

WHO STEPS Instrument

(Core and Expanded)



The WHO STEPwise approach to chronic disease risk factor surveillance

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

STEPS Instrument

Overview

Introduction

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

- CORE items (unshaded boxes)
- EXPANDED items (shaded boxes)
- Response options for Step 1, Step 2 and Step 3

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
- History of raised blood pressure

Guide to the columns

The table below is a brief guide to each of the columns in the Instrument.

Column	Description	Site Tailoring
Number	This question reference number is designed to help interviewers find their place if interrupted.	Renumber the instrument sequentially once the content has been finalised.
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. C5).• Change skip question identifiers from code to question number.
Code	The column is designed to match data from the instrument into the data entry tool, data analysis syntax, data book, and fact sheet.	This should never be changed or removed. The code is used as a general identifier for the data entry and analysis.

Note: It is recommended that you use both the core and expanded questions.



WHO STEPS Instrument for Chronic Disease Risk Factor Surveillance

<Micronesia (Korsae)>

Survey Information

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

Consent, Interview Language and Name		Response	Code
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 Pohnpeian 2 Pingelapese 3 Ngatikese 4 Kapingese 5 Mokilese 7 Chuukese 8 Yapese 9 Kosraean 10 3rd person translator 11 Others 13	I8
9	Time of interview (lusen pal nuke kisen siuk) (24 hour clock) <i>Record time interview started</i>	_ _ : _ _ hrs mins	I9
10	Family Name (Lahs nem) <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 (Inem) <i>Write first name of respondent</i>		I11
Additional Information that may be helpful			

Participant Identification Number

12	Contact phone number where possible (telefon ma ku in pang kom ka) <i>Record phone number</i>		I12
13	Specify whose phone (akkalemye la telefon an ma oya) <i>Circle relevant response</i>	Work 1	I13
		Home 2	
		Neighbour 3	
		Other (specify) 4	
		Other _____	I13 other

Record and file identification information (I6 to I13) separately from the completed questionnaire.

Step 1 Demographic Information

CORE: Demographic Information

Questions		Response		Code
14	Sex (Record Male/Female as observed) Mokul ku mutan Circle Male/Female as observed	(Mokul) Male 1 (Mutan) Female 2		C1
15	What is your date of birth? Record date of birth of participant Don't know 77 777 7777 Mea puhte lom uh?	<div><div><div></div><div></div></div><div></div><div><div><div></div><div></div><div></div><div></div></div><div></div></div><div>ddmmyear</div><div>If known, go to C4</div></div>		C2
16	How old are you? Kom ya ekasr? Help participant estimate their age by interviewing them about their recollection of widely known major events	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)? Ya ekasr kom wi lutlut? (preschool tia wi) Record total number of years of education (excluding pre-school and kindergarten)	Years	<div><div></div><div></div></div>	C4

EXPANDED: Demographic Information

EXPANDED Demographic Information		Response	Code																								
18	<p>What is your ethnic background? Kom mwet oya?</p> <p>Circle the relevant ethnic/cultural group the participant belongs to</p>	<table><tr><td>Pohnpeian</td><td>1</td></tr><tr><td>Pingelapese</td><td>2</td></tr><tr><td>Mokilese</td><td>3</td></tr><tr><td>Ngatikese</td><td>4</td></tr><tr><td>Nukuorean</td><td>5</td></tr><tr><td>Kapingese</td><td>6</td></tr><tr><td>Mortlockese</td><td>7</td></tr><tr><td>Chuukese</td><td>8</td></tr><tr><td>Yapese</td><td>9</td></tr><tr><td>Kosraean</td><td>10</td></tr><tr><td>Others</td><td>11</td></tr><tr><td>Refused</td><td>12</td></tr></table>	Pohnpeian	1	Pingelapese	2	Mokilese	3	Ngatikese	4	Nukuorean	5	Kapingese	6	Mortlockese	7	Chuukese	8	Yapese	9	Kosraean	10	Others	11	Refused	12	C5
Pohnpeian	1																										
Pingelapese	2																										
Mokilese	3																										
Ngatikese	4																										
Nukuorean	5																										
Kapingese	6																										
Mortlockese	7																										
Chuukese	8																										
Yapese	9																										
Kosraean	10																										
Others	11																										
Refused	12																										
19f	<p>What is the highest level of education you have completed? Kom lutlut safla ke kulas ekasr?</p> <p>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".</p> <p>Circle appropriate response</p>	<table><tr><td>No formal schooling</td><td>1</td></tr><tr><td>Some Elementary school</td><td>2</td></tr><tr><td>Elementary school completed</td><td>3</td></tr><tr><td>Some High School</td><td>4</td></tr><tr><td>High school completed</td><td>5</td></tr><tr><td>Some College</td><td>6</td></tr><tr><td>College/University completed</td><td>7</td></tr><tr><td>Some Postgraduate</td><td>8</td></tr><tr><td>Post graduate degree</td><td>9</td></tr><tr><td>Refused</td><td>10</td></tr></table>	No formal schooling	1	Some Elementary school	2	Elementary school completed	3	Some High School	4	High school completed	5	Some College	6	College/University completed	7	Some Postgraduate	8	Post graduate degree	9	Refused	10	C6				
No formal schooling	1																										
Some Elementary school	2																										
Elementary school completed	3																										
Some High School	4																										
High school completed	5																										
Some College	6																										
College/University completed	7																										
Some Postgraduate	8																										
Post graduate degree	9																										
Refused	10																										
20	<p>Which of the following best describes your main work status over the last 12 months? Mea ka sin ma ekasr inge akuteya orekma lom ke malem sinuul luo (12) tari a?</p> <p>The purpose of this question is to help answer other questions as whether or not health status contributes to unemployment, or whether people in different kinds occupations may be confronted with different risk factors.</p> <p>Circle appropriate response.</p>	<table><tr><td>Government employee</td><td>1</td></tr><tr><td>Non-government employee</td><td>2</td></tr><tr><td>Self-employed</td><td>3</td></tr><tr><td>Non-paid</td><td>4</td></tr><tr><td>Student</td><td>5</td></tr><tr><td>Homemaker</td><td>6</td></tr><tr><td>Retired</td><td>7</td></tr><tr><td>Unemployed (able to work)</td><td>8</td></tr><tr><td>Unemployed (unable to work)</td><td>9</td></tr><tr><td>Refused</td><td>10</td></tr></table>	Government employee	1	Non-government employee	2	Self-employed	3	Non-paid	4	Student	5	Homemaker	6	Retired	7	Unemployed (able to work)	8	Unemployed (unable to work)	9	Refused	10	C7				
Government employee	1																										
Non-government employee	2																										
Self-employed	3																										
Non-paid	4																										
Student	5																										
Homemaker	6																										
Retired	7																										
Unemployed (able to work)	8																										
Unemployed (unable to work)	9																										
Refused	10																										

21	How many people older than 18 years, including yourself, live in your household? <i>Mwet ekasr nofon matu liki yea 18 wi komyang muta loom sum an?</i>	Number of people <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div>	C8
22	Taking the past year, can you tell me what the average earnings of the household have been? <i>Kom ku in fwak la lupa ka mani kom sruokya ke yea somla ah?</i>	Per week <div style="display: inline-block; width: 100px; border-bottom: 1px solid black;"></div> <i>Go to T1</i> OR per month <div style="display: inline-block; width: 100px; border-bottom: 1px solid black;"></div> <i>Go to T1</i> OR per year <div style="display: inline-block; width: 100px; border-bottom: 1px solid black;"></div> <i>Go to T1</i> Refused 88	C9a C9b C9c 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: <i>Fwin kom tia etu lupa an, oana kom ku in fwak sie lupa ma nga e owek nu sum inge?</i>	≤ Quintile (Q) 1 1 More than Q 1, ≤ Q 2 2 More than Q 2, ≤ Q 3 3 More than Q 3, ≤ Q 4 4 More than Q 4 5 Don't Know 77 Refused 88	C10

Step 1 Behavioural Measurements

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? <i>Ku kom sismok?</i>	Yes 1 No 2 <i>If No, go to T6</i>	T1
25 Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes? <i>Ku kom sismok?</i>	Yes 1 No 2 <i>If No, go to T6</i>	T2
26 How old were you when you first started smoking daily? <i>Kom ya ekasr mutwaak sismok ke len nukewa?</i>	Age (years) <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div> <i>If Known, go to T5a</i> Don't remember 77	T3
27 How old were you when you first started smoking daily? <i>Kom ya ekasr mutwaak sismok ke len nukewa?</i>	In Years <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div> <i>If Known, go to T5a</i>	T4a
	OR in Months <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div> <i>If Known, go to T5a</i>	T4b
	OR in Weeks <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div>	T4c
28 On average, how many of the following do you smoke each day? <i>Ma ekasr ma kom mukkela ke len se?</i> (RECORD FOR EACH TYPE) Don't remember 77	Manufactured cigarettes <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div>	T5a
	Hand-rolled cigarettes <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div>	T5b
	Pipes full of tobacco <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div>	T5c
	Cigars, cheroots, cigarillos <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div>	T5d
	Other <div style="display: inline-block; width: 40px; border-bottom: 1px solid black;"></div> <i>If other, go to T5 other</i>	T5e
	Other (please specify): <div style="display: inline-block; width: 100px; border-bottom: 1px solid black;"></div>	T5other

EXPANDED: Tobacco Use

Questions	Response	Code
29 In the past, did you ever smoke daily? <i>Ke pal somla ah, ku kom sismok ke len nukewa?</i>	Yes 1 No 2 <i>If No, go to T9</i>	T6

Participant Identification Number

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30	If Yes, How old were you when you stopped smoking daily? Fwin aok, Kom ya ekasr ke kom tui tila sismok ke len nukewa ah?	Age (years) <table border="1"><tr><td></td><td></td><td></td></tr></table> Don't remember 77				If Known, go to T9	T7
31	How long ago did you stop smoking daily? Lusa ka pal somla ah kom tui tila sismok ke len nukewa?	Years ago <table border="1"><tr><td></td><td></td><td></td></tr></table>				If Known, go to T9	T8a
		OR Months ago <table border="1"><tr><td></td><td></td><td></td></tr></table>				If Known, go to T9	T8b
OR Weeks ago <table border="1"><tr><td></td><td></td><td></td></tr></table>					T8c		
32	Do you currently use any smokeless tobacco such as (snuff, chewing tobacco, betelnut)? Ku kom orekmakin kain ma sayen paip (kopen, pitulnut) in len inge?	Yes 1		T9			
		No 2 If No, go to T12					
33	If Yes, Do you currently use smokeless tobacco products daily? Fwin Aok, Ku kom orekmakin len nukewa in len inge?	Yes 1		T10			
		No 2 If No, go to T12					

EXPANDED: Tobacco Use, contd.										
Questions		Response		Code						
34	On average, how many times a day do you use; E pal ekasr ma ke len se kom orekmakin.....	Snuff, by mouth	<table><tr><td> </td><td> </td></tr></table>			T11a				
		Snuff, by nose	<table><tr><td> </td><td> </td></tr></table>			T11b				
		Chewing tobacco	<table><tr><td> </td><td> </td></tr></table>			T11c				
Betel, quid	<table><tr><td> </td><td> </td></tr></table>			T11d						
Other	<table><tr><td> </td><td> </td></tr></table> <i>If Other, go to T11 other</i>			T11e						
Other (specify)	<table><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>									T11other
35	In the past, did you ever use smokeless tobacco such as (snuff, chewing tobacco, or betel) daily? Ke pal somla ah, kom na wi orekmakin ma sayen paip (oana kopen, pitul nut) ke len nukewa?	Yes	1	T12						
		No	2							

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 ? Kom na wi nim mwe nim srui (oana piru, wain, is ku sukaru) ke malem 12 somla ah?	Yes	1	A1			
		No	2 If No, go to D1				
37	In the past 12 months, how frequently have you had at least one drink? Ke malem 12 somla ah, fuka fususiyeen nimnim lom ah?	Daily	1	A2			
		5-6 days per week	2				
		1-4 days per week	3				
		1-3 days per month	4				
		Less than once a month	5				
38	When you drink alcohol, on average , how many drinks do you have during one day? Ke kom nim mwe srui, oana ma ekasr kom numla ke len se?	Number	<table><tr><td></td><td></td><td></td></tr></table>				A3
39	Have you consumed alcohol (such as beer, wine, spirits, fermented cider) within the past 30 days ? Ke malem tari ac ku len 30 somla ah, kom nim mwe srui (oana piru, wain, is ku sukaru)?	Yes	1	A4			
		No	2 If No, go to A 6				
40	During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day? Ke kais sie len ke len 7 somla ah, oana lupa ka mwe srui ma kom nim?	Monday	<table><tr><td></td><td></td><td></td></tr></table>				A5a
		Tuesday	<table><tr><td></td><td></td><td></td></tr></table>				A5b
		Wednesday	<table><tr><td></td><td></td><td></td></tr></table>				A5c
		Thursday	<table><tr><td></td><td></td><td></td></tr></table>				A5d
Friday	<table><tr><td></td><td></td><td></td></tr></table>				A5e		
Saturday	<table><tr><td></td><td></td><td></td></tr></table>				A5f		
Sunday	<table><tr><td></td><td></td><td></td></tr></table>				A5g		

EXPANDED : Alcohol Consumption			
Questions		Response	Code
41	<p>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>Ke malem 12 somla ah, oana pia lupa se ma yoke meet ke kais sie pal kom nim mwe srui?</p>	<p>Largest number <input type="text"/><input type="text"/><input type="text"/></p>	A6
42	<p><u>For men only:</u></p> <p>In the past 12 months, on how many days did you have five or more standard drinks in a single day?</p> <p>Ma nu sin mokul mukena:</p> <p>Ke malem 12 somla ah, pisen len ekasr kom eis yok liki kulas 5 ke len se?</p>	<p>Number of days <input type="text"/><input type="text"/><input type="text"/><input type="text"/></p>	A7
43	<p><u>For women only:</u></p> <p>In the past 12 months, on how many days did you have four or more standard drinks in a single day?</p> <p>Ma nu sin mutan mukena:</p> <p>Ke malem 12 somla ah, pisen len ekasr kom nim pus liki kulas akasr (4) ke len se?</p>	<p>Number of days <input type="text"/><input type="text"/><input type="text"/><input type="text"/></p>	A8

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 typical week in the last year.

Kisen siuk ekasr inge, ma e siuk ke fukunsak a ma srik ma kom wana kang. Kat se sik inge ma akuteya ke kutu sin fukun sak a ma srik. Kais sie petsa inge fwakak kais sie lupan yuyu fal se. Ke kom topuk kais sie kisen siuk inge, kom srike nunku ke sie fana week key a somla ah.

Questions		Response	Code
44	In a typical week, on how many days do you eat fruit? Ke wik se, len ekasr kom kang fukun sak?	Number of days <div><div></div><div></div><div></div></div> <div>If Zero days, go to D3</div> Don't Know 77	D1
45	How many servings of fruit do you eat on one of those days? Fuka lupan fukun sak kom kang ke sie len ke wik san?	Number of servings <div><div></div><div></div><div></div></div> Don't Know 77	D2
46	In a typical week, on how many days do you eat vegetables ? Ke wik se, pisen len ekasr kom kang ma srik?	Number of days <div><div></div><div></div><div></div></div> <div>If Zero days, go to D5</div> Don't Know 77	D3
47	How many servings of vegetables do you eat on one of those days? Fuka lupan ma srik kom kang ke sie sin len ekasr ingan?	Number of servings <div><div></div><div></div><div></div></div> Don't Know 77	D4

EXPANDED: Diet											
48	What type of oil or fat is most often used for meal preparation in your household? Kain in kiris fuka kom wana orekmakin in loom sum an?	Vegetable oil 1	D5								
		Lard or suet 2									
Butter or ghee 3											
Margarine 4											
Other 5 If Other, go to D5 other											
None in particular 6											
None used 7											
Don't know 77											
		Other <table><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>									D5other

EXPANDED: SAKAU			
50	In your lifetime, have you ever tried or drunk sakau even once? In moul lom nofon, kom na wi nim suka uh?		
51	If "Yes", how old were you when you first tried sakau? Fwin "aok", oana kom matwa ka srike nim suka?		
52	During the last 30 days, on how many days or nights did you drink sakau? Ke len tolngoul (30) somla ah, len ku fong ekasr kom nim suka?		
53	Are you likely to smoke tobacco during and/or after drinking sakau? Ku kom sismok paip ke pal kom nim suka ku ke pal kom tari ke nim suka?		
54	Are you likely to drink alcohol during and/or after drinking sakau? Ku kom nim me srui palang ke pal se kom nim suka ku ke kom tari ke nim suka?		
EXPANDED: BETELNUT			
55	Do you currently chew betel nut? Ku kom kang betel nut?		
56	If "yes", do you currently chew daily? Fwin "aok", ku kom kang len nukewa?		
57	On average, how many times each day do you chew? Oana pal ekasr ke len se kom kang pitul nut?		
58	When you chew betel nut, do you add cigarettes or tobacco? Ke kom kang pitul nut, ku kom sang paip nuka?		

EXPANDED: COMBINATION

59	<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>Fwin kom mwet orekmakin paip, pitulnut, ku mwe srui, a kom ke tui, sulala la pia ka ma tolu sin ma ekasr inge ma ku in kasre kom in tui.</p>		
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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						
60 Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like (carrying or lifting heavy loads, digging or construction work) for at least 10 minutes continuously? <i>Ku orekma lom an kain se ma fukoko ku in orala pihsrpihsrla lun momong ku pit lun heart (at) oana utuk ku tohu ma toasr, pukpuk ku kamtu ke lusen minit singuul (10)?</i>	Yes 1 No 2 If No, go to P 4	P1				
61 In a typical week, on how manu days do you do vigorous-intensity activities as part of your work? <i>Ke wik se, pisen len ekasr kom oru kain mukuikui fukoko inge ekin mu ipin orekma lom uh?</i>	Number of days <table border="1"><tr><td> </td></tr></table>		P2			
62 How much time do you doing vigorous-intensity activities at work on a typical day? <i>Lusa ka kom oru mukuikui fukoko inge ke orekma an ke len se?</i>	Hours : minutes <table border="1"><tr><td> </td><td> </td></tr></table> : <table border="1"><tr><td> </td><td> </td></tr></table> hrs mins					P3 (a-b)
63 Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously? <i>Ku orekmal lom an kain se ma kom orekmankin kun a fal se ma orala kulukyak na srisrik ke momong lom an ku pit lun at (heart) lom an oana fwas pisrpisr ku tohu ma tia arla toasr nuke lusen minit singuul (10)?</i>	Yes 1 No 2 If No, go to P 7	P4				
64 In a typical week, on how many days do you do moderate-intensity activities as part of your work? <i>Ke wik se, pisen len ekasr kom oru mukuikui tia arla toasr inge mu ipin orekma lom?</i>	Number of days <table border="1"><tr><td> </td></tr></table>		P5			
65 How much time do you spend doing moderate-intensity activities at work on a typical day? <i>Lusa ka pal kom sisla in oru kain mukuikui tia arla toasr inge?</i>	Hours : minutes <table border="1"><tr><td> </td><td> </td></tr></table> : <table border="1"><tr><td> </td><td> </td></tr></table> hrs mins					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. <i>Kisen siuk inge ma sayen mukuikui ma kom oru ke orekma lom ma kom fwak tari a. Inge, nga a siuk sum ke ouiyeen forform lom. Fwin pa nuke orekma lom, som nuke stoh ah, ku nuke an in alu ku market.</i>						
66 Do you walk or use a bicycle (pedal cycle) for at	Yes 1	P7				

	least 10 minutes continuously to get to and from places? Ku kom fwasr ku orekmakin paskul ke lusen minit singuul (10) in som ac fohlohk nuke acn kom forfor nuh we?	No 2 If No, go to P 10	
67	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? Ke wik se, pisen len ekasr kom fwasr ku paskul ke lusen minit singuul (10) in som ac fohlohk nuke acn kom forfor nuh we?	Number of days <input type="text"/>	P8
68	How much time do you spend walking or bicycling for travel on a typical day? Fuka lusen pal kom sista in fwasr ku paskul ke len se?	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 exercises 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 and not to include any activities already mentioned. This statement should not be omitted.			
69	Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate (like running, basketball, or soccer) for at least 10 minutes continuously? Oasr asrosr upa kom oru sun lusen minute 10 ma a ku in liksreni akpisrpsisryeak mongum ku pit lun at (heart) lom an (pa nuke kasrusr, basketball, ku kal)? (USE SHOWCARD #5) Activities are regarded as vigorous intensity if they cause a large increase in breathing and/or heart rate.	Yes 1 No 2 If No, go to P 13	P10
70	In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities? Pal ekasr ke week se kom oru asrosr upa ingan? Valid responses range from 1-7	Number of days <input type="text"/>	P11
71	How much time do you spend doing vigorous-intensity sports, fitness or recreational (leisure) activities? Lusa ka pal kom sista ke len se in oru asrosr upa ingan? 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).	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P12 (a-b)

CORE: Physical Activity (recreational activities) contd.			
Questions		Response	Code
72	Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that causes a small increase in breathing or heart rate such as brisk walking, (cycling, swimming, volleyball) for at least 10 minute continuously? Oasr asrosr kom oru sun lusen minute 10 ma a ku in akpispisryeak mongum ku pit lun at (heart) lom an pa nuke fasr, paskul, kofkof, kuh falepol? Activities are regarded as moderate intensity if they cause a small increase in breathing and/or heart rate. (USE SHOWCARD #5)	Yes 1 No 2 If No, go to P16	P13
73	In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities? Pal ekasr ke wik se kom oru asrosr ingan? Valid responses range from 1-7	Number of days 	P14
74	How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day? Lusa ka pal kom sista in oru asrosr ingan ke len se? 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).	Hours : minutes : 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. Kisensiuk soko ten inge siyuk ke oiyeen muta lom ke nien orekma, loom a, forfor lom ku wi met kawuk ac pal kom sista [muta fin tepu, forfor lom ke me kasrusr, rit, sritat kat ku liyeyuk TV], sayen pal sisila nuke motul. (USE SHOWCARD #5)			
75	How much time do you usually spend sitting or reclining on a typical day? Lusa su pal kom wana sista nuke muta ku mongla ke len se? 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.	Hours : minutes : hrs min s	P16 (a-b)

EXPANDED: History of Raised Blood Pressure			
Questions		Response	Code
76	When was your blood pressure last measured by a health professional? Pia pal safla se ma met lun loom ono ah esla palu in sra fulat lom an?	Within past 12 months 1 1-5 years ago 2 Not within past 5 years 3	H1
77	During the past 12 months have you been told by a doctor or other health worker that you have raised blood pressure or hypertension? Ke malem 12 somla a fasru nu misenge, nu oasr pal taktu ku mwet orekma loom ono a fakot nu sum mu yokelik palu ke sra fulat lom an?	Yes 1 No 2	H2
78	Are you currently receiving any of the following treatments/advice for high blood pressure prescribed by a doctor or other health worker? Ku oasr sin ono/ku kasru ten inge kom eis sin taktu ku mwet lun loom ono ah nuke sra fulat lom an?		
	Drugs (medication) that you have taken in the last 2 weeks Ono kom eis ke wik 2 somla ah	Yes 1 No 2	H3a
	Special prescribed diet Atacn mongo fal se nuke mas lom an	Yes 1 No 2	H3b
	Advice or treatment to lose weight Kasru ku ono nuke aksri	Yes 1 No 2	H3c
	Advice or treatment stop smoking Kasru ku ono nuke tulokinyen sismok	Yes 1 No 2	H3d

	Advice to start or do more exercise Kasru in sramteak ku akyokye asrosr	Yes 1	H3e
		No 2	
79	During the past 12 months, have you seen a traditional healer for raised blood pressure or hypertension? Ke malwem 12 tari ah fasru nuh misenge, nuh oasr pal kom sukok kasru nuke sra fulat yurin mwet orek ono Kosrae.	Yes 1	H4
		No 2	
80	Are you currently taking any herbal or traditional remedy for your raised blood pressure? Oasr ono Kosrae kom eis in kasru kilukyak lun sra fulat lom an?	Yes 1	H5
		No 2	

EXPANDED: History of Diabetes			
Questions		Response	Code
81	Have you had your blood sugar measured in the last 12 months? Ku kom nu wi eis kensa/check nuke lupan suka ke sra lom an ke malem 12 somla ah?	Yes 1	H6
		No 2	
82	During the past 12 months, have you ever been told by a doctor or other health worker that you have diabetes? Ke malwem 12 somla ah nu misenge, nuh oasr pal taktu ku mwet lun loom ono ah fakot nu sum mu kom misen suka?	Yes 1	H7
		No 2	
83	Are you currently receiving any of the following treatment/advice for diabetes prescribed by a doctor or other health worker? Ku oasr sin ono/kasru nuke misen suka inge kom eis sin taktu ku mwet lun loom ono a?		
	Insulin (Fakfuk)	Yes 1	H8a
		No 2	
	Oral drug (medication) that you have taken in the last 2 weeks (ono kom eis ke wik 2 tari ah)	Yes 1	H8b
		No 2	
	Special prescribed diet (akuteya ke mongo fal se nuke mas lom an?)	Yes 1	H8c
		No 2	
	Advice or treatment to lose weight (Kasru ku ono nuke aksri)	Yes 1	H8d
		No 2	
	Advice or treatment to stop smoking (Kasru ku ono nuke tulokinyen sismok)	Yes 1	H8e
		No 2	
	Advice to start or do more exercise (Kasru nuke sramteak ku akyokyeyan asrosr)	Yes 1	H8f
		No 2	
84	During the past 12 months, have you seen a traditional healer for diabetes? Ke malem 12 somla a nu mlsenge, nu oasr pal kom suk kasru yurin met orek ono Kosrae nuke misen suka?	Yes 1	H9
		No 2	
85	Are you currently taking any herbal or traditional remedy for your diabetes? Ku oasr ono Kosrae kom eis in kasru misen suka lom an?	Yes 1	H10
		No 2	

Step 2 Physical Measurements

CORE: Height and Weight		Response	Code
75	Interviewer ID	<div style="border-bottom: 1px solid black; width: 40px; margin: 0 auto;"></div>	M1
76	Device IDs for height and weight	<div style="display: flex; justify-content: space-between;"> <div>Height</div> <div style="border-bottom: 1px solid black; width: 40px;"></div> </div> <div style="display: flex; justify-content: space-between;"> <div>Weight</div> <div style="border-bottom: 1px solid black; width: 40px;"></div> </div>	M2a M2b
77	Height	<div style="display: flex; justify-content: space-between;"> <div>in Centimetres (cm)</div> <div style="border-bottom: 1px solid black; width: 100px;"></div> </div>	M3
78	Weight <i>If too large for scale, code 666.6</i>	<div style="display: flex; justify-content: space-between;"> <div>in Kilograms (kg)</div> <div style="border-bottom: 1px solid black; width: 100px;"></div> </div>	M4
79	(For women) Are you pregnant?	<div style="display: flex; justify-content: space-between;"> <div>Yes</div> <div>1 If Yes, go to M 8</div> </div> <div style="display: flex; justify-content: space-between;"> <div>No</div> <div>2</div> </div>	M5
CORE: Waist			
80	Device ID for waist	<div style="border-bottom: 1px solid black; width: 40px; margin: 0 auto;"></div>	M6
81	Waist circumference	<div style="display: flex; justify-content: space-between;"> <div>in Centimetres (cm)</div> <div style="border-bottom: 1px solid black; width: 100px;"></div> </div>	M7
CORE: Blood Pressure			
82	Interviewer ID	<div style="border-bottom: 1px solid black; width: 40px; margin: 0 auto;"></div>	M8
83	Device ID for blood pressure	<div style="border-bottom: 1px solid black; width: 40px; margin: 0 auto;"></div>	M9
84	Cuff size used	<div style="display: flex; justify-content: space-between;"> <div>Small</div> <div>1</div> </div> <div style="display: flex; justify-content: space-between;"> <div>Medium</div> <div>2</div> </div> <div style="display: flex; justify-content: space-between;"> <div>Large</div> <div>3</div> </div>	M10
85	Reading 1	<div style="display: flex; justify-content: space-between;"> <div>Systolic (mmHg)</div> <div style="border-bottom: 1px solid black; width: 60px;"></div> </div> <div style="display: flex; justify-content: space-between;"> <div>Diastolic (mmHg)</div> <div style="border-bottom: 1px solid black; width: 60px;"></div> </div>	M11a M11b
86	Reading 2	<div style="display: flex; justify-content: space-between;"> <div>Systolic (mmHg)</div> <div style="border-bottom: 1px solid black; width: 60px;"></div> </div> <div style="display: flex; justify-content: space-between;"> <div>Diastolic (mmHg)</div> <div style="border-bottom: 1px solid black; width: 60px;"></div> </div>	M12a M12b
87	Reading 3	<div style="display: flex; justify-content: space-between;"> <div>Systolic (mmHg)</div> <div style="border-bottom: 1px solid black; width: 60px;"></div> </div> <div style="display: flex; justify-content: space-between;"> <div>Diastolic (mmHg)</div> <div style="border-bottom: 1px solid black; width: 60px;"></div> </div>	M13a M13b
88	During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?	<div style="display: flex; justify-content: space-between;"> <div>Yes</div> <div>1</div> </div> <div style="display: flex; justify-content: space-between;"> <div>No</div> <div>2</div> </div>	M14

EXPANDED: Hip Circumference and Heart Rate

89	Hip circumference	<div style="display: flex; justify-content: space-between;"> <div>in Centimetres (cm)</div> <div style="border-bottom: 1px solid black; width: 100px;"></div> </div>	M15
90	Heart Rate (Record if automatic blood pressure device is used)		
	Reading 1	<div style="display: flex; justify-content: space-between;"> <div>Beats per minute</div> <div style="border-bottom: 1px solid black; width: 60px;"></div> </div>	M16a
	Reading 2	<div style="display: flex; justify-content: space-between;"> <div>Beats per minute</div> <div style="border-bottom: 1px solid black; width: 60px;"></div> </div>	M16b
	Reading 3	<div style="display: flex; justify-content: space-between;"> <div>Beats per minute</div> <div style="border-bottom: 1px solid black; width: 60px;"></div> </div>	M16c

Step 3 Biochemical Measurements

CORE: Blood Glucose		Response	Code
91	During the last 12 hours have you had anything to eat or drink, other than water?	Yes 1 No 2	B1
92	Technician ID	_ _ _ _	B2
93	Device ID	_ _	B3
94	Time of day blood specimen taken (24 hour clock)	Hours : minutes _ _ : _ _ hrs mins	B4
95	Fasting blood glucose	mmol/l _ _ . _ _	B5

CORE: Blood Lipids			
96	Device ID	_ _	B6
97	Total cholesterol	mmol/l _ _ . _ _	B7

EXPANDED: Triglycerides and HDL Cholesterol			
98	Triglycerides	mmol/l _ _ . _ _	B8
99	HDL Cholesterol	mmol/l _ . _ _	B9

