Ethiopia STEPS survey questionnaire on Risk Factors for chronic Non-Communicable Diseases and Prevalence of selected NCDs, 2015

The Ethiopian Public Health Institute

Survey Information

Location and Date	Response	Code
Enumeration area ID		11
Region [2 digits]		I1-B
Woreda [text]		X1
Interviewer ID		13
Date of completion of the instrument	dd mm year	14

^{*1 =}Tigray; 2=Afar; 3=Amhara; 4=Oromia, 5=Somali; 6= B-gumuz; 7= SNNP; 8=Gambella; 9=Harari 10= Dire Dawa; 11= Addis Ababa

Consent, Interview Language and Name	Response			Code		
Consent has been read and obtained	Yes	1				15
COLDO IL TIES DOSTTOCA DI LA COLDITICA	No	2	If NO, END			13
Interview Language	English	1				
	Amharic	2				
	Oromifa	3				16
	Tigrigna	4				
	Others Specify	5_				
Start Ttime of interview						17
(24 hour clock)				hrs	mins	l7
Full Name of study participant (Grand Father, First and Middle Name)						18-19
Additional Information that may be helpful						
Contact phone number where possible						I10

Step 1 Demographic Information

CORE: Demographic Information			
Question	Response	Code	
Say / Proord Mala / Famala as absort and	Male 1	C1	
Sex (Record Male / Fernale as observed)	Female 2	Ci	
How old are you?	Years	C3	
In total, how many years have you spent at school and in full-time study (excluding pre-school)?	Years	C4	

EXPANDED: Demographic Information			
	No formal schooling	1	
Nhot is the highest level of eatherstic you have consisted?	Less than primary school	2	
What is the highest level of education you have completed?	Primary school completed	3	
	Secondary school completed	4	C5
	College/University completed	6	
	Post graduate degree	7	
	Refused	88	
	Oromo	1	
	Amhara	2	
	Tigray	3	
	Somali	4	
	Wolayita	5	
	Sidama	6	00
What is your ethnic background ?	Guragie	7	C 6
	Hadiya	8	
	Afar	9	
	Gamo	10	
	Others	11 Sp	
	Refused	88	
	Never married	1	
	Currently married	2	
	Separated	3	
What is your marital status ?	Divorced	4	C7
·	Widowed	5	
	Cohabitating	6	
	Refused	88	
	Government employee	1	
	Non-government Employee	2	
	Private employee	3	
Which of the following best describes your main work status	Private Skilled worker	4	
over the past 12 months?	Farmer	5	
	Trader	6	~
	Student	7	C8
	Homemaker\housewife	8	
	Retired	9	
	Unemployed (able to work)	10	
	Unemployed (unable to work)	11	
	Others	12	

	Refused 88		
How many people older than 18 years, including yourself (if older than 18 years), live in your household?	Number of people		C9
Question	Response		Code
Taking the nact year can you tall may be the average	Per week	Go to T1	C10a
Taking the past year , can you tell me what the average earnings (Birr) of the household have been? (RECORD ONLY ONE, NOT ALL 3)	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 estimate of the annual household income if I read some options to you? Is it (READ OPTIONS)	More than 12,000 ≤ 18,000 Birr More than 18,000 ≤ 23,300 More than 23,300 ≤ 30,000 More than 30,000 Don't Know	1 2 3 4 5 77	C11

Step 1 Behavioural Measurements

CORE: Tobacco Use		
Now I am going to ask you some questions about toba	acco use.	
Question	Response	Code
Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes, <i>gaya</i> ?	Yes 1	T1
(USE SHOWCARD)	No 2 If No, go to T8	
Do you currently smoke tobacco products daily ?	Yes 1 No 2	T2
How old were you when you first started smoking?	Age (years) Don't know 77 If Known, go to T5a/T5aw	T3
Do you remember how long ago it was?	In Years If Known, go to T5a/T5aw	T4a
(RECORD ONLY 1, NOT ALL 3)	OR in Months If Known, go to T5a/T5aw	T4b
Don't know 77	OR in Weeks	T4c
	DAILY WEEKLY	
	Manufactured cigarettes	T5a/T5aw
	Hand-rolled cigarettes	T5b/T5bw
On average, how many of the following products do you smoke each day/week?	Pipes full of tobacco	T5c/T5cw
(IF LESS THAN DAILY, RECORD WEEKLY)	Number of Shisha sessions	T5e/T5ew
(RECORD FOR EACH TYPE, USE SHOWCARD) Don't Know 7777	Gaya	T5X/ T5Xw
	Other If Other, go to T5other, else go to T6	T5f/T5fw
	Other (please specify):	T5other/ T5otherw
During the past 12 months, have you tried to stop smoking ?	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?	Yes 1 If T2=Yes, go to T12; if T2=No, go to T9 No 2 If T2=Yes, go to T12; if T2=No, go to T9 No visit during the past 12 months 3 If T2=Yes, go to T12; if T2=No, go to T9	Т7
In the past, did you ever smoke any tobacco products? (USE SHOWCARD)	Yes 1 No 2 If No, go to T12	Т8
In the past, did you ever smoke daily ?	Yes 1 If T1=Yes, go to T12, else go to T10 No 2 If T1=Yes, go to T12, else go to T10	T9
How old were you when you stopped smoking?	Age (years) Don't Know 77 If Known, go to T12	T10
How long ago did you stop smoking?	Years ago If Known, go to T12	T11a
(RECORD ONLY 1, NOT ALL 3)	OR Months ago If Known, go to T12	T11b
Don't Know 77	OR Weeks ago	T11c

CORE: Tobacco Use, cont.			
Question	Res	sponse	Code
Do you currently use any smokeless tobacco products such as <i>snuff(Suret), chewing tobacco, (USE SHOWCARD)</i>	Yes No	1 2 If No, go to T15	T12
Do you currently use smokeless tobacco products daily?	Yes No	1 2 If No, go to T14aw	T13
		DAILY WEEKLY	
	Snuff, by mouth		T14a/ T14aw
On average, how many times a day/week do you use	Snuff, by nose		T14b/ T14bw
(IF LESS THAN DAILY, RECORD WEEKLY)	Chewing tobacco		T14c/ T14cw
(RECORD FOR EACH TYPE, USE SHOWCARD) Don't Know 7777	Other	If Other, go to T14other, if T13=No, go to T16, else go to T17	T14e/ T14ew
	Other (please specify):	f T13=No, go to T16, else go to T17	T14other/ T14otherw
In the past , did you ever use smokeless tobacco products such as <i>snuff, chewing tobacco</i> ?	Yes No	1 2 If No, go to T17	T15
In the past , did you ever use smokeless tobacco products such as <i>snuff, chewing tobacco daily?</i>	Yes No	1 2	T16
During the past 30 days, did someone smoke in your home ?	Yes No	1 2	T17
During the past 30 days, did someone smoke in closed areas in your workplace (in the building, in a work area or a specific office)?	Yes No	1 2	T18
ui a speulic uilite)?	Don't work in a closed area	3	

Tobacco Policy			
You have been asked questions on tobacco consumption	on before. The next questions as	k about tobacco control policies. The	y indude
questions on your exposure to the media and advertiser	ment, on cigarette promotions, h	ealth warnings and cigarette purchase	S.
Question	Re	esponse	Code
During the past 30 days, have you noticed information about the dangers of smoking cigarettes or that encourages quitting through the following media? (RECORD FOR EACH)			
	Yes	1	
Newspapers or magazines	No Don't know	2 77	TP1a
Television	Yes No	1 2 77	TP1b
Radio	Don't know Yes No	1 2	TP1c
During the past 30 days, have you noticed any advertisements or signs promoting cigarettes in stores	Don't know Yes	77 1 2	TP2
where cigarettes are sold?	No Don't know	77	11 2
During the past 30 days, have you noticed any of the following types of cigarette promotions? (RECORD FOR EACH)	DOTTENION		
Francisco de descrito	Yes	1	TIYA
Free samples of cigarettes	No Double loop	2 77	TP3a
	Don't know Yes	1	
Cigarettes at sale prices	No.	2	TP3b
3	Don't know		11 0.0
Coupons for cigarettes	Yes No	1 2	TP3c
	Don't know	77	
Free gifts or special discount offers on other products when buying cigarettes	Yes No Don't know	1 2 77	TP3d
	Yes	1	
Clothing or other items with a cigarette brand name or logo	No Don't know	2 77	TP3e
Cigarette promotions in the mail	Yes No	1 2	TP3f
The next questions TP4 – TP7 are administered to curre	Don't know	77	
THE TIME QUESTIONS IT TO IT I ALE AUTHINISTE CULO CUTTO	Yes	1	
	No.	2 If no, go to TP6	
During the past 30 days, did you notice any health warnings on cigarette packages?	Did not see any cigarette packages	3 If "did not see any cigarette packages", go to TP6	TP4
	Don't know	77 If Don't know, go to TP6	
Turing the part 20 days have upming labele an aircrette	Yes	1	
During the past 30 days, have warning labels on cigarette backages led you to think about quitting ?	No	2	TP5
	Don't know	77	
The last time you bought manufactured cigarettes for	Number of cigarettes		
yourself, how many cigarettes did you buy in total?	Don't know or Don't smoke or purchase manuf. cigarettes 7777	If "Don't know or don't smoke or purchase manuf. cig.", end section	TP6
	Amount		
In total, how much money did you pay for this purchase?	Don't know Refused	Birr Cents 7777 8888	TP7

CORE: Alcohol Consumption			
The next questions ask about the consumption of alcohol. Question	Ros	ponse	Code
udestion i		<u> </u>	COUL
Have you ever consumed any alcohol such beer, Tella, Bordie, Tej, Arake, wine, spirits, beherawi, ye bale zaf?	Yes	1	A1
(USE SHOWCARD OR SHOW EXAMPLES)	No	2 If No, go to A16	, , ,
	Yes	1 If Yes, go to A4	
Have you consumed any alcohol within the past 12 months ?	No		A2
Have you stopped drinking due to health reasons, such as a	Yes	1 If Yes, go to A16	40
negative impact on your health or on the advice of your doctor or other health worker?	No	2 If No, go to A16	A3
	Daily	1	
During the past 12 months, how frequently have you had at	5-6 days per week	2	
east one standard alcoholic drink?	3-4 days per week	3	A4
	1-2 days per week	4	/ '\(\)
(READ RESPONSES, USE SHOWCARD)	1-3 days per month	5	
	Less than once a month	6	
	Yes	1	
lave you consumed any alcohol within the past 30 days ?	No	2 If No, go to A13	A5
During the past 30 days, on how many occasions did you have	Number		A6
at least one standard alcoholic drink?	Don't know 77		
During the past 30 days, when you drank alcohol, how many standard drinks on average did you have during one drinking	Number		
occasion?	Don't know 77		A7
(USE SHOWCARD)			
During the past 30 days, what was the largest number of	Largest pumbar		
standard drinks you had on a single occasion, counting all types of alcoholic drinks together?	Largest number Don't Know 77		A8
or around curries regerier?	Boiltivowii		
During the past 30 days, how many times did you have	Number of times		A9
six or more standard drinks in a single drinking occasion?	Don't Know 77		A9
During the past 30 days, when you consumed an	Usually with meals 1		X6
alcoholic drink, how often was it with meals? Please do	Sometimes with meals 2		
not count snacks.	Rarely with meals 3 Never with meals 4		
	Monday		A10a
	•		A10b
During each of the past 7 days , how many standard drinks did	Tuesday		
you have each day?	Wednesday		A10c
(USE SHOWCARD)	Thursday		A10d
	Friday		A10e
Don't Know 77	Saturday		A10f
			A10g

CORE: Alcohol Consumption, cont.

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.

Question	Res	ponse	Code
During the past 7 days , did you consume any homebrewed alcohol, like Tella, Tej, Katikalla, Bordie?	Yes	1	
(USE SHOWCARD)	No	2 If No, go to A13	A11
	Homebrewed spirits, e.g. Katikala		A12a
On average, how many standard drinks of the following did	Homebrewed beer or wine, e.g. Tella, Tej		A12b
you consume during the past 7 days ?	Alcohol brought over the border/from another country		A12c
(USE SHOWCARD)	Alcohol not intended for drinking, e.g. alcohol-based medicines, perfumes, after shaves		A12d
Don't Know 77	Other untaxed alcohol in the country		A12e
	Daily or almost daily	1	
	Weekly	2	
During the past 12 months , how often have you found that you were not able to stop drinking once you had started?	Monthly	3	A13
	Less than monthly	4	
	Never	5	
	Daily or almost daily	1	
During the past 12 months , how often have you failed to do	Weekly	2	0.4.4
what was normally expected from you because of drinking?	Monthly	3	A14
	Less than monthly	4	
	Never	5	
	Daily or almost daily	1	
During the past 12 months , how often have you needed a first drink in the morning to get yourself going after a heavy drinking	Weekly Monthly	2	A15
session?	Less than monthly	4	71.0
	Never	5	
	Yes, more than monthly	1	
	Yes, monthly	2	
During the past 12 months , have you had family problems or problems with your partner due to someone else's drinking?	Yes, several times but less than monthly	3	A16
-	Yes, once or twice	4	
	No	5	

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		
In a typical week, on how many days do you eat fruit ? (USE SHOWCARD)	Number of days Don't Know 77 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	D2	
In a typical week, on how many days do you eat vegetables ? (USE SHOWCARD)	Number of days Don't Know 77 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	D4	

Dietary salt

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 soya 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 [insert 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.

	Always	1	
How often do you add salt or a salty sauce such as soya sauce to your food right before you eat it or as you are eating it?	Often	2	
to your rooming it before you eat it or as you are eating it:	Sometimes	3	
(SELECT ONLY ONE)	Rarely	4	D5
(0.11.0)	Never	5	
(USE SHOWCARD)	Don't know	77	
	Always	1	
	Often	2	
How often is salt, salty seasoning or a salty sauce added in	Sometimes	3	Do.
cooking or preparing foods in your household?	Rarely	4	D6
	Never	5	
	Don't know	77	
How often do you eat processed food high in salt ? By	Always	1	
processed food high in salt, I mean foods that have been altered	Often	2	
from their natural state, such as packaged salty snacks, canned	Sometimes	3	D7
salty food including pickles and preserves, salty food prepared at a fast food restaurant, cheese, bacon, Mitmitta, and processed meat	Rarely	4	D7
like Quantta	Never	5	
(USE SHOWCARD)	Don't know	77	
	Far too much	1	
	Too much	2	
	Just the right amount	3	D8
How much salt or salty sauce do you think you consume?	Too little	4	שט
	Far too little	5	
	Don't know	77	

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ı	_	C

Question	Response	Code
	Very important 1	
Lowinsportant to you in lowering the calt in your dist?	Somewhat important 2	D9
How important to you is lowering the salt in your diet?	Not at all important 3	109
	Don't know 77	
	Yes 1	
Do you think that too much salt or salty sauce in your diet could cause a health problem ?	No 2	D10
Do you do any of the following on a regular basis to control your s :	Don't know 77	
(RECORD FOR EACH)	alt mare?	
Limit consumption of processed foods	Yes 1	D11a
шти со ватриото росезветосв	No 2	Dila
Look at the salt or sodium content on food labels	Yes 1	D11b
	No 2	
Buy low salt/sodium alternatives	Yes 1	D11c
,	No 2	
Use spices other than salt when cooking	Yes 1 No 2	D11d
	No 2 Yes 1	
Avoid eating foods prepared outside of a home	No 2	D11e
	Yes 1 If Yes, go to D11other	
Do other things specifically to control your salt intake	No 2	D11f
Other (please specify)		D11other
The next questions ask about the oil or fat that is most often outside a home.	used for meal preparation in your household, and about meals that yo	ou eat
	Vegetable oil 1	
	Homemade oil product 2	
	Butter 3	
What type of oil or fat is most often used for meal preparation in your household?	Margarine 4	_
ii yodi roosa olu:	Solid fats 8	D12
(USE SHOWCARD)	Other 5 If Other, go to D12 other	
(SELECT ONLY ONE)	None in particular 6	
	None used 7	
	Don't know 77	
	Other specify	D12other
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.	Number Don't know 77	D13

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.

Question	Response	Code
Work		
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, cutting fire and other wood for at least 10 minutes continuously? (USE SHOWCARD)	Yes 1 No 2 If No, go to P4	P1
In a typical week, on how many days do you do vigorous- intensity activities as part of your work?	Number of days	P2
How much time do you spend doing vigorous-intensity activities at work on a typical day?	Hours : minutes : hrs mins	P3 (a-b)
Does your work involve/ or do you do moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking or carrying light loads, washing clothes for at least 10 minutes continuously? (USE SHOWCARD)	Yes 1 No 2 If No, go to P7	P4
In a typical week, on how many days do you do moderate- intensity activities as part of your work?	Number of days	P5
How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes : hrs mins	P6 (a-b)
Travel to and from places		
The next questions exclude the physical activities at work the Now I would like to ask you about the usual way you travel tworship, to place of meeting.	at you have already mentioned. to and from places. For example to work, for shopping, to market, to p	lace of
Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?	Yes 1 No 2 If No, go to P 10	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	P8
How much time do you spend walking or bicycling for travel on a typical day?	Hours : minutes : hrs mins	P9 (a-b)
Recreational activities		
The next questions exclude the work and transport activities Now I would like to ask you about sports, fitness and recrea		
Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like running or football, local dancing for at least 10 minutes continuously?	Yes 1 No 2 If No, go to P13	P10
(USE SHOWCARD) In a typical week, on how many days do you do vigorous- intensity sports, fitness or recreational (leisure) activities?	Number of days	P11
How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?	Hours: minutes :	P12 (a-b)

Physical Activity, Continued			
Question	Response	Code	
Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate such as brisk walking, cycling, swimming, volleyball	Yes 1	P13	
for at least 10 minutes continuously? (USE SHOWCARD)	No 2 If No, go to P16		
In a typical week, on how many days do you do moderate- intensity sports, fitness or recreational (leisure) activities?	Number of days	P14	
How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?	Hours : minutes : hrs mins	P15 (a-b)	

initiess of recreational (resure) activities of a typical day:	hrs mins	(4-5)
Physical Activity		
Sedentary behavior		
	at home, getting to and from places, or with friends including time sper g, playing games/cards or watching television, but do not include time s	
(COL C. ICVIC I D)		

Question	Response	Code
Have you ever had your blood pressure measured by a doctor	Yes 1	H1
or other health worker?	No 2 If No, go to X10	
Have you ever been told by a doctor or other health worker that	Yes 1	H2a
you have raised blood pressure or hypertension?	No 2 If No, go to X10	TZa
Library has a stable in the west 40 months?	Yes 1	H2b
Have you been told in the past 12 months?	No 2	120
In the past two weeks, have you taken any drugs (medication)	Yes 1	НЗ
for raised blood pressure prescribed by a doctor or other health worker?	No 2	ГБ
Have you ever seen a traditional healer for raised blood	Yes 1	H4
pressure or hypertension?	No 2	1 14
Are you currently taking any herbal or traditional remedy for your	Yes 1	H5
raised blood pressure?	No 2	1.2
Has any of your family members (biological parents, siblings or children) ever had raised blood pressure or hypertension?	Yes 1	X10
	No 2	

History of Diabetes		
Have you ever had your blood sugar measured by a doctor or	Yes 1	H6
other health worker?	No 2 If No, go to X11	ПО
Have you ever been told by a doctor or other health worker that	Yes 1	H7a
you have raised blood sugar or diabetes?	No 2 If No, go to X11	П/а
Library was been told in the part 12 months?	Yes 1	H7b
Have you been told in the past 12 months?	No 2	11/0
In the past two weeks, have you taken any drugs (medication)	Yes 1	H8
for diabetes prescribed by a doctor or other health worker?	No 2	110
Are you currently taking insulin for diabetes prescribed by a	Yes 1	Н9
doctor or other health worker?	No 2	10
Have you ever seen a traditional healer for diabetes or raised	Yes 1	H10
blood sugar?	No 2	1110
Are you currently taking any herbal or traditional remedy for your	Yes 1	H11
diabetes?	No 2	1111
Has any of your family members (biological parents, siblings or children) ever had raised blood sugar or Diabetes?	Yes 1 No 2	X11

History of Raised Total Cholesterol			
Question	Response	Code	
Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?	Yes 1 No 2 If No, go to X12	H12	
Have you ever been told by a doctor or other health worker that you have raised cholesterol?	Yes 1 No 2 <i>If No, go to X12</i>	H13a	
Have you been told in the past 12 months?	Yes 1 No 2	H13b	
In the past two weeks, have you taken any oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?	Yes 1 No 2	H14	
Have you ever seen a traditional healer for raised cholesterol?	Yes 1 No 2	H15	
Are you currently taking any herbal or traditional remedy for your raised cholesterol?	Yes 1 No 2	H16	
Has any of your family members (biological parents, siblings or children) ever had raised Cholesterol?	Yes 1 No 2	X12	

History of Cardiovascular Diseases		
Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or	Yes 1	H17
incident)?	No 2	1117
Are you currently taking aspirin regularly to prevent or treat heart disease?	Yes 1	H18
Are you currently taking statins	Yes 1	H19
(Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?	No 2	1119

Lifestyle Advice				
During the past three years, has a doctor or other health worker as (RECORD FOR EACH)	dvised you to do any of the following?			
Quit using tobacco or don't start	Yes No	1		H20a
Reduce salt in your diet	Yes	1		H20b
Eat at least five servings of fruit and/or vegetables each day	Yes	1		H20c
Reduce fat in your diet	No Yes	1		H20d
Start or do more physical activity	No Yes	1		H20e
. , ,	No Yes	2	If C1=1 go to K1	
Maintain a healthy body weight or lose weight	No	2	If C1=1 go to K1	H20f

(for women only): Cervical Cancer Screening

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.

Question Response		Code
	Yes 1	
Have you ever had a screening test for cervical cancer, using any of these methods described above?	No 2	CX1
	Don't know 77	

Khat use Now I am going to ask you some questions about Khat	chewing	
Question	Response	Code
Have you ever chewed Khat?	Yes 1	1/1
(USE SHOWCARD)	No 2 If No, go to K14	K1
	Yes 1	
Do you currently chew Khat?		K2
	No 2 If No, go to K8 Daily 1	
	5-6 days per week 2	
During the great 40 growths, here from grather distance about	3-4 days per week 3	
During the past 12 months, how frequently did you chew Khat?	1-2 days per week 4	K3
	1-3 days per month 5	
	Less than once a month 6	
	Age (years)	174
How old were you when you first started chewing Khat?	Don't know 77 If Known, go to K5	K4
Do you remember how long ago it was?	In Years If Known, go to K5	K4a
(RECORD ONLY 1, NOT ALL 3)		1/46
	OR in Months <i>If Known, go to K</i> 5	K4b
Don't know 77	OR in Weeks	K4c
On average, how many bundles of Khat do you chew each day/week?	DAILY WEEKLY	
(IF LESS THAN DAILY, RECORD WEEKLY)	Bundles of Khat	K5
(USE SHOWCARD) Don't Know 77		
During the past 12 months, have you tried to stop chewing Khat ?	Yes 1	K6
Grewing Mat:	No 2	
D:	Yes 1 go to K9	
During any visit to a doctor or other health worker in the past 12 months, were you advised to quit chewing Khat ?	No 2 go to K9	K7
,	No visit during the past 12 3 go to K9 months	
How old were you when you stopped chewing Khat?	Age (years) If Known, go to K	₁₀ K8
How long ago did you stop chewing Khat?	Years ago If Known, go to	K10 K8a
(RECORD ONLY 1, NOT ALL 3)	OR Months ago If Known, go to	Kgh
Don't Know 77	OR Weeks ago if known, go to	K8c

Do you currently smoke tobacco products while chewing Khat? (USE TOBACCO SHOWCARD)	Yes 1 If yes, go to K11 No 2	K9
In the past , did you ever smoke tobacco products while chewing Khat?	Yes 1 If K2=2 go to K13 No 2 If K2=2 go to K13	K10
Does one or more of your friends smoke tobacco products while you chew Khat together?	Yes 1 No 2	K11
Do you currently drink alcohol after you chew Khat?	Yes No 1 If yes, go to K14	K12
In the past , did you ever drink alcohol while chewing Khat?	Yes 1 No 2	K13
During the past 12 months, have you had family problems or problems with your partner due to consumption of Khat by you or somebody else?	Yes 1 No 2	K14

Violence and Injury

CORE: Injury				
The next questions ask about different experiences and bel	naviours that are related to road traffic	; injur	ries.	
Question	Respon	nse		Code
	Yes (as driver)	1		
	Yes (as passenger)	2		
	Yes (as pedestrian)	3		
In the past 12 months, have you been involved in a road traffic	Yes (as a cyclist)	4		V3
crash as a driver, passenger, pedestrian, or cyclist?	No	5	If No, go to V5	
	Don't know	77	If don't know, go to V5	
	Refused	88	If Refused, go to V5	
Did you have any injuries in this road traffic crash which required medical attention?	Yes	1		
	No	2		\/4
	Don't know	77		V4
	Refused	88		
The next questions ask about the most serious accidental in	njury you have had in the past 12 mon	nths.		
	Yes	1		
In the past 12 months, were you injured accidentally, other than	No	2	If No, go to V11	V5
road traffic crashes which required medical attention?	Don't know	77	*	٧٥
	Refused	88	If Refused, go to V11	
	Fall	1		
	Burn	2		
	Poisoning	3		
	Cut	4		
Places in the territory birth of the fellowing the service of this britan.	Near-drowning	5		V6
Please indicate which of the following the cause of this injury was.	Animal bite	6		
	Other (specify)	7		
	Don't know	77		
	Refused	88		
	Other (please specify)			V6other

The following questions are about different experiences and	d behaviours that are related to viole	nce.		
Question	Resp	ons	e	Code
	Never	1	If never, go to V16	
	Rarely (1-2 times)	2		
In the past 12 months, how many times were you in a violent	Sometimes (3-5 times)	3		\/44
incident in which you were injured and required medical attention?	Often (6 or more times)	4		V11
	Don't know	77	If don't know, go to V16	
	Refused	88	, g	
The next questions ask about the most serious violent incid	lence you have had in the past 12 m	onth:	S.	
	Being shot with a firearm	1		
	A weapon (other than a firearm) was	2		
Please indicate which of the following caused your most serious	used by the person who injured me Being injured without any weapon			\40
injury in the last 12 months. (USE SHOWCARDS)	(slapped, pushed)	3		V12
	Don't know	77		
	Refused	88		
	Intimate partner	1		
	Parent	2		
	Child, sibling, or other relative	3		
	Friend or acquaintance	4		
Please indicate the relationship between yourself and the person(s) who caused your injury.	Unrelated caregiver	5		V13
	Stranger	6		
	Official or legal authorities	7		
	Other (specify)	8		
	Refused	88		
	Other (please specify)			V13othe
	Never	1		
Since your 15th birthday, have you ever experienced a sex act	Once	2		
	A few times (2 to 3 times)	3		\40
involving vaginal, oral, or anal penetration against your will?	Many times (4 or more times)	4		V16
	Don't know	77		
	Refused	88		

PHQ-9 mental health)	Response	Code
Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems? (Circle to indicate your answer	Not at all (0) Several days(1) More than half the days (2) Nearly every day(3)	
1.Little interest or pleasure in doing things	0 1 2 3	Х7а
2.Feeling down, depressed, or hopeless	0 1 2 3	X7b
3. Trouble falling or staying asleep, or sleeping too much	0 1 2 3	X7c
4. Feeling tired or having little energy	0 1 2 3	X7d
5 Poor appetite or overeating	0 1 2 3	X7e
6 Feeling bad about yourself —or that you are a failure or have let yourself or your family down	0 1 2 3	X7f
7. Trouble concentrating on things, such as reading the newspaper or watching television	0 1 2 3	X7g
8 Moving or speaking so slowly that other people could have noticed? Or the opposite —being so fidgety or restless that you have been moving around a lot more than usual	0 1 2 3	X7h
Thoughts that you would be better off dead or of hurting yourself in some way	0 1 2 3	X7i
If you checked off <u>any</u> problems, how <u>difficult</u> have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all 1 Somewhat difficult 2 Very difficult 3 Extremely difficult 4	X8

Step 2 Physical Measurements

Blood Pressure			
Question	Resp	oonse	Code
Interviewer ID			M1
Device ID for blood pressure			M2
Cuff size used	Small Medium Large		M3
Reading 1	Systolic (mmHg)		M4a
	Diastolic (mmHg)		M4b
	Systolic (mmHg)		М5а
Reading 2	Diastolic (mmHg)		M5b
Reading 3	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?	Yes No		M7
Height and Weight			
For women: Are you pregnant?	Yes No	1 If Yes, go to M16 a-c 2	M8
Interviewer ID			M9
Device IDs for height and weight	Height Weight		M10a M10b
Height	in Centimetres (cm)		M11
Weight If too large for scale 666.6	in Kilograms (kg)		M12
Waist			
Device ID for waist			M13
Waist circumference	in Centimetres (cm)		M14

Hip Circumference and Heart Rate			
Hip circumference	in Centimeters (cm)	M15	
Heart Rate			
Reading 1	Beats per minute	M16a	
Reading 2	Beats per minute	M16b	
Reading 3	Beats per minute	M16c	

Step 3 Biochemical Measurements

CORE: Blood Glucose		
Question	Response	Code
During the past 12 hours have you had anything to eat or drink, other than water?	Yes 1	D4
	No 2	B1
Technician ID		B2
Device ID		B3
Time of day blood specimen taken (24 hour clock)	: Hours : minutes hrs mins	B4
Fasting blood glucose	mg/dl ·	B5
Today, have you taken insulin or other drugs (medication) that	Yes 1	B6
have been prescribed by a doctor or other health worker for raised blood glucose?	No 2	БО
CORE: Blood Lipids		
Total cholesterol	mg/dl ·	B8
During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or	Yes 1	B9
other health worker?	No 2	Б
CORE: Urinary sodium and creatinine		
Had you been fasting prior to the urine collection?	Yes 1	B10
Tad you bearnasting prior to the diffile defeators	No 2	510
Technician ID		B11
Time of day urine sample taken (24 hour dock)	Hours : minutes : hrs mins	B13

EXPANDED: Triglycerides and HDL Cholesterol			
Question	Response	Code	
HDL Cholesterol	mg/dl	B17	