

Please use this as a guide when you are altering your instrument as it will provide you with a guideline for which questions are needed in order to calculate these basic indicators.

To calculate the basic indicators that are presented on the Fact Sheet refer to the Data Analysis section of the user manual (Part 4, Section 3)

Results for adults aged 25-64 years (incl. 95% CI) (<i>adjust if necessary</i>)	Questions required to calculate result (based on coding column)	Epi Info Program Name
Step 1 Tobacco Use		
Percentage who currently smoke tobacco	T1, T2	TsmokestatusWT
Percentage who currently smoke tobacco daily	T1, T2	TsmokestatusWT
<i>For those who smoke tobacco daily</i>		
Average age started smoking (years)	T1, T2, T3, T4a-c	TsmokeageWT
Percentage of daily smokers smoking manufactured cigarettes	T1, T2, T5a	TsmokemanWT
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	T1, T2, T5a	TsmoketypeWT
Percentage exposed to smoke at home on 1 or more days per week	T13	Tetshome WT
Percentage exposed to smoke at workplace on 1 or more days per week	T14	TetsworkWT
Step 1 Alcohol Consumption		
Percentage who are lifetime abstainers	A1a	AconsumptionWT
Percentage who are past 12 month abstainers	A1a-b	AconsumptionWT
Percentage who currently drink (drank alcohol in the past 30 days)	A1a-b, A3	AconsumptionWT
Percentage who engage in heavy episodic drinking (men who had 5 or more / women who had 4 or more drinks on any day in the past 30 days)	A1a-b, A3, A7	AepisodicmenWT, AepisodicwomenWT
Step 1 Fruit and Vegetable Consumption (in a typical week)		
Mean number of days fruit consumed	D1, D3	DdaysWT
Mean number of servings of fruit consumed on average per day	D1, D2, D3, D4	DservingsWT
Mean number of days vegetables consumed	D1, D3	DdaysWT
Mean number of servings of vegetables consumed on average per day	D1, D2, D3, D4	DservingsWT
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	D1, D2, D3, D4	DfiveormoreWT
Step 1 Physical Activity		
Percentage with low levels of activity (defined as < 600 MET-minutes per week)*	P1-P15b	PtotallevelsWT
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*	P1-P15b	PtotallevelsWT
Median time spent in physical activity on average per day (minutes)	P1-P15b	PtotalmedianWT
Percentage not engaging in vigorous activity	P1-P15b	PnovigorousWT

* For complete definitions of low and high levels of physical activity, other conditions are specified in the GPAQ Analysis Guide, available at: <http://www.who.int/chp/steps/GPAQ/en/index.html>

Results for adults aged 25-64 years (incl. 95% CI) (adjust if necessary)	Questions required to calculate result (based on coding column)	Epi Info Program Name
Step 2 Physical Measurements		
Mean body mass index - BMI (kg/m ²)	M3, M4, M5	MbmiWT
Percentage who are overweight (BMI ≥ 25 kg/m ²)	M3, M4, M5	MbmiclassWT
Percentage who are obese (BMI ≥ 30 kg/m ²)	M3, M4, M5	MbmiclassWT
Average waist circumference (cm)	M5, M7	MwaistWT
Mean systolic blood pressure - SBP (mmHg) , including those currently on medication for raised BP	M11a-b, M12a-b, M13a-b, M14	MbloodpressureWT
Mean diastolic blood pressure - DBP (mmHg) , including those currently on medication for raised BP	M11a-b, M12a-b, M13a-b, M14	MbloodpressureWT
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	M11a-b, M12a-b, M13a-b, M14	MraisedbpWT
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	M11a-b, M12a-b, M13a-b, M14	MraisedbpWT
Step 3 Biochemical Measurements		
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	B1, B5	BglucoseWT (mmol/L) BglucoseMgWT (mg/dl)
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl) 	B1, B5, B6	BglucoseWT (mmol/L) BglucoseMgWT (mg/dl)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> plasma venous value ≥ 7.0 mmol/L (126 mg/dl) capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl) 	B1, B5, B6	BglucoseWT (mmol/L) BglucoseMgWT (mg/dl)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	B8	BtotalipidsWT (mmol/L) BtotalipidsMgWT (mg/dl)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	B8, B9	BtotalipidsWT (mmol/L) BtotalipidsMgWT (mg/dl)
Summary of combined risk factors <ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day low level of activity overweight (BMI ≥ 25 kg/m²) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 	Codes used for summary of combined risk factors: T1, T2, D1-D4, P1-P15b, M3, M4, M5, M11a-b, M12a-b, M13a-b, M14	
Percentage with none of the above risk factors	See above	RaisedriskWT
Percentage with three or more of the above risk factors, aged 25 to 44 years	See above	RaisedriskWT
Percentage with three or more of the above risk factors, aged 45 to 64 years	See above	RaisedriskWT
Percentage with three or more of the above risk factors, aged 25 to 64 years	See above	RaisedriskWT

**For additional information, please contact:
STEPS country focal point [name, email addresses]**