

WHO STEPS Instrument

(Core and Expanded)



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

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For further information: www.who.int/ncds/steps



STEPS Instrument

Overview

Introduction This is the generic STEPS Instrument which sites/countries will use to develop their tailored instrument. It contains the:

- CORE items (unshaded boxes)
 - EXPANDED items (shaded boxes).
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Core Items The Core items for each section ask questions required to calculate basic variables. For example:

- current daily smokers
- mean BMI.

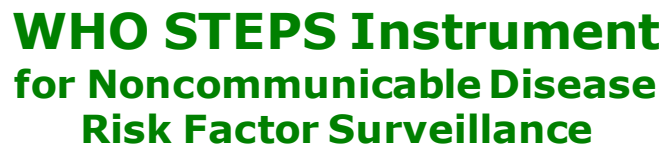
Note: All the core questions should be asked, removing core questions will impact the analysis.

Expanded items The Expanded items for each section ask more detailed information. Examples include:

- use of smokeless tobacco
 - sedentary behaviour.
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Guide to the columns The table below is a brief guide to each of the columns in the Instrument.

Column	Description	Site Tailoring
Question	Each question is to be read to the participants	<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 where necessary.
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.



<insert country/site name>

Survey Information

Location and Date	Response	Code
Cluster/EA ID	<div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	I1
Cluster/EA name		I2
Interviewer ID	<div> <div></div> <div></div> <div></div> <div></div> </div>	I3
Date of completion of the instrument	<div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div>dd mm year</div>	I4


Consent, Interview Language and Name	Response	Code
Consent has been read and obtained	Yes 1 No 2 If NO, END	I5
Interview Language <i>[Insert Language]</i>	English 1 <i>Chichewa</i> 2 <i>Tumbuka</i> 3	I6
Time of interview (24 hour clock)	<div> <div> <div></div><div></div><div></div><div></div> </div> <div>:</div> <div> <div></div><div></div><div></div><div></div> </div> </div> <div>hrsmins</div>	I7
Family Surname		I8
First Name		I9
Additional Information that may be helpful		
Contact phone number where possible Nambalaya phone		I10

Step 1 Demographic Information

CORE: Demographic Information	
1. Name	
2. Age	
3. Gender	
4. Ethnicity	
5. Religion	
6. Marital Status	
7. Education Level	
8. Employment Status	
9. Annual Income	
10. Home Address	
11. Phone Number	
12. Email Address	
13. Social Security Number	
14. Date of Birth	
15. Place of Birth	
16. Current Residence	
17. Number of Children	
18. Number of Pets	
19. Number of Vehicles	
20. Number of Siblings	
21. Number of Friends	
22. Number of Acquaintances	
23. Number of Neighbors	
24. Number of Colleagues	
25. Number of Business Partners	
26. Number of Clients	
27. Number of Customers	
28. Number of Suppliers	
29. Number of Vendors	
30. Number of Contractors	
31. Number of Consultants	
32. Number of Advisors	
33. Number of Mentors	
34. Number of Mentees	
35. Number of Partners	
36. Number of Associates	
37. Number of Subordinates	
38. Number of Supervisors	
39. Number of Managers	
40. Number of Executives	
41. Number of Board Members	
42. Number of Stakeholders	
43. Number of Investors	
44. Number of Donors	
45. Number of Benefactors	
46. Number of Patrons	
47. Number of Supporters	
48. Number of Allies	
49. Number of Enemies	
50. Number of Rivals	
51. Number of Competitors	
52. Number of Opponents	
53. Number of Adversaries	
54. Number of Antagonists	
55. Number of Villains	
56. Number of Heroes	
57. Number of Protagonists	
58. Number of Antagonists	
59. Number of Supporting Characters	
60. Number of Background Characters	
61. Number of Extra Characters	
62. Number of Guest Stars	
63. Number of Cameo Artists	
64. Number of Special Guests	
65. Number of Hosts	
66. Number of Co-Hosts	
67. Number of Emcees	
68. Number of MCs	
69. Number of DJs	
70. Number of Producers	
71. Number of Engineers	
72. Number of Technicians	
73. Number of Artists	
74. Number of Musicians	
75. Number of Performers	
76. Number of Actors	
77. Number of Actresses	
78. Number of Models	
79. Number of Designers	
80. Number of Writers	
81. Number of Directors	
82. Number of Producers	
83. Number of Executives	
84. Number of Managers	
85. Number of Agents	
86. Number of Lawyers	
87. Number of Accountants	
88. Number of Consultants	
89. Number of Advisors	
90. Number of Mentors	
91. Number of Mentees	
92. Number of Partners	
93. Number of Associates	
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155. Number of Board Members	
156. Number of Stakeholders	
157. Number of Investors	
158. Number of Donors	
159. Number of Benefactors	
160. Number of Patrons	
161. Number of Supporters	
162. Number of Allies	
163. Number of Enemies	

Question	Response	Code
Sex (<i>Record Male / Female as observed</i>)	Male 1 Female 2	C1
What is your date of birth? <i>Munabadwa chaka chanji</i> <i>kasi mukabika pauli?</i> <i>Don't Know 77 77 7777</i>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"><div style="width: 20px; height: 10px; border-bottom: 1px solid black; margin: 0 auto;"></div> dd</div> <div style="text-align: center;"><div style="width: 20px; height: 10px; border-bottom: 1px solid black; margin: 0 auto;"></div> mm</div> <div style="text-align: center;"><div style="width: 40px; height: 10px; border-bottom: 1px solid black; margin: 0 auto;"></div> year</div> If Known, Go to C4 </div>	C2
How old are you? <i>Muli ndi zaka zingati</i> <i>muli navyaka vilinga?</i>	Years <div style="width: 40px; height: 10px; border-bottom: 1px solid black; margin: 0 auto;"></div>	C3
In total, how many years have you spent at school and in full-time study (excluding pre-school)? <i>Kodi sukulu munayimbapo? Eya/ Ai</i> <i>Zaka zingati?</i> <i>Kasi mw atay a vyaka vilinga muli pa sukulu?</i>	Years <div style="width: 40px; height: 10px; border-bottom: 1px solid black; margin: 0 auto;"></div>	C4

EXPANDED: Demographic Information

<p>What is the highest level of education you have completed?</p> <p><i>Kodi sukulu munasiyira kalasi iti?</i></p> <p>Kasi masambilo ghinu ghapachanya chomene agho mwafikapo ni nga?</p>	<p>No formal schooling 1</p> <p>Standard 1-5 2</p> <p>Standard 6-8 3</p> <p>Secondary school 4</p> <p>Tertially 5</p> <p>Refused 88</p>	C5
<p>What is your marital status?</p>	<p>Never married 1</p> <p>Currently married 2</p> <p>Separated 3</p> <p>Divorced 4</p> <p>Widowed 5</p> <p>Cohabitating 6</p> <p>Refused 88</p>	C7
<p>Which of the following best describes your main work status over the past 12 months?</p> <p><i>Kodi ntchito yanu yeniyeni ndi yotani</i></p> <p>Kasi ni ndondomeko uli mwa izi tazunula apa iyo yikulongosola makora za ntchito yeneko iyo mwachitanga mu myezi 12 iyo yajumpha?</p>	<p>Government employee 1</p> <p>Non-government employee 2</p> <p>Self-employed 3</p> <p>Non-paid 4</p> <p>Student 5</p> <p>Homemaker 6</p> <p>Retired 7</p> <p>Unemployed (able to work) 8</p> <p>Unemployed (unable to work) 9</p> <p>Refused 88</p>	C8
<p>How many people older than 18 years, including yourself, live in your household?</p> <p><i>Kodi pakhomo pano pali anthu angati opyola zaka 18?</i></p> <p>Kasi muniyumba iyi mukukhalamo mwawanthu walinga imwe muli na vyaka vyakufikira 18 kuluta munthazi?</p>	<p>Number of people</p> <p> If Not Known, Go to C11</p>	C9

EXPANDED: Demographic Information, Continued				
Question	Response			Code
Does this household or any member of this household own any of these items?	Radio	Yes	No	X1a
	Refrigerator	Yes	No	X1b
	Television	Yes	No	X1c
Kodi pakhomo pano pali katundu amene nditchule apayu?	Non-mobile telephone	Yes	No	X1d
	Mobile telephone	Yes	No	X1e
Kasi muli na katundu uli pakhomo pano?	Car	Yes	No	X1f
	Truck	Yes	No	X1g
	Bicycle	Yes	No	X1h
	Motorbike or scooter	Yes	No	X1i
Does any member of this household have a bank account? Alipo pakhomo pano amene ali ndi banki akaunti? Kasi walipo wali na akaunti ku banki?	Yes	No		X2
Does your household have electricity? Kodi pakhomo pano pali magetsi? Kasi muli na magesi?	Yes	No		X3
What is the main source of drinking water for members of your household? Kodi madzi akumwa pakhomo omwe mumadalira pano mumatunga kuti? Kasi maji ghakumwa mukuteka nkhu?	Piped water (into dwelling) 1 Piped into compound/plot 2 Public tap / standpipe 3 Tubewell / Borehole 4 Unprotected spring 5 Dug well (unprotected) 6 Surface water (river, stream, lake, etc) 7 Other 8			X4
What kind of toilet facility do members of your household usually use? Kodi chimbudzi cha pakhomo pano ndi cha mtundu wani? Mukugwiriska ntchito chimbuzi cha mtundu uli?	Flush or pour flush toilet 1 Ventilated improved pit latrine 2 Pit latrine with slab 3 Pit latrine without slab / open 4 No facilities 5 Other 6			X6
Do you share this toilet facility with other households? Kodi chimbudzi ichi ndichogawana ndi nyumba zina? Kasi mukugwiriska ntchito chimbuzi chinu na banthu wanyakhe kuwaro kwa nyumba yinu?	Yes	No		X7
What type of fuel does your household mainly use for cooking? Kodi mumagwiritsa ntchito chani pokhikira? Kasi mukugwiriska vichi kuti muphike cha kurya?	Electricity 1 Charcoal 2 Wood 3 Other 4			X8
What is the main material of the floor in your household? Kodi nyumbayi pansi munamangila chani? Kasi pasi pa nyumba muli kumangira vichi?	Earth / sand 1 Ceramic tiles 2 Cement 3 Other 4			X9

<p>What is the main material of the exterior walls in your household?</p> <p>Kodi khoma la panja pa nyumbay i munamangila chani?</p> <p>Pa chimati cha nyumba cha kuw aro muli kumangira vichi?</p>	<p>Cane / palm / trunks 1</p> <p>Bamboo/ tree trunks with mud 2</p> <p>Burnt Bricks 3</p> <p>Cement 4</p> <p>Stone with lime/cement 5</p> <p>Unburnt bricks 6</p> <p>Other 7</p>	X10
<p>What is the main material of the roof in your household?</p> <p>Kodi denga la nyumba y anu munamangila zipangizo zani?</p> <p>Kasi kuchanya kw a nyumba muli kumangira vichi?</p>	<p>Thatched/palm leaf 1</p> <p>Palm Bamboo 2</p> <p>Iron sheet 3</p> <p>Others 4</p>	X11

Step 1 Behavioural Measurements

CORE: Tobacco Use

Now I am going to ask you some questions about tobacco use.

Question	Response	Code		
Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes? Kodi munasutapo fody a? Kasi muli kuhw ew apo hona mu ny engo zajumpha izi? (USE SHOWCARD)	Yes 1 No 2 If No, go to T8	T1		
Do you currently smoke tobacco products daily ? Nanga panopa mukusuta fodya tsiku liri lonse? Kasi panyengo yasono, mukukhwewa zuwa lililose?	Yes 1 No 2	T2		
How old were you when you first started smoking? Munayamba kusuta fodya muli ndi zaka zingati? Kasi mukawa na vyaka vilinga apomukayambira kukhwewa hona?	Age (years) Don't know 77 <table><tr><td></td><td></td></tr></table> If Known, go to T5a/T5aw			T3
Do you remember how long ago it was? Papita nthawi yaitali bwanji mukusuta fodya? Kasi mukukumbukira kuti vikawa vyaka vilinga iv yo v y ajumphapo kufuma apo mukambira kukhw ew a? (RECORD ONLY 1, NOT ALL 3) Don't know 77	In Years <table><tr><td></td><td></td></tr></table> If Known, go to T5a/T5aw			T4a
	OR in Months <table><tr><td></td><td></td></tr></table> If Known, go to T5a/T5aw			T4b
OR in Weeks <table><tr><td></td><td></td></tr></table>			T4c	

No 2 If T1=Yes, go to T12, else go to T10

OR Weeks ago | |

What made you quit smoking? Chinapangitsa kuti musiye kusuta ndi chiani? Chikamulekeskani kukhwewa ntchi vichi? Tick all that apply	1. Advice from friends about dangers of smoking 2. Religious beliefs, 3. Health concerns 4. Economic reasons, 4. Advice from the health worker. 5. Other reasons.....	X12	
Do you currently use any smokeless tobacco products such as [snuff, chewing tobacco, betel]? Kodi mumasuta fodya wa phuno kapena mumadya fodya opela? Kasi panyengo ya sono, mukukhwewa hona wambula josi (wmumphuno, wakusumba, wapasi pa lulime)? (USE SHOWCARD)	Yes 1 No 2 If No, go to T15	T12	
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)?	Yes 1 No 2 If No, go to T14aw	T13	
On average, how many times a day/week do you use <i>Kodi, patsiku mumadya fodya opela kapena wa phuno kangati?</i> <i>Panyengo ya sono, Kasi mukukhwewa hona wambula josi?</i> (IF LESS THAN DAILY, RECORD WEEKLY) (RECORD FOR EACH TYPE, USE SHOWCARD) Don't Know 7777	DAILY↓ WEEKLY↓		
	Snuff, by mouth Fodya wa nkamwa	_____	T14a/ T14aw
	Snuff, by nose Fodya wa mphuno	_____	T14b/ T14bw
	Chewing tobacco Fodya otafunila	_____	T14c/ T14cw
	Other	_____ If Other, go to T14other, if T13=No, go to T16, else go to T17	T14e/ T14ew
	Other (please specify):	_____ If T13=No, go to T16, else go to T17	T14other/ T14otherw
In the past, did you ever use smokeless tobacco products such as [snuff or chewing tobacco]? Zaka zapitazi mamadya fodya opela kapena wa phuno tsiku ndi tsiku? Mwakuyezgelera waka, kasi hona wambula josi mukumukhwewa kalinga pa zuwa?/	Yes 1 No 2 If No, go to T17	T15	
In the past, did you ever use smokeless tobacco products such as [snuff, or chewing tobacco,] daily? Zaka zapitazi mamadya fodya opela kapena wa phuno tsiku ndi tsiku? Mwakuyezgelera waka, kasi hona wambula josi mukumukhwewa kalinga pa zuwa?/	Yes 1 No 2	T16	
During the past 30 days, did someone smoke in your home? Pamasabata anai apitawu, alipo amene anasutlako fodya m'myumba mwanu? Pa mwezi wajumpha w alipo wakukhwewa hona mu nyumba mwinu?	Yes 1 No 2	T17	

<p>During the past 30 days, when you drank alcohol, how many standard drinks on average did you have during one drinking occasion?</p> <p>Pa masabata anayi apitaw a, mukati mwama, mumwamwa mowa wochuluka bwani?</p> <p>Mu mwazi wajumpha mukamwa vyakulobereska vinandi uli pazi?</p> <p>(USE SHOWCARD)</p>	<p>Number</p> <p>Don't know 77</p> <p> </p>	<p>A7</p>
<p>During the past 30 days, what was the largest number of standard drinks you had on a single occasion, counting all types of alcoholic drinks together?</p> <p>Pa masabata anayi apitaw a, tsiku limene mudamwa kwambiri, mumdamwa mowa wochuluka bwani?</p>	<p>Largest number</p> <p>Don't Know 77</p> <p> </p>	<p>A8</p>
<p>During the past 30 days, how many times did you have six or more standard drinks in a single drinking occasion?</p> <p>Pa masabata anayi apitaw a, mwamwa kangati mopitirira kasanu ndi kamodzi</p> <p>Mu mwazi wajumpha mukamwa vyakulobereska vinandi chomene kalinga?</p> <p>(USE OF SHOWCARD)</p>	<p>Number of times</p> <p>Don't Know 77</p> <p> </p>	<p>A9</p>
<p>During each of the past 7 days, how many standard drinks did you have each day?</p> <p>Pasabata yamala mwamwapo vya kulobereska vinandi uli ngani?</p> <p>(USE SHOWCARD)</p> <p>Don't Know 77</p>	<p>Monday </p>	<p>A10a</p>
	<p>Tuesday </p>	<p>A10b</p>
	<p>Wednesday </p>	<p>A10c</p>
	<p>Thursday </p>	<p>A10d</p>
	<p>Friday </p>	<p>A10e</p>
	<p>Saturday </p>	<p>A10f</p>
	<p>Sunday </p>	<p>A10g</p>

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.

EXPANDED: Alcohol Consumption		
<p>During the past 12 months, how often have you found that you were not able to stop drinking once you had started?</p> <p>Pa miyezi khumi ndi iwiri y apitay i, kodi ndi kangati kamene munakanika kusiyiza kumwa mowa mutayamba kumwa mowa.</p> <p>Pa chilimika cha mala pakaba kalinga mukayamba kumwa vya kulobereska kw ambula kulekezga?</p>	<p>Daily or almost daily 1</p> <p>Weekly 2</p> <p>Monthly 3</p> <p>Less than monthly 4</p> <p>Never 5</p>	A13
<p>During the past 12 months, how often have you failed to do what was normally expected from you because of drinking?</p> <p>Pa miyezi khumi ndi iwiri y apitay i ndi kangati mwalephera ku kw anitsa kugwira ntchito chifukwa cha mowa?</p> <p>Pa chilimika cha mala nkhalanga mukachitapo v inthu v y ambula kw enelera chifukwa cha kumwa mowa?</p>	<p>Daily or almost daily 1</p> <p>Weekly 2</p> <p>Monthly 3</p> <p>Less than monthly 4</p> <p>Never 5</p>	A14
<p>During the past 12 months, how often have you needed a first drink in the morning to get yourself going after a heavy drinking session?</p> <p>Pa miyezi khumi ndi iwiri y apitay i ndi kangati mumafuna kumwako mowa m'mawa ochetsela matsile.</p> <p>Pa chilimika cha mala nkhalanga mukakhumba kumwa vya kulobereska na mlenji pambere munday ambe dazi linu?</p>	<p>Daily or almost daily 1</p> <p>Weekly 2</p> <p>Monthly 3</p> <p>Less than monthly 4</p> <p>Never 5</p>	A15
<p>During the past 12 months, have you had family problems or problems with your partner due to someone else's drinking?</p> <p>Pa miyezi khumi ndi iwiri y apitay i mwakhalapo ndi mavuto ena aliw onse m'banja mw anu kapena ndi anzanu chifukwa cha mowa?</p> <p>Pa chilimika cha mala mwasanganapo na suzgo lirilose pa banja linu chifukwa cha kw a mowa kwa munthu munyakhe?</p>	<p>Yes, more than monthly 1</p> <p>Yes, monthly 2</p> <p>Yes, several times but less than monthly 3</p> <p>Yes, once or twice 4</p> <p>No 5</p>	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 eat fruit ? (USE SHOWCARD)	Number of days Don't Know 77 <input type="text"/> <input type="text"/> If Zero days, go to D3	D1
How many servings of fruit do you eat on one of those days? (USE SHOWCARD)	Number of servings Don't Know 77 <input type="text"/> <input type="text"/>	D2
In a typical week, on how many days do you eat vegetables ? (USE SHOWCARD)	Number of days Don't Know 77 <input type="text"/> <input type="text"/> If Zero days, go to D5	D3
How many servings of vegetables do you eat on one of those days? (USE SHOWCARD)	Number of servings Don't know 77 <input type="text"/> <input type="text"/>	D4

Dietary salt	
1	100
2	100
3	100
4	100
5	100
6	100
7	100
8	100
9	100
10	100
11	100
12	100
13	100
14	100
15	100
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99	100
100	100

With the next questions, we would like to learn more about salt in your diet. Dietary salt includes ordinary table salt, unrefined salt such as sea salt, iodized salt, salty stock cubes and powders, and salty sauces such as soy sauce or fish sauce (see showcard). The following questions are on adding salt to the food right before you eat it, on how food is prepared in your home, on eating processed foods that are high in salt such as kapenta, Nuts, sausages, chiwaiyainsert country specific examples], and questions on controlling your salt intake. Please answer the questions even if you consider yourself to eat a diet low in salt.

Pa ndime ino ndikufunsani mafunso okhudzana ndi kagwiritsidwe kapena kathiridwe ka nchere mu chakudya.

<p>How often do you add salt to your food right before you eat it or as you are eating it?</p> <p>Nthawi ya chakudya, nchere mumaonjezera</p> <p>Nthawi zones, pafupi pafupi, nthawi zina, mw a apo ndi apo, kapena simuonjezera?</p> <p>Kasi nkhalinga mukuthirako mchere ku chakurya apo munday ambe kurya panyake apa mukurya?</p> <p>(SELECT ONLY ONE)</p> <p>(USE SHOWCARD)</p>	<table><tr><td>Always</td><td>1</td></tr><tr><td>Often</td><td>2</td></tr><tr><td>Sometimes</td><td>3</td></tr><tr><td>Rarely</td><td>4</td></tr><tr><td>Never</td><td>5</td></tr><tr><td>Don't know</td><td>77</td></tr></table>	Always	1	Often	2	Sometimes	3	Rarely	4	Never	5	Don't know	77	D5
Always	1													
Often	2													
Sometimes	3													
Rarely	4													
Never	5													
Don't know	77													
<p>How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household?</p> <p>Pophika chakudya, kodi nchere kaya chidulo, soda mumathira</p> <p>Nthawi zones, pafupi pafupi, nthawi zina, mw a apo ndi apo kapena simuthira?</p> <p>Kasi nkhalinga apa mukusazgapo mchere, chidulo panyakhe soda para mukuphika chakurya?</p>	<table><tr><td>Always</td><td>1</td></tr><tr><td>Often</td><td>2</td></tr><tr><td>Sometimes</td><td>3</td></tr><tr><td>Rarely</td><td>4</td></tr><tr><td>Never</td><td>5</td></tr><tr><td>Don't know</td><td>77</td></tr></table>	Always	1	Often	2	Sometimes	3	Rarely	4	Never	5	Don't know	77	D6
Always	1													
Often	2													
Sometimes	3													
Rarely	4													
Never	5													
Don't know	77													
<p>How often do you eat processed food high in salt? By processed food high in salt, I mean foods that have been altered from their natural state, such as packaged salty snacks, canned salty food including pickles and preserves, salty food prepared at a fast food restaurant, cheese, bacon and processed meat /kapenta, Fried ground nuts, sausages, chiwaya a</p> <p>Zakudya zogula zanchere mumadya kangati</p> <p>Nthawi zones, pafupi pafupi, nthawi zina, mw a apo ndi apo kapena simuthira?</p> <p>Kasi nkhalinga aka mukurya vyakurya vya kunozgeka kale vya mchere unandi, nga somba za mchithini, chips cha pachiyaya, somba za kapenta na skaba za kukazinga?</p>	<table><tr><td>Always</td><td>1</td></tr><tr><td>Often</td><td>2</td></tr><tr><td>Sometimes</td><td>3</td></tr><tr><td>Rarely</td><td>4</td></tr><tr><td>Never</td><td>5</td></tr><tr><td>Don't know</td><td>77</td></tr></table>	Always	1	Often	2	Sometimes	3	Rarely	4	Never	5	Don't know	77	D7
Always	1													
Often	2													
Sometimes	3													
Rarely	4													
Never	5													
Don't know	77													

EXPANDED: Diet		
Question	Response	Code
<p>How important to you is lowering the salt in your diet?</p> <p>Mukuona kuti ndizofunika bw anji kuchepesa nchere mu chakudya chanu?</p> <p>Mukughanaghana kuti ntchakukhumbikwa uli kuchepeska mchere mu chakurya chinu?</p>	<p>Very important 1</p> <p>Somewhat important 2</p> <p>Not at all important 3</p> <p>Don't know 77</p>	D9
<p>Do you think that too much salt or salty sauce in your diet could cause a health problem?</p> <p>Mukuganiza kuti kudy a zakudy a zanchere kw ambiri zitha kubweretsa v uto pa moyo w anu?</p> <p>Mukughanaghana kuti mchere unandi ungananga umoyo winu?</p>	<p>Yes 1</p> <p>No 2</p> <p>Don't know 77</p>	D10
<p>Do you do any of the following on a regular basis to control your salt intake? (RECORD FOR EACH)</p> <p>Kodi mumatani pa izi ndi chulezi pa kuchepesa ladyedwe ka nchere</p> <p>Mukupanga v inthu ivi kuchepeska mchere mu chakurya chinu?</p>		
<p>Limit consumption of processed foods</p> <p>Kuchepesa zakudy a zogula mu sitolo</p> <p>Kuchepeska kurya chakurya cha mchere kale</p>	<p>Yes 1</p> <p>No 2</p>	D11a
<p>Look at the salt or sodium content on food labels</p> <p>Kuw oneseska v ya kulembeka pa v yakurya v ya kupangika kufakitale v ya mchere.</p>	<p>Yes 1</p> <p>No 2</p>	D11b
<p>Buy low salt/sodium alternatives</p> <p>Kugula zakudy a za nchere ochepa</p> <p>Kugula chakurya cha mchere uchoko</p>	<p>Yes 1</p> <p>No 2</p>	D11c
<p>Use spices other than salt when cooking</p> <p>Kugw iritsa ntchito ma sipicy , kapena zokometsela malo mw a nchere</p> <p>Kugw iriska v yakunoweska cha kurya mmalo mwa mchere pa kuphika</p>	<p>Yes 1</p> <p>No 2</p>	D11d
<p>Avoid eating foods prepared outside of a home</p> <p>Kupewa kudy a chakudy a chomwe sichinakonzedwe pakhomo</p> <p>Kuleka kurya chakurya kuwaro</p>	<p>Yes 1</p> <p>No 2</p>	D11e
<p>Do other things specifically to control your salt intake</p> <p>Kuchita zina ndi zina kuchepesa nchere</p> <p>Kupanga v inthu v iny akhe kuchepeska mchere mucha kurya</p>	<p>Yes 1 If Yes, go to D11other</p> <p>No 2</p>	D11f
<p>Other (please specify)</p>	<p>_____</p>	D11other

CORE: Physical Activity		
<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>		
Question	Response	Code
Work		
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? <i>[INSERT EXAMPLES] (USE SHOWCARD)</i>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 4</i></p>	P1
In a typical week, on how many days do you do vigorous-intensity activities as part of your work?	Number of days <input type="text"/>	P2
How much time do you spend doing vigorous-intensity activities at work on a typical day?	<p>Hours : minutes <input type="text"/> : <input type="text"/></p> <p>hrs mins</p>	P3 (a-b)
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? <i>[INSERT EXAMPLES] (USE SHOWCARD)</i>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 7</i></p>	P4
In a typical week, on how many days do you do moderate-intensity activities as part of your work?	Number of days <input type="text"/>	P5
How much time do you spend doing moderate-intensity activities at work on a typical day?	<p>Hours : minutes <input type="text"/> : <input type="text"/></p> <p>hrs mins</p>	P6 (a-b)
Travel to and from places		
<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>		
Do you walk or use a bicycle (<i>pedal cycle</i>) for at least 10 minutes continuously to get to and from places?	<p>Yes 1</p> <p>No 2 <i>If No, go to P 10</i></p>	P7
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?	Number of days <input type="text"/>	P8
How much time do you spend walking or bicycling for travel on a typical day?	<p>Hours : minutes <input type="text"/> : <input type="text"/></p> <p>hrs mins</p>	P9 (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>Hours : minutes <input type="text"/> : <input type="text"/></p> <p>hrs mins</p>	<p>P16 (a-b)</p>

CORE: History of Raised Blood Pressure		
Question	Response	Code
<p>Have you ever had your blood pressure measured by a doctor or other health worker?</p> <p>Kodi muday ezedw apo kuthamanga kw a magari anu ndi a dotolo kapena ogwira ntchito kuchipatala?</p> <p>Kasi mukuy ezgeskapo ku tchimbira kw a ndopa kw a dokotala</p>	<p>Yes 1</p> <p>No 2 If No, go to H6</p>	H1
<p>Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?</p> <p>Kasi dokotala w ali kumphaliranipo kuti muli na ndopa za ku tchimbira chomene?</p>	<p>Yes 1</p> <p>No 2 If No, go to H6</p>	H2a
<p>Have you been told in the past 12 months?</p> <p>Kodi munauzidw ako mwezi khumi ndi iwiri y apitayi?</p> <p>Pa chilimika chajumph a w ali kumphaliranipo/</p>	<p>Yes 1</p> <p>No 2</p>	H2b
<p>In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker?</p> <p>Kodi pamasabata awiri apitaw a munamw ako mankhw ala ochepesa kuthamanga kw a magari (BP) olandira kuchipatala?</p> <p>Kasi mw amwapo munkhw ala wakukhizga kutchimbira kw a ndopa?</p>	<p>Yes 1</p> <p>No 2</p>	H3
<p>Have you ever seen a traditional healer for raised blood pressure or hypertension?</p> <p>Munapitako kw a singanga chifukw a cha kuthamanga magari</p> <p>Kasi mulikupokerapo munkhw ala w a chifipa chifukw a cha kuchimbira kw a ndopa?</p>	<p>Yes 1</p> <p>No 2</p>	H4
<p>Are you currently taking any herbal or traditional remedy for your raised blood pressure?</p> <p>Kodi mukumw a mankhw ala a zitsamba ochepesa kuthamangitsa magari?</p> <p>Kasi mukumw a munkhw ala w a chifipa w a kuchimbira kw a ndopa?</p>	<p>Yes 1</p> <p>No 2</p>	H5

CORE: History of Diabetes		
<p>Have you ever had your blood sugar measured by a doctor or other health worker?</p> <p>Munayamba mw ayezetsa shuga wano?</p> <p>Kasi a dokotala wali kumuyezganipo sugar?</p>	<p>Yes 1</p> <p>No 2 <i>If No, go to H12</i></p>	H6
<p>Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?</p> <p>Kodi mudauzidw apo ndi a dotolo kapena ogwira ntchito kuchipatala za shuga yokwera yanu?</p> <p>Kasi walikumphaliranipo ku chipatala kuti muli na nthenda ya shuga?</p>	<p>Yes 1</p> <p>No 2 <i>If No, go to H12</i></p>	H7a
<p>Have you been told in the past 12 months?</p> <p>Kodi mwauzidw ako zimenezizi chaka chapitacho?</p> <p>Pa chilimika cha jumpha wali kumphaliranipo?</p>	<p>Yes 1</p> <p>No 2</p>	H7b

<p>In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?</p> <p>Kodi pamasabata awiri apitaw munamwako mankhwala a matenda a shuga olandira kuchipatala?</p> <p>Pa masabata ghawiri gha jumpha mwamw apo munkhwala wanthenda ya shuga?</p>	<p>Yes 1</p> <p>No 2</p>	<p>H8</p>
<p>Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?</p> <p>Kodi mukuzibaya mankhwala a matenda a shuga olandira ku chipatala?</p> <p>Kasi mukugwiriska ntchito mnkhwala wanthenda ya shuga waku gwaza?</p>	<p>Yes 1</p> <p>No 2</p>	<p>H9</p>
<p>Have you ever seen a traditional healer for diabetes or raised blood sugar?</p> <p>Munapitako kwa singanga chifukwa cha matenda a shuga?</p> <p>Kasi mulikupokerako munkhwala wa chifipa wanthenda ya shuga?</p>	<p>Yes 1</p> <p>No 2</p>	<p>H10</p>
<p>Are you currently taking any herbal or traditional remedy for your diabetes?</p> <p>Kodi mukumwa mankhwala a zitsamba a matenda a shuga?</p>	<p>Yes 1</p> <p>No 2</p>	<p>H11</p>

CORE: History of Raised Total Cholesterol		
Question	Response	Code
<p>Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?</p> <p>Munayamba mw ayezetsa mafuta a m'magazi?</p> <p>Kasi muli kupimikapo mafuta (Cholesterol) y a mu ndopa mw inu?</p>	<p>Yes 1</p> <p>No 2 <i>If No, go to H17</i></p>	H12
<p>Have you ever been told by a doctor or other health worker that you have raised cholesterol?</p> <p>Kodi mudauzidw apo ndi a dotolo kapena ogwira ntchito kuchipatala za mafuta a m'magazi?</p> <p>Kasi muli kuphalirikapo kuti muli na mafuta yanandi mu ndopa zinu?</p>	<p>Yes 1</p> <p>No 2 <i>If No, go to H17</i></p>	H13a
<p>Have you been told in the past 12 months?</p> <p>Kodi mw auzidw ako zimenezizi chaka chapitacho?</p> <p>Mw aphalirikapo pa chilimika cha mala?</p>	<p>Yes 1</p> <p>No 2</p>	H13b
<p>In the past two weeks, have you taken any oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?</p> <p>Kodi pamasabata awiri apitaw a munamw ako mankhw ala a matenda a mafuta a m'magazi olandira kuchipatala?</p> <p>Pa sabata ziw iri za jumpha mw amw apo mnkhw ala w a kuchepeska mafuta (cholesterol) mu ndopa zinu?</p>	<p>Yes 1</p> <p>No 2</p>	H14
<p>Have you ever seen a traditional healer for raised cholesterol?</p> <p>Munapitako kw a singanga chifukw a cha matenda a mafuta m'magazi?</p> <p>Kasi muli kupokerapo mnkhw ala y a chifipa pa sugzo la unandi w a mafuta mu ndopa zinu?</p>	<p>Yes 1</p> <p>No 2</p>	H15
<p>Are you currently taking any herbal or traditional remedy for your raised cholesterol?</p> <p>Kodi mukumw a mankhw ala a zitsamba a matenda a mafuta m'magazi?</p> <p>Kasi mukumw a mnkhw ala w a chifipa kuchepeska unandi w a mafuta mu ndopa zinu?</p>	<p>Yes 1</p> <p>No 2</p>	H16

CORE: History of Cardiovascular Diseases		
<p>Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)?</p> <p>Kodi unayambako mwadwala matenda a mtima?</p> <p>Kasi muli kulwalapa nthenda ya mtima panyakhe ya kutchimbira kwa ndopa, panyakhe ya kufwa vibalo?</p>	<p>Yes 1</p> <p>No 2</p>	H17
<p>Are you currently taking aspirin regularly to prevent or treat heart disease?</p> <p>Kodi mukumwa aspirini kuti athandize kupewa matenda a mtima?</p> <p>Kasi mukumwa Aspirin kujivikira ku nthenda ya mtima?</p>	<p>Yes 1</p> <p>No 2</p>	H18
<p>Are you currently taking statins (Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?</p> <p>Mukumwa mankhwala oteteza ku matenda a mtima?</p> <p>Kasi mukumwa mankhwala wakuvikira ku nthenda ya mtima?</p>	<p>Yes 1</p> <p>No 2</p>	H19

CORE: Lifestyle Advice		
Question	Response	Code
<p>During the past 12 months, have you visited a doctor or other health worker?</p> <p>Kodi mwakumanako ndi dotolo, nurse kapena a zaumoyo chaka chimenechi?</p> <p>Pa chilimika cha jumpha muli kurutapo kuchipatala?</p>	<p>Yes 1</p> <p>No 2 If No and C1=1, go to M1 If No and C1=2, go to CX1</p>	H20
<p>During any of your visits to a doctor or other health worker in the past 12 months, were you advised to do any of the following?</p> <p>Kodi a dotolo, nurse, a zaumoyo munakumana nawo panali ulangizi okhudza izi?</p> <p>Pa nyengo iyi mukarutapo ku chipatala pa chilimika chamala, kasi mukamanyiskikako chimoza mwa vinthu ngazi?</p> <p>(RECORD FOR EACH)</p>		
<p>Quit using tobacco or don't start</p> <p>Osayamba kusuta kapena siyani kusuta fodya</p> <p>Kuleka kugwiriska ntchito hona panyakhe kuyamba chara?</p>	<p>Yes 1</p> <p>No 2</p>	H20a
<p>Reduce salt in your diet</p> <p>Kuchepesa nchere mu zakudya</p> <p>Kuchepeska mchere mu chakurya</p>	<p>Yes 1</p> <p>No 2</p>	H20b
<p>Eat at least five servings of fruit and/or vegetables each day</p> <p>Idyani zipatso and masamba tsiku lililonse mokwanira</p> <p>Kurya vipaso na mphangwe ka nkondi pa dazi</p>	<p>Yes 1</p> <p>No 2</p>	H20c
<p>Reduce fat in your diet</p> <p>Chepesani mafuta mu zakudya</p> <p>Kuchepeska mafuta mu chakurya</p>	<p>Yes 1</p> <p>No 2</p>	H20d
<p>Start or do more physical activity</p> <p>Yambani kapena pitirizani masewero olimbitsa thupi</p> <p>Kuyambapo panyakhe kupanga chomene masobero ya kukhoreska thupi</p>	<p>Yes 1</p> <p>No 2</p>	H20e
<p>Maintain a healthy body weight or lose weight</p> <p>Chepesani thupi ndi kuzisunga</p> <p>Kuchepeska uzito wa thupi</p>	<p>Yes 1</p> <p>No 2</p>	H20f
<p>Reduce sugary beverages in your diet</p> <p>Chepesani zakumwa za shuga</p> <p>Kuchepeska vya kumwa vya shuga mu nandi</p>	<p>Yes 1 If C1=1 go to M1</p> <p>No 2 If C1=1 go to M1</p>	H20g

The next question asks about cervical cancer prevention. Screening tests for cervical cancer prevention can be done in different ways, including Visual Inspection with Acetic Acid/vinegar (VIA), pap smear and Human Papillomavirus (HPV) test. VIA is an inspection of the surface of the uterine cervix after acetic acid (or vinegar) has been applied to it. For both pap smear and HPV test, a doctor or nurse uses a swab to wipe from inside your vagina, take a sample and send it to a laboratory. It is even possible that you were given the swab yourself and asked to swab the inside of your vagina. The laboratory checks for abnormal cell changes if a pap smear is done, and for the HP virus if an HPV test is done.

Mafumbo khufumba apa mba khansa yakhomo la chibabiro

Have you ever had a screening test for cervical cancer, using any of these methods described above?	Yes	1	CX1
Kodi muday ambako mw ayezetsa matenda a khomo la chiberekero kugwiritsa ntchito njira	No	2	
Kasi w ali kumpimanipo khansa y a muryango w a chibabiro	Don't know	77	

Mental health / Suicide

Mental health / Suicide

The next questions ask about thoughts, plans, and attempts of suicide. Please answer the questions even if no one usually talks about these issues.

Question	Response	Code
During the past 12 months , have you seriously considered attempting suicide? Kodi chaka chimenechi mwaganizirako zozipha? Pa chilimika cha jumpha muli kughanaghanapo za kuiikoma?	Yes 1 No 2 <i>If No, go to MH3</i> Refused 88	MH1
Did you seek professional help for these thoughts? Kodi munakapezako chithandizo pa maganizo amenewo? Muli kufumbapo wowiri?	Yes 1 No 2 Refused 88	MH2
During the past 12 months , have you made a plan about how you would attempt suicide? Kodi mu chaka chimenechi mudalingalilako m'mene mungaziphere? Pa chilimika cha jumpha muli ku ghana ghanapo vya kuiikoma?	Yes 1 No 2 Refused 88	MH3
Have you ever attempted suicide ? Kodi munay eserako kuzipha? Muli kuy ezgapo kukhumba kuiikoma?	Yes 1 No 2 <i>If No, go to MH9</i> Refused 88	MH4
During the past 12 months , have you attempted suicide ? Kodi mu chaka chimenechi mwayererako kuzipha? Pa chilimika cha jumpha muli kuy ezgapo kuti mujikome?	Yes 1 No 2 Refused 88	MH5

Epilepsy

Step 2 Physical Measurements



CORE: Blood Pressure

Question	Response	Code
Interviewer ID	<div><div></div><div></div><div></div><div></div></div>	M1
Device ID for blood pressure	<div><div></div><div></div><div></div></div>	M2
Cuff size used	<div>Small 1</div> <div>Medium 2</div> <div>Large 3</div>	M3
Reading 1	Systolic (mmHg) <div><div></div><div></div><div></div><div></div></div>	M4a
	Diastolic (mmHg) <div><div></div><div></div><div></div><div></div></div>	M4b
Reading 2	Systolic (mmHg) <div><div></div><div></div><div></div><div></div></div>	M5a
	Diastolic (mmHg) <div><div></div><div></div><div></div><div></div></div>	M5b
Reading 3	Systolic (mmHg) <div><div></div><div></div><div></div><div></div></div>	M6a
	Diastolic (mmHg) <div><div></div><div></div><div></div><div></div></div>	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? Kodi pamasabata awiri apitaw a munamwako mankhwala a matenda a mafuta a m'magazi olandira kuchipatala? Pa sabata ziwiri za lumpha mwamwapo mnkhwala wa kuchepeka mafuta (cholesterol) mu ndopa zinu?	<div>Yes 1</div> <div>No 2</div>	M7

CORE: Height and Weight

<p>For women: Are you pregnant?</p> <p>Funso kwa Azimai: Kodi ndinu oyembekezera?</p> <p>Fumbo kwa ba mama: Kasi muli na nthumbo?</p>	<p>Yes 1 <i>If Yes, go to M 16</i></p> <p>No 2</p>	M8
Interviewer ID	<div><div></div><div></div><div></div><div></div></div>	M9
Device IDs for height and weight	<p>Height <div><div></div><div></div></div></p> <p>Weight <div><div></div><div></div></div></p>	<p>M 10a</p> <p>M 10b</p>
Height	<p>in Centimetres (cm) <div><div></div><div></div><div></div><div></div><div></div><div></div></div></p>	M11
<p>Weight</p> <p><i>If too large for scale 666.6</i></p>	<p>in Kilograms (kg) <div><div></div><div></div><div></div><div></div><div></div><div></div></div></p>	M12

CORE: Waist

Device ID for waist		M13
Waist circumference	in Centimetres (cm) 	M14

EXPANDED: Hip Circumference and Heart Rate

Hip circumference	in Centimeters (cm) <u> </u> <u> </u> <u> </u> . <u> </u>	M15
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CORE: Urinary sodium and creatinine							
Had you been fasting prior to the urine collection?	Yes 1 No 2	B10					
Technician ID	<table border="1"> <tr> <td></td><td></td><td></td><td></td> </tr> </table>					B11	
Device ID	<table border="1"> <tr> <td></td><td></td> </tr> </table>			B12			
Time of day urine sample taken (24 hour clock)	Hours : minutes <table border="1"><tr><td></td><td></td></tr></table> : <table border="1"><tr><td></td><td></td></tr></table> hrs mins					B13	
Urinary sodium	mmol/l <table border="1"><tr><td></td><td></td><td></td><td></td></tr></table> . <table border="1"><tr><td></td></tr></table>						B14
Urinary creatinine	mmol/l <table border="1"><tr><td></td><td></td></tr></table> . <table border="1"><tr><td></td><td></td></tr></table>					B15	