

Malawi STEPS Survey Questionnaire Question-by-Question Guide



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
Number	This question reference number is designed to help interviewers find their place if interrupted.	Renumber the instrument sequentially once the content has been finalized
Question	The question text to be read to the participants followed by question instructions.	<ul style="list-style-type: none">• Select sections to use.• Add expanded and optional questions as desired.
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">• Add site specific responses for demographic responses (e.g. C6).• Change skip question identifiers from code to question number.
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.



STEPS Q-by-Q Guide

for Chronic Disease Risk Factor Surveillance

MALAWI

Survey Information

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

✂ For further guidance on obtaining consent, see Part 4, Section 1, Page 4-1-11. ✂

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

Record and file identification information (I5 to I10) separately from the completed questionnaire.

Step 1 Demographic Information

For further guidance on completing demographic information, see Part 3, Section 2.

CORE: Demographic Information		
Question	Response	Code
11	Sex (Record Male / Female as observed) <i>Circle Male / Female as observed.</i>	Male 1 Female 2
12	What is your date of birth? <i>Munabadwa chaka chanji/kasi mukababika pauli?</i> <i>Don't Know 77 77 7777</i> <i>Record date of birth of participant.</i>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> _ _ </div> <div style="text-align: center;"> _ _ </div> <div style="text-align: center;"> _ _ _ _ </div> </div> <div style="text-align: right; margin-top: 5px;"><i>If known, Go to C4</i></div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> dd mm year </div>
13	How old are you? <i>Mulindizaka zingati/muli navyaka vilinga?</i> <i>Help participant estimate their age by interviewing them about their recollection of widely known major events.</i>	Years _ _
14	In total, how many years have you spent at school or in full-time study (excluding pre-school)? <i>Kodi sukulu munayimbapo? Eya/ Ai Zaka zingati?</i> <i>Kasi mwataya vyaka vilinga muli pa sukulu?</i> <i>Record total number of years of education (excluding pre-school and kindergarten).</i>	Years _ _

EXPANDED: Demographic Information		
15	What is the highest level of education you have completed? <i>Kodi sukulu munasiyira kalasi iti?</i> <i>Kasi masambilo ghinu ghapachanya chomene agho mwafikapo ni nga?</i> <i>If a person attended a few months of the first year of secondary school but did not complete the year, record "primary school completed". If a person only attended a few years of primary school, record "less than primary school".</i> <i>Circle appropriate response.</i>	None 1 Standard 1-5 2 Standard 6-8 3 Secondary and above 4 Refused 88
16	What is your ethnic/cultural background ? <i>Kodi ndinu a mtundu wanji?</i> <i>Kasi ndimwe wa mtundu uli?</i> <i>Circle the relevant ethnic/cultural group to which the participant belongs.</i>	Chewa 1 Tumbuka 2 Ngoni 3 Yao 4 Other (Specify) 5 I don't know/Refused 88
17	What is your marital status ? <i>Circle the appropriate response.</i>	Never married 1 Currently married 2 Separated 3 Divorced 4 Widowed 5 Cohabiting 6 Refused 88

24	<p>How old were you when you first started smoking daily? <i>Munayamba kusuta fodya muli ndi zaka zingati?</i> <i>Kasi mukawa na vyaka vilinga apomukayambira kukhwewa hona?</i></p> <p><i>For current daily smokers only. Ask the participant to think of the time when he/she started to smoke any tobacco products daily.</i></p>	<p>Age (years)</p> <p>Don't know 77</p> <p>_____ If known, go to T5a</p>	T3
25	<p>Do you remember how long ago it was? <i>Papita nthawi yaitali bwanji mukusuta fodya?</i> <i>Kasi mukukumbukira kuti vikawa vyaka vilinga ivyo vyajumphapo kufuma apo mukambira kukhwewa?</i></p> <p>(RECORD ONLY 1, NOT ALL 3)</p> <p>Don't know 77</p> <p><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></p>	<p>In Years _____ If known, go to T5a</p>	T4a
		<p>OR in Months _____ If known, go to T5a</p>	T4b
		<p>OR in Weeks _____</p>	T4c
26	<p>On average, how many of the following do you smoke each day? <i>Kodi mumasuta ndudu zingati za fodya patsiku?</i> <i>Pakusachizga waka, kasi ni ndudu zilinga za hona uyo tazunula apa izo mukukhwewa pa zuwa limoza?</i></p> <p>(RECORD FOR EACH TYPE)</p> <p>Don't know 77</p> <p><i>For current daily smokers only. Specify zero if no products were used in each category instead of leaving categories blank. Then go to T9. Daily smokers don't have to answer questions on past smoking T6-T8c.</i></p>	<p>Manufactured cigarettes _____</p>	T5a
		<p>Hand-rolled cigarettes _____</p>	T5b
		<p>Pipes full of tobacco _____</p>	T5c
		<p>Cigars, cheroots, cigarillos _____</p>	T5d
		<p>Other _____ If Other, go to T5other, else go to T9</p>	T5e
		<p>Other (please specify): _____ Go to T9</p>	T5other

EXPANDED: Tobacco Use			
Question		Response	Code
27	<p>In the past, did you ever smoke daily? <i>Kodi mbuyomu, munkasuta tsiku lirionse?</i> <i>Munyengo zajumpha izi, kasi mulikukhwewapo zuwa na zuwa?</i></p> <p><i>Ask the participant to think of the time when he/she may have been smoking tobacco products on a daily basis.</i></p>	<p>Yes 1</p>	T6
		<p>No 2 If No, go to T9</p>	
28	<p>How old were you when you stopped smoking daily? <i>Mudali ndi zaka zingati pamene munasiya kusuta tsiku ndi tsiku?</i></p> <p><i>Ask the participant to think of the time when he/she stopped smoking tobacco products on a daily basis.</i></p>	<p>Age (years)</p> <p>Don't Know 77 _____ If Known, go to T9</p>	T7
29	<p>Do you remember how long ago it was? <i>Munasiya liti kusuta fodya tsiku lilionse?</i> <i>Muli kuleka pauli kukhwewa zuwa na zuwa?</i></p> <p>(RECORD ONLY 1, NOT ALL 3)</p> <p>Don't know 77</p> <p><i>If the participant doesn't remember his/her age when they started smoking, then record the time in weeks, months or years as appropriate.</i></p>	<p>In Years _____ If Known, go to T9</p>	T8a
		<p>OR in Months _____ If Known, go to T9</p>	T8b
		<p>OR in Weeks _____</p>	T8c
30	<p>Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?</p>	<p>Yes 1</p>	T9

	<p>Kodi mumasuta fody wa phuno kapena mumadya fodya opela? Kasi panyengo ya sono, mukukhwewa hona wambula josi (wmumphuno, wakusumba, wapasi pa lulime)?</p> <p>(USE SHOWCARD) Ask the participant to think of any smokeless tobacco products the he/she is using currently.</p>	<p>No 2 If No, go to T12</p>	
31	<p>Do you currently use smokeless tobacco products daily? Mumadya fodya opela kapena wa phuno tsiku lilolonse Kasi panyengo ya sono, mukukhwewa hona wambula josi (wmumphuno, wakusumba, wapasi pa lulime)?</p> <p>For current users of smokeless tobacco products only.</p>	<p>Yes 1</p> <p>No 2 If No, go to T12</p>	T10
32	<p>On average, how many times a day do you use Kodi, patsiku mumadya fodya opela kapena wa phuno kangati? Panyengo ya sono, Kasi mukukhwewa hona wambula josi?</p> <p>(RECORD FOR EACH TYPE, USE SHOWCARD)</p> <p>Don't Know 77</p> <p>For daily users of smokeless tobacco products only. Record for each type of smokeless tobacco products. Record zero if no products were used in each category instead of leaving categories blank. Then go to T13. Daily users of smokeless tobacco don't have to answer the question on past use T12.</p>	<p>Snuff, by mouth <input type="text"/></p>	T11a
		<p>Snuff, by nose <input type="text"/></p>	T11b
		<p>Chewing tobacco <input type="text"/></p>	T11c
		<p>Betel, quid <input type="text"/></p>	T11d
		<p>Other <input type="text"/> If Other, go to T11 other, else go to T13</p>	T11e
		<p>Other (specify) <input type="text"/></p> <p>Go to T13</p>	T11other
33	<p>In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, or betel] daily? Zaka zapitazi mamadya fodya opela kapena wa phuno tsiku ndi tsiku? Mwakuyezgelera waka, kasi hona wambula josi mukumukhwewa kalinga pa zuwa?!</p> <p>Ask the participant to think of the time when he/she may have been using smokeless tobacco products on a daily basis.</p>	<p>Yes 1</p> <p>No 2</p>	T12
34	<p>During the past 7 days, on how many days did someone in your home smoke when you were present? Record the number of days.</p>	<p>Number of days <input type="text"/></p> <p>Don't know 77 <input type="text"/></p>	T13
35	<p>During the past 7 days, on how many days did someone smoke in closed areas in your workplace (in the building, in a work area or a specific office) when you were present? Record the number of days. For those not working in a closed area, record 77.</p>	<p>Number of days <input type="text"/></p> <p>Don't know or don't work in a closed area 77 <input type="text"/></p>	T14

CORE: Alcohol Consumption

The next questions ask about the consumption of alcohol.

Question	Response	Code
36 Have you ever consumed an alcoholic drink such as	Yes 1	A1a

	<p>beer, wine, spirits, fermented cider or (<i>kachasu, masese, chibuku, mowa wabotolo, kazibek</i>)?</p> <p><i>Kodi chikhalileni wodayamba mwamwapo mowa (kachasu, masese, chibuku, mowa wabotolo, kazibek)?</i></p> <p>(USE SHOWCARD OR SHOW EXAMPLES)</p> <p><i>Think of any drinks that contain alcohol.</i></p>	<p>No 2 <i>If No, go to D1</i></p>	
37	<p>Have you consumed an alcoholic drink within the past 12 months?</p> <p><i>Kodi, munamwapo mowa miyezi khumi ndi iwiri yapital Kasimuli kumwapo mowa (wamasese, kachasu, chibuku, wamabotolo) mummiyezi 12 yajumphha iyo?</i></p> <p><i>Think of any drinks that contain alcohol.</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to D1</i></p>	A1b
38	<p>During the past 12 months, how frequently have you had at least one alcoholic drink?</p> <p><i>Kodi mmeyezi yapitayi, mwakhala mukumwa mowa mowirikiza bwanji- pa tsiku, pa mulungu, pa mwezi? Mu myezi 12 yajumphha iyo, Nkhalinga apo mwamwapobwanji, zuwa-----?</i></p> <p>(READ RESPONSES, USE SHOWCARD)</p> <p><i>Think of the past year only.</i></p>	<p>Daily 1</p> <p>5-6 days per week 2</p> <p>1-4 days per week 3</p> <p>1-3 days per month 4</p> <p>Less than once a month 5</p>	A2
39	<p>Have you consumed an alcoholic drink within the past 30 days?</p> <p><i>Kodi munamwapo mowa mwezi mwezi uno kapena wangothau?</i></p> <p><i>Kasi mui kumwapo mowa ngati wamabotolo, kachasu, masese, chibuku mu mwezi wamala uwu?</i></p> <p><i>Circle the appropriate response.</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to D1</i></p>	A3
40	<p>During the past 30 days, on how many occasions did you have at least one alcoholic drink?</p> <p><i>Mmasiku 30 apatitawa, ndi kangati munamwapo mowa?</i></p> <p><i>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></p>	<p>Number</p> <p>Don't know 77</p> <p> _ _ </p>	A4
41	<p>During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one drinking occasion?</p> <p><i>Mmasiku 30 apatitawa, mukati mwama, mumwamwa mowa wochuluka bwanji?</i></p> <p><i>Mu mazuwa 30 ghajumphha agho, kasi mukumwapo mowa unandi uli pazuwa (pendani mabotolo panji nthembe za mowa pazuwa lililose)?</i></p> <p>(USE SHOWCARD)</p> <p><i>Help the respondent by averaging out the total number of drinks.</i></p>	<p>Number</p> <p>Don't know 77</p> <p> _ _ </p>	A5
42	<p>During the past 30 days, what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together?</p> <p><i>Mmasiku 30 apatitawa, tsiku limene mudamwa kwambiri, mumdamwa mowa wochuluka bwanji? Pala mwakumbukila makora mu mazuwa 30 ghajumphha, Kasi mwamapo mabotolo panji nthembe zilinga za mowa pazuwa limoza ilo mukamwa chomene?</i></p>	<p>Largest number</p> <p>Don't Know 77</p> <p> _ _ </p>	A6

	<i>Think of the past 30 days only.</i>		
43	<p>During the past 30 days, how many times did you have for men: five or more for women: four or more standard alcoholic drinks in a single drinking occasion?</p> <p>Mmasiku 30 apatitawa, kodi masiku angati omwe mudamwa mowa wochuluka mabotolo, mapaketi, zipanda.. zokwana: Abambo- zisanu kapena kupitilirapo? Amai- zinayi kapena kupitilirapo?</p> <p>Abambo: Mu mazuwa 30 ghajumpha, kasi mwamwapo mabotolo ghalinga pa zuwa limoza ghakujumpha 5: mwakusachizga? Amai: mu mazuwa 30 ghajumpha, kasi mwamwapo mabotolo ghalinga pa zuwa limoza ghakujumpha 4: mwakusachizga?</p> <p><i>Think of the past 30 days only. Be sure to read the correct number of times: 5 or more for <u>MEN</u>, 4 or more for <u>WOMEN</u>.</i></p>	<p>Number of times Don't Know 77</p> <p style="text-align: right;">_ _ _</p>	A7

EXPANDED: Alcohol Consumption			
44	<p>During the past 30 days, when you consumed an alcoholic drink, how often was it with meals? Please do not count snacks.</p> <p><i>Think of the past 30 days only.</i></p>	<p>Usually with meals 1 Sometimes with meals 2 Rarely with meals 3 Never with meals 4</p>	A8
45	<p>During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day? (USE SHOWCARD)</p> <p><i>Don't know 77</i></p> <p><i>Think of the past week only.</i> 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. Record for each day the number of standard drinks. If no drinks record 0.</p>	Monday <input type="text"/>	A9a
		Tuesday <input type="text"/>	A9b
		Wednesday <input type="text"/>	A9c
		Thursday <input type="text"/>	A9d
		Friday <input type="text"/>	A9e
		Saturday <input type="text"/>	A9f
		Sunday <input type="text"/>	A9g

CORE: Diet				
<p>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.</p>				
Question	Response		Code	
46	<p>In a typical week, on how many days do you eat fruit? Ndimasiku angati pamulungu amene mumadya zipatso? Pasabata yimoza, nimazuwa ghalinga agho mukulya vipaso? (USE SHOWCARD)</p> <p><i>Think of any fruit on the show card. A typical week means a "normal" week when your diet is not affected by cultural, religious, or other events. Do not report an average over a period.</i></p>		<p>Number of days <input type="text"/> <i>If Zero days, go to D3</i> Don't Know 77</p>	D1

47	<p>How many servings of fruit do you eat on one of those days? <i>Pamasiku amenewa mumadya zipatso kangati?</i> Kasi mukupereka kalinga vipaso vyakuti mulye nyengo yimoza pala nyengo yakulyera yakwana? (USE SHOWCARD) <i>Think of one day the participant can recall easily.</i></p>	<p>Number of servings Don't Know 77</p> <p style="text-align: right;">_ _ _</p>	D2
48	<p>In a typical week, on how many days do you eat vegetables? <i>Ndimasiku angati pamulungu amene mumadya ndiwo zamasamba?</i> Kasi vyakulya vya mphangwe, mukulya mazuwa ghalinga pa sabata? (USE SHOWCARD) <i>Think of any vegetable on the show card. A typical week means a "normal" week when your diet is not affected by cultural, religious, or other events. Do not report an average over a period.</i></p>	<p>Number of days Don't Know 77</p> <p style="text-align: right;">_ _ _ <i>If Zero days, go to D5</i></p>	D3
49	<p>How many servings of vegetables do you eat on one of those days? <i>Pamasiku amenewa mumadya ndiwo zamasamba kangati?</i> Kasi mukuwerezga kalinga kujigawira mphangwe yakulya nyengo yimoza ? (USE SHOWCARD) <i>Think of one day the participant can recall easily.</i></p>	<p>Number of servings Don't know 77</p> <p style="text-align: right;">_ _ _</p>	D4

EXPANDED: Diet

50	<p>What type of oil or fat is most often used for meal preparation in your household? <i>Mumagwiritsa ntchito mafuta ophikila a antundu wanji?</i> Kasi ni mtundu uli wa mafuta uwo mukugwiriska ntchito kunyumba kwinu pakuphika vyakurya? (USE SHOWCARD, SELECT ONLY ONE) <i>Circle the appropriate response.</i></p>	<p>Vegetable oil 1 Lard or suet 2 Butter or ghee 3 Margarine 4 Other 5 <i>If Other, go to D5other</i> None in particular 6 None used 7 Don't know 77</p>	D5
		<p>Other _ _ _ _ _ _ _ _</p>	D5other
51	<p>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.</i></p>	<p>Number Don't know 77</p> <p style="text-align: right;">_ _ _</p>	D6

CORE: Physical Activity

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.

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. 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.

. Tsopano tikambirana za ntchito imene mumagwira

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.

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.

Question	Response	Code
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52	<p>Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like [carrying or lifting heavy loads, digging or construction work] for at least 10 minutes continuously?</p> <p><i>Kodi ntchito imene mumagwira ndi yokhetsa thukuta monga kulima, kunyamula katundu, kukonola, kukumba mayenje ndi zina zotero?</i></p> <p>Kasi pa ntchito yinu iyo mukugwira mazuwa ghanandi: yikuwapo ya kunyamula vinthu vizito, kujima, kupula, kuzenga zenga, kwambula kulekezga pa fupifupi 10 minutes kwambula kulekezga?</p> <p><i>Activities are regarded as vigorous intensity if they cause a large increase in breathing and/or heart rate. (USE SHOWCARD)</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 4</i></p>	P1
53	<p>In a typical week, on how many days do you do vigorous-intensity activities as part of your work?</p> <p><i>Pamulungu, ndi masiku angati amene mumagwira ntchito yo khetsa thukuta?</i></p> <p>Pasabata yimoza, kasi mukuchita mazuwa ghalinga masewero ghakulimbiska thupi (exercises)?</p> <p><i>“Typical week” means a week when a person is doing vigorous intensity activities and not an average over a period. Valid responses range from 1-7.</i></p>	<p>Number of days</p> <p style="text-align: center;">┌</p>	P2
54	<p>How much time do you spend doing vigorous-intensity activities at work on a typical day?</p> <p><i>Pa tsiku, kodi mumagwira ntchito yo khetsa thukuta nthawi yochuluka bwanji?</i></p> <p>Kasi mukutora nyengo yitali uli uko mukupanga masewero agha ?</p> <p><i>Think of one day you can recall easily. Consider only 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 style="text-align: center;">┌ ┌ : ┌ ┌</p> <p style="text-align: center;">hrs mins</p>	P3 (a-b)
55	<p>Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously?</p> <p><i>Kodi ntchito imene mumagwira ndi yopepukirapo monga kunyamula katundu wopepukirapo, kuyenda mwandawala zina zotero?</i></p> <p>Kasi ntchito yinu yikukhwaskana na kumovilani kupanga ma exercise ghapakatikati mwakuti mukuthutula muchanya? [kulima, kunyamula katundu, kupula, kujimaa etc]</p> <p><i>Activities are regarded as moderate intensity if they cause a small increase in breathing and/or heart rate. (USE SHOWCARD)</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 7</i></p>	P4
56	<p>In a typical week, on how many days do you do moderate-intensity activities as part of your work?</p> <p><i>Pamulungu, ndi masiku angati amene mumagwira ntchito yopepukirapo?</i></p> <p>Kasi ndi mazuwa ghalinga agho mukuchita ma exercise ghapakatikati pa sabata yiliyose?</p> <p><i>Valid responses range from 1-7</i></p>	<p>Number of days</p> <p style="text-align: center;">┌</p>	P5
57	<p>How much time do you spend doing moderate-intensity activities at work on a typical day?</p> <p><i>Pa tsiku, kodi mumagwira ntchito yopepukirapo nthawi yochuluka bwanji?</i></p> <p>Kasi nkhalinga kuntchito apo mukugwira ntchito yakulingana na exercise yapakatikati?</p> <p><i>Think of one day you can recall easily. Consider only those activities undertaken continuously for 10 minutes</i></p>	<p>Hours : minutes</p> <p style="text-align: center;">┌ ┌ : ┌ ┌</p> <p style="text-align: center;">hrs mins</p>	P6 (a-b)

	<i>or more. Probe very high responses (over 4 hrs) to verify.</i>		
Travel to and from places			
<p>The next questions exclude the physical activities at work that you have already mentioned. 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. [insert other examples if needed]</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>			
58	<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>Kodi mumayenda pansi kapena pa njira ya kapalasa popita monga kuntchito, kutchalitchi, kumsika ndi kwina kotero?</i></p> <p><i>Circle the appropriate response.</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 10</i></p>	P7
59	<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>Pamulungu, kodi ndi masiku angati amene mumayenda pansi kapena pa njinga ya kapalasa?</i></p> <p><i>Valid responses range from 1-7</i></p>	<p>Number of days</p> <p>□</p>	P8
60	<p>How much time do you spend walking or bicycling for travel on a typical day?</p> <p><i>Pa tsiku, kodi ndi nthawi yotalika bwanji yimene mumayenda pansi kapena pa njinga ya kapalasa?</i></p> <p><i>Think of one day you can recall easily. Consider the total amount of time walking or bicycling for trips of 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)
Recreational activities			
<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),[insert relevant terms]. <i>Tsopano tikambirana za masewero olimbitsa thupi</i></p> <p><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 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>			
Question		Response	Code
61	<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>Kodi mumapanga masewera olimbitsa thupi kwa phindi khumi mwakathithi?</i></p> <p><i>Kasi mukuchita masewero agho ghakumovwirani kulimbiska thupi ngati: Kutchaya bola, kuchimbila?</i></p> <p><i>Activities are regarded as vigorous intensity if they cause a large increase in breathing and/or heart rate. (USE SHOWCARD)</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 13</i></p>	P10
62	<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>Pa mulungu, kodi ndi masiku angati amene mumapanga masewera olimbitsa thupi kwa phindi khumi?</i></p> <p><i>Pasabata yimoza, nimazuwa ghalinga agho mukupanga masewero gheneko ghakulimbiska thupi?</i></p> <p><i>Valid responses range from 1-7.</i></p>	<p>Number of days</p> <p>□</p>	P11
63	<p>How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?</p> <p><i>Pa tsiku, kodi ndi nthawi yo chuluka bwanji imene</i></p>	<p>Hours : minutes</p> <p>□ : □</p> <p>hrs mins</p>	P12 (a-b)

	<p><i>mumatenga kupanga masewera olimbitsa thupi?</i> Mukutora nyengo yitali uli pa zuwa usange mwayamba kupanga ma exercises? <i>Think of one day you can recall easily. Consider the total amount of time doing vigorous recreational activities for periods of 10 minutes or more. Probe very high responses (over 4 hrs).</i></p>		
64	<p>Do you do any moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities that causes a small increase in breathing or heart rate such as brisk walking, (cycling, swimming, volleyball) for at least 10 minutes continuously? <i>Kodi muchita masewela olimbitsa nthupi opepukilako monga kupalasa njinga, kusambila, kusewela volleyball pa nthawi yopitilila 10 minitsi osapuma?</i> Kasi mukuchita ma exercises mwakulibikirako nga: volley ball, kuskamba, kwenda waka kwakuyana na 10 minutes? <i>Activities are regarded as moderate intensity if they cause a small increase in breathing and/or heart rate. (USE SHOWCARD)</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P16</i></p>	P13
65	<p>In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities? <i>Pamulungu ndi masiku angati amene mumachita masewela olimbitsa nthupi opepukilako?</i> <i>Mu sabata yimoza, ndimazuwa ghalinga agho mukuchita masewero ngati agho tazunula mu # 64</i> <i>Valid responses range from 1-7</i></p>	<p>Number of days</p> <p>□</p>	P14
66	<p>How much time do you spend doing moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities on a typical day? <i>Pa tsiku, Kodi mumatenga nthawi yaitali bwanji mukuchita masewelawa?</i> <i>Pa zuwa, mukutola nyengo yitali uli pa masewero wenewawa?</i> <i>Think of one day you can recall easily. Consider the total amount of time doing moderate recreational activities for periods of 10 minutes or more. Probe very high responses (over 4 hrs).</i></p>	<p>Hours : minutes</p> <p>□ □ □ : □ □ □ hrs mins</p>	P15 (a-b)

EXPANDED: Physical Activity

Sedentary behavior

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.
(USE SHOWCARD)

67	<p>How much time do you usually spend sitting or reclining on a typical day? <i>Patsiku ndi nthawi yaitali bwanji mumangokhala pansi osachita china chilichonse mutakhala pampando (kumawelenga, kuonela ma filimu, kusewela bawo)</i> <i>Kasi ni nyengo yitali uli pazuwa iyo mukutola kukhala waka pani kuwonelela waka ma cinema?</i> <i>Consider total time spent at work sitting, in an office, reading, watching television, using a computer, doing hand craft like knitting, resting etc. Do not include time spent sleeping.</i></p>	<p>Hours : minutes</p> <p>□ □ □ : □ □ □ hrs min s</p>	P16 (a-b)
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CORE: History of Raised Blood Pressure

Question		Response	Code
68	<p>Have you ever had your blood pressure measured by a doctor or other health worker? Chikhalire, kodi munayezetsapo matenda othamanga magazi (BP)?</p> <p><i>Circle the appropriate response.</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to H6</i></p>	H1
69	<p>Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension? Chikhalire, kodi mudayamba mwauzidwapo ku chipatala kuti muli ndi matenda othamanga magazi?</p> <p><i>Circle the appropriate response.</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to H6</i></p>	H2a
70	<p>Have you been told in the past 12 months? Mudauzidwa liti? Mmiyezi khumi ndi iwiri yapitayi?</p> <p><i>Circle the appropriate response.</i></p>	<p>Yes 1</p> <p>No 2</p>	H2b

EXPANDED: History of Raised Blood Pressure			
<p>Are you currently receiving any of the following treatments/advice for high blood pressure prescribed by a doctor or other health worker? Kodi ndichithandizo cha kuchipatala chiti chimene mukulandira pa matenda othamanga magazi (BP) ? Kasi kufuma ku chipatal chilichose, ndi wovwiri uli wa nthenda ya blood pressure uwo mu ku pokera?</p> <p><i>Circle the appropriate response for each of the following.</i></p>			
71	<p>Drugs (medication) that you have taken in the past two weeks Kodi mwamwapo mankhwala a matenda othamanga magazi mmilungu iwiri yapitayi Mankhwala gha BP ghakumwa agho mwapokerpo sabata ziwiri zajumpha izo?</p>	<p>Yes 1</p> <p>No 2</p>	H3a
	<p>Advice to reduce salt intake</p>	<p>Yes 1</p> <p>No 2</p>	H3b
	<p>Advice or treatment to lose weight</p>	<p>Yes 1</p> <p>No 2</p>	H3c
	<p>Advice or treatment to stop smoking</p>	<p>Yes 1</p> <p>No 2</p>	H3d
	<p>Advice to start or do more exercise</p>	<p>Yes 1</p> <p>No 2</p>	H3e
72	<p>Have you ever seen a traditional healer for raised blood pressure or hypertension? <i>Circle the appropriate response.</i></p>	<p>Yes 1</p> <p>No 2</p>	H4
73	<p>Are you currently taking any herbal or traditional remedy for your raised blood pressure? <i>Circle the appropriate response.</i></p>	<p>Yes 1</p> <p>No 2</p>	H5

CORE: History of Diabetes		
Question	Response	Code

74	Have you ever had your blood sugar measured by a doctor or other health worker? <i>Circle the appropriate response.</i>	Yes 1 No 2 <i>If No, go to M1</i>	H6
75	Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes? Kodi mudauzudwapo ku chipatala kut muli ndi matenda a shuga? <i>Circle the appropriate response.</i>	Yes 1 No 2 <i>If No, go to M1</i>	H7a
76	Have you been told in the past 12 months? <i>Chaka chapitachi, Kodi munayezetsako matenda a shuga?</i> <i>Circle the appropriate response.</i>	Yes 1 No 2	H7b

EXPANDED: History of Diabetes

Are you currently receiving any of the following treatments/advice for diabetes prescribed by a doctor or other health worker? <i>Circle the appropriate response for each of the following.</i>			
77	Insulin	Yes 1 No 2	H8a
	Drugs (medication) that you have taken in the past two weeks	Yes 1 No 2	H8b
	Special prescribed diet	Yes 1 No 2	H8c
	Advice or treatment to lose weight	Yes 1 No 2	H8d
	Advice or treatment to stop smoking	Yes 1 No 2	H8e
	Advice to start or do more exercise	Yes 1 No 2	H8f
78	Have you ever seen a traditional healer for diabetes or raised blood sugar? <i>Circle the appropriate response.</i>	Yes 1 No 2	H9
79	Are you currently taking any herbal or traditional remedy for your diabetes? <i>Circle the appropriate response.</i>	Yes 1 No 2	H10

Step 2 Physical Measurements

For guidance on taking and completing physical measurements, see Part 3, Section 3.

CORE: Height and Weight

Question	Response	Code
80 Interviewer ID <i>Record interviewer ID (for height, weight and waist circumference).</i>	<input type="text"/>	M1
81 Device IDs for height and weight <i>Record device IDs.</i>	Height <input type="text"/>	M2a
	Weight <input type="text"/>	M2b
82 Height <i>Record participant's height in cm.</i>	in Centimetres (cm) <input type="text"/>	M3

83	Weight <i>If too large for scale, code 666.6</i> <i>Record participant's weight in kg.</i>	in Kilograms (kg)	<input type="text"/>	M4
84	For women: Are you pregnant? <i>If yes, skip to M8.</i>	Yes 1 <i>If Yes, go to M 8</i> No 2		M5
CORE: Waist				
85	Device ID for waist <i>Record device ID.</i>		<input type="text"/>	M6
86	Waist circumference <i>Record participant's waist circumference in centimetres.</i>	in Centimetres (cm)	<input type="text"/>	M7
CORE: Blood Pressure				
87	Interviewer ID <i>Record interviewer's ID (in most cases technician would be the same as for height, weight and waist circumference).</i>		<input type="text"/>	M8
88	Device ID for blood pressure <i>Record device ID.</i>		<input type="text"/>	M9
89	Cuff size used <i>Circle size used</i>	Small 1 Medium 2 Large 3		M10
90	Reading 1 <i>Record first measurement after the participant has rested for 15 minutes. Wait 3 minutes before taking second measurement.</i>	Systolic (mmHg)	<input type="text"/>	M11a
		Diastolic (mmHg)	<input type="text"/>	M11b
91	Reading 2 <i>Record second measurement. Ask the participant to rest for another 3 minutes before taking the third measurement.</i>	Systolic (mmHg)	<input type="text"/>	M12a
		Diastolic (mmHg)	<input type="text"/>	M12b
92	Reading 3 <i>Record third measurement.</i>	Systolic (mmHg)	<input type="text"/>	M13a
		Diastolic (mmHg)	<input type="text"/>	M13b
93	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>Circle appropriate response.</i>	Yes 1 No 2		M14

EXPANDED: Hip Circumference and Heart Rate				
94	Hip circumference <i>Record participant's hip circumference in cm.</i>	in Centimeters (cm)	<input type="text"/>	M15
95	Heart Rate <i>Record the three heart rate readings.</i>			
	Reading 1	Beats per minute	<input type="text"/>	M16a
	Reading 2	Beats per minute	<input type="text"/>	M16b
	Reading 3	Beats per minute	<input type="text"/>	M16c

Step 3 Biochemical Measurements

For guidance on taking and completing physical measurements, see Part 3, Section 4.

CORE: Blood Glucose				
Question		Response		Code
96	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
97	Technician ID		<input type="text"/>	B2
98	Device ID		<input type="text"/>	B3

