

**Key Findings**

- **Non-Communicable Diseases:** 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 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.

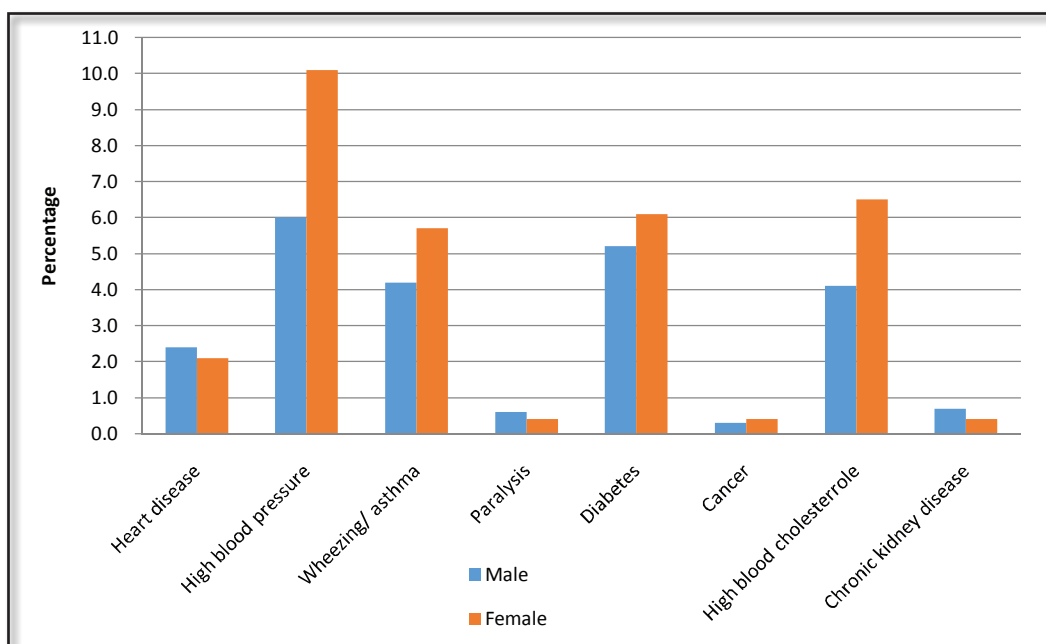
**Table 16.1: People suffering from non communicable diseases during last 12 months**

Percentage of people suffering from diseases during the last 12 months, by background characteristics, Sri Lanka 2016										
Background characteristic	Heart disease	High blood pressure	Wheezing/ asthma	Paralysis	Diabetes	Cancer	High blood cholesterol	Chronic kidney disease	Cirrhosis	Number of household members
<b>Sex</b>										
Male	2.4	6.0	4.2	0.6	5.2	0.3	4.1	0.7	0.1	50,273
Female	2.1	10.1	5.7	0.4	6.1	0.4	6.5	0.4	0.0	55,674
<b>Age</b>										
<5	0.3	0.0	2.6	0.0	0.0	0.0	0.0	0.0	0.0	8,373
5-9	0.5	0.0	4.3	0.0	0.1	0.0	0.0	0.1	0.0	9,152
10-14	0.5	0.1	4.3	0.0	0.0	0.1	0.0	0.1	0.0	8,928
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
30-34	0.5	1.6	2.9	0.1	1.6	0.1	1.8	0.2	0.0	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	6.3	0.3	8.7	0.4	9.0	0.7	0.1	6,534
50-54	4.1	14.8	6.0	0.5	12.6	0.5	11.2	1.1	0.1	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
<b>Religion</b>										
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	1.9	8.6	3.7	0.4	7.3	0.2	6.3	0.4	0.0	9,811
Roman Catholic	2.3	9.6	6.1	0.6	7.1	0.5	6.1	0.4	0.1	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
<b>Ethnicity</b>										
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 Tamil	2.4	6.0	3.2	0.5	2.2	0.3	1.4	0.3	0.0	2,439
Sri Lanka moor /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
Burger	2.0	6.8	8.2	0.0	8.9	0.0	5.4	0.0	0.0	180
Other	(0.0)	(0.0)	(5.9)	(0.0)	(11.1)	(0.0)	(0.0)	(0.0)	(0.0)	41
<b>Residence</b>										
Urban	2.6	10.3	5.2	0.4	8.2	0.3	7.5	0.4	0.1	17,491
Rural	2.2	7.9	5.0	0.5	5.3	0.4	5.1	0.6	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
<b>District</b>										
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	5.6	0.4	7.0	0.2	7.0	0.3	0.0	6,506
Kandy	2.7	9.1	5.3	0.5	6.2	0.2	6.0	0.4	0.0	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	5.8	0.4	5.3	0.5	6.4	0.5	0.0	5,709
Matara	2.6	8.0	5.6	0.5	5.7	0.3	6.1	0.3	0.1	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
Mannar	0.5	5.6	2.1	0.5	4.3	0.2	4.2	0.2	0.0	508
Vavuniya	1.4	6.8	3.6	0.7	3.6	0.2	5.7	1.8	0.0	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
Batticaloa	1.1	6.5	6.6	0.6	4.6	0.1	4.2	0.4	0.1	2,841
Ampara	1.6	7.4	4.6	0.9	4.8	0.2	5.0	0.8	0.1	3,815
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
Puttalam	1.7	8.0	5.5	0.6	5.8	0.5	4.1	0.5	0.0	3,691
Anuradhapura	1.1	5.5	3.3	0.7	4.4	0.2	3.2	1.3	0.0	4,847
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
Monaragala	1.6	6.1	4.4	0.4	3.4	0.4	4.3	0.5	0.0	2,604
Ratnapura	2.5	7.7	5.3	0.4	4.6	0.3	5.0	0.6	0.1	6,076
Kegalle	2.4	6.5	2.9	0.4	4.8	0.2	4.9	0.2	0.0	4,408
<b>Wealth quintile</b>										
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	5.2	0.6	4.4	0.3	4.3	0.7	0.0	21,193
Middle	1.9	7.9	4.5	0.4	5.0	0.3	5.0	0.6	0.0	21,204
Fourth	2.2	8.5	4.6	0.4	6.6	0.4	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
<b>Total</b>	<b>2.2</b>	<b>8.2</b>	<b>5.0</b>	<b>0.5</b>	<b>5.7</b>	<b>0.3</b>	<b>5.4</b>	<b>0.6</b>	<b>0.0</b>	<b>105,947</b>

Note: Figures in parentheses are based on 25 - 49 unweighted cases.



**Figure 16.1 People 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) have the 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: Suffering from Heart diseases**

Percentage distribution of people suffering from Heart diseases by age group and background characteristics, Sri Lanka 2016

Background characteristic	Age													Don't know/missing	Total	Number of members
	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +			
<b>Sex</b>																
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
<b>Residence</b>																
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
<b>District</b>																
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	7.4	13.3	65.1	0.0	100.0	163
Kandy	0.7	3.2	3.8	2.6	1.4	0.2	3.4	2.9	3.6	5.9	11.3	9.0	52.1	0.0	100.0	202
Matale	1.0	6.1	1.5	1.3	1.5	2.5	0.0	4.0	3.8	6.1	21.0	11.5	39.8	0.0	100.0	95
Nuwaraeliya	3.0	4.9	3.3	2.1	1.2	0.5	1.8	4.8	1.2	15.3	17.6	11.0	33.4	0.0	100.0	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	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	4
Killinochchi	(0.0)	(4.4)	(7.9)	(2.8)	(5.0)	(4.7)	(0.0)	(0.0)	(15.5)	(9.8)	(7.6)	(13.7)	(28.6)	(0.0)	(100.0)	8
Batticaloa	(0.0)	(4.8)	(3.0)	(3.1)	(0.0)	(1.3)	(3.8)	(4.5)	(12.8)	(3.3)	(15.3)	(12.2)	(36.1)	(0.0)	(100.0)	30
Ampara	2.5	3.4	4.9	1.9	0.0	1.5	3.1	3.2	7.8	8.0	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	1.5	3.5	5.0	0.8	0.0	0.6	0.0	4.6	3.0	5.0	11.5	9.9	54.5	0.0	100.0	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
Badulla	0.9	0.0	0.9	1.0	0.5	0.0	0.0	3.2	7.1	9.5	15.9	18.0	42.9	0.0	100.0	118
Monaragala	(0.0)	(3.1)	(4.8)	(0.0)	(0.0)	(0.0)	(3.7)	(1.8)	(1.8)	(3.8)	(10.7)	(8.8)	(61.6)	(0.0)	(100.0)	43
Ratnapura	2.6	1.4	1.1	0.5	0.0	4.8	3.8	3.0	2.1	11.8	13.6	11.0	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
<b>Wealth quintile</b>																
Lowest	1.3	3.1	3.3	2.1	0.9	2.4	2.5	4.0	5.7	5.6	15.4	9.5	44.3	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
<b>Total</b>	<b>1.2</b>	<b>1.8</b>	<b>1.8</b>	<b>0.9</b>	<b>0.7</b>	<b>1.0</b>	<b>1.5</b>	<b>3.5</b>	<b>4.7</b>	<b>6.3</b>	<b>11.6</b>	<b>12.6</b>	<b>52.5</b>	<b>0.0</b>	<b>100.0</b>	<b>2,374</b>

Note: Figures in parentheses are based on 25 - 49 unweighted cases. An asterisk indicates that a figure is based on fewer than 25 unweighted cases and has been suppressed.



## 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.

Background characteristic	Age														Total	Number of members
	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +			
<b>Sex</b>																
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	
<b>Residence</b>																
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	
<b>District</b>																
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	
Monaragala	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	
Ratnapura	0.0	0.0	0.0	0.0	0.0	0.2	1.4	3.5	2.3	7.2	12.2	13.4	59.8	100.0	466	
Kegalle	0.0	0.3	0.0	0.0	0.0	0.3	0.4	1.6	3.4	6.3	8.4	16.6	62.8	100.0	285	
<b>Wealth quintile</b>																
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	
<b>Total</b>	<b>0.0</b>	<b>0.0</b>	<b>0.1</b>	<b>0.1</b>	<b>0.2</b>	<b>0.4</b>	<b>1.4</b>	<b>2.9</b>	<b>4.5</b>	<b>7.8</b>	<b>11.6</b>	<b>13.8</b>	<b>57.2</b>	<b>100.0</b>	<b>8,666</b>	

## 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: Suffering from Wheezing / Asthma															
Percentage distribution of people suffering from Wheezing / Asthma by age group and background characteristics, Sri Lanka 2016															
Background characteristic	Age													Total	Number of members
	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +		
<b>Sex</b>															
Male	6.2	11.2	10.5	6.1	3.3	2.2	2.9	5.1	4.3	5.3	6.4	6.7	29.8	100.0	2,130
Female	2.6	4.9	5.2	4.1	3.6	4.1	5.0	8.1	6.9	9.4	8.6	8.4	29.1	100.0	3,166
<b>Residence</b>															
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
<b>District</b>															
Colombo	4.0	7.0	10.1	6.6	4.8	3.9	5.6	5.9	5.7	8.7	7.1	7.8	22.9	100.0	592
Gampaha	5.3	7.5	7.7	6.1	2.6	2.0	3.1	7.9	6.7	7.8	7.5	7.1	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
Nuwaraeliya	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
<b>Wealth quintile</b>															
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
<b>Total</b>	<b>4.0</b>	<b>7.4</b>	<b>7.3</b>	<b>4.9</b>	<b>3.5</b>	<b>3.3</b>	<b>4.1</b>	<b>6.9</b>	<b>5.9</b>	<b>7.8</b>	<b>7.7</b>	<b>7.7</b>	<b>29.4</b>	<b>100.0</b>	<b>5,295</b>

#### 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 among the 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: Suffering from Diabetes**  
Percentage distribution of people suffering from Diabetes by age group and background characteristics, Sri Lanka 2016

Background characteristic	Age													Don't know /missing	Total	Number of members
	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +			
<b>Sex</b>																
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
<b>Residence</b>																
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
<b>District</b>																
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
Nuwaraeliya	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	7.2	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	7.5	7.8	13.7	17.1	50.4	0.0	100.0	250
Hambantota	0.0	0.0	0.0	0.0	0.0	0.0	1.5	5.9	11.3	8.6	12.3	16.1	44.2	0.0	100.0	140
Jaffna	0.0	0.0	0.0	0.7	0.0	1.2	2.1	3.9	6.5	8.9	11.7	15.2	49.8	0.0	100.0	127
Mannar	0.0	0.0	0.0	0.0	0.0	1.5	1.0	2.6	11.4	9.4	20.6	16.6	36.9	0.0	100.0	22
Vavuniya	0.0	0.0	0.0	0.0	0.0	1.2	1.4	4.0	7.6	9.1	11.6	15.2	49.8	0.0	100.0	30
Mullaitivu	(0.0)	(0.0)	(0.0)	(0.0)	(0.0)	(3.2)	(0.0)	(0.0)	(10.7)	(9.5)	(11.7)	(29.2)	(35.8)	(0.0)	(100.0)	7
Kilinochchi	0.0	0.0	2.1	0.0	0.0	0.0	1.9	5.7	8.2	12.5	6.3	12.5	50.8	0.0	100.0	16
Batticaloa	0.0	0.7	0.0	0.0	0.0	0.6	3.9	5.5	6.7	15.5	14.9	10.4	41.8	0.0	100.0	130
Ampara	0.0	0.0	0.0	0.5	1.1	0.6	0.9	6.9	9.0	9.1	16.7	19.3	35.9	0.0	100.0	182
Trincomalee	0.7	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
<b>Wealth quintile</b>																
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
<b>Total</b>	<b>0.0</b>	<b>0.1</b>	<b>0.1</b>	<b>0.1</b>	<b>0.1</b>	<b>0.5</b>	<b>2.0</b>	<b>4.8</b>	<b>6.5</b>	<b>9.4</b>	<b>14.2</b>	<b>15.6</b>	<b>46.5</b>	<b>0.0</b>	<b>100.0</b>	<b>6,006</b>

Note: Figures in parentheses are based on 25 - 49 unweighted cases. An asterisk indicates that a figure is based on fewer than 25 unweighted cases and has been suppressed.

### 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: Suffering from High blood cholesterol**

Percentage of people suffering from High blood cholesterol by age group and background characteristics, Sri Lanka 2016

Background characteristic	Age													Don't know /missing	Total	Number of members	
	<5	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60 +				
<b>Sex</b>																	
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	
<b>Residence</b>																	
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	
<b>District</b>																	
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	
Ampara	0.0	0.0	0.0	0.5	0.7	1.3	1.4	7.1	8.7	9.8	19.3	19.7	31.4	0.0	100.0	191	
Trincomalee	0.0	0.0	0.0	0.0	0.0	0.8	2.8	9.2	11.0	11.9	16.5	13.9	33.9	0.0	100.0	88	
Kurunegala	0.0	0.0	0.0	0.3	0.0	0.6	1.9	6.1	5.5	9.0	13.6	16.8	46.2	0.0	100.0	367	
Puttalam	0.0	0.0	0.0	0.0	1.9	0.7	3.0	6.0	6.3	9.5	10.8	11.9	49.8	0.0	100.0	151	
Anuradhapura	0.0	0.0	0.0	0.0	0.8	0.0	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	0.7	0.0	5.8	3.5	9.9	12.3	16.1	19.3	32.3	0.0	100.0	133	
Badulla	0.0	0.0	0.0	1.6	0.0	0.0	0.8	6.1	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	304	
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	
<b>Wealth quintile</b>																	
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	
<b>Total</b>	<b>0.1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.1</b>	<b>0.2</b>	<b>0.5</b>	<b>2.4</b>	<b>4.6</b>	<b>7.0</b>	<b>10.3</b>	<b>13.4</b>	<b>15.4</b>	<b>45.8</b>	<b>0.0</b>	<b>100.0</b>	<b>5,681</b>	

Note: Figures in parentheses are based on 25 - 49 unweighted cases. An asterisk indicates that a figure is based on fewer than 25 unweighted cases and has been suppressed.

### 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.



Back ground characteristic		Heart disease		High blood pressure		Wheezing asthma		Paralysis		Diabetes		Cancer		High blood cholesterol		Chronic kidney disease		Cirrhosis	
		Percent being treated	Number of people suffering	Percent being treated	Number of people suffering	Percent being treated	Number of people suffering	Percent being treated	Number of people suffering	Percent being treated	Number of people suffering	Percent being treated	Number of people suffering	Percent being treated	Number of people suffering	Percent being treated	Number of people suffering	Percent being treated	Number of people suffering
<b>Sex</b>																			
Male	91.1	1,197	92.9	3,023	83.3	2,130	82.6	292	92.5	2,604	87.9	128	86.4	2,059	90.6	366	(81.4)	34	
Female	91.8	1,177	93.2	5,643	86.2	3,166	88.3	232	95.0	3,403	86.3	235	89.9	3,622	86.5	224	*	13	
<b>Age</b>																			
<5	(73.8)	29	*	2	81.9	214	*	0	*	1	*	3	*	3	*	4	*	0	
5-9	(72.4)	42	*	4	83.7	392	*	4	*	7	*	2	*	1	*	10	*	0	
10-14	(67.1)	42	*	9	74.6	388	*	3	*	4	*	7	*	2	*	11	*	0	
15-19	(66.3)	22	*	6	75.0	260	*	6	*	4	*	5	*	7	*	13	*	0	
20-24	*	15	*	14	75.4	186	*	2	*	7	*	7	*	7	*	6	*	0	
25-29	(66.5)	23	(62.4)	33	79.3	177	*	4	(75.5)	27	*	3	(66.5)	29	*	7	*	3	
30-34	(82.7)	35	59.9	125	79.9	218	*	6	83.4	123	*	6	65.3	135	*	14	*	0	
35-39	82.6	83	79.5	254	84.1	364	*	15	87.7	287	*	18	75.1	262	(94.0)	27	*	2	
40-44	84.7	111	85.9	387	80.7	311	*	11	91.5	393	*	15	80.4	399	(85.3)	29	*	2	
45-49	83.6	151	87.7	675	87.5	411	*	20	91.2	567	(82.9)	27	82.1	587	(93.0)	46	*	5	
50-54	92.8	275	91.8	1,005	86.5	408	(87.7)	33	92.8	854	(87.2)	34	89.6	763	88.8	74	*	9	
55-59	94.5	299	93.5	1,199	89.7	409	87.0	63	95.3	937	79.9	48	89.7	879	91.1	82	*	7	
60 +	95.9	1,246	96.5	4,955	91.3	1,556	87.7	356	96.1	2,794	85.9	186	93.8	2,603	88.7	268	*	18	
<b>Residence</b>																			
Urban	93.1	452	93.7	1,806	82.6	918	87.5	69	94.2	1,442	80.9	57	88.9	1,311	90.7	63	*	10	
Rural	91.1	1,812	93.0	6,608	85.3	4,199	84.1	433	93.8	4,472	88.0	298	88.6	4,296	88.8	515	(88.4)	37	
Estate	89.0	111	91.0	252	90.2	179	(96.5)	24	92.2	92	*	8	88.3	74	*	11	*	0	
<b>District</b>																			
Colombo	92.9	306	93.2	1,249	80.9	592	(89.0)	35	93.3	979	(86.0)	44	86.3	907	(91.5)	37	*	8	
Gampaha	94.4	268	94.6	1,016	85.4	535	86.2	64	93.9	821	(77.8)	53	88.0	645	(96.5)	42	*	5	
Kalutara	94.0	163	95.6	616	90.5	366	*	27	94.0	453	*	14	91.3	457	*	17	*	0	
Kandy	94.6	202	96.2	664	90.0	387	(88.8)	34	97.2	454	*	17	96.3	437	*	28	*	3	
Matale	85.4	95	91.0	247	84.8	177	*	11	90.3	142	*	9	85.0	163	(95.4)	32	*	2	
Nuwaraeliya	93.6	95	94.7	214	88.5	152	*	17	96.4	104	*	12	96.4	79	*	14	*	0	
Galle	87.6	151	92.8	458	80.9	330	*	27	93.3	303	*	27	83.2	367	(80.2)	29	*	4	
Matara	84.5	115	91.9	351	83.8	245	*	24	92.7	250	*	11	86.4	269	*	14	*	2	
Hambantota	(93.2)	45	91.7	204	84.5	209	*	12	94.6	140	*	16	83.1	160	*	21	*	2	
Jaffna	(88.2)	33	98.4	138	81.2	64	*	8	96.4	127	*	1	97.4	125	*	22	*	0	
Mannar	*	2	98.4	29	98.5	11	*	3	95.8	22	*	1	96.1	21	*	1	*	0	
Vavuniya	(72.2)	11	89.0	57	79.2	30	*	6	94.8	30	*	2	92.6	47	(92.9)	15	*	0	
Mullaitivu	*	4	95.9	13	93.6	12	*	1	(97.6)	7	*	1	(84.9)	6	*	2	*	0	
Kilinochchi	(88.9)	8	89.1	29	76.2	21	*	2	92.9	16	*	2	92.0	11	*	2	*	0	
Batticaloa	(90.3)	30	91.1	185	86.9	188	*	17	93.5	130	*	3	92.0	118	*	10	*	3	
Ampara	90.8	61	89.1	283	86.8	175	(74.8)	32	91.2	182	*	8	89.7	191	(72.3)	32	*	4	
Trincomalee	(88.4)	32	86.0	147	80.7	120	*	10	94.6	103	*	3	85.1	88	*	18	*	3	
Kurunegala	90.3	172	94.1	737	86.7	379	(88.7)	55	91.7	428	(78.2)	47	89.3	367	(88.0)	50	*	3	
Puttalam	89.9	63	92.7	294	84.5	204	*	21	94.0	213	*	18	85.7	191	*	19	*	0	
Anuradhapura	(97.4)	54	91.8	268	91.3	162	(86.9)	34	95.3	215	*	11	95.4	157	(100.0)	61	*	1	
Polonnaruwa	(79.8)	43	83.9	182	81.5	159	*	9	92.0	118	*	7	79.0	133	(92.1)	35	*	1	
Badulla	93.0	118	94.0	375	81.7	216	(94.1)	22	96.2	188	*	14	92.6	152	(89.3)	29	*	0	
Monaragala	(96.9)	43	93.6	160	94.9	114	*	9	97.6	89	*	9	94.7	111	*	13	*	0	
Ratnapura	88.1	153	89.5	466	77.2	323	(95.6)	27	92.2	281	*	18	82.7	301	(83.5)	36	*	6	
Kegalle	95.2	107	97.2	285	92.2	127	*	20	95.6	212	*	8	91.5	216	*	10	*	0	
<b>Wealth quintile</b>																			
Lowest	88.8	510	91.0	1,404	84.9	1,299	79.1	147	93.9	881	87.9	83	90.2	688	91.7	113	*	11	
Second	90.7	480	93.0	1,512	84.2	1,107	87.1	122	93.4	935	88.8	62	89.4	89.4	91.5	152	*	5	
Middle	89.5	400	92.8	1,665	86.0	961	88.3	95	92.7	1,070	83.3	66	87.8	1,050	92.9	125	*	10	
Fourth	93.3	473	93.9	1,805	86.3	967	88.7	82	93.9	1,397	88.1	81	87.9	1,252	85.1	120	*	8	
Highest	94.4	510	94.1	2,280	83.7	94.8	85.8	78	94.8	1,924	85.9	71	88.7	1,773	84.0	80	*	13	
<b>Total</b>	<b>91.4</b>	<b>2,374</b>	<b>93.1</b>	<b>8,666</b>	<b>85.0</b>	<b>5,295</b>	<b>85.1</b>	<b>525</b>	<b>93.9</b>	<b>6,006</b>	<b>86.9</b>	<b>363</b>	<b>88.6</b>	<b>5,661</b>	<b>89.0</b>	<b>590</b>	<b>(81.6)</b>	<b>48</b>	

Note: Figures in parentheses are based on 25 - 49 unweighted cases. An asterisk indicates that a figure is based on fewer than 25 unweighted cases and has been suppressed.

## 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)



**Table 16.8 : People having an accident during the last 12 months**

Percentage of people having an accident during the last 12 months by type of accident and background characteristics, Sri Lanka 2016

Background characteristic	Road accident	Serious Burns	Serious Fall	Fall in to the water	Suffer of any kind of poisoning	Animal bites	Bitten by a snake	Serious cut	Electric shock	Natural disaster	Number of household members
<b>Sex</b>											
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
<b>Age</b>											
<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
15-19	1.0	0.0	0.6	0.0	0.1	1.0	0.3	0.3	0.0	0.6	8,046
20-24	1.8	0.1	0.7	0.0	0.2	0.6	0.3	0.2	0.1	0.7	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
40-44	1.4	0.1	0.8	0.0	0.1	1.0	0.6	0.5	0.1	0.7	6,681
45-49	1.3	0.2	0.9	0.0	0.3	1.4	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
<b>Religion</b>											
Buddhist	1.0	0.1	1.0	0.0	0.2	1.1	0.4	0.3	0.1	0.4	75,022
Hindu	0.9	0.1	1.0	0.0	0.1	0.9	0.3	0.3	0.1	0.5	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)	35
<b>Ethnicity</b>											
Sinhala	1.0	0.1	1.0	0.0	0.2	1.1	0.4	0.4	0.1	0.5	80,264
Sri Lanka Tamil	1.0	0.1	0.9	0.0	0.1	1.0	0.4	0.3	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	0.8	0.1	0.8	0.0	0.1	0.5	0.1	0.2	0.0	1.0	9,213
Malay	0.9	0.0	0.8	0.0	0.0	0.7	0.0	0.0	0.0	10.0	157
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
<b>Residence</b>											
Urban	1.1	0.1	0.9	0.0	0.2	1.0	0.1	0.3	0.0	1.0	17,491
Rural	1.0	0.1	0.9	0.0	0.2	1.1	0.4	0.3	0.1	0.5	83,923
Estate	0.4	0.1	1.2	0.0	0.1	0.6	0.5	0.4	0.1	0.0	4,534
<b>District</b>											
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	0.7	0.2	1.4	0.0	0.2	1.1	0.2	0.3	0.1	0.1	7,333
Matale	0.5	0.1	1.1	0.1	0.4	1.1	0.7	0.6	0.1	0.0	2,759
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
Hambantota	1.3	0.1	0.8	0.1	0.2	1.2	0.4	0.2	0.1	0.0	3,240
Jaffna	1.2	0.0	0.7	0.0	0.0	1.0	0.4	0.2	0.1	0.0	3,054
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
Kilinochchi	0.9	0.1	1.2	0.0	0.0	1.9	0.6	0.3	0.0	0.0	562
Batticaloa	1.0	0.0	0.8	0.0	0.1	1.6	0.3	0.3	0.1	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
Puttalam	1.5	0.1	0.7	0.1	0.1	1.1	0.4	0.7	0.2	0.8	3,691
Anuradhapura	0.4	0.0	0.3	0.0	0.1	0.8	0.3	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
Moneragala	0.3	0.3	0.6	0.0	0.1	0.8	0.4	0.3	0.0	0.0	2,604
Ratnapura	1.1	0.2	1.1	0.0	0.2	2.0	1.1	0.6	0.1	0.1	6,076
Kegalle	0.4	0.0	0.9	0.0	0.0	0.8	0.2	0.1	0.0	0.3	4,408
<b>Wealth quintile</b>											
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	0.0	0.1	1.2	0.5	0.4	0.1	0.5	21,193
Middle	1.1	0.1	0.9	0.0	0.1	1.1	0.3	0.3	0.0	0.5	21,204
Fourth	1.1	0.1	0.8	0.0	0.2	0.9	0.3	0.3	0.1	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
<b>Total</b>	<b>1.0</b>	<b>0.1</b>	<b>0.9</b>	<b>0.0</b>	<b>0.2</b>	<b>1.0</b>	<b>0.4</b>	<b>0.3</b>	<b>0.1</b>	<b>0.5</b>	<b>105,947</b>

Note: Figures in parentheses are based on 25 - 49 unweighted cases.

An asterisk indicates that a figure is based on fewer than 25 unweighted cases and has been suppressed.

### 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.

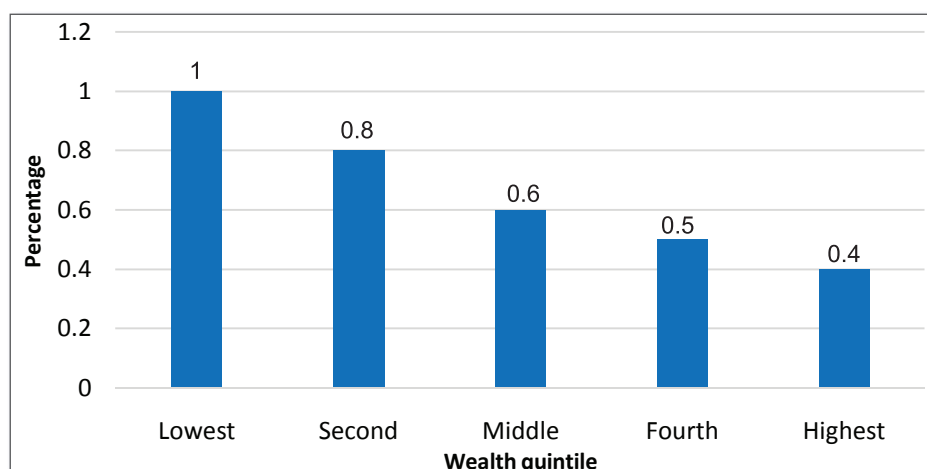
Table 16.9 includes the percentage of household members currently under treatment for any kind of mental illness. Globally, less than one percent (0.7 percent) of household members were undergoing treatment for any kind of mental illness. When considering the age of the member of the household, the higher 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.

Percentage of household members currently under treatments for, any kind of mental illness by background characteristics, Sri Lanka, 2016		
Background characteristic	Currently under treatment	Total number of household members
<b>Sex</b>		
Male	0.7	50,273
Female	0.7	55,674
<b>Age</b>		
<5	0.0	8,373
5-9	0.2	9,152
10-14	0.3	8,928
15-19	0.3	8,046
20-24	0.6	7,037
25-29	0.6	6,675
30-34	0.7	7,644
35-39	0.7	7,879
40-44	1.1	6,681
45-49	1.2	6,534
50-54	0.9	6,789
55-59	1.2	6,092
60-64	1.4	5,353
65-69	0.7	4,381
70-74	1.1	2,963
75-79	1.3	1,696
80 +	1.1	1,724
<b>Residence</b>		
Urban	0.8	17,491
Rural	0.7	83,923
Estate	0.3	4,534
<b>District</b>		
Colombo	0.8	10,663
Gampaha	0.8	10,892
Kalutara	0.6	6,506
Kandy	1.0	7,333
Matale	0.8	2,759
Nuwara Eliya	0.3	3,450
Galle	0.7	5,709
Matara	0.7	4,407
Hambantota	0.5	3,240
Jaffna	0.8	3,054
Mannar	0.5	508
Vavuniya	0.6	828
Mullaitivu	0.7	449
Kilinochchi	1.1	562
Batticaloa	0.5	2,841
Ampara	0.5	3,815
Trincomalee	0.5	2,045
Kurunegala	0.6	8,849
Puttalam	0.4	3,691
Anuradhapura	0.4	4,847
Polonnaruwa	1.0	2,170
Badulla	0.6	4,242
Moneragala	0.4	2,604
Ratnapura	0.7	6,076
Kegalle	1.0	4,408
<b>Wealth quintile</b>		
Lowest	1.0	21,117
Second	0.8	21,189
Middle	0.6	21,200
Fourth	0.5	21,186
Highest	0.4	21,255
<b>Total</b>	<b>0.7</b>	<b>105,947</b>



**Figure 16.2 Percentage of household members currently undergoing treatment for any kind of mental illness by wealth quintile**



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.



### 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.

Background characteristic	Tried to commit suicide	Committed Suicide	Total number of households
<b>Residence</b>			
Urban	0.3	0.0	4,309
Rural	0.6	0.0	21,778
Estate	0.3	0.2	1,122
<b>District</b>			
Colombo	0.4	0.0	2,722
Gampaha	0.4	0.1	2,815
Kalutara	0.2	0.0	1,618
Kandy	0.8	0.1	1,872
Matale	0.8	0.0	720
Nuwara Eliya	0.1	0.0	895
Galle	0.4	0.0	1,461
Matara	0.3	0.1	1,107
Hambantota	0.7	0.0	846
Jaffna	0.5	0.1	720
Mannar	0.9	0.2	126
Vavuniya	0.5	0.0	199
Mullaitivu	1.1	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
<b>Wealth quintile</b>			
Lowest	0.8	0.1	6,147
Second	0.7	0.0	5,502
Middle	0.3	0.0	5,305
Fourth	0.5	0.0	5,163
Highest	0.2	0.0	5,094
<b>Total</b>	<b>0.5</b>	<b>0.0</b>	<b>27,210</b>



## 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).

Background characteristic	Ever used		Total number of households
	Smoke tobacco	Smokeless tobacco	
<b>Residence</b>			
Urban	31.6	14.4	4,309
Rural	34.5	30.5	21,778
Estate	31.6	53.0	1,122
<b>District</b>			
Colombo	36.1	18.8	2,722
Gampaha	32.9	26.3	2,815
Kalutara	37.7	34.0	1,618
Kandy	35.6	19.4	1,872
Matale	45.8	25.2	720
Nuwara Eliya	31.6	43.1	895
Galle	40.5	31.3	1,461
Matara	33.6	31.6	1,107
Hambantota	44.0	34.0	846
Jaffna	22.0	12.6	720
Mannar	19.7	10.9	126
Vavuniya	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
<b>Wealth quintile</b>			
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
Highest	23.6	12.2	5,094
<b>Total</b>	<b>33.9</b>	<b>28.9</b>	<b>27,210</b>



## 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).

Background characteristic	Smoking allowed anywhere	Smoking allowed in some area	Not allowed anywhere	No policy	Don't know	Total	Total number of Women working inside
<b>Residence</b>							
Urban	2.1	6.5	86.4	3.6	1.4	100.0	893
Rural	2.6	6.0	86.4	4.1	0.9	100.0	3,453
Estate	6.4	5.2	80.1	3.9	4.4	100.0	81
<b>District</b>							
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
<b>Education</b>							
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	174
Passed Grade 6-10	3.6	7.5	83.1	4.7	1.1	100.0	1,344
Passed G.C.E.(O/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	688
<b>Wealth quintile</b>							
Lowest	5.7	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	2.7	4.8	87.0	4.2	1.4	100.0	825
Fourth	2.4	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
<b>Total</b>	<b>2.6</b>	<b>6.1</b>	<b>86.3</b>	<b>4.0</b>	<b>1.1</b>	<b>100.0</b>	<b>4,427</b>

## 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.

Background characteristic	Percentage of households in which at least one member currently			Total number of households
	Drink alcohol	Use ganja	Use heroin	
<b>Residence</b>				
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
<b>District</b>				
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
<b>Wealth quintile</b>				
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
<b>Total</b>	<b>37.3</b>	<b>0.4</b>	<b>0.1</b>	<b>27,210</b>

