 20 percent have the highest prevalence at 11 percent. For the districts of the Western Province, the percentages are the highest among all districts: Colombo (12 percent), Kalutara (10 percent) and, Gampaha (9 percent). The lowest prevalence of high blood pressure was reported in Mullaitivu district (3 percent). The distribution of the percentage of the population affected by high blood pressure by age is presented in Table 16.3. Starting with the age group 30-34, high blood pressure starts to increase with the percentage thereafter reaching up to 58 percent among people of the age group 60 and above.

Table 16.3: Suffering f	rom Hi	gh bl	ood pre	essure											
Percentage distribution	of peop	le suf	ferina f	rom Hial	h blood	oressur	e bv aq	e aroup a	and bac	karouna	d chara	cteristics	s. Sri La	anka 2016	
	- 1 1		- 0	- 0			Age	- J - T		0					
							0								Number
Background															of
characteristic	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +	Total	members
Sex															
Male	0.0	0.0	0.1	0.2	0.2	0.3	1.1	2.8	5.6	7.8	11.9	14.7	55.3	100.0	3,023
Female	0.0	0.0	0.1	0.0	0.2	0.4	1.6	3.0	3.9	7.8	11.4	13.4	58.2	100.0	5,643
Residence															
Urban	0.1	0.0	0.0	0.0	0.2	0.5	1.2	3.6	4.0	8.4	12.1	14.9	55.0	100.0	1,806
Rural	0.0	0.0	0.1	0.1	0.1	0.3	1.4	2.8	4.6	7.6	11.4	13.5	58.0	100.0	6,608
Estate	0.0	0.4	0.2	0.0	0.3	0.6	3.7	2.1	5.2	8.7	14.2	13.9	50.8	100.0	252
District															
Colombo	0.1	0.1	0.1	0.2	0.2	0.8	1.5	3.5	3.7	7.9	11.9	15.2	54.7	100.0	1,249
Gampaha	0.0	0.0	0.0	0.1	0.2	0.0	1.8	2.9	4.9	7.7	10.7	13.0	58.8	100.0	1,016
Kalutara	0.0	0.0	0.2	0.0	0.0	0.2	0.7	2.8	5.2	8.5	9.9	13.2	59.2	100.0	616
Kandy	0.0	0.0	0.0	0.0	0.0	0.5	0.8	1.8	3.5	6.1	11.8	11.8	63.5	100.0	664
Matale	0.0	0.0	0.0	0.0	0.0	0.6	2.0	2.4	2.4	9.9	13.2	14.4	55.1	100.0	247
Nuwaraeliya	0.0	0.4	0.0	0.0	0.4	0.0	2.5	1.8	4.0	11.4	14.2	13.0	52.3	100.0	214
Galle	0.2	0.0	0.0	0.0	0.0	0.0	0.8	2.6	4.6	7.3	9.8	9.3	65.5	100.0	458
Matara	0.0	0.0	0.0	0.0	0.0	0.2	0.9	2.8	3.4	7.1	12.3	12.7	60.5	100.0	351
Hambantota	0.0	0.0	0.5	0.0	0.5	0.0	0.6	2.5	3.5	4.8	8.8	12.5	66.4	100.0	204
Jaffna	0.0	0.0	0.8	0.9	0.0	0.0	2.9	3.7	4.8	4.4	7.0	11.0	64.5	100.0	138
Mannar	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.8	6.2	13.1	18.7	13.0	47.4	100.0	29
Vavuniya	0.0	0.0	0.0	0.0	0.0	0.6	1.2	4.1	8.2	13.0	12.4	16.1	44.4	100.0	57
Mullaitivu	0.0	0.8	0.0	1.8	0.0	2.7	9.1	4.3	5.3	13.5	6.9	15.1	40.5	100.0	13
Kilinochchi	0.0	0.0	0.0	0.0	0.7	0.0	5.5	6.1	8.2	7.9	10.6	17.7	43.4	100.0	29
Batticaloa	0.0	0.0	0.0	0.0	0.6	0.7	2.3	6.8	5.4	8.9	20.0	13.1	42.1	100.0	185
Ampara	0.0	0.0	0.0	0.0	0.5	1.9	2.8	4.1	6.0	10.2	12.8	17.3	44.2	100.0	283
Trincomalee	0.0	0.0	0.0	0.0	0.0	0.3	3.9	5.1	7.2	12.6	17.0	11.6	42.3	100.0	147
Kurunegala	0.0	0.0	0.3	0.0	0.4	0.3	0.9	2.8	4.0	6.3	9.2	14.9	60.8	100.0	737
Puttalam	0.0	0.0	0.3	0.0	0.0	0.0	0.7	2.0	5.5	9.5	10.2	13.8	58.0	100.0	294
Anuradhapura	0.0	0.0	0.0	0.0	0.0	0.5	1.1	2.2	5.8	8.4	17.2	20.5	44.2	100.0	268
Polonnaruwa	0.0	0.0	0.0	0.3	0.0	0.6	3.6	3.3	4.9	9.0	11.5	17.8	49.0	100.0	182
Badulla	0.0	0.0	0.1	0.0	0.0	0.3	1.6	1.9	7.6	6.1	13.5	13.4	55.3	100.0	375
Monaragaia	0.0	0.0	0.0	0.0	0.5	0.0	1.2	4.6	5.3	9.9	11.5	10.7	56.2	100.0	160
Kathapura	0.0	0.0	0.0	0.0	0.0	0.2	1.4	3.5	2.3	1.2	12.2	13.4	59.8 62.9	100.0	466
Regaile	0.0	0.5	0.0	0.0	0.0	0.5	0.4	1.0	5.4	0.5	0.4	10.0	02.0	100.0	205
Wealth quintile			-	<i></i>						_			.		
Lowest	0.0	0.1	0.1	0.1	0.3	0.8	1.8	2.6	4.4	6.8	10.1	11.9	61.0	100.0	1,404
Second	0.0	0.1	0.2	0.1	0.0	0.3	2.2	3.2	4.8	7.5	11.7	12.7	57.3	100.0	1,512
Middle	0.0	0.1	0.1	0.0	0.2	0.3	1.4	3.3	4.0	7.5	12.5	15.6	55.1	100.0	1,665
Fourth	0.1	0.0	0.1	0.0	0.2	0.5	1.0	2.7	4.4	8.4	10.9	14.0	57.8	100.0	1,805
Highest	0.0	0.0	0.1	0.1	0.1	0.2	1.1	2.9	4.7	8.3	12.3	14.3	55.8	100.0	2,280
Total	0.0	0.0	0.1	0.1	0.2	0.4	1.4	2.9	4.5	7.8	11.6	13.8	57.2	100.0	8,666

16.1.3 WHEEZING/ASTHMA

Table 16.1 shows that 5 percent of household members suffer from wheezing/asthma. This percentage is slightly higher among the female population (6 percent) than the male counterparts (4 percent). The percentage of the population affected by wheezing/asthma increases with age, from the age <5 (2.6 percent) to 9.7 percent among 60 and older population. The population of the Polonnaruwa and Batticaloa districts has the highest prevalence of wheezing or asthma (7 percent). People living in the poorest households have higher percentage of wheezing/asthma than the ones living in the richest households.

Table 16.4: Sufferi	ng fror	n Whee	ezing / /	Asthma											
Percentage distribu	tion of	people	suffering	g from V	Vheezin	g / Asthr	na by a	ge grou	o and ba	ackgrour	nd chara	acteristics	s, Sri La	anka 20 [.]	16
							Ag	je							
Dealannaid															Number
Background		5.0	10.11	45.40	00.04	05.00	00.04	05.00	40.44	45 40	50 54		<u> </u>	T - 4 - 1	of
characteristic	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +	lotal	members
Sov															
Molo	6.2	11.0	10.5	6 1	2.2	2.2	2.0	51	12	5.2	6.4	67	20.0	100.0	2 120
Eemale	2.6	11.2	5.2	0.1	3.5	Z.Z 1 1	2.9	0.1 8.1	4.3	0.0	9.4	0.7 8.4	29.0	100.0	2,130
I emale	2.0	4.5	5.2	4.1	5.0	4.1	5.0	0.1	0.9	5.4	0.0	0.4	29.1	100.0	5,100
Residence															
Urban	3.9	7.0	8.7	5.5	4.7	2.8	4.6	6.6	6.7	8.4	7.4	8.7	25.1	100.0	918
Rural	4.0	7.5	7.3	4.9	3.3	3.4	4.1	7.0	5.8	7.5	7.5	7.5	30.2	100.0	4,199
Estate	5.6	7.1	0.9	2.4	2.8	4.5	3.0	5.8	3.8	10.1	13.5	9.0	31.5	100.0	179
District															
Colombo	40	70	10 1	6.6	48	39	56	59	57	87	71	78	22.9	100.0	592
Gampaha	5.3	7.5	77	6.0	2.6	2.0	3.1	79	6.7	7.8	7.5	7.0	28.7	100.0	535
Kalutara	5.8	7.4	7.6	5.6	3.9	1.4	3.8	8.2	6.2	6.9	5.9	9.3	28.1	100.0	366
Kandy	3.7	4.0	3.2	3.6	4.1	3.8	1.5	6.6	5.2	6.9	10.0	7.1	40.2	100.0	387
Matale	2.5	7.5	7.2	2.8	2.9	7.5	5.4	4.0	1.7	9.1	8.6	5.2	35.6	100.0	177
Nuwaraeliva	3.1	2.7	3.9	3.6	1.9	3.1	2.7	4.0	3.1	11.3	12.4	9.0	39.2	100.0	152
Galle	5.3	13.3	5.8	4.5	2.3	1.8	2.5	6.8	5.4	8.0	4.5	6.6	33.3	100.0	330
Matara	4.5	8.4	6.9	4.4	3.7	4.0	5.5	8.0	4.9	8.2	5.5	6.3	29.6	100.0	245
Hambantota	4.8	8.7	15.8	5.2	2.6	3.1	2.8	5.1	7.5	8.6	4.9	6.7	24.3	100.0	209
Jaffna	4.5	2.5	5.1	1.7	1.5	6.8	3.3	6.6	6.6	6.0	11.9	5.9	37.6	100.0	64
Mannar	1.0	7.4	4.9	4.4	1.7	3.2	0.0	3.0	2.1	5.6	7.3	11.9	47.5	100.0	11
Vavuniya	3.6	8.1	4.2	4.0	3.4	2.5	8.4	6.9	15.3	9.0	12.4	5.4	16.7	100.0	30
Mullaitivu	0.0	6.7	10.8	9.3	4.3	3.8	9.8	5.1	3.0	8.8	10.0	6.7	21.6	100.0	12
Kilinochchi	4.7	3.8	5.8	5.6	0.9	2.9	11.2	13.0	8.3	1.4	3.9	7.1	31.4	100.0	21
Batticaloa	6.1	9.9	7.2	4.1	4.3	4.1	7.0	8.0	10.8	7.1	6.7	8.0	16.7	100.0	188
Ampara	1.3	8.5	7.0	1.5	3.1	6.8	6.1	7.5	7.7	8.8	5.3	8.7	27.9	100.0	175
Trincomalee	4.5	7.7	7.8	5.0	4.0	5.3	7.0	7.7	9.3	4.8	8.2	6.7	22.0	100.0	120
Kurunegala	1.3	8.0	6.1	5.2	2.7	3.0	2.7	6.3	4.1	6.7	8.8	9.0	36.0	100.0	379
Puttalam	5.4	6.4	9.2	4.9	7.1	2.4	3.9	11.6	8.0	4.3	5.5	6.7	24.6	100.0	204
Anuradhapura	2.3	5.2	5.0	2.0	5.7	3.2	3.2	6.4	6.7	12.2	12.6	12.2	23.4	100.0	162
Polonnaruwa	2.9	6.8	7.5	6.7	4.1	5.0	9.9	5.9	4.8	10.3	11.1	7.6	17.4	100.0	159
Badulla	2.2	3.6	9.6	7.2	2.1	2.6	2.4	6.0	6.4	8.1	7.8	10.4	31.8	100.0	216
Monaragala	3.3	8.9	7.1	5.6	0.7	2.9	3.7	8.9	6.1	8.1	9.1	5.3	30.4	100.0	114
Ratnapura	5.1	9.6	5.8	4.7	4.1	3.2	4.6	7.8	3.8	8.1	6.6	6.5	30.1	100.0	323
Kegalle	4.2	5.7	5.8	3.9	2.8	1.4	3.5	1.8	4.9	1.6	12.6	10.9	40.9	100.0	127
Wealth quintile															
Lowest	4.3	6.3	6.9	3.5	3.1	3.4	4.1	5.1	6.0	7.0	7.3	8.6	34.4	100.0	1,299
Second	4.4	8.0	7.9	4.6	3.7	3.5	4.5	6.4	5.2	8.7	8.6	7.0	27.6	100.0	1,107
Middle	3.6	5.7	6.4	3.9	2.8	4.0	3.8	8.7	6.3	7.6	8.4	8.6	30.2	100.0	961
Fourth	4.5	8.1	6.6	6.0	4.0	2.7	4.3	6.2	6.4	7.9	6.9	7.7	28.8	100.0	967
Highest	3.4	9.2	8.9	7.1	4.1	3.0	3.8	8.7	5.7	7.6	7.3	6.6	24.6	100.0	961
Total	4.0	7.4	7.3	4.9	3.5	3.3	4.1	6.9	5.9	7.8	7.7	7.7	29.4	100.0	5,295

16.1.4 DIABETES

From table 16.1 we indicated before that 6 percent of the members of household were affected by diabetes. We could also see that the female population tends to suffer from diabetes at a slightly higher rate than males. From table 16.5 the prevalence of diabetes increases with the age of the person, particularly from ages 30-34 and above (up to 47 percent amongthe population 60 years old and above). From table 16.1 diabetes is also higher in the urban sector (8 percent, compared to 5 percent in rural sector) and among populations living in the richest households (9 percent for the highest wealth quintile). Diabetes appears to be higher in the districts of Colombo (9 percent), Gampaha(8 percent), Kalutara (7 percent). The prevalence of diabetes is shown below (Table 16.5).



Table 16.5: Sufferi	ng from	n Diabe	etes	a from (Diabata		o aroun	and ha	okarow	ad obar	ootorioti	ioo Srij	l onko 2	016		
Percentage distribu		seople :	suiterin	<u>y nom i</u>		s by ag	e group	and ba	ickgroui	lu criai	actenst	ics, 511	Lanka z	010		
					Ay	le								Don't know		
Background characteristic	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +	/missi ng	Total	Number of members
Sex																
Male	0.0	0.1	0.1	0.1	0.1	0.3	2.2	5.0	7.7	10.3	15.7	14.7	43.8	0.0	100.0	2,604
Female	0.0	0.2	0.1	0.1	0.2	0.5	1.9	4.6	5.6	8.7	13.1	16.3	48.6	0.0	100.0	3,403
Residence																
Urban	0.1	0.1	0.1	0.1	0.0	0.3	1.4	5.3	5.4	9.0	14.4	15.8	48.1	0.0	100.0	1,442
Rural	0.0	0.1	0.1	0.1	0.2	0.5	2.3	4.7	6.9	9.6	14.1	15.6	46.0	0.0	100.0	4,472
Estate	0.0	0.0	0.0	0.0	0.0	0.6	1.9	1.7	6.7	10.9	18.6	13.9	45.6	0.0	100.0	92
District																
Colombo	0.0	0.0	0.1	0.0	0.0	0.3	1.6	5.9	4.4	9.2	13.8	16.4	48.3	0.0	100.0	979
Gampaha	0.0	0.2	0.2	0.0	0.0	0.2	2.7	5.9	7.3	9.5	11.1	15.9	47.1	0.0	100.0	821
Kalutara	0.0	0.0	0.3	0.2	0.0	0.0	3.3	3.2	5.3	12.7	14.0	12.8	48.3	0.0	100.0	453
Kandy	0.0	0.0	0.0	0.0	0.0	0.5	0.7	3.5	5.7	5.2	17.2	14.0	53.2	0.0	100.0	454
Matale	0.0	0.0	0.0	0.0	0.0	1.6	0.9	5.6	2.4	8.2	14.2	15.6	51.6	0.0	100.0	142
Nuwaraenya	0.0	0.0	0.0	0.0	0.0	0.0	2.5	6.4	5.3	8.7	16.1	15.1	45.9	0.0	100.0	104
Galle	0.3	0.0	0.0	0.0	0.8	0.4	2.0	4.4	1.2	8.9	12.0	13.3	50.7	0.0	100.0	303
Matara	0.0	0.0	0.0	0.0	0.0	0.0	0.8	2.8	11.5	σ.γ	13.1	17.1	50.4	0.0	100.0	250
Infino	0.0	0.0	0.0	0.0	0.0	0.0	1.5	5.9	11.3	0.0 0	12.3	10.1	44.Z	0.0	100.0	140
Mannar	0.0	0.0	0.0	0.7	0.0	1.2	∠.ı 1.0	3.9 2.6	0.0	0.9	20.6	10.∠ 16.6	49.0	0.0	100.0	121
Vavuniva	0.0	0.0	0.0	0.0	0.0	1.5	1.0	2.0	11.4	9.4	20.0	10.0	30.9	0.0	100.0	22
Mullaitiyu	(0.0)	(0.0)	(0.0	(0.0	(0.0	(3.2)	(0.0)	4.0	/10 7)	9.1 (0.5)	(11.0	(20.2)	49.0 (25.8)	(0.0	(100.0	30
Kilinochchi	(0.0)	(0.0)	2 1	(0.0)	(0.0)	(3.2)	10	57	(10.7)	12.5	(11.7)	(29.2)	50.8	(0.0)	100.0	16
Batticaloa	0.0	0.0	0.0	0.0	0.0	0.0	3.0	5.5	6.7	15.5	14.9	10.4	41.8	0.0	100.0	130
∆mnara	0.0	0.0	0.0	0.0	11	0.0	0.9	6.9	9.0	9.1	16.7	19.3	35.9	0.0	100.0	182
Trincomalee	0.0	0.0	0.0	0.0	0.7	0.0	1.6	7.6	10.9	14.6	18.9	15.2	29.7	0.0	100.0	103
Kurunegala	0.0	0.0	0.0	0.0	0.0	0.6	2.4	4.3	7.7	8.0	13.7	16.3	46.8	0.0	100.0	428
Puttalam	0.0	1.0	0.0	0.0	0.0	0.6	1.5	4.9	6.1	10.6	17.7	14.1	43.6	0.0	100.0	213
Anuradhapura	0.0	0.0	0.0	0.0	0.5	2.3	5.2	3.5	6.6	13.9	16.5	14.1	37.5	0.0	100.0	215
Polonnaruwa	0.0	0.0	0.0	0.5	0.0	1.5	3.7	4.4	5.4	9.7	15.7	23.3	35.9	0.0	100.0	118
Badulla	0.0	0.5	0.0	0.0	0.6	0.0	1.8	2.4	12.1	9.1	18.7	19.6	35.3	0.0	100.0	188
Monaragala	0.0	2.3	0.0	0.0	0.0	1.1	1.0	5.8	3.9	10.2	19.5	12.3	44.0	0.0	100.0	89
Ratnapura	0.0	0.0	0.0	0.4	0.1	0.4	2.0	4.5	6.3	9.9	15.2	15.3	45.9	0.0	100.0	281
Kegalle	0.0	0.0	0.0	0.0	0.0	0.4	0.7	4.3	6.1	7.1	10.4	17.7	53.5	0.0	100.0	212
Wealth quintile																
Lowest	0.0	0.1	0.0	0.1	0.3	0.8	1.5	4.1	6.0	6.3	14.3	13.9	52.5	0.0	100.0	681
Second	0.1	0.1	0.0	0.2	0.2	0.7	3.2	4.4	7.5	11.1	14.1	13.5	45.0	0.0	100.0	935
Middle	0.0	0.2	0.0	0.2	0.2	0.6	2.2	5.5	6.5	10.9	14.3	16.3	43.1	0.0	100.0	1,070
Fourth	0.0	0.2	0.1	0.0	0.1	0.6	1.8	5.1	6.3	9.0	13.8	18.2	44.8	0.0	100.0	1,397
Highest	0.0	0.0	0.1	0.0	0.0	0.0	1.8	4.5	6.4	9.2	14.5	15.0	48.3	0.0	100.0	1,924
Total	0.0	0.1	0.1	0.1	0.1	0.5	2.0	4.8	6.5	9.4	14.2	15.6	46.5	0.0	100.0	6,006
Note: Figure	s in pa	arentl	heses	are ba	ased o	n 25	- 49 u	nweig	ghted	cases.	An a	steris	k indi	cates	that a f	figure
is based on f	ewer t	than 2	25 unv	weigh	ted ca	ises ai	nd has	been	supp	ressee	1.					

16.1.5 HIGH BLOOD CHOLESTEROL

Table 16.1 shows that 5 percent of the total populations are affected by high blood cholesterol. Among the sexes, females are more likely to be affected (7 percent) than males (4 percent). Among the sectors, 8 percent of urban household members are suffering from high blood cholesterol compared to 5 percent of their rural counterparts. According to the wealth quintile, people living in households from the richest 20 percent have the highest prevalence at 8 percent. For the districts of the Western Province, the percentages are the highest among all districts: Colombo (9 percent), Kalutara (7 percent) and, Galle, Matara, Polonnaruwa (6 percent). The lowest prevalence of high blood cholesterol was reported in Mullaitivu district (1 percent). The distribution of the percentage of the population affected by high blood cholesterol by age is presented in Table 16.6. Starting with the age group 30-34, high blood cholesterol starts to increase with the percentage thereafter reaching up to 46 percent among people of the age group 60 and above.

Table 16.6: Sufferi	ng fron	n High	blood o	cholost	role											
Percentage of peop	le suffe	ring fro	m High	blood c	holostr	ole by a	ige grou	ip and b	ackgro	und cha	aracteris	stics, Sr	ilanka 2	016		
					Ag	ge								D !!		
														DONT		Number
Background														/miss		of
characteristic	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +	ina	Total	members
	.0	00	10 11	10 10	20 21	20 20	00 01	00 00	10 11	10 10	00 01	00 00	00 -	ing	rotai	
Sex																
Male	0.1	0.0	0.1	0.1	0.3	0.9	3.5	7.0	10.1	10.9	13.3	14.5	39.2	0.0	100.0	2,059
Female	0.0	0.0	0.0	0.2	0.2	0.3	1.7	3.3	5.3	10.0	13.5	16.0	49.6	0.0	100.0	3,622
Residence																
Urban	0.1	0.0	0.0	0.2	0.2	0.4	1.7	4.6	5.5	10.0	14.1	16.1	47.1	0.0	100.0	1.311
Rural	0.1	0.0	0.0	0.1	0.2	0.5	2.5	4.6	7.5	10.4	13.3	15.2	45.6	0.0	100.0	4,296
Estate	0.0	0.0	0.0	0.0	0.0	0.0	5.9	6.5	8.9	14.5	10.7	15.6	38.0	0.0	100.0	74
District																
Colombo	0.0	0.0	0.0	0.0	0.4	0.4	2.7	4.7	4.6	8.9	14.8	14.8	48.7	0.0	100.0	907
Gampaha	0.0	0.0	0.1	0.0	0.0	0.7	2.0	4.4	7.0	12.5	12.2	13.8	47.4	0.0	100.0	645
Kalutara	0.0	0.0	0.0	0.0	0.0	0.6	2.6	2.4	8.3	9.9	11.6	15.1	49.6	0.0	100.0	457
Kandy	0.4	0.0	0.0	0.0	0.0	0.3	1.2	2.6	5.7	8.2	16.0	14.5	51.3	0.0	100.0	437
Matale	0.0	0.0	0.0	0.0	0.0	0.8	2.8	3.9	3.2	16.5	11.6	17.0	44.2	0.0	100.0	163
Nuwaraeliya	0.0	0.0	0.0	0.0	0.0	1.2	3.2	4.5	8.0	11.7	19.2	18.3	33.9	0.0	100.0	79
Galle	0.2	0.0	0.4	0.0	0.3	0.4	1.8	4.3	7.4	9.0	10.2	14.1	51.9	0.0	100.0	367
Matara	0.0	0.0	0.0	0.3	0.0	0.0	3.5	3.6	5.7	7.2	11.4	18.7	49.6	0.0	100.0	269
Hambantota	0.0	0.0	0.0	0.8	0.0	0.6	2.1	3.7	6.3	7.2	10.3	16.5	52.5	0.0	100.0	160
Jaffna	0.0	0.0	0.0	0.7	0.0	0.0	2.2	5.6	8.0	9.4	6.2	10.3	57.6	0.0	100.0	125
Mannar	0.0	0.0	0.0	0.0	0.0	0.8	1.3	5.2	3.9	10.0	23.4	12.9	42.5	0.0	100.0	21
Vavuniya	0.0	0.0	0.0	0.0	0.0	1.7	3.9	7.9	6.0	15.9	8.1	15.1	41.4	0.0	100.0	47
Mullaitivu	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(2.4)	(9.5)	(22.0)	(4.3)	(14.0)	(22.0)	(25.8)	(0.0)	(100.0)	6
Kilinochchi	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(1.4)	(0.0)	(8.7)	(12.4)	(10.2)	(10.5)	(16.8)	(40.1)	(0.0)	(100.0)	11
Batticaloa	0.0	0.0	0.0	0.0	0.0	2.5	4.7	11.3	9.8	19.4	13.6	14.0	24.6	0.0	100.0	118
Trincomaleo	0.0	0.0	0.0	0.5	0.7	1.3	1.4	1.1	0.7	9.0	19.5	19.7	33.0	0.0	100.0	191
Kurunegala	0.0	0.0	0.0	0.0	0.0	0.0	2.0	9.2	5.5	9.0	13.6	16.8	16 2	0.0	100.0	367
Puttalam	0.0	0.0	0.0	0.0	1 9	0.0	3.0	6.0	63	9.0	10.0	11.0	40.2	0.0	100.0	151
	0.0	0.0	0.0	0.0	0.8	0.7	4 3	2.5	10.0	20.2	18.5	14.0	29.7	0.0	100.0	157
Polonnaruwa	0.0	0.0	0.0	0.0	0.0	0.0	5.8	3.5	9.9	12.3	16.0	19.3	32.3	0.0	100.0	133
Badulla	0.0	0.0	0.0	1.6	0.0	0.0	0.8	6.0	14.7	8.3	17.5	18.7	32.3	0.0	100.0	152
Monaragala	0.0	0.0	0.0	0.0	0.0	0.0	1.2	6.4	8.0	12.2	14.9	11.9	45.3	0.0	100.0	111
Ratnapura	0.0	0.0	0.0	0.0	0.0	0.4	2.0	4.9	8.4	10.0	14.8	17.0	42.5	0.0	100.0	301
Kegalle	0.3	0.4	0.0	0.0	0.6	0.0	1.8	3.9	7.6	8.4	8.5	17.8	50.8	0.0	100.0	216
Wealth guintile																
Lowest	0.0	0.0	0.0	0.3	0.3	0.1	2.0	5.2	5.5	7.5	14.3	12.2	52.6	0.0	100.0	688
Second	0.0	0.1	0.1	0.1	0.5	0.7	2.8	4.6	5.7	10.4	13.5	15.5	46.2	0.0	100.0	917
Middle	0.0	0.0	0.0	0.1	0.2	0.8	2.9	6.1	7.9	10.5	12.9	16.5	42.1	0.0	100.0	1,050
Fourth	0.0	0.0	0.0	0.2	0.3	0.6	2.7	4.6	8.1	9.6	13.2	16.3	44.3	0.0	100.0	1,252
Highest	0.2	0.0	0.0	0.1	0.0	0.3	1.8	3.5	7.0	11.8	13.5	15.4	46.3	0.0	100.0	1,773
Total	0.1	0.0	0.0	0.1	0.2	0.5	2.4	4.6	7.0	10.3	13.4	15.4	45.8	0.0	100.0	5,681
Note: Figures i	n pare	enthes	es are	based	d on 2	25 - 49) unw	eighte	d case	es. An	asteri	isk ind	licates	s that	a figu	re is
based on fewer	than 2	25 unv	veight	ted cas	ses an	d has	been s	suppre	ssed.							

16.1.6 TREATMENT OF NON-COMMUNICABLE DISEASES

Table 16.7 presents the percentage of people suffering from specific NCDs that are being treated during the last 12 months by background characteristics. Almost all persons affected by NCDs at the time of the survey were receiving treatment. No variations are observed in the treatment coverage of NCDs by background characteristics.



	and and and	number of people suffering	2 2 2	0.0				0 ^'		6	7 18		37	C	~	ۍ د		2	0	N 4	5			<u> </u>	- ~	- -			, .	- ~	6	o ر	C	11	20	م !	ლ ფ	
	Cirrhosis	being treated	(81.4)	* *	* •		* 4	* *	*	* *	* *		* (88.4)	*	*	* *	*	*	* *	. 1	*	* *	*	* *		* *	* *	*	* *		*	* *	-	. u. * *	*	* •	* (81.6) 4	1
	/ disease	vumber or eople uffering	66 24		o ← 0	3		4 7	0	9.4	12 168		13 15	+	1	0 F	- @	Q	4 0	5 4	Σ	21	5			2	ωç	າດ	2	0 0	3	gc	5	13 52	25 25	20	00	
	hronic kidney	ercent r eing p eated s	0.6 3	4 4	1	- 4		4.0) 2	5.3) 2	3.0) 4 3.8 7	1.1 8 8.7 2		0.7 6 3.8 5	-	1.5) 3	6.5) 4	- 7	5.4) 3	- c	(z.v) 1	5	~ ~	2.9) 1		N -	2.3) 3	8 () 7	1	00.0) 6	9.3) 2	, ,	3.5) 3	-	1.7	2.9	1.0	α 0.0 5 α	2
	terrole C	iber of ble br aring tre	8 8 8 8	* *	* •	• •	* •	. (9	. 8) (0 8	6 8 8 8		1 90	*	6)	6) *	*	()	* \$	<u> </u>	*	* *	6)	* *	* *	2)	, α) ,	2 *	E é	8) Ø	*	8) *		δă	0	5 8	∞ ,	
	lood choles	nur peor	2,05 3,62	ς, τ	- 01	10	29	135 262	399	587 763	877 2,60		1,31 4.29	74	206	645 457	437	163	79	269 269	160	125 21	47	9	11	191	88 367	151	157	152	111	301 216	017	688 917	1,05	1,25	1,// 5,68	î
	High b	being treated	86.4 89.9	* *	* 1	• •	(66.5)	65.3 75.1	80.4	82.1 89.6	89.7 93.8		88.9 88.6	88.3	86.3	88.0 91.3	96.3	85.0	96.4	86.4	83.1	97.4 96.1	92.6	(84.9)	(98.2) 92.0	89.7	85.1 80.3	85.7	95.4	1 9.0 92.6	94.7	82.7 01 F	с. 1 р	90.2 89.4	87.8	87.9	88.7 88.6	
	Al. and and a	number of people suffering	128 235	с С		5	- m (6 18	15	27 34	48 186		57 298	ø	44	53 14	17	0	12	11	16	÷ +	- 2	- c	N	0 00 1	3 47	18	÷ +	14	6	• 18	0	83 62	06 66	81	71 363	
	Cancer	Percent being treated	87.9 86.3	* *	* •		* •	× *	*	(82.9) (87.2)	79.9 85.9		80.9 88.0	*	(86.0)	(77.8) *	*	*	* *	*	*	* *	*	* •	× *	*	, (78.2)	*	* *	*	*	* *		87.9 88.8	83.3	88.1 27.5	85.9 86.9	
anka 2016		number of people suffering	2,604 3,403		- 4 -	4 r	27	123 287	393	567 854	937 2,794		1,442 4.472	92	679	821 453	454	142	104	250 250	140	127 22	36	7	16 130	182	103 428	213	215	188	89	281 242	717	681 935	1,070	1,397	1,924 6.006	
cteristics Sri I	Diabetes	Percent being treated	92.5 95.0	* *	* 1		(75.5)	83.4 87.7	91.5	91.2 92.8	95.3 96.1		94.2 93.8	92.2	93.3	93.9 94.0	97.2	90.3	96.4	92.7 92.7	94.6	96.4 05.8	94.8	(97.6)	92.9	91.2	94.6 01 7	94.0	95.3 00.0	96.2	97.6	92.2 05.6	a0.0	93.9 93.4	92.7	93.9 5 1 5	94.8 93.9	
around chara		Number of people suffering	292 232	0.4	F 00 (·0 0	1 4 (5 15	=	0 8	63 356		59 433	24	35	45 C	1 2	11	17	24	12	œ ٣	n (0		71	32	10 55	21 8	¥.	ء 22	11	27	Q	147 122	35	82	78 525	
onths, by back	aralysis	ercent being reated	32.6 38.3							87.7)	37.0		37.5	96.5)	(0.68	36.2	68.8)									74.8)	88 7)		86.9)	94.1)		95.6)		79.1	38.3	38.7	35.8 35.1	
12 months the last 12 mo	hma	number or t people b suffering t	2,130 8 3,166 8	214	388	260	12	218 364	311	411 408	409 1,556		918 918 84.199 8	179 (592 (535	387	177	152	245	209	64 11	30	12	188	175	379	204	162	216	114	323	171	1,299	961	967	961 295 8	
during last	Wheezing ast	ercent being reated	80.3 86.2 96	81.9 8 7	- 9.4	0.0	1 6 6	9.9	30.7	37.5 36.5 2	39.7 31.3		22.6 25.3	0.2	30.9	35.4 10.5	0.0	34.8	8.5	8.0.8	34.5	31.2 8 5	9.2 0.2	33.6	7.0	8.98	80.7 86.7	74.5	91.3	C.10	94.9	7.2	7.70	0.42	99.0 98.0	36.3 	33.7 85.0	
ole diseases t are being tre		mberor pple t fering t	43 23	w u		- 1-		~ ~		05	99 55		90 80	0	49 8	16		2		o				0,1				. +			0,		<i>"</i>	4 ¢	65 8	05	2 3	
communical	blood press	ent per	3,0 5,6	04	r の (9) 33	14	381	675 1,0	1,1		1,8 6.6	25	1,2	1,0 616	99	24	21	9 F	20	130	57	13	18, 23	28	14	29.	26	375	16(46(07	4, t. 4, t.	1,6	1,8	2,7 8,6	•
from non-c	High	beinc beinc treate	92.9 93.2	* *	* 1	• •	(62.4	29.9 79.5	85.9	87.7 91.8	93.5 96.5		93.7 93.0	91.0	93.2	94.6 95.6	96.2	91.0	94.7	92.0 91.9	91.7	94.5 08.4	50.08	95.9	89.1 91.1	89.1	86.0 04 1	92.7	91.8	0.79 94.0	93.6	89.5 07 2	7.16	91.0 93.0	92.8	93.9	94.1 93.1	
ple suffering	ese est	people suffering	1,197 1,177	29	47	2 4	2 2 2	3 8 8	111	151 275	299 1,246		452 1.812	111	306	268 163	202	95	95	115	45	33	11	4 (30	61	32 172	63	54	4.5 118	43	153 107	101	510 480	400	473	510 2.374	
nent of Peo	Heart dise	Percent being treated	91.1 91.8	(73.8)	(67.1)	(66.3) *	(66.5)	(82.7) 82.6	84.7	83.6 92.8	94.5 95.9		93.1 91.1	89.0	92.9	94.4 94.0	94.6	85.4	93.6 67.6	07.0 84.5	(93.2)	(88.2) *	(72.2)	*	(88.9) (90.3)	90.8	(88.4) on 3	89.9	(97.4)	(/ 9.0) 93.0	(6.96)	88.1 05.2	2.08	88.8 90.7	89.5	93.3 2 4 4	94.4 91.4	
e 16.7: Treatr		nd ncteristic	ale ìmale		14	-19	-29)-34 :-39	44	-54 -54	5-59 1 +	dence	rban Jrai	state ict	oquoic	ampaha Mutara	andy	atale	uwaraeliya	alle atara	am bantota	affna annar	annar avuniya	ullaitivu	Ilhochchi afficaloa	npara	incomalee	uttalam	Josephapura	adulla	onaragala	atnapura	th quintile	owest	iddle	ourth ·	ghest	
Table		grour chara	Sex ⊼ex ∏e	Age ∂5	96;	5 2	32 2	3 8	4	4 G	5£ 60	Resid	5 2	Distri	ŭ	ŭ x	X X	ž	źċ	≊ و	Ϋ́	βų	≦ \$	žš	z ű	i ¥ i		2 2	Ϋ́	Ĭ	ž	Ϋ́Υ	Weal	ч У Ч	5 Z	й : -	Total Total	

16.2 ACCIDENTS

In the 2016 SLDHS, interviewers inquired about accidents among members of the household during the 12 months before the survey, and if the person affected by the accident received treatment in a hospital or clinic at the time of the accident. Table 16.8 presents the percentage of people having an accident during the last 12 months by type of accidents and background characteristics. The types of accidents referenced are road accidents, serious burns, serious falls, fall into water, suffering any kind of poisoning, animal bites, snake bites, serious cut, electric shock or natural disaster. At the level of the total population, accidents appear to have very low prevalence (1 percent or less, Table 16.8). According to the survey findings, road accidents, serious falls and animal bites have the highest prevalence at only 1 percent. Results also indicate that the male population is more prone to accidents than the female population, particularly in the case of road accidents and serious falls. Road accidents tend to be concentrated among the population age 20-39, while serious falls mostly affect the population 50 years or older. No clear pattern seems to appear from the data by the other background characteristics (religion, ethnicity, place of residence, or household wealth)



Percentage of people r	aving an acci	dent during	the last 12 m	onths by typ	e of accider	it and back	kground chara	acteristics, S	ri Lanka 201	6	
Background	Road	Serious Burns	Serious Fall	Fall in to the a water	Suffer of ny kind of poisoning	Animal bites	Bitten by a	Serious	Electric	Natural disaster	Number of household members
Sox					<u>-</u>						
Male	1.7	0.1	1.1	0.0	0.1	1.1	0.4	0.5	0.1	0.6	50.273
Female	0.4	0.1	0.8	0.0	0.2	1.0	0.3	0.2	0.1	0.5	55,674
Age											
<5	0.1	0.3	0.3	0.0	0.1	0.7	0.0	0.1	0.0	0.4	8,373
5-9	0.3	0.1	1.0	0.0	0.1	1.4	0.2	0.3	0.1	0.5	9,152
10-14	0.6	0.1	0.8	0.0	0.1	1.6	0.2	0.2	0.0	0.5	8,928
20-24	1.8	0.0	0.7	0.0	0.1	0.6	0.3	0.2	0.0	0.0	7.037
25-29	1.3	0.1	0.4	0.0	0.1	0.7	0.1	0.4	0.1	0.6	6,675
30-34	1.5	0.1	0.6	0.0	0.1	0.8	0.4	0.4	0.1	0.6	7,644
35-39	1.7	0.1	0.8	0.0	0.1	0.8	0.4	0.6	0.1	0.6	7,879
45-49	1.3	0.2	0.9	0.0	0.3	1.0	0.5	0.5	0.1	0.7	6.534
50-54	1.1	0.1	1.4	0.0	0.2	1.0	0.6	0.5	0.0	0.6	6,789
55-59	1.0	0.1	1.3	0.0	0.2	1.1	0.4	0.4	0.0	0.6	6,092
60 +	0.7	0.1	1.7	0.0	0.2	1.2	0.5	0.3	0.1	0.4	16,117
Religion	10	0.4	4.0	0.0	0.0		0.4	0.0	0.4	0.4	75.000
Hindu	1.0	0.1	1.0	0.0	0.2	1.1	0.4	0.3	0.1	0.4	12 758
Islam	0.8	0.1	0.7	0.0	0.1	0.5	0.1	0.3	0.0	1.1	9,811
Roman Catholic	1.2	0.1	0.8	0.1	0.1	1.1	0.2	0.5	0.1	1.0	6,908
Other Christian	0.7	0.0	1.2	0.0	0.3	1.2	0.2	0.3	0.1	0.4	1,413
Other	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	55
Ethnicity	1.0	0 1	1.0	0.0	0.2	11	0.4	0.4	0.1	0.5	80 264
Sri Lanka Tamil	1.0	0.1	0.9	0.0	0.2	1.1	0.4	0.4	0.1	0.5	13 654
Indian Tamil	0.7	0.0	1.2	0.0	0.1	0.6	0.2	0.3	0.1	0.4	2,439
Sri Lanka moor											
/Muslim Malay	0.8	0.1	0.8	0.0	0.1	0.5	0.1	0.2	0.0	1.0	9,213
Burger	1.1	0.0	0.0	0.0	0.0	1.9	0.0	0.0	0.0	0.0	180
Other	(0.0)	(0.0)	(1.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	41
Residence											
Urban	1.1	0.1	0.9	0.0	0.2	1.0	0.1	0.3	0.0	1.0	17,491
Estate	0.4	0.1	0.9	0.0	0.2	0.6	0.4	0.3	0.1	0.5	83,923 4,534
District											
Colombo	1.4	0.2	1.0	0.0	0.3	0.8	0.1	0.3	0.1	3.6	10,663
Gampaha	1.0	0.1	0.8	0.0	0.1	0.5	0.2	0.3	0.0	0.6	10,892
Kalutara	1.4	0.1	1.2	0.0	0.1	0.8	0.3	0.4	0.0	0.1	6,506
Kandy Matale	0.7	0.2	1.4	0.0	0.2	1.1	0.2	0.3	0.1	0.1	7,333
Nuwara Eliya	0.4	0.1	1.0	0.0	0.1	1.1	0.3	0.3	0.1	0.0	3,450
Galle	1.3	0.1	1.2	0.0	0.1	1.3	0.5	0.4	0.1	0.4	5,709
Matara	1.2	0.1	0.8	0.0	0.2	0.9	0.3	0.1	0.0	0.1	4,407
Jambaniola	1.3	0.1	0.8	0.1	0.2	1.2	0.4	0.2	0.1	0.0	3,240
Mannar	0.5	0.1	0.3	0.0	0.1	0.1	0.4	0.1	0.1	0.0	508
Vavuniya	1.1	0.0	0.9	0.0	0.1	0.8	0.1	0.4	0.0	0.0	828
Mullaitivu	1.4	0.2	1.0	0.0	0.0	1.0	0.5	0.3	0.0	0.0	449
Batticaloa	1.0	0.1	0.8	0.0	0.0	1.9	0.0	0.3	0.0	0.0	2 841
Ampara	1.0	0.1	0.9	0.0	0.0	0.6	0.4	0.4	0.1	0.0	3,815
Trincomalee	1.7	0.1	0.8	0.1	0.1	0.9	0.3	0.1	0.1	0.2	2,045
Kurunegala	0.7	0.1	0.7	0.0	0.3	1.3	0.4	0.4	0.0	0.2	8,849
Anuradhapura	0.4	0.0	0.3	0.0	0.1	0.8	0.4	0.2	0.0	0.0	4,847
Polonnaruwa	1.1	0.2	0.8	0.0	0.1	1.5	0.4	0.4	0.0	0.0	2,170
Badulla	1.0	0.1	1.2	0.0	0.1	1.2	0.2	0.3	0.1	0.1	4,242
Ratnapura	0.3	0.3	U.6 1 1	0.0	0.1 0.2	0.8 2 0	0.4 1 1	0.3	0.0	0.0	2,604
Kegalle	0.4	0.0	0.9	0.0	0.0	0.8	0.2	0.1	0.0	0.3	4,408
Wealth quintile											
Lowest	0.9	0.1	1.3	0.0	0.1	1.3	0.6	0.5	0.1	0.5	21,113
Second	0.9	0.1	0.9 n a	0.0	0.1	1.2	0.5	0.4	0.1	0.5	21,193
Fourth	1.1	0.1	0.8	0.0	0.1	0.9	0.3	0.3	0.0	0.6	21,181
Highest	1.0	0.1	0.8	0.0	0.2	0.7	0.1	0.1	0.0	0.6	21,256
Total	1.0	0.1	0.9	0.0	0.2	1.0	0.4	0.3	0.1	0.5	105,947
			25 40								

16.3 MENTAL HEALTH

For the first time in the history of the SLDHS, data on mental illnesses and suicides were collected. These data were gathered because a population with good mental health is important for the country's development. Information on mental illnesses was gathered on whether a family member is currently undergoing any kind of treatment for mental illness and, if so, what kind of mental illness.

Table 16.9 includes the percentage of household members currently under treatment for any kind of mental illness. Globally, less than one percent (0.7 percent) of household members were undergoing treatment for any kind of mental illness. When considering the age of the member of the household, the higher percentages tend to be concentrated among the adult population (20 years and older) rather than in the younger population groups. Considering residence, there are no important differences between urban and rural sector residents (0.8% and 0.7% respectively), but the percentage is lower in the estates sector (0.3 percent)only).

When considering districts, the lowest percentage is observed in Nuwara Eliya district (0.3%), and the highest in the Kilinochchi district (1.1%). By wealth quintile, the highest rate is reported from the poorest households (1 percent) whereas the lowest rate is reported from the richest 20 percent of the households (only 0.4%). It can be hypothesized that as the social and economic status decreases, the intensity and pressure of social, cultural and economic problems due to poverty increase, and thus people in the lowest wealth quintile could be more affected from mental illnesses.

Table 16.9 Currently under treatments for mental illness

Percentage of household members currently under treatments for, any kind of mental illness by background characteristics, Sri Lanka, 2016 Total number of Currently under Background characteristic treatment household members Sex Male 0.7 50,273 Female 0.7 55,674 Age **<**5 0.0 8,373 5-9 0.2 9.152 10-14 03 8 928 15-19 8.046 0.3 7,037 20-24 0.6 25-29 06 6.675 30-34 0.7 7,644 35-39 0.7 7,879 40-44 6,681 1.1 45-49 1.2 6,534 50-54 0.9 6,789 55-59 1.2 6,092 60-64 14 5,353 65-69 0.7 4,381 70-74 2,963 1.1 1,696 75-79 1.3 80 +11 1.724 Residence Urban 0.8 17.491 Rural 0.7 83,923 Estate 0.3 4,534 District 0.8 10,663 Colombo Gampaha 0.8 10,892 Kalutara 0.6 6,506 7,333 Kandv 1.0 Matale 0.8 2.759 Nuwara Eliva 0.3 3,450 Galle 5 709 07 Matara 07 4,407 Hambantota 05 3.240 Jaffna 0.8 3,054 Mannar 0.5 508 Vavuniya 0.6 828 Mullaitivu 0.7 449 Kilinochchi 562 1.1 Batticaloa 0.5 2,841 Ampara 0.5 3,815 Trincomalee 0.5 2,045 Kurunegala 8,849 0.6 Puttalam 0.4 3.691 Anuradhapura 4,847 0.4 Polonnaruwa 2.170 10 Badulla 0.6 4,242 Moneragala 04 2.604 Ratnapura 0.7 6,076 Kegalle 1.0 4,408 Wealth guintile 1.0 Lowest 21,117 21,189 Second 0.8 Middle 0.6 21,200 Fourth 0.5 21,186 21,255 Highest 0.4 0.7 105,947 Total





According to Table 16.10, among people being treated for mental illnesses, the most common mental illness is depressive conditions, reported for 37 percent of the cases, followed by psychosis (17 percent). At the other extreme of the distribution, substance dependence appears with less than one percent. Compared to the male population, females tend to have higher percentages for depressive conditions, anxiety disorders and psychosis. For the remaining four categories of mental illnesses, higher rates are reported for male members of the household. When considering age groups, depressive conditions are higher among adult populations (20–74 years). The percentage of mental illnesses being treated by type of illness does not appear to be associated with the wealth of the household, since in the majority of the illnesses, the percentages are very similar across wealth quintile.

				Ment	al illness being tre	ated				I otal number o
Background characteristic	Depressive	Anxiety Disorder	Obsessive Compulsive Disorder	Alcohol Dependence /Abuse	Substance Dependence	Psychosis	Bipolar Disorder	Others	Don't Know	household members being treated
Sex										
Male	32.5	3.8	2.6	2.2	1.5	15.1	4.6	7.4	23.2	346
Female	40.2	9.7	0.7	0.0	0.0	18.0	4.1	9.9	16.1	375
Age										
<5	*	*	*	*	*	*	*	*	*	1
5-9	*	*	*	*	*	*	*	*	*	21
10-14	*	*	*	*	*	*	*	*	*	24
15-19	(25.2)	(4.7)	(6.3)	(0.0)	(0.0)	(4.5)	(0.0)	(0.0)	(13.7)	27
20-24	(30.8)	(3.6)	(3.1)	(3.6)	(5.5)	(12.2)	(5.9)	(6.2)	(21.6)	39
25-29	(41.6)	(4.3)	(0.0)	(0.0)	(0.0)	(20.7)	(1.6)	(14.2)	(4.3)	42
30-34	46.7	4.6	2.7	0.0	2.7	14.4	1.1	6.1	8.1	51
35-39	31.9	5.1	0.0	0.0	0.0	19.0	0.0	5.2	24.1	57
40-44	40.0	3.7	1.0	1.6	0.0	17.9	3.6	10.1	26.0	71
45-49	42.5	6.0	0.0	1.6	0.0	26.9	9.2	11.1	13.0	78
50-54	29.8	5.2	0.0	0.0	0.0	29.6	8.1	20.5	23.2	58
55-59	36.5	8.6	5.4	0.0	0.0	10.1	9.6	4.4	26.0	70
60-64	39.5	7.3	2.7	3.1	2.2	19.1	5.6	7.2	17.9	77
65-69	(44.1)	(15.3)	(0.0)	(5.1)	(0.0)	(6.7)	(3.8)	(0.0)	(20.8)	30
70-74	(32.5)	(23.0)	(0.0) ,	(0.0) ,	(0.0) ,	(16.7)	(0:0) *	(15.7)	(21.9)	34
60.1	÷ *	÷ *	÷ *	÷ *	÷ *	. *	÷ *	÷ *	. *	10
80 +	÷	÷	÷	÷	÷	÷	÷	÷	÷	Т
Residence										
Urban	39.1	3.3	1.0	1.1	0.0	24.5	3.3	16.3	18.5	131
Rural	35.4	7.8	1.8	1.1	0.9	14.9	4.3	7.0	19.6	575
Estate	(54.3)	(2.6)	(0.0)	(0.0)	(0.0)	(12.3)	(13.2)	(6.5)	(23.7)	15
Wealth quintile										
Lowest	39.1	5.2	2.6	0.6	1.2	16.3	4.6	6.7	19.6	221
Second	30.2	7.4	0.0	1.4	1.6	14.8	7.8	8.2	26.2	163
Middle	34.8	8.4	1.6	0.9	0.0	18.4	2.4	5.4	14.7	133
Fourth	38.9	11.4	1.2	1.1	0.0	16.6	2.2	13.7	14.2	112
Highest	40.8	2.1	2.8	1.6	0.0	17.8	2.7	13.0	20.8	93
Total	36.5	6.9	1.6	1.1	0.7	16.6	4.3	8.7	19.5	721

16.3.1 SUICIDES

According to World Health Organization "suicide is the act of deliberately killing oneself". Why do people deliberately end their lives before their natural death? This may happen due to mental or physical illness, inability to cope with the break-ups of human relationships, inability to bear day-to-day stress, and financial problems. In addition, experiencing conflict, disaster, violence, abuse or loss and a sense of isolation are strongly associated with suicidal behavior.

Although every person has to face such problems in their day-to-day lives, their mental status and their personality determines how they react to the situation. Every suicide is a tragedy that affects families, communities and the entire country and has long lasting effects on the people left behind. Because it is a serious social problem, it is useful to conduct a survey to determine its prevalence, and find out methods to minimize the suicide rate.

The 2016 SLDHS collected information at the household level to learn if at least one person has tried to commit suicide or if there are households in which anyone has actually committed suicide during the 12 months preceding the survey. According to Table 16.11, the survey found less than one percent of households in which at least one person has tried to commit suicide during the year before the survey (0.5 percent).

When considering residence, the rural sector has the maximum percentage of 0.6 percent of households in which at least one person has tried to commit suicide, compared to only 0.3 percent among those

residents of the urban and estates sectors. However, the estate sector is the only sector in which anyone actually committed suicide (0.2 percent).

Considering districts of residence, the lowest value of households in which at least one person has tried to commit suicide is reported in Nuwara Eliya (0.1 percent) and the maximum is reported in Mullaitivu district (1.1 percent). When considering households in which anyone has actually committed suicide, Puttalam district has the highest rate of 0.3%.

According to the wealth quintile, the highest percentage of households in which at least one person has tried to commit suicide and in which anyone has actually committed suicide is reported in the lowest wealth quintile, with 0.8 percent and 0.1 percent respectively.

Table 16.11 Suicides
Percentage of households in which at least 1 person has tried to commit suicide and percentage of households in which anyone has actually committed suicide, in the last 12 months by background characteristics, Sri Lanka, 2016
Total number of

			Total number of
Background characteristic	Tried to commit suicide	Committed Suicide	households
, , , , , , , , , ,			
Residence			
Urban	0.3	0.0	4.309
Rural	0.6	0.0	21,778
Estate	0.3	0.2	1,122
District			
Colombo	0.4	0.0	2 722
Gampaha	0.4	0.0	2 815
Kalutara	0.2	0.0	1 618
Kandy	0.8	0.1	1 872
Matale	0.8	0.0	720
Nuwara Eliva	0.1	0.0	895
Galle	0.4	0.0	1 461
Matara	0.3	0.0	1 107
Hambantota	0.7	0.0	846
Jaffna	0.5	0.0	720
Mannar	0.9	0.1	126
Vavuniva	0.5	0.0	199
Mullaitivu	11	0.0	116
Kilinochchi	1.0	0.0	141
Batticaloa	0.9	0.0	699
Ampara	0.6	0.0	909
Trincomalee	0.3	0.0	507
Kurunegala	0.6	0.1	2 416
Puttalam	1.0	0.3	1.007
Anuradhapura	0.3	0.0	1,245
Polonnaruwa	0.3	0.0	577
Badulla	0.4	0.1	1.114
Moneragala	0.2	0.0	678
Ratnapura	0.7	0.1	1.567
Kegalle	0.3	0.0	1,134
Wealth quintile			
Lowest	0.8	0.1	6 147
Second	0.0	0.1	5 502
Middle	0.3	0.0	5 305
Fourth	0.5	0.0	5 163
Highest	0.2	0.0	5,094
l otal	0.5	0.0	27,210

16.4 TOBACCO USE

Smoking has a powerful, negative impact on a population's health. Smoking is a known risk factor for cardiovascular diseases. It causes lung cancer and other forms of cancer, and it contributes to the severity of pneumonia, emphysema, and chronic bronchitis. It may also have an impact on individuals who are exposed to secondhand smoke. For example, inhaling secondhand smoke may adversely affect children's growth and cause childhood illnesses, especially respiratory diseases. Because smoking is an acquired behavior, all morbidity and mortality caused by smoking is preventable.

As shown in Table 16.12 below, in 34 percent of households included in the 2016 SLDHS, at least one member smokes tobacco and another 29 percent use smokeless tobacco. The percentage of 'ever use smoke tobacco' of tobacco by sector of residence is higher among rural residents. By district the higher percentages are observed in Matale, Hambantota, Polonnaruwa and Galle (all higher than 40 percent) and the lowest (less than 25 percent) in Mannar, Jaffna, Vavuniya and Batticaloa districts.

Smoke tobacco consumption declines with the wealth of the household. The percentage is highest among the poorest households (40 percent compared to 24 among the richest ones).

Table 16.12 Ever used tobacco			
Percentage of households in which at	least one member ha	as used tobacc	o or smokeless
tobacco according to background char	acteristics Sri Lanka	2016	
	Ever u	sed	
		Smokeless	Total number of
Background characteristic	Smoke tobacco	tobacco	households
Residence			
Urban	31.6	14.4	4,309
Rural	34.5	30.5	21,778
Estate	31.6	53.0	1,122
District			
District	26.1	10 0	2 722
Company	30.1	10.0	2,722
Kalutara	32.9	20.3	2,010
Kandy	35.6	10/	1,010
Matale	45.8	25.2	720
Nuwara Eliva	31.6	43.1	895
Galle	40.5	31.3	1 461
Matara	33.6	31.6	1,401
Hambantota	44 0	34.0	846
Jaffna	22.0	12.6	720
Mannar	19.7	10.9	126
Vavuniva	23.8	14.4	199
Mullaitivu	29.4	25.2	116
Kilinochchi	25.4	24.8	141
Batticaloa	22.1	24.0	699
Ampara	26.9	22.7	909
Trincomalee	25.8	18.8	507
Kurunegala	32.0	34.4	2,416
Puttalam	25.8	26.2	1,007
Anuradhapura	38.9	21.1	1,245
Polonnaruwa	42.5	42.3	577
Badulla	34.8	35.1	1,114
Moneragala	38.3	34.9	678
Ratnapura	36.6	53.9	1,567
Kegalle	25.4	26.4	1,134
Wealth quintile			
Lowest	39.7	39.9	6,149
Second	37.7	36.3	5,504
Middle	35.6	30.3	5,301
Fourth	31.6	22.9	5,164
Hignest	23.6	12.2	5,094
Total	33.9	28.9	27,210



16.5 INDOOR SMOKING POLICY

Women surveyed were questioned regarding the policy on smoking tobacco in their workplaces. Eighty-six percent of the workplaces did not allow smoking anywhere in the workplace, 9 percent allowed smoking either anywhere (3 percent) or in some areas (6 percent), and the remaining five percent either did not have a policy (4 percent) or did not know (1 percent).

Greater restrictions for indoor smoking in the workplace is observed among respondents from both the urban and rural sectors (86 percent) and among respondents from the following districts: Kegalle, Anuradhapura, Polonnaruwa, Matale, Matara, and Mullaitivu, in which 91 percent or more do not allow smoking anywhere. By social and economic status, the restrictions for indoor smoking is greater among respondents with higher levels of education and greater household wealth (Table 16.13).

Table 16.13: Indoor smoking policy of ever-married women work place Percentage distribution of ever-married women working mostly inside by indoor smoking policy of their work place, according to background characteristics, Sri Lanka 2016									
	Smoking	Smoking	Not				Total number of		
	allowed	allowed in	allowed				Women working		
Background characteristic	anywhere	some area	anywhere	No policy	Don't know	Total	inside		
Residence	0.4	0.5	00.4			400.0	000		
Urban	2.1	6.5	86.4	3.6	1.4	100.0	893		
Rural	2.0	6.U	80.4	4.1	0.9	100.0	3,453		
Estate	0.4	5.2	6U. I	3.9	4.4	100.0	01		
District									
Colombo	2.5	5.4	87.5	3.1	1.5	100.0	633		
Gampaha	2.1	5.0	88.7	3.3	0.9	100.0	635		
Kalutara	1.8	7.4	82.3	6.6	1.9	100.0	386		
Kandy	3.6	7.7	84.0	2.8	1.8	100.0	315		
Matale	0.0	3.6	94.3	2.1	0.0	100.0	111		
Nuwara Eliya	9.5	3.8	82.8	3.4	0.6	100.0	58		
Galle	3.4	6.5	85.0	3.5	1.6	100.0	256		
Matara	0.3	6.3	91.3	1.5	0.6	100.0	190		
Hambantota	0.5	6.4	89.4	2.8	0.9	100.0	112		
Jaffna	0.0	10.7	84.0	2.3	3.1	100.0	111		
Mannar	7.2	9.5	78.1	3.4	1.8	100.0	12		
Vavuniya	(0.0)	(0.0)	(81.6)	(18.4)	(0.0)	100.0	14		
Mullaitivu	0.0	2.5	93.0	4.6	0.0	100.0	16		
Kilinochchi	0.0	2.7	77.7	18.4	1.2	100.0	16		
Batticaloa	3.6	2.1	85.5	4.3	4.6	100.0	84		
Ampara	0.7	6.0	81.2	12.0	0.0	100.0	105		
Trincomalee	8.8	6.9	75.9	8.4	0.0	100.0	55		
Kurunegala	3.9	6.4	83.8	5.4	0.4	100.0	397		
Puttalam	8.3	6.4	82.7	2.6	0.0	100.0	127		
Anuradhapura	0.0	5.1	93.1	0.8	1.0	100.0	140		
Polonnaruwa	1.2	4.3	94.5	0.0	0.0	100.0	78		
Badulla	1.2	10.1	83.8	4.9	0.0	100.0	118		
Moneragala	2.9	11.0	83.0	1.8	1.4	100.0	68		
Ratnapura	5.1	6.5	80.9	7.6	0.0	100.0	224		
Kegalle	0.6	2.6	95.0	0.8	1.0	100.0	165		
Education	40.0		~~ -		40 -	100.0			
No education	10.6	6.3	68.7	3.8	10.7	100.0	60		
Passed Grade 1-5	7.8	8.4	72.4	6.7	4.7	100.0	1/4		
Passed Grade 6-10	3.6	7.5	83.1	4.7	1.1	100.0	1,344		
Passed G.C.E.(0/L) or equivalent	2.4	6.0	85.0	4.7	2.0	100.0	813		
Passed G.C.E.(A/L) or equivalent	1.5	5.2	90.3	2.9	0.1	100.0	1,348		
Degree and above	1.1	4.5	91.3	3.0	0.2	100.0	680		
Wealth quintile									
Lowest	57	9.1	75.9	5.6	3.6	100.0	445		
Second	3.6	8.0	81 7	5.8	1.0	100.0	686		
Middle	27	4.8	87.0	4.2	1.0	100.0	825		
Fourth	2.7	4 7	89.0	3.1	0.8	100.0	1 020		
Highest	1.3	5.9	89.3	3.0	0.3	100.0	1,451		
, i i i i i i i i i i i i i i i i i i i							, -		
Total	2.6	6.1	86.3	4.0	1.1	100.0	4,427		

16.6 ALCOHOL AND OTHER DRUG USE AND CONSUMPTION

In the 2016 SLDHS, respondents were asked if any of the household members currently drink alcohol, use ganja, or use heroin. Table 16.14 shows that in 37 percent of households at least one member currently consumes alcohol and less than one percent have used either ganja (0.4 percent) or heroin (0.1 percent).

According to the place of residence, households from the estate sector recorded a higher consumption of alcohol (45 percent) than those of the urban or rural sectors (35 and 37 percent, respectively). As with the analysis of many other indicators, the percentage of alcohol use by members of the household has greater variation across districts: Ratnapura, Kalutara and Galle districts with 47 percent each, and Jaffna, Trincomalee and Ampara with less than half of this percentage (22 percent). Household wealth does not differentiate the percentage of alcohol use by members of the household.

Table 16.14 : Current drugs consumption in household Percentage of households in which at least one member currently drinks alcohol, uses ganja or uses heroin according to background characteristics, Sri Lanka 2016									
	Percentage of households in which at least one								
	member currently								
Background characteristic	Drink alcohol	Use ganja	Use heroin	households					
Residence									
Urban	34.6	0.3	0.3	4,309					
Rural	37.4	0.4	0.0	21,778					
Estate	44.9	0.4	0.0	1,122					
District									
Colombo	39.8	0.5	0.4	2,722					
Gampaha	42.9	0.2	0.1	2,815					
Kalutara	46.7	0.5	0.0	1,618					
Kandy	33.9	0.1	0.0	1,872					
Matale	41.7	0.4	0.0	720					
Nuwara Eliya	35.6	0.4	0.0	895					
Galle	47.3	0.4	0.0	1,461					
Matara	38.0	0.1	0.0	1,107					
Hambantota	35.0	1.0	0.1	846					
Jaffna	21.6	0.0	0.0	720					
Mannar	24.8	0.1	0.0	126					
Vavuniya	28.4	0.2	0.0	199					
Mullaitivu	31.0	0.0	0.0	116					
Kilinochchi	26.5	0.0	0.0	141					
Batticaloa	23.2	0.5	0.0	699					
Ampara	22.3	0.4	0.0	909					
Trincomalee	21.9	0.3	0.2	507					
Kurunegala	29.8	0.1	0.0	2,416					
Puttalam	35.2	1.2	0.0	1,007					
Anuradhapura	36.5	0.3	0.0	1,245					
Polonnaruwa	42.5	0.3	0.0	577					
Badulla	41.2	0.5	0.1	1,114					
Moneragala	45.7	1.5	0.1	678					
Ratnapura	47.8	0.5	0.0	1,567					
Kegalle	31.5	0.1	0.0	1,134					
Wealth quintile									
Lowest	38.5	0.7	0.1	6,149					
Second	37.2	0.5	0.0	5,504					
Middle	37.5	0.4	0.1	5,301					
Fourth	37.3	0.2	0.0	5,164					
Highest	35.7	0.1	0.0	5,094					
Total	37.3	0.4	0.1	27,210					

