

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)

The biochemical measurements have two different programs for each indicator, select the program that corresponds with the measurement used in your survey (mmol/L or mg/dl). Always report the values for both mmol/L and mg/dl.

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 Programme 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	TsmokeageWT
Percentage 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	PAHO_Tetshome WT
Percentage exposed to smoke at workplace on 1 or more days per week	T14	PAHO_TetsworkWT
Step 1 Alcohol Consumption		
Percentage of abstainers (who did not drink alcohol in the last year)	A1	AconsumptionWT
Percentage of current drinkers (who drank alcohol in the past 30 days)	A1, A4	AconsumptionWT
<i>For those who drank alcohol in the last 30 days</i>		
Percentage who drank alcohol on 4 or more days in the last week	A1, A4, A5a-g	AheavydrinkingWT
Percentage of women who had 4 or more drinks on any day in the last week	A1, A4, A5a-g	AheavydrinkingWT
Percentage of men who had 5 or more drinks on any day in the last week	A1, A4, A5a-g	AheavydrinkingWT
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 per day	D1, D2, D3, D4	DservingsWT
Mean number of days vegetables consumed	D1, D3	DdaysWT
Mean number of servings of vegetables consumed per day	D1, D2, D3, D4	DservingsWT
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	D1, D2, D3, D4	DfiveormoreWT
Step 1 Physical Activity		
Percentage with low levels of activity (defined as <600 MET-minutes)	P1-P16	PtotallevelsWT
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes/week)	P1-P16	PtotallevelsWT
Median time spent in physical activity per day (minutes)	P1-P16	PtotalmedianWT
Mean time spent in physical activity per day (minutes)	P1-P16	PtotalWT

Results for adults aged 25-64 years (incl. 95% CI) (adjust if necessary)	Questions required to calculate result (based on coding column)	Epi Info Programme Name
Step 2 Physical Measurements		
Mean body mass index - BMI (kg/m ²)	M3, M4, M5	MbmiWT
Percentage who are overweight or obese (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) , excluding those currently on medication for raised BP	M11a-b, M12a-b, M13a-b, M14	MbloodpressureWT
Mean diastolic blood pressure - DBP (mmHg) , excluding 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 ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	M11a-b, M12a-b, M13a-b, M14	MraisedbpWT
Step 3 Biochemical Measurements		
Mean fasting blood glucose (mmol/L) , excluding those currently on medication for raised blood glucose	H8a, H8b, B1, B5	PAHO_BglucoseWT (mmol/L) PAHO_BglucoseMgWT (mg/dl)
Mean fasting blood glucose (mg/dl) , excluding those currently on medication for raised blood glucose	H8a, H8b, B1, B5	PAHO_BglucoseWT (mmol/L) PAHO_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 or ≥ 126 mg/dl capillary whole blood value ≥ 6.1 mmol/L or ≥ 110 mg/dl 	H8a, H8b, B1, B5	PAHO_BglucoseWT (mmol/L) PAHO_BglucoseMgWT (mg/dl)
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> plasma venous value ≥ 6.1mmol/L (110mg/dl) and <7.0mmol/L (12 mg/dl) capillary whole blood ≥ 5.6mmol/L (100mg/dl) and <6.1mmol/L (110mg/dl) 	H8a, H8b, B1, B5	PAHO_BglucoseWT (mmol/L) PAHO_BglucoseMgWT (mg/dl)
Mean total blood cholesterol (mmol/L)	B7	BtotalipidsWT (mmol/L) BtotalipidsMgWT (mg/dl)
Mean total blood cholesterol (mg/dl)	B7	BtotalipidsWT (mmol/L) BtotalipidsMgWT (mg/dl)
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)	B7	BtotalipidsWT (mmol/L) BtotalipidsMgWT (mg/dl)
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)	B7	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 (<600 MET -minutes) overweight or obese (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: T2, D2, D4, M3, M4, M5, M14*, M11a-b, M12a-b, M13a-b, P1-P16 * If did not include M14 but included H3a, see data book for programme name to run raised risk	
Percentage with low risk (i.e. none of the risk factors included above)	See above	raisedriskWT
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	See above	raisedriskWT
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	See above	raisedriskWT

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