

# Instrument at a Glance



## STEPS Risk Factors

	Core Items	Expanded Items	Optional Modules
<b>Step 1 Behavioural</b>	Basic demographic information, including age, sex, literacy, and highest level of education	Expanded demographic information including years at school, ethnicity, marital status, employment status, household income	Mental health, intentional and unintentional injury and violence and oral health.
	Tobacco use	Smokeless tobacco use	
	Alcohol consumption	Past 7 days drinking	
	Fruit and vegetable consumption	Oil and fat consumption	
	Physical activity	History of blood pressure, treatment for raised blood pressure History of diabetes, treatment for diabetes	Objective measure of physical activity behaviour
<b>Step 2 Physical measurements</b>	Weight and height Waist circumference Blood pressure	Hip circumference, Heart rate	Skin fold thickness, assessment of physical fitness
<b>Step 3 Biochemical measurements</b>	Fasting blood sugar Total cholesterol	Fasting HDL-cholesterol and triglycerides	Oral glucose tolerance test, urine examination, salivary cotinine

STEPS

Department of Chronic Diseases and Health Promotion  
World Health Organization

Email: [steps@who.int](mailto:steps@who.int)

<http://www.who.int/chp/steps>