

# **Pan American Version of the WHO STEPS Instrument Question-by-Question Guide (Core and Expanded)**



**The WHO STEPwise approach to  
noncommunicable disease risk factor  
surveillance (STEPS)**

World Health Organization  
20 Avenue Appia, 1211 Geneva 27, Switzerland

For further information: [www.who.int/chp/steps](http://www.who.int/chp/steps)



# Pan American STEPS Question-by-Question (Q-by-Q) Guide

## Overview

**Introduction** The Question-by-Question Guide presents the STEPS Instrument with a brief explanation for each of the questions.

---

**Purpose** The purpose of the Question-by-Question Guide is to provide background information to the interviewers and supervisors as to what is intended by each question.

Interviewers can use this information when participants request clarification about specific questions or they do not know the answer.

Interviewers and supervisors should refrain from offering their own interpretations.

---

**Guide to the columns** The table below is a brief guide to each of the columns in the Q-by-Q Guide.

Column	Description	Site Tailoring
Question	Each question is to be read to the participants	<ul style="list-style-type: none"><li>• Select sections to use.</li><li>• Add expanded and optional questions as desired.</li></ul>
Response	This column lists the available response options which the interviewer will be circling or filling in the text boxes. The skip instructions are shown on the right hand side of the responses and should be carefully followed during interviews.	<ul style="list-style-type: none"><li>• Add site specific responses for demographic responses (e.g. C6).</li><li>• Change skip question identifiers where necessary.</li></ul>
Code	The column is designed to match data from the instrument into the data entry tool, data analysis syntax, data book, and fact sheet.	This should never be changed or removed. The code is used as a general identifier for the data entry and analysis.



# Pan American STEPS Q-by-Q Guide for Noncommunicable Disease Risk Factor Surveillance

<insert country/site name>

## Survey Information

Location and Date	Response	Code
Cluster/Centre/Village ID <i>Enter Cluster, Centre or Village ID from list provided.</i>	_ _ _ _ _ _ _	I1
Cluster/Centre/Village name <i>Enter Cluster, Centre or Village name as appropriate.</i>		I2
Interviewer ID <i>Enter interviewer's identification.</i>	_ _ _	I3
Date of completion of the instrument <i>Enter date when instrument actually completed.</i>	_ _   _ _   _ _ _ _ _  dd mm year	I4

Consent, Interview Language and Name	Response	Code
Consent has been read and obtained <i>Select relevant response.</i>	Yes 1 No 2 <b>IF NO, END</b>	I5
Interview Language [ <i>Insert Language</i> ] <i>Select relevant response.</i>	English 1 [Add others] 2 [Add others] 3 [Add others] 4	I6
Time of interview (24 hour clock) <i>Enter time interview started.</i>	_ _  :  _ _  hrs mins	I7
Family Surname <i>Enter family surname (reassure the participant on the confidential nature of this information and that this is only needed for follow up).</i>		I8
First Name <i>Enter first name of respondent (reassure the participant on the confidential nature of this information and that this is only needed for follow up).</i>		I9
<b>Additional Information that may be helpful</b>		
Contact phone number where possible <i>Enter phone number (reassure the participant on the confidential nature of this information and that this is only needed for follow up).</i>		I10

## Step 1 Demographic Information

CORE: Demographic Information		
Question	Response	Code
Sex (Record Male / Female as observed) <i>Select Male / Female as observed.</i>	Male 1 Female 2	C1
What is your date of birth? Don't Know 77 77 7777 <i>Enter date of birth of participant. If unknown, select "don't know".</i>	_ _ _ _   _ _ _ _ _   _ _ _ _ _  If known, Go to C4 dd mm year	C2
How old are you? <i>If the age is unknown, help participant estimate their age by interviewing them about their recollection of widely known major events.</i>	Years  _ _ _	C3
In total, how many years have you spent at school and in full-time study (excluding pre-school)? <i>Enter total number of years of education (excluding pre-school and kindergarten).</i>	Years  _ _ _	C4

EXPANDED: Demographic Information		
What is the <b>highest level of education</b> you have completed?  [INSERT COUNTRY-SPECIFIC CATEGORIES] <i>If a person attended a few months of the first year of secondary school but did not complete the year, select "primary school completed". If a person only attended a few years of primary school, select "less than primary school". Select appropriate response.</i>	No formal schooling 1 Less than primary school 2 Primary school completed 3 Secondary school completed 4 High school completed 5 College/University completed 6 Post graduate degree 7 Refused 88	C5
What is your [insert relevant ethnic group / racial group / cultural subgroup / others] <b>background</b> ? <i>Select the relevant ethnic/cultural group to which the participant belongs.</i>	[Locally defined] 1 [Locally defined] 2 [Locally defined] 3 Refused 88	C6
What is your <b>marital status</b> ? <i>Select the appropriate response.</i>	Never married 1 Currently married 2 Separated 3 Divorced 4 Widowed 5 Cohabiting 6 Refused 88	C7
Which of the following best describes your <b>main work</b> status over the past 12 months?  [INSERT COUNTRY-SPECIFIC CATEGORIES]  (USE SHOWCARD) <i>The purpose of this question is to help answer other questions such as whether people in different kinds of occupations may be confronted with different risk factors. Select appropriate response.</i>	Government employee 1 Non-government employee 2 Self-employed 3 Non-paid 4 Student 5 Homemaker 6 Retired 7 Unemployed (able to work) 8 Unemployed (unable to work) 9 Refused 88	C8
How many people older than 18 years, including yourself, live in your household? <i>Enter the total number of people living in the household who are 18 years or older.</i>	Number of people  _ _ _	C9

EXPANDED: Demographic Information, Continued		
Question	Response	Code
Taking <b>the past year</b> , can you tell me what the average earnings of the household have been? (RECORD ONLY ONE, NOT ALL 3) <i>Enter the average earnings of the household by week, month, or year. If refused to answer, skip to C11.</i>	Per week  _ _ _ _ _ _ _ _ _ _ _ _ _ _  Go to T1	C10a
	OR per month  _ _ _ _ _ _ _ _ _ _ _ _ _ _  Go to T1	C10b
	OR per year  _ _ _ _ _ _ _ _ _ _ _ _ _ _  Go to T1	C10c
	Refused 88	C10d
If you don't know the amount, can you give an <b>estimate</b> of the annual household income if I read some options to you? Is it [INSERT QUINTILE VALUES IN LOCAL CURRENCY] (READ OPTIONS) <i>Select the appropriate quintile value for the annual household income.</i>	≤ Quintile (Q) 1 1	C11
	More than Q 1, ≤ Q 2 2	
	More than Q 2, ≤ Q 3 3	
	More than Q 3, ≤ Q 4 4	
	More than Q 4 5	
	Don't Know 77	
	Refused 88	

## Step 1 Behavioural Measurements

<b>CORE: Tobacco Use</b>		
Now I am going to ask you some questions about tobacco use.		
Question	Response	Code
Do you <b>currently</b> smoke any <b>tobacco</b> products, such as cigarettes, cigars or pipes? <i>(USE SHOWCARD)</i> <i>Ask the participant to think of any tobacco products he/she is smoking currently.</i>	Yes 1 No 2 <i>If No, go to T8</i>	T1
Do you currently smoke tobacco products <b>daily</b> ? <i>This question is only for current smokers of tobacco products.</i>	Yes 1 No 2	T2
How old were you when you <b>first started</b> smoking? <i>For current smokers only. Ask the participant to think of the time when he/she started to smoke any tobacco products.</i>	Age (years) Don't know 77 <input type="text"/> <i>If Known, go to T5a/T5aw</i>	T3
Do you remember how long ago it was? <i>(RECORD ONLY 1, NOT ALL 3)</i> Don't know 77 <i>If the participant doesn't remember his/her age when started smoking, then record the time in years, months or weeks as appropriate.</i>	In Years <input type="text"/> <i>If Known, go to T5a/T5aw</i>	T4a
	OR in Months <input type="text"/> <i>If Known, go to T5a/T5aw</i>	T4b
	OR in Weeks <input type="text"/>	T4c
On average, <b>how many</b> of the following products do you smoke <b>each day/week</b> ? <i>(IF LESS THAN DAILY, RECORD WEEKLY)</i> <i>(RECORD FOR EACH TYPE, USE SHOWCARD)</i> Don't Know 7777 <i>For current smokers only. Specify zero if no products were used in each category instead of leaving categories blank. Record daily consumption for daily smokers. If products are smoked less than daily by daily smokers, enter weekly consumption. Also enter weekly consumption for current, non-daily smokers.</i>	DAILY↓ WEEKLY↓	
	Manufactured cigarettes <input type="text"/> <input type="text"/>	T5a/T5aw
	Hand-rolled cigarettes <input type="text"/> <input type="text"/>	T5b/T5bw
	Pipes full of tobacco <input type="text"/> <input type="text"/>	T5c/T5cw
	Cigars, cheroots, cigarillos <input type="text"/> <input type="text"/>	T5d/T5dw
	Number of Shisha sessions <input type="text"/> <input type="text"/>	T5e/T5ew
	Other <input type="text"/> <input type="text"/> <i>If Other, go to T5other, else go to T6</i>	T5f/T5fw
Other (please specify): <input type="text"/>	T5other/ T5otherw	
During the past 12 months, have you tried to <b>stop smoking</b> ? <i>For current smokers only. Ask the participant to think of any quit attempt during the past 12 months.</i>	Yes 1 No 2	T6
During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco? <i>For current smokers only. Ask the participant to think of visits to a doctor or other health worker during the past 12 months. If no visit, select "no visit during the past 12 months".</i>	Yes 1 <i>If T2=Yes, go to T12; if T2=No, go to T9</i> No 2 <i>If T2=Yes, go to T12; if T2=No, go to T9</i> No visit during the past 12 months 3 <i>If T2=Yes, go to T12; if T2=No, go to T9</i>	T7
In the past, did you <b>ever smoke</b> any tobacco products? <i>(USE SHOWCARD)</i> <i>Ask the participant to think of the time when he/she may have been smoking tobacco products.</i>	Yes 1 No 2 <i>If No, go to T12</i>	T8
In the past, did you <b>ever smoke daily</b> ? <i>Ask the participant to think of the time when he/she may have been smoking tobacco products on a daily basis.</i>	Yes 1 <i>If T1=Yes, go to T12, else go to T10</i> No 2 <i>If T1=Yes, go to T12, else go to T10</i>	T9

EXPANDED: Tobacco Use			
Question	Response		Code
How old were you when you <b>stopped</b> smoking? <i>Ask the participant to think of the time when he/she stopped smoking tobacco products.</i>	Age (years)	<input type="text"/>	T10
	Don't Know	77 <input type="text"/> <i>If Known, go to T12</i>	
How <b>long ago</b> did you stop smoking? (RECORD ONLY 1, NOT ALL 3) Don't Know 77 <i>If the participant doesn't remember his/her age when they stopped smoking, then record the time in weeks, months or years as appropriate.</i>	Years ago	<input type="text"/> <i>If Known, go to T12</i>	T11a
	OR Months ago	<input type="text"/> <i>If Known, go to T12</i>	T11b
	OR Weeks ago	<input type="text"/>	T11c
Do you <b>currently use</b> any <b>smokeless tobacco</b> products such as [snuff, chewing tobacco, betel]? (USE SHOWCARD) <i>Ask the participant to think of any smokeless tobacco products that he/she is using currently.</i>	Yes	1	T12
	No	2 <i>If No, go to T15</i>	
Do you <b>currently use</b> <b>smokeless tobacco</b> products <b>daily</b> ? <i>For current users of smokeless tobacco products only.</i>	Yes	1	T13
	No	2 <i>If No, go to T14aw</i>	
On average, how many <b>times a day/week</b> do you use .... (IF LESS THAN DAILY, RECORD WEEKLY) (RECORD FOR EACH TYPE, USE SHOWCARD) Don't Know 7777  <i>For current users of smokeless tobacco only. Record for each type of smokeless tobacco products. Specify zero if no products were used in each category instead of leaving categories blank. Record daily consumption for daily users. If products are used less than daily by daily users, enter weekly consumption. Also enter weekly consumption for current, non-daily users.</i>	DAILY↓ WEEKLY↓		
	Snuff, by mouth	<input type="text"/>	T14a/ T14aw
	Snuff, by nose	<input type="text"/>	T14b/ T14bw
	Chewing tobacco	<input type="text"/>	T14c/ T14cw
	Betel, quid	<input type="text"/>	T14d/ T14dw
	Other	<input type="text"/> <i>If Other, go to T14other, if T13=No, go to T16, else go to T17</i>	T14e/ T14ew
	Other (please specify):	<input type="text"/> <i>If T13=No, go to T16, else go to T17</i>	T14other/ T14otherw
In the <b>past</b> , did you <b>ever use</b> smokeless tobacco products such as [snuff, chewing tobacco, or betel]? <i>Ask the participant to think of the time when he/she may have been using smokeless tobacco products.</i>	Yes	1	T15
	No	2 <i>If No, go to T17</i>	
In the <b>past</b> , did you <b>ever use</b> smokeless tobacco products such as [snuff, chewing tobacco, or betel] <b>daily</b> ? <i>Ask the participant to think of the time when he/she may have been using smokeless tobacco products on a daily basis.</i>	Yes	1	T16
	No	2	
During the past 30 days, did someone smoke <b>in your home</b> ? <i>Record the number of days. The participant should only think about other people, not about him-/herself. Smokers should exclude themselves. The question is asking about inside the participant's home. This only includes fully enclosed areas of the home.</i>	Yes	1	T17
	No	2	
During the past 30 days, did someone smoke in closed areas <b>in your workplace</b> (in the building, in a work area or a specific office)? <i>Record the number of days. For those not working in a closed area, record "don't work in a closed area". Ask the participant to think of seeing somebody smoke or smelling the smoke in indoor areas at work during the past 30 days.</i>	Yes	1	T18
	No	2	
	Don't work in a closed area	3	

CORE: Alcohol Consumption		
The next questions ask about the consumption of alcohol.		
Question	Response	Code
Have you <b>ever</b> consumed any alcohol such as beer, wine, spirits or <i>[add other local examples]</i> ? (USE SHOWCARD OR SHOW EXAMPLES) <i>Ask the participant to think of any drinks that contain alcohol, with the exception of alcohol-based medication that is taken due to health reasons.</i>	Yes 1 No 2 <i>If No, go to A16</i>	A1
Have you consumed any alcohol within the <b>past 12 months</b> ? <i>Ask the participant to think of any drinks that contain alcohol, with the exception of alcohol-based medication that is taken due to health reasons.</i>	Yes 1 <i>If Yes, go to A4</i> No 2	A2
Have you stopped drinking due to health reasons, such as a negative impact on your health or on the advice of your doctor or other health worker? <i>This question is for those participants that did not drink during the past 12 months, but that have drunk in their lifetime.</i>	Yes 1 <i>If Yes, go to A16</i> No 2 <i>If No, go to A16</i>	A3
During the past 12 months, <b>how frequently</b> have you had at least one <b>standard alcoholic drink</b> ? (READ RESPONSES, USE SHOWCARD) <i>For those that have consumed alcohol in the past 12 months. A "standard drink" is the amount of ethanol contained in standard glasses of beer, wine, fortified wine such as sherry, and spirits. Depending on the country, these amounts will vary between 8 and 13 grams of ethanol. See showcard.</i>	Daily 1 5-6 days per week 2 3-4 days per week 3 1-2 days per week 4 1-3 days per month 5 Less than once a month 6	A4
Have you consumed any alcohol within the <b>past 30 days</b> ? <i>Select the appropriate response.</i>	Yes 1 No 2 <i>If No, go to A13</i>	A5
During the past 30 days, on how many <b>occasions</b> did you have at least one standard alcoholic drink? <i>Ask the participant to think of the past 30 days only. Record the number of occasions. Note that there can be more than one occasion in which alcohol is consumed in a given day.</i>	Number Don't know 77  _ _	A6
During the past 30 days, when you drank alcohol, how many <b>standard drinks on average</b> did you have during one drinking occasion? (USE SHOWCARD) <i>Help the participant to average out the total number of drinks by using the showcard that shows standard alcoholic drinks.</i>	Number Don't know 77  _ _	A7
During the past 30 days, what was the <b>largest number</b> of standard drinks you had on a single occasion, counting all types of alcoholic drinks together? <i>Ask the participant to think of the past 30 days only. This question is about the largest number of drinks that the participant had on one single occasion.</i>	Largest number Don't Know 77  _ _	A8
During the past 30 days, how many times did you have <b>six or more</b> standard drinks in a single drinking occasion? <i>Ask the participant to think of the past 30 days only, and to report the number of occasions when he/she had six or more standard drinks.</i>	Number of times Don't Know 77  _ _	A9
During each of the <b>past 7 days</b> , how many standard drinks did you have each day? (USE SHOWCARD) Don't Know 77 <i>Ask the participant to think of each of the past 7 days. Use the showcard that shows standard alcoholic drinks to help the participant report the number of standard drinks for each of the past 7 days.</i> <i>Record for each day the number of standard drinks. If no drinks record 0.</i>	Monday  _ _	A10a
	Tuesday  _ _	A10b
	Wednesday  _ _	A10c
	Thursday  _ _	A10d
	Friday  _ _	A10e
	Saturday  _ _	A10f
	Sunday  _ _	A10g



CORE: Alcohol Consumption, continued		
I have just asked you about your consumption of alcohol during the past 7 days. The questions were about alcohol in general, while the next questions refer to your consumption of homebrewed alcohol, alcohol brought over the border/from another country, any alcohol not intended for drinking or other untaxed alcohol. Please only think about these types of alcohol when answering the next questions.		
During the <b>past 7 days</b> , did you consume any <b>homebrewed</b> alcohol, any alcohol <b>brought over the border/from another country</b> , any alcohol <b>not intended for drinking</b> or other <b>untaxed</b> alcohol? <i>[AMEND ACCORDING TO LOCAL CONTEXT]</i> <i>(USE SHOWCARD)</i> <i>Ask the participant to only think of homebrewed alcohol, any alcohol brought over the border/from another country, any alcohol not intended for drinking or other untaxed alcohol.</i>	Yes 1  No 2 <i>If No, go to A13</i>	A11
On average, <b>how many standard drinks</b> of the following did you consume <b>during the past 7 days</b> ? <i>[INSERT COUNTRY-SPECIFIC EXAMPLES]</i> <i>(USE SHOWCARD)</i>  <i>Don't Know 77</i> <i>Ask the participant to think of the past 7 days.</i> <i>Use the showcard that specifies what standard drinks are for each type of alcohol. Alcohol not intended for drinking should be treated like spirits.</i> <i>Record for each type of alcohol the number of standard drinks.</i> <i>If no drinks record 0.</i>	Homebrewed spirits, e.g. moonshine  _ _	A12a
	Homebrewed beer or wine, e.g. beer, palm or fruit wine  _ _	A12b
	Alcohol brought over the border/from another country  _ _	A12c
	Alcohol not intended for drinking, e.g. alcohol-based medicines, perfumes, after shaves  _ _	A12d
	Other untaxed alcohol in the country  _ _	A12e

EXPANDED: Alcohol Consumption		
During the <b>past 12 months</b> , how often have you found that you were not able to stop drinking once you had started?  <i>Ask the participant to think of the past 12 months. Read out all the answer options.</i>	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A13
During the <b>past 12 months</b> , how often have you failed to do what was normally expected from you because of drinking?  <i>Ask the participant to think of the past 12 months. Read out all the answer options.</i>	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A14
During the <b>past 12 months</b> , how often have you needed a first drink in the morning to get yourself going after a heavy drinking session?  <i>Ask the participant to think of the past 12 months. Read out all the answer options.</i>	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A15
During the <b>past 12 months</b> , have you had family problems or problems with your partner due to <b>someone else's</b> drinking?  <i>Ask the participant to think of the past 12 months. Read out all the answer options.</i> <i>The participant should not think of his/her own drinking, but of someone else's drinking.</i>	Yes, more than monthly 1 Yes, monthly 2 Yes, several times but less than monthly 3 Yes, once or twice 4 No 5	A16

CORE: Diet		
The next questions ask about the fruits and vegetables that you usually eat. I have a nutrition card here that shows you some examples of local fruits and vegetables. Each picture represents the size of a serving. As you answer these questions please think of a typical week in the last year.		
Question	Response	Code
In a typical week, on how many days do you <b>eat fruit</b> ? (USE SHOWCARD) <i>Ask the participant to think of any fruit on the showcard. A typical week means a "normal" week when the diet is not affected by cultural, religious, or other events. Ask the participant to not report an average over a period.</i>	Number of days Don't Know 77   _ _  If Zero days, go to D3	D1
How many <b>servings</b> of fruit do you eat on <b>one</b> of those days? (USE SHOWCARD) <i>Ask the participant to think of one day he/she can recall easily. Refer to the showcard for serving sizes.</i>	Number of servings Don't Know 77   _ _	D2
In a typical week, on how many days do you <b>eat vegetables</b> ? (USE SHOWCARD) <i>Ask the participant to think of any fruit on the showcard. A typical week means a "normal" week when the diet is not affected by cultural, religious, or other events. Ask the participant to not report an average over a period.</i>	Number of days Don't Know 77   _ _  If Zero days, go to D5	D3
How many <b>servings</b> of vegetables do you eat on one of those days? (USE SHOWCARD) <i>Ask the participant to think of one day he/she can recall easily. Refer to the showcard for serving sizes.</i>	Number of servings Don't know 77   _ _	D4

EXPANDED: Diet		
What type of <b>oil or fat is most often</b> used for meal preparation in your household? (USE SHOWCARD) (SELECT ONLY ONE)  <i>Select the appropriate response.</i>	Vegetable oil 1 Lard or suet 2 Butter or ghee 3 Margarine 4 Other 5 <i>If Other, go to D5 other</i> None in particular 6 None used 7 Don't know 77	D5
	Other  _ _ _ _ _ _ _ _	D5other
On average, how many meals per week do you eat that were not prepared at a home? By meal, I mean breakfast, lunch and dinner.  <i>Record the number of meals. Ask the participant to think of meals that were not prepared at a home, including his/her own home, the home of other family members or friends.</i>	Number Don't know 77   _ _	D6

<b>CORE: Physical Activity</b>		
<p>Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.</p> <p>Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. <i>[Insert other examples if needed]</i>. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.</p> <p><i>Read this opening statement out loud. It should not be omitted. The respondent will have to think first about the time he/she spends doing work (paid or unpaid work, household chores, harvesting food, fishing or hunting for food, seeking employment [Insert other examples if needed]), then about the time he/she travels from place to place, and finally about the time spent in vigorous as well as moderate physical activity during leisure time.</i></p> <p><i>Remind the respondent when he/she answers the following questions that 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate. Don't forget to use the showcard which will help the respondent when answering to the questions.</i></p>		
<b>Question</b>	<b>Response</b>	<b>Code</b>
<b>Work</b>		
<p>Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like <i>[carrying or lifting heavy loads, digging or construction work]</i> for at least 10 minutes continuously?</p> <p><i>[INSERT EXAMPLES] (USE SHOWCARD)</i></p> <p><i>Ask the participant to think about vigorous-intensity activities at work only. Activities are regarded as vigorous intensity if they cause large increases in breathing and/or heart rate.</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 4</i></p>	P1
<p>In a typical week, on how many days do you do vigorous-intensity activities as part of your work?</p> <p><i>"Typical week" means a week when the participant is engaged in his/her usual activities. Valid responses range from 1-7.</i></p>	<p>Number of days</p> <p> _ </p>	P2
<p>How much time do you spend doing vigorous-intensity activities at work on a typical day?</p> <p><i>Ask the participant to think of a typical day he/she can recall easily in which he/she engaged in vigorous-intensity activities at work. The participant should only consider those activities undertaken continuously for 10 minutes or more. Probe very high responses (over 4 hrs) to verify.</i></p>	<p>Hours : minutes</p> <p> _  :  _ </p> <p>hrs mins</p>	P3 (a-b)
<p>Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking <i>[or carrying light loads]</i> for at least 10 minutes continuously?</p> <p><i>[INSERT EXAMPLES] (USE SHOWCARD)</i></p> <p><i>Ask the participant to think about moderate-intensity activities at work only. Activities are regarded as moderate intensity if they cause small increases in breathing and/or heart rate.</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 7</i></p>	P4
<p>In a typical week, on how many days do you do moderate-intensity activities as part of your work?</p> <p><i>"Typical week" means a week when the participant is engaged in his/her usual activities. Valid responses range from 1-7.</i></p>	<p>Number of days</p> <p> _ </p>	P5
<p>How much time do you spend doing moderate-intensity activities at work on a typical day?</p> <p><i>Ask the participant to think of a typical day he/she can recall easily in which he/she engaged in moderate-intensity activities at work. The participant should only consider those activities undertaken continuously for 10 minutes or more. Probe very high responses (over 4 hrs) to verify.</i></p>	<p>Hours : minutes</p> <p> _  :  _ </p> <p>hrs mins</p>	P6 (a-b)
<b>Travel to and from places</b>		
<p>The next questions exclude the physical activities at work that you have already mentioned.</p> <p>Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. <i>[Insert other examples if needed]</i></p> <p><i>The introductory statement to the following questions on transport-related physical activity is very important. It asks and helps the participant to now think about how they travel around getting from place-to-place. This statement should not be omitted.</i></p>		
<p>Do you walk or use a bicycle (<i>pedal cycle</i>) for at least 10 minutes continuously to get to and from places?</p> <p><i>Select the appropriate response.</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 10</i></p>	P7
<p>In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?</p> <p><i>"Typical week" means a week when the participant is engaged in his/her usual activities. Valid responses range from 1-7.</i></p>	<p>Number of days</p> <p> _ </p>	P8

CORE: Physical Activity, Continued		
Question	Response	Code
<p>How much time do you spend walking or bicycling for travel on a typical day?</p> <p><i>Ask the participant to think of a typical day he/she can recall easily in which he/she engaged in transport-related activities. The participant should only consider those activities undertaken continuously for 10 minutes or more. Probe very high responses (over 4 hrs) to verify.</i></p>	<p>Hours : minutes</p> <p> _ _  :  _ _ </p> <p>hrs mins</p>	P9 (a-b)
<p><b>Recreational activities</b></p> <p>The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure) <i>[Insert relevant terms]</i>. <i>This introductory statement directs the participant to think about recreational activities. This can also be called discretionary or leisure time. It includes sports and exercise but is not limited to participation in competitions. Activities reported should be done regularly and not just occasionally. It is important to focus on only recreational activities and not to include any activities already mentioned. This statement should not be omitted.</i></p>		
<p>Do you do any vigorous-intensity sports, fitness or recreational (<i>leisure</i>) activities that cause large increases in breathing or heart rate like <i>[running or football]</i> for at least 10 minutes continuously?</p> <p><i>[INSERT EXAMPLES] (USE SHOWCARD)</i></p> <p><i>Ask the participant to think about recreational vigorous-intensity activities only. Activities are regarded as vigorous intensity if they cause large increases in breathing and/or heart rate.</i></p>	<p>Yes 1</p> <p>No 2 If No, go to P 13</p>	P10
<p>In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (<i>leisure</i>) activities?</p> <p><i>"Typical week" means a week when the participant is engaged in his/her usual activities. Valid responses range from 1-7.</i></p>	<p>Number of days</p> <p> _ </p>	P11
<p>How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?</p> <p><i>Ask the participant to think of a typical day he/she can recall easily in which he/she engaged in recreational vigorous-intensity activities. The participant should only consider those activities undertaken continuously for 10 minutes or more. Probe very high responses (over 4 hrs) to verify.</i></p>	<p>Hours : minutes</p> <p> _ _  :  _ _ </p> <p>hrs mins</p>	P12 (a-b)
<p>Do you do any moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities that cause a small increase in breathing or heart rate such as brisk walking, <i>[cycling, swimming, volleyball]</i> for at least 10 minutes continuously?</p> <p><i>[INSERT EXAMPLES] (USE SHOWCARD)</i></p> <p><i>Ask the participant to think about recreational moderate-intensity activities only. Activities are regarded as moderate intensity if they cause small increases in breathing and/or heart rate.</i></p>	<p>Yes 1</p> <p>No 2 If No, go to P16</p>	P13
<p>In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities?</p> <p><i>"Typical week" means a week when the participant is engaged in his/her usual activities. Valid responses range from 1-7.</i></p>	<p>Number of days</p> <p> _ </p>	P14
<p>How much time do you spend doing moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities on a typical day?</p> <p><i>Ask the participant to think of a typical day he/she can recall easily in which he/she engaged in recreational moderate-intensity activities. The participant should only consider those activities undertaken continuously for 10 minutes or more. Probe very high responses (over 4 hrs) to verify.</i></p>	<p>Hours : minutes</p> <p> _ _  :  _ _ </p> <p>hrs mins</p>	P15 (a-b)

EXPANDED: Physical Activity		
Sedentary behaviour		
<p>The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in car, bus, train, reading, playing cards or watching television, but do not include time spent sleeping.</p> <p><i>[INSERT EXAMPLES] (USE SHOWCARD)</i></p>		
<p>How much time do you usually spend sitting or reclining on a typical day?</p> <p><i>Ask the participant to consider total time spent sitting at work, in an office, reading, watching television, using a computer, doing hand craft like knitting, resting etc. The participant should not include time spent sleeping.</i></p>	<p>Hours : minutes</p> <p> _ _  :  _ _ </p> <p>hrs mins</p>	P16 (a-b)

<b>CORE: History of Raised Blood Pressure</b>		
<b>Question</b>	<b>Response</b>	<b>Code</b>
Have you ever had your blood pressure measured by a doctor or other health worker? <i>Ask the participant to only consider measurements done by a doctor or other health worker.</i>	Yes 1 No 2 <i>If No, go to H6</i>	H1
Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension? <i>Select the appropriate response.</i>	Yes 1 No 2 <i>If No, go to H6</i>	H2a
Have you been told in the past 12 months? <i>Only for those that have previously been diagnosed with raised blood pressure.</i>	Yes 1 No 2	H2b
In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker? <i>Ask the participant to only consider drugs for raised blood pressure prescribed by a doctor or other health worker.</i>	Yes 1 No 2	H3
Have you ever seen a traditional healer for raised blood pressure or hypertension? <i>Select the appropriate response.</i>	Yes 1 No 2	H4
Are you currently taking any herbal or traditional remedy for your raised blood pressure? <i>Select the appropriate response.</i>	Yes 1 No 2	H5

<b>CORE: History of Diabetes</b>		
<b>Question</b>	<b>Response</b>	<b>Code</b>
Have you ever had your blood sugar measured by a doctor or other health worker? <i>Ask the participant to only consider measurements done by a doctor or other health worker.</i>	Yes 1 No 2 <i>If No, go to H12</i>	H6
Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes? <i>Select the appropriate response.</i>	Yes 1 No 2 <i>If No, go to H12</i>	H7a
Have you been told in the past 12 months? <i>Only for those that have previously been diagnosed with diabetes.</i>	Yes 1 No 2	H7b
In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker? <i>Ask the participant to only consider drugs for diabetes prescribed by a doctor or other health worker.</i>	Yes 1 No 2	H8
Are you currently taking insulin for diabetes prescribed by a doctor or other health worker? <i>Ask the participant to only consider insulin that was prescribed by a doctor or other health worker.</i>	Yes 1 No 2	H9
Have you ever seen a traditional healer for diabetes or raised blood sugar? <i>Select the appropriate response.</i>	Yes 1 No 2	H10
Are you currently taking any herbal or traditional remedy for your diabetes? <i>Select the appropriate response.</i>	Yes 1 No 2	H11
When was the last time your eyes were examined as part of your diabetes control? <i>Select the appropriate response.</i>	Within the past 2 years 1 More than 2 years ago 2 Never 3 Don't know 77	H11a
When was the last time your feet were examined as part of your diabetes control? <i>Select the appropriate response.</i>	Within the past year 1 More than 1 year ago 2 Never 3 Don't know 77	H11b





EXPANDED: Health Screening		
Question	Response	Code
Have you ever had your feces examined to look for hidden blood? <i>Select the appropriate response.</i>	Yes 1 No 2	S1
Have you ever had a colonoscopy? <i>Explain that a colonoscopy is a medical examination in which a tube is introduced in the rectum to be able to visualize the intestine in order to know if there are alterations or problems.</i>	Yes 1 <i>If C1=2 go to S4</i> No 2 <i>If C1=2 go to S4</i>	S2
<b><u>This question is for men only:</u></b> Have you ever had an examination of your prostate? <i>Explain that this is done by a medical exam of the rectum in which a physician or health professional carries out with gloves in order to explore the prostate of the patient and look at the size, shape or hardness.</i>	Yes 1 <i>If C1=1 go to M1</i> No 2 <i>If C1=1 go to M1</i>	S3
<b><u>The following questions are for women only:</u></b> Have you been shown how to examine your breasts? <i>Select the appropriate response.</i>	Yes 1 No 2	S4
When was the last time you had an examination of your breasts? <i>Select the appropriate response.</i>	1 year or less 1 Between 1 and 2 years 2 More than 2 years 3 Never 4 Don't know 77	S5
When was the last time you had a mammogram? <i>Explain that a mammogram is an x-ray of each breast to check for the possibility of a breast cancer.</i>	1 year or less 1 Between 1 and 2 years 2 More than 2 years 3 Never 4 Don't know 77	S6
When was the last time you had a Pap test? <i>Explain that a pap test or a cytological test is an exam to detect cervical cancer.</i>	1 year or less 1 Between 1 and 2 years 2 More than 2 years 3 Never 4 Don't know 77	S7



## Step 2 Physical Measurements

CORE: Blood Pressure		
Interviewer ID <i>Record interviewer ID (in most cases interviewer would be the same as for behavioural measurements).</i>	_ _ _ _	M1
Device ID for blood pressure <i>Record device ID.</i>	_ _	M2
Cuff size used <i>Select cuff size used.</i>	Small 1 Medium 2 Large 3	M3
Reading 1 <i>Record first measurement after the participant has rested for 15 minutes. Wait 3 minutes before taking second measurement.</i>	Systolic ( mmHg)  _ _ _ _	M4a
	Diastolic (mmHg)  _ _ _ _	M4b
Reading 2 <i>Record second measurement. Ask the participant to rest for another 3 minutes before taking the third measurement.</i>	Systolic ( mmHg)  _ _ _ _	M5a
	Diastolic (mmHg)  _ _ _ _	M5b
Reading 3 <i>Record third measurement.</i>	Systolic ( mmHg)  _ _ _ _	M6a
	Diastolic (mmHg)  _ _ _ _	M6b
During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker? <i>Select appropriate response.</i>	Yes 1 No 2	M7
CORE: Height and Weight		
Question	Response	Code
For women: Are you pregnant? <i>Pregnant women skip over height, weight, waist and hip measurements.</i>	Yes 1 <i>If Yes, go to M16</i> No 2	M8
Interviewer ID <i>Record interviewer ID (in most cases interviewer would be the same as for behavioural and blood pressure measurements).</i>	_ _ _ _	M9
Device IDs for height and weight <i>Record device IDs.</i>	Height  _ _	M10a
	Weight  _ _	M10b
Height <i>Record participant's height in cm with one decimal point.</i>	in Centimetres (cm)  _ _ _ _ .  _	M11
Weight <i>If too large for scale 666.6</i> <i>Record participant's weight in kg with one decimal point.</i>	in Kilograms (kg)  _ _ _ _ .  _	M12
CORE: Waist		
Device ID for waist <i>Record device ID.</i>	_ _	M13
Waist circumference <i>Record participant's waist circumference in centimetres with one decimal point.</i>	in Centimetres (cm)  _ _ _ _ .  _	M14
EXPANDED: Hip Circumference and Heart Rate		
Hip circumference <i>Record participant's hip circumference in centimetres with one decimal point.</i>	in Centimeters (cm)  _ _ _ _ .  _	M15
Heart Rate <i>Record the three heart rate readings.</i>		
Reading 1	Beats per minute  _ _ _ _	M16a
Reading 2	Beats per minute  _ _ _ _	M16b
Reading 3	Beats per minute  _ _ _ _	M16c

## Step 3 Biochemical Measurements

<b>CORE: Blood Glucose</b>		
Question	Response	Code
During the past 12 hours have you had anything to eat or drink, other than water? <i>It is essential that the participant has fasted.</i>	Yes 1 No 2	B1
Technician ID <i>Record ID of the person taking the measurement.</i>	_ _ _ _	B2
Device ID <i>Record device ID.</i>	_ _	B3
Time of day blood specimen taken (24 hour clock) <i>Enter time measurement started.</i>	Hours : minutes  _ _  :  _ _  hrs           mins	B4
Fasting blood glucose [CHOOSE ACCORDINGLY: MMOL/L OR MG/DL] <i>Double check that the participant has fasted.</i>	mmol/l  _ _  .  _ _  mg/dl  _ _ _  .  _	B5
Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker for raised blood glucose? <i>Select appropriate response.</i>	Yes 1 No 2	B6
<b>CORE: Blood Lipids</b>		
Device ID <i>Record device ID.</i>	_ _	B7
Total cholesterol [CHOOSE ACCORDINGLY: MMOL/L OR MG/DL] <i>Record value for total cholesterol.</i>	mmol/l  _ _  .  _ _  mg/dl  _ _ _  .  _	B8
During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or other health worker? <i>Select appropriate response.</i>	Yes 1 No 2	B9
<b>EXPANDED: Triglycerides and HDL Cholesterol</b>		
Triglycerides [CHOOSE ACCORDINGLY: MMOL/L OR MG/DL] <i>Record value for triglycerides.</i>	mmol/l  _ _  .  _ _  mg/dl  _ _ _  .  _	B10
HDL Cholesterol [CHOOSE ACCORDINGLY: MMOL/L OR MG/DL] <i>Record value for HDL cholesterol.</i>	mmol/l  _  .  _ _  mg/dl  _ _ _  .  _	B11

