

Location and Date		Response	Code
1	Municipality Code <i>Record District code from list provided</i>	<input type="text"/>	I1
2	Village name <i>Village Name as appropriate</i>	<input type="text"/>	I2
3	Enumeration District Code <i>Record Centre or Village code from list provided</i>	<input type="text"/>	I3
4	Interviewer Identification <i>Record interviewer's identification</i>	<input type="text"/>	I4
5	Date of completion of the instrument <i>Record date when instrument actually completed</i>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> dd mm year	I5

6	Consent has been read out to participant <i>Circle relevant response</i>	Yes 1 No 2 If NO, read consent	I6
7	Consent has been obtained (verbal or written) <i>Circle relevant response</i>	Yes 1 No 2 If NO, END	I7
8	Interview Language <i>Circle relevant response</i>	English 1 Mortlockese 7 Pohnpeian 2 Chuukese 8 Pingelapese 3 Yapese 9 Ngatikese 4 Kosrean 10 Nukuorean 5 3 rd Person Translator 11 Kapingese 6 Others 12	I8
9	Time of interview (Anso me doadoahk wet tepda) (24 hour clock) <i>Record time interview started</i>	<input type="text"/> : <input type="text"/> hrs mins	I9

10	Family Name (Oamwi Last Name) <i>Write family name (reassure the participant on the confidentiality nature of this information and is only needed for follow up)</i>		I10
11	First Name (Edemw de mwaromwi) <i>Write first name of respondent</i>		I11
12	Contact phone number where possible (nempehn telepwohn) <i>Record phone number</i>		I12
13	Specify whose phone (Kadehdehda mehnia delepwohn) <i>Circle relevant response</i>	Work 1 Home 2 Neighbour 3 Other (specify) 4	I13
		Other <input type="text"/>	I13 other

CORE: Demographic Information			
Questions		Response	Code
14	Sex (Record Male / Female as observed) <i>Lih de Ohl</i> <i>Circle Male / Female as observed</i>	(Ohl) Male 1 (Lih) Female 2	C1

15	What is your date of birth? <i>Record date of birth of participant</i> Don't Know 77 777 7777 <i>la omwi rahn en ipwidi?</i>	<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> <div>If known, Go to C4</div>	C2
16	How old are you? Komw sounpar depe? <i>Help participant estimate their age by interviewing them about their recollection of widely known major events</i>	Years <div><div></div><div></div></div>	C3
17	In total, how many years have you spent at school or in full-time study (excluding pre-school)? <i>Kapatapatpene, Sounpar depe ke mihmihki nan skuhl? (Likin headstart)</i> <i>Record total number of years of education (excluding pre-school and kindergarten)</i>	Years <div><div></div><div></div></div>	C4

EXPANDED: Demographic Information		Response		Code
18	What is your ethnic background? Komwi pwilidak en mehnia Wehi? <i>Circle the relevant ethnic/cultural group the participant belongs to</i>	Pohnpeian Pingelapese Mokilese Ngatikese Nukuorean Kapingese Mortlockese Chuukese Yapese Kosrean Others Refused	1 2 3 4 5 6 7 8 9 10 11 12	C5
19	What is the highest level of education you have completed? Nan dakehn sukuhl kan, mehnia me komw neksang? <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>	No formal schooling Less than Elementary school Elementary school completed High school incompleted High school completed College/University completed Post graduate degree Refused	1 2 3 4 5 6 7 8	C6
20	Which of the following best describes your main work status over the last 12 months? Mehnia pali nan pwungen wasahn doadoak pwukat me komw iang towehda? <i>The purpose of this question is to help answer other questions such as whether or not health status contributes to unemployment, or whether people in different kinds of occupations may be confronted with different risk factors.</i> <i>Circle appropriate response</i>	Government employee Non-government employee Self-employed Non-paid Student Homemaker Retired Unemployed (able to work) Unemployed (unable to work) Refused	1 2 3 4 5 6 7 8 9 10	C7
21	How many people older than 18 years, including yourself, live in your household? Aramas depe patehng komwi me mahkihier pohn angin sounpar eisek waluh me kin kouson nan tehnpas wet? <i>Record the total number of people living in the household who are 18 years or older</i>	Number of people <div><div></div><div></div></div>		C8
22	Taking the past year, can you tell me what the	Per week <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	Go to T1	C9a

	average earnings of the household have been? <i>Sang nan pahr neklahro oh lelodo rahnwet, ia wen mwohni me komw medewe me patohlong rehn tohn tehnpas wet?</i>	OR per month <input type="text"/>	Go to T1	C9b
		OR per year <input type="text"/>	Go to T1	C9c
	<i>Write down first total earnings (in local currency) of all household members and then average them out and record the average earnings. If refused to answer skip to C10</i> (RECORD ONLY ONE, NOT ALL 3)	Refused 8		C9d

23	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 : Ma komw sohte mwahngi uhwen mwohni, a komw kamehle me uhwe lel; (READ OPTIONS) <i>Circle the quintile value which is the closest to the annual household income.</i>	$\leq \$5,000$ 1 More than \$5,000, $\leq \$10,000$ 2 More than \$10,000, $\leq \$15,000$ 3 More than \$15,000, $\leq \$20,000$ 4 More than \$20,000 5 Don't Know 7 Refused 8	C10
----	---	---	-----

Step 1 Behavioural Measurements

For further guidance on completing Behavioural Measures, see Part 3, Section 3, Page 3-3-1..

CORE: Tobacco Use

Now I am going to ask you some questions about various health behaviours. This includes things like smoking, drinking alcohol, eating fruits and vegetables and physical activity. Let's start with tobacco.

Questions	Response	Code
24 Do you currently smoke any tobacco products , such as cigarettes, cigars or pipes? Komw kin simok? <i>Think of any tobacco products the participant is smoking currently</i>	Yes 1 No 2 <i>If No, go to T6</i>	T1
25 If Yes. Do you currently smoke tobacco products daily ? Ma ehi, a komw kin kak simok nan rahn koaros? <i>This question is only for current smokers/users of tobacco products.</i>	Yes 1 No 2 <i>If No, go to T6</i>	T2
26 How old were you when you first started smoking daily? Komwi sounpar depe ni omwi tepida simok? <i>For daily smokers/users of tobacco products only. Think of the time the participant started to smoke any tobacco products daily</i>	Age (years) Don't remember 777 <input type="text"/> <i>If Known, go to T5a</i>	T3
27 Do you remember how long ago it was? Komw tamataman sounparehr depe komw simwisimongki? <i>This question is for daily smokers/users of tobacco products only. If the participant doesn't remember his/her age, then record the time in weeks, months or years as appropriate</i> (RECORD ONLY 1, NOT ALL 3) Don't remember 777	In Years <input type="text"/> <i>If Known, go to T5a</i>	T4a
	OR in Months <input type="text"/> <i>If Known, go to T5a</i>	T4b
	OR in Weeks <input type="text"/>	T4c
28 On average, how many of the following do you smoke each day? Nan ehu rahn, sang nan songosongen sika pwukat komw kin simoke?	Manufactured cigarettes <input type="text"/>	T5a

<p><i>Specify zero if no products were used in each category instead of leaving categories blank.</i></p> <p>(RECORD FOR EACH TYPE)</p> <p>Don't remember 777</p>	Hand-rolled cigarettes	<input type="text"/>	T5b
	Pipes full of tobacco	<input type="text"/>	T5c
	Cigars, cheroots, cigarillos	<input type="text"/>	T5d
	Other	<input type="text"/> If other, go to T5 other	T5e
	Other (please specify):	<input type="text"/>	T5other

EXPANDED: Tobacco Use			
Questions		Response	Code
29	<p>In the past, did you ever smoke daily? Ma komw kin simok mahso? Komw kin smwok rahn koaros?</p> <p><i>Think of the time when the participant may have been smoking tobacco products on a daily basis.</i></p>	Yes 1	T6
		No 2 If No, go to T9	
30	<p>If Yes, How old were you when you stopped smoking daily? Ma ehi, a komw sounpar depe ni ansou me komw sohla simok?</p> <p><i>Think of the time when the participant stopped smoking any tobacco products on a daily basis.</i></p>	Age (years)	T7
		Don't remember 777 <input type="text"/> If Known, go to T9	
31	<p>How long ago did you stop smoking daily? la wen werei en omwi solahr de kesehla sika?</p> <p><i>If the participant doesn't remember his/her age, then record the time duration in weeks, months or years as appropriate.</i></p> <p>(RECORD ONLY 1, NOT ALL 3) Don't remember 777</p>	Years ago <input type="text"/> If Known, go to T9	T8a
		OR Months ago <input type="text"/> If Known, go to T9	T8b
		OR Weeks ago <input type="text"/>	T8c
32	<p>Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?</p> <p>Nan rahn pwukat, komw kin doadoahngki tipaker? Me rasohng Copenhagen, redman ape?</p> <p><i>Think of any smokeless tobacco products the participant is using currently</i></p>	<p>Yes 1</p> <p>No 2 If No, go to T12</p>	T9
33	<p>If Yes, Do you currently use smokeless tobacco products daily? Ma ehi, a komw wie doadoahngkihte lel met?</p> <p><i>For daily users of smokeless tobacco products only.</i></p>	<p>Yes 1</p> <p>No 2 If No, go to T12</p>	T10
34	<p>On average, how many times a day do you use Pak depe me komw kin doadoahngki.....</p> <p><i>Record for each type of smokeless tobacco products</i></p> <p>(RECORD FOR EACH TYPE)</p> <p>Don't Know 777</p>	Snuff, by mouth <input type="text"/>	T11a
		Snuff, by nose <input type="text"/>	T11b
		Chewing tobacco <input type="text"/>	T11c
		Betel, quid <input type="text"/>	T11d
		Other <input type="text"/> If Other, go to T11 other	T11e

		Other (specify) <input type="text"/>	T11other
35	In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, or betel] daily ? la duwen mahso, mie pak me komw doadoahngki tipaker? Me rasohng Copenhagen, redman ape? <i>Think of the time when the participant may have been using smokeless tobacco products on a daily basis.</i>	<div>Yes 1</div> <div>No 2</div>	T12

CORE: Alcohol Consumption			
The next questions ask about the consumption of alcohol.			
Questions	Response		Code
36	Have you consumed alcohol (such as beer, wine, spirits, fermented cider) or within the past 12 months ? Komw kin sakan de tungoale sakau en wai nan erein sounpwong eisek riau samwalahro?Me ras ongbihru, wain, ihs, de skalewi <i>Think of any drinks that contains alcohol</i> <i>(USE SHOWCARD OR SHOW EXAMPLES)</i>	<div>Yes 1</div> <div>No 2 If No, go to D1</div>	A1
37	In the past 12 months, how frequently have you had at least one drink? Nan irair en asnouwo, ia wen dod en omwi kin sakan de tungole? <i>(READ RESPONSES</i> <i>USE SHOWCARD)</i> <i>Think of the past year only</i>	<div>Daily 1</div> <div>5-6 days per week 2</div> <div>1-4 days per week 3</div> <div>1-3 days per month 4</div> <div>Less than once a month 5</div>	A2
38	When you drink alcohol, on average , how many drinks do you have during one day? Komw sakan de tungoale sakau en wai nan erein rahn silihsek samwalahro? <i>Help the respondent by averaging out the total number of drinks</i>	<div>Number <input type="text"/></div> <div>Don't know 77</div>	A3
39	Have you consumed alcohol (such as beer, wine, spirits, fermented cider) within the past 30 days ? A nan erein rahn isuh me samwalahro, komw sakan de tungoale sakau en wai? <i>Think of the past 30 days only</i> <i>(USE SHOWCARD OR SHOW EXAMPLES)</i>	<div>Yes 1</div> <div>No 2 If No, go to A 6</div>	A4
40	During each of the past 7 days , how many standard drinks of any alcoholic drink did you have each day? la wen lahud en omwi kin sakan de tungole sakau en wai sohte lipilipil kan nan erein sounpwong 12 samwalahro? <i>Think of the past week, only.</i> <i>A "standard drink" is the amount of ethanol contained in standard glasses of beer, wine, fortified wine such as sherry, and spirits.</i> <i>Depending on the country, these amounts will vary between 8 and 13 grams of ethanol.</i> <i>Record for each day the number of standard drinks. If no drinks record 00.</i> <i>(USE SHOWCARD)</i>	Monday <input type="text"/>	A5a
		Tuesday <input type="text"/>	A5b
		Wednesday <input type="text"/>	A5c
		Thursday <input type="text"/>	A5d
		Friday <input type="text"/>	A5e
		Saturday <input type="text"/>	A5f
		Sunday <input type="text"/>	A5g

	Don't Know 77	
--	---------------	--

EXPANDED : Alcohol Consumption

Questions	Response	Code
<p>41 In the past 12 months, what was the largest number of drinks you had on a single occasion, counting all types of standard drinks together?</p> <p>Nan erein sounpwung eisekriau samwalahro, ia uwen laudlahn sakau me ke nimala nan ehu niminim , kapatapene soangen sakau koaros?</p> <p><i>Think of the past year only</i></p>	<p>Largest number <input type="text"/></p>	A6
<p>42 For men only: In the past 12 months, on how many days did you have five or more standard drinks in a single day?</p> <p>Ohngete Ohl: Nan irair en sounpwong eisek riau me imwiseklahr, rahn depe me komw kin kak sakanla de tungoalehla kep en sakau en wai 5 de tohtohsang nan ehu rahn?</p> <p><i>To be asked to men only and think of the past year only</i></p>	<p>Number of days <input type="text"/></p>	A7
<p>43 For women only: In the past 12 months, on how many days did you have four or more standard drinks in a single day?</p> <p>Ohngete Lih: Nan irair en sounpwong eisek riau me imwiseklahr, rahn depe me komw kin kak sakanla de tungoalehla kep en sakau en wai 4 de tohtohsang nan ehu rahn?</p> <p><i>To be asked to women only and think of the past year only</i></p>	<p>Number of days <input type="text"/></p>	A8

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> <p>Sak de tungoal pahrek en kahlap ehu de palin war: Kalelapak me pahn sansal pah kat, pidada duwen sakatail de atail tungoal wahn tuhke oh tehn tuhkeh kan me kitail kin sakan nan rahn akan: let mehn kadehde ong me pidada duwen pein sakatail wahn tuhke oh tehn tuhke kan ni kilel sansal akan me kadehdehda uwen me komw pahn kin sakan de tungoale. Pasapengpen kalelapak pwukat pahn sang nan audepen wihk te ehu nan irair en pahr me imwiseklahr.</p>		
Questions	Response	Code

44	<p>In a typical week, on how many days do you eat fruit?</p> <p>Nan wihk ehu, pak depe me komw kin sakan de tungoale wahn tuhke?</p> <p>(USE SHOWCARD)</p> <p><i>Think of any fruit on the show card. "Typical week" means a week when a person is eating fruit and not an average over a period</i></p>	<p>Number of days <input type="text"/></p> <p>Don't Know 77</p> <p><i>If Zero days, go to D3</i></p>	D1
----	---	--	----

45	How many servings of fruit do you eat on one of those days? (USE SHOWCARD) Ia wen me komw kin sakan de tungoale nan ehu rahn? <i>Think of one day the participant can recall easily</i>	Number of servings <input type="text"/> Don't Know 77	D2
46	In a typical week, on how many days do you eat vegetables ? Nan wihk ehu, pak depe me komw kin sakan de tungoale tehn tuhke? (USE SHOWCARD) <i>Think of any vegetable on the show card. "Typical week" means a week when a person is eating vegetable and not an average over a period</i>	Number of days <input type="text"/> If Zero days, go to D5 Don't Know 77	D3
47	How many servings of vegetables do you eat on one of those days? Ia wen me komw kin sakan de tungoale nan ehu rahn? <i>Think of one day the participant can recall easily</i> (USE SHOWCARD)	Number of servings <input type="text"/> Don't Know 77	D4

EXPANDED: Diet

48	What type of oil or fat is most often used for meal preparation in your household? Songen mwomwen kirihs dah me komw kin wiahki kisin sak de tungoale kan? <i>Circle the appropriate response</i> (USE SHOWCARD SELECT ONLY ONE)	Vegetable oil 1 Lard or suet 2 Butter or ghee 3 Margarine 4 Other 5 If Other, go to D5other None in particular 6 None used 7 Don't know 7 7	D5
		Other <input type="text"/>	D5other

49	In a typical week, how many days to you eat: Nan wihk ehu, pak depe komw kin sakan de tungoale soahng pwukat? (use showcard) <i>Circle one from each row</i>		6-7 days	4-5 days	1-3 days	none	
		Local Starch	1	2	3	4	
		Fruits	1	2	3	4	
		Vegetables	1	2	3	4	
		Fish	1	2	3	4	

EXPANDED: SAKAU

50	In your lifetime, have you ever tried or drunk sakau even once? Komw iangehr tungoale sakau en Pohnpei? Ma pil pak ehute?	Yes 1 No 2	E1
	If "Yes, how old were you when you first tried sakau? Ma ehi, komw sounpar depe ni asou me komw tepin sohng de tungoale?	<input type="text"/>	E2
51	During the last 30 days, on how many days or nights did you drink sakau? Nan rahn 30 samwalahro, rahn de pwohng depe komw tungoale sakau?	<input type="text"/>	E3
52	<i>Applies to smokers only</i> Are you likely to smoke tobacco during and/or after drinking	Yes 1	E4

	sakau? Komw kin inangih smoke ansou en saka de mwuri?	No 2	
53	Are you likely to drink alcohol during and/or after drinking sakau? Komw kin inangih sakau en wai de kapohpo ansou en sakau de mwurin sakau?	Yes 1 No 2	E5

EXPANDED: BETELNUT

54	Do you currently chew betel nut? Rahn pwukat, komw kin tungoale pwu?	Yes 1 No 2	E6
55	If "yes", do you currently chew daily ? Ma ehi, komw kin tungoale rahn koaros?	Yes 1 No 2	E7
56	On average, how many times each day do you chew? Times per day? Nahn ehu rahn, pak depe komw kin tungoale pwu?	_ _ _	E8
57	When you chew betel nut, do you add cigarettes or tobacco? Komw kin kieng tipaker de sika nan pwu?	Yes 1 Sometimes 2 Never 3	E9

EXPANDED: COMBINATION

58	<p>If you are a user of tobacco, betelnut, alcohol, or sakau, and you would like to quit, please choose which three items from the list would be most helpful to you?</p> <p>Ma komwi emen me kin kang tipaker, pwu, sakau, de sakau en wai, oh men sohla alehda songen mehn kasahliel pwukat, pilada song 3 sang nahn me pahn sansal, me komw mwahngi me uhdan pahn sawas mehllel ong komwi ma komw pahn sohla doadoahngki sangen men kasahliel pwukat?</p> <p><i>(choose 3 best answers)</i></p>	1 - Friends 2 - Substance abuse and mental health program / staff 3 - Medical Doctor 4 - Hang out with friends who don't use betel nut 5 - Pastor/Minister/Priest 6 - Youth groups 7 - Teacher/Professor 8 - Uncles, spouse or other relatives 9 - Parents 10 - Exercise/Increase participation in sports 11 - Stay away from bars/night clubs	E10 (E10a- E10c)
----	---	--	------------------------

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. There are various domains of activity which need to be included; work, activities in and around the home and garden, to get from place-to-place (transport-related) and recreation (discretionary or leisure-time) exercise or sports activities. This opening statement **should not** be omitted.

The respondent will have to think first about the time she/he spends doing work. Work includes things that he/she has to do such as paid or unpaid work, household chores, harvesting food, fishing or hunting for food, seeking employment. [Insert other examples if needed]

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.

Questions	Response	Code
-----------	----------	------

Activity at work

59	<p>Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like <i>[carrying or lifting heavy loads, digging or construction work]</i> for at least 10 minutes continuously?</p> <p>Doadoak me komw kin wia, me doadoahk lahud?</p> <p>Komw kin ngetikihda? Omwi mongiong kin kak mwekid lahudkihda? Komw kin wia songen doadoahk lahud me rasehng: Dei warawarki minit eisek oh sohte komoal? Wisik me toutou kan?</p> <p><i>Activities are regarded as vigorous intensity if they cause a large increase in breathing and/or heart rate.</i></p> <p><i>(USE SHOWCARD)</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 4</i></p>	P1
60	<p>In a typical week, on how many days do you do vigorous-intensity activities as part of your work?</p> <p>Nan wihk ehu, pak depe ke kin wia songen doadoahk lahud pwukat?</p> <p><i>"Typical week" means a week when a person is doing vigorous intensity activities and not an average over a period</i></p> <p><i>Valid responses range from 1-7.</i></p>	<p>Number of days <input type="text"/></p>	P2
61	<p>How much time do you spend doing vigorous-intensity activities at work on a typical day?</p> <p>Nan rahn ehu, ia wen ansou me komw kin wiahki songen doadoahk toutou pwukat?</p> <p><i>Think of one day you can recall easily. Consider only those activities undertaken continuously for 10 minutes or more.</i></p> <p><i>Probe very high responses (over 4 hrs) to verify</i></p>	<p>Hours : minutes <input type="text"/> : <input type="text"/></p> <p>hrs mins</p>	P3 (a-b)

62	<p>Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking <i>[or carrying light loads]</i> for at least 10 minutes continuously?</p> <p>Doadoak marahra kan komw kin wia me pid doadoahk sohte koamwoal lel minit 10 de tohtohsang oh komw kin ngetida oh omwi mongiong kin mwekidada lahud?</p> <p><i>Activities are regarded as moderate intensity if they cause a small increase in breathing and/or heart rate.</i></p> <p><i>(USE SHOWCARD)</i></p>	<p>Yes 1</p> <p>No 2 <i>If No, go to P 7</i></p>	P4
63	<p>In a typical week, on how many days do you do moderate-intensity activities as part of your work?</p> <p>Nan wihk ehu, pak depe komw kin wia doadoahk marahra pwukat?</p> <p><i>Valid responses range from 1-7</i></p>	<p>Number of days <input type="text"/></p>	P5
64	<p>How much time do you spend doing moderate-intensity activities at work on a typical day?</p> <p>Ia wen ansou me komw kin wiahki doadoahk wet nan ehu rahn?</p> <p><i>Think of one day you can recall easily. Consider only those activities undertaken continuously for 10 minutes or more.</i></p> <p><i>Probe very high responses (over 4 hrs) to verify</i></p>	<p>Hours : minutes <input type="text"/> : <input type="text"/></p> <p>hrs mins</p>	P6 (a-b)

Travel to and from places

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. Kalelapak me pahn sansal pah kat iei duwen omwi kin mwekimwekid nan pwungen wasa kan me komw kin ketseli kan

*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.*

65	Do you walk or use a bicycle (<i>pedal cycle</i>) for at least 10 minutes continuously to get to and from places? Komw kin sapal de komw kin pwaisikel ni omwi kin ketseli nan wasa kan? E kin lel minit eisek ma komw kin sapal de pwaisikel? <i>Circle the appropriate response</i>	Yes 1 No 2 <i>If No, go to P 10</i>	P7
66	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? Nan wihk ehu, rahn depe komw kin sapal ni omwi kin ketseli? <i>Valid responses range from 1-7</i>	Number of days <input type="text"/>	P8
67	How much time do you spend walking or bicycling for travel on a typical day? la wen ansou me komw kin sapalkihla de pil pwaisikel seli nan ehu rahn? <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>	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P9 (a-b)

Recreational activities

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].

*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.*

68	Do you do any vigorous-intensity sports, fitness or recreational (<i>leisure</i>) activities that cause large increases in breathing or heart rate like [running or football,] for at least 10 minutes continuously? Komw kin iang towehda kamwadong me kin kak en elehda komwi en ngetida de pitipitilahn mwekid en mongiong? Met kak rasohng kamwadong en weirin tang, weirih imwpwei kan oh soang teikan pidite mwadong? (USE SHOWCARD) <i>Activities are regarded as vigorous intensity if they cause a large increase in breathing and/or heart rate.</i>	Yes 1 No 2 <i>If No, go to P 13</i>	P10
69	In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (<i>leisure</i>) activities? Nan wihk ehu, rahn depe komw kin wia songen kamwadong wet? <i>Valid responses range from 1-7</i>	Number of days <input type="text"/>	P11
70	How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day? la wen ansou me komw kin mwadong nan kamwadong wet? <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>	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P12 (a-b)
71	Do you do any moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities that causes a small increase in	Yes 1	P13

	breathing or heart rate such as brisk walking, (cycling, swimming, volleyball) for at least 10 minutes continuously? Komw kin iang towehda kamwodong me komw kin pehm me komw sohte kin ngetida? <i>Activities are regarded as moderate intensity if they cause a small increase in breathing and/or heart rate.</i> (USE SHOWCARD)	No 2 If No, go to P16	
72	In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities? Nan wihk ehu, rahn depe komw kin wia songen kamwadong wet? <i>Valid responses range from 1-7</i>	Number of days <input type="text"/>	P14
73	How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day? la wen ansou me komw kin wiahki songen kamwadong wet? <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>	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P15 (a-b)

Sedentary behaviour

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, travelling in car, bus, train, reading, playing cards or watching television], but do not include time spent sleeping. Kalelapak me pahn sansal pah iei duwen omwi kin sohte nohn mwekimwekid nan ansou kan me rasohng omwi kin komkomoal oh sohte kin wia mehkot, omwi kin mwemweit seli rehn mehn mpomw kan oh pil iang mweimweit nan tehn weren nansapw akan.
(USE SHOWCARD)

74	How much time do you usually spend sitting or reclining on a typical day? la wen ansou me komw kin wia soang kan me sansalehr poweh kan? <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>	Hours : minutes <input type="text"/> : <input type="text"/> hrs min s	P16 (a-b)
----	---	---	--------------

EXPANDED: History of Raised Blood Pressure

Questions	Response	Code
75	When was your blood pressure last measured by a health professional?	H1
	lahd me komwi lahs en kesou en nta laud?	
	Within past 12 months 1 1-5 years ago 2 Not within past 5 years 3	
76	During the past 12 months have you been told by a doctor or other health worker that you have raised blood pressure or hypertension?	H2
	Nan irair en sounpwong eisek riau me nekier, mie tohkte padahki ong komwi iang sapwelimanki mwekid en nta lahud? Yes 1 No 2	

77	Are you currently receiving any of the following treatments/advice for high blood pressure prescribed by a doctor or other health worker? <i>Mie sawasepen mwekid en nta lahud tohkte kiong komwi? Me rasohng</i>
----	--

	Drugs (medication) that you have taken in the last 2 weeks (a. wini me komw sakan nan wihk riau samwalahro)	Yes	1	H3a
		No	2	
	Special prescribed die Kaweid en kisin sak d tungoal akan	Yes	1	H3b
		No	2	
	Advice or treatment to lose weight Kaweid me pid katihtih en paliwar	Yes	1	H3c
		No	2	
	Advice or treatment to stop smoking Kaweid me pid sohla smwok	Yes	1	H3d
		No	2	
	Advice to start or do more exercise Kaweid me pid eksersais	Yes	1	H3e
		No	2	
78	During the past 12 months have you seen a traditional healer for raised blood pressure or hypertension Nan irair en sounpwong eisek riau samwalahr, mie pak komw rapahki oh ketiki de sakan wini en Pohnpei ong soumwahu en inta lahud.	Yes	1	H4
		No	2	
79	Are you currently taking any herbal or traditional remedy for your raised blood pressure? Mie sawas en wini en Pohnpei me komw ketiki ohng mwekid en nta lahud?	Yes	1	H5
		No	2	

EXPANDED: History of Diabetes

Questions	Response	Code
80	Have you had your blood sugar measured in the last 12 months? Komw iangehr ketiki keseu en suke nan inta nan irair en sounpwong eisek riau samwalahro?	H6
81	During the past 12 months, have you ever been told by a doctor or other health worker that you have diabetes? Nan irair en sounpwong pwuko, mie tohkte padakih ong komwi me komw iang soumwahu en suke?	H7

82	Are you currently receiving any of the following treatments/advice for diabetes prescribed by a doctor or other health worker? <i>Mie kaweid pen soumwahu en suke tohkte kaweikin komwi? Me rasong me pahn sansal pah kan:</i>
----	---

	Insulin (Dok)	Yes	1	H8a
		No	2	
	Oral drug (medication) that you have taken in the last 2 weeks (wini war)	Yes	1	H8b
		No	2	
	Special prescribed diet (kaweid en mwenge desak)	Yes	1	H8c
		No	2	
	Advice or treatment to lose weight (kaweid en katihti)	Yes	1	H8d
		No	2	
	Advice or treatment to stop smoking (kaweid en sohla smwok)	Yes	1	H8e
		No	2	
	Advice to start or do more exercise (kaweid en eksersais)	Yes	1	H8f
		No	2	
83	During the past 12 months have you seen a traditional	Yes	1	H9

	healer for diabetes? Nan irair en sounpwong eisek riau samwalahro, mie pak komw tuheng toahktehn wini en Pohnpei ong amw soumwau en sukehn?	No 2	
84	Are you currently taking any herbal or traditional remedy for your diabetes? A ia duwen met, mie sawas en wini en Pohnpei me komw ketiki ohng soumwahu en suke?	Yes 1	H10
		No 2	

CORE: Height and Weight		Response	Code
85	Interviewer ID <i>Record interviewer ID (for height, weight and waist circumference)</i>	<input type="text"/>	M1
86	Device IDs for height and weight <i>Record device IDs</i>	Height <input type="text"/> Weight <input type="text"/>	M2a
			M2b
87	Height <i>Record participant's height in centimetres</i>	in Centimetres (cm) <input type="text"/>	M3
88	Weight <i>Record participant's weight in kg</i> <i>If too large for scale, code 666.6</i>	in Kilograms (kg) <input type="text"/>	M4
89	(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			
90	Device ID for waist <i>Record device ID</i>	<input type="text"/>	M6
91	Waist circumference <i>Record participant's waist circumference in centimetres</i>	in Centimetres (cm) <input type="text"/>	M7
CORE: Blood Pressure			
92	Interviewer ID <i>Record interviewer's ID (in most cases technician would be the same as for height, weight & waist circumference)</i>	<input type="text"/>	M8
93	Device ID for blood pressure <i>Record device ID</i>	<input type="text"/>	M9
94	Cuff size used <i>Circle size used</i>	Small 1 Medium 2 Large 3	M10
95	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"/> Diastolic (mmHg) <input type="text"/>	M11a
			M11b
96	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"/> Diastolic (mmHg) <input type="text"/>	M12a
			M12b
97	Reading 3 <i>Record third measurement</i>	Systolic (mmHg) <input type="text"/> Diastolic (mmHg) <input type="text"/>	M13a
			M13b
98	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

99	Hip circumference <i>Record participant's hip circumference in cm</i>	in Centimetres (cm)	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/>	M15
100	Heart Rate (Record if automatic blood pressure device is used)			
	Reading 1 <i>Record first measurement</i>	Beats per minute	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	M16a
	Reading 2 <i>Record second measurement</i>	Beats per minute	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	M16b
	Reading 3 <i>Record third measurement</i>	Beats per minute	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	M16c

CORE: Blood Glucose		Response	Code
101	During the last 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
102	Technician ID	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	B2
103	Device ID	<input type="text"/> <input type="text"/>	B3
104	Time of day blood specimen taken (24 hour clock)	Hours : minutes hrs mins	B4
105	Fasting blood glucose	mmol/l <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	B5
CORE: Blood Lipids			
106	Device ID	<input type="text"/> <input type="text"/>	B6
107	Total cholesterol	mmol/l <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	B7

EXPANDED: Triglycerides and HDL Cholesterol

108	Triglycerides	mmol/l <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	B8
109	HDL Cholesterol	mmol/l <input type="text"/> . <input type="text"/> <input type="text"/>	B9