

# **WHO STEPS Instrument**

## **(Core and Expanded)**

**DEPARTMENT OF HEALTH SERVICES**  
**YAP STATE, FSM**



**The WHO STEPwise approach to Surveillance of  
chronic noncommunicable diseases risk factors.**

Department of Chronic Diseases and Health Promotion  
World Health Organization  
20 Avenue Appia, 1211 Geneva 27, Switzerland

For further information: [www.who.int/chp/steps](http://www.who.int/chp/steps)



# WHO STEPS Instrument

## for Chronic Disease

## Risk Factor Surveillance

### Yap State, Federated States of Micronesia

#### Survey Information

Location and Date		Response	Code
1	District code	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	I1
2	Centre/Village name	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	I2
3	Centre/Village code	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	I3
4	Interviewer Identification	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	I4
5	Date of completion of the instrument	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> dd mm year	I5

Consent, Interview Language and Name		Response	Code
6	Consent has been read out to participant	Yes 1 No 2 <b>If NO, read consent</b>	I6
7	Consent has been obtained (verbal or written)	Yes 1 No 2 <b>If NO, END</b>	I7
8	Interview Language [Insert Language]	English 1 Palauan 6 Yapese 2 Kosraean 7 Satawalese 3 Pohnpeian 8 Ulithian 4 Chuukese 9 Woleaian 5 Other 0	I8
9	Time of interview <b>Time ko dier</b> (24 hour clock)	<input type="text"/> <input type="text"/> : <input type="text"/> <input type="text"/> hrs mins	I9
10	Family Name <b>Fithngam nu Waab</b>		I10
11	First Name <b>Fithngam ko Cristiano</b>		I11
<b>Additional Information that may be helpful</b>			
12	Contact phone number where possible <b>Fon namba rom</b>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	I12
13	Specify whose phone <b>Minii ea bay fithngan ko fon</b>	Work 1 Home 2 Neighbour 3 Other (specify) 4	I13
		Other <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	I13 other

Questions		Response		Code
14	Sex (Record Male / Female as observed) <i>Pumoon fa Pin</i>	Male 1 Female 2		C1
15	What is your date of birth? <i>Ngiyal ni gargel nigem?</i> <i>Don't Know 77 777 7777</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> <div>dd</div> <div>mm</div> <div>year</div> </div> <div><i>If known, go to C4</i></div>		C2
16	How old are you? <i>In e duw rom?</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>Urngin e duw ni man nga school?</i>	Years	<div> <div></div> <div></div> </div>	C4

EXPANDED: Demographic Information		Response				Code							
18	What is your <i>[insert relevant ethnic group / racial group / cultural subgroup / others]</i> <u>background</u> ? <i>Gabee u Uw ?</i>	Yapese	1	Palauan	6	C5							
		Satawalese	2	Kosraean	7								
		Ulithian	3	Pohnpeian	8								
		Woleaian	4	Chuukese	9								
		Other Outer Island	5	Other	0								
19	What is the highest level of education you have completed?  <i>Mang tolngin e school rom?</i>	No formal schooling	1			C6							
		Some primary school	2										
		Primary school completed	3										
		Some High school	4										
		High school completed	5										
		College/University completed	6										
		Post graduate degree	7										
		Refused	8										
20	Which of the following best describes your <u>main</u> work status over the last 12 months? <i>Mange maruel rom ko fa ragag nge l'agruw e pul ni keyan?</i>  <i>(USE SHOWCARD</i>	Government employee	1	Homemaker	6	C7							
		Non-government employee	2	Retired	7								
		Self-employed	3	Unemployed (able to work)	8								
		Non-paid	4	Unemployed (unable)	9								
		Student	5	Refused	88								
21	How many people older than 18 years, including yourself, live in your household? <i>Uw urngin e girdii ni ma par u tabnaw rom ni ke page ragag nge meruk e duw rok, kag bay riy?</i>	Number of people <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td></tr></table>							C8				
22	Taking <b>the past year</b> , can you tell me what the average earnings of the household have been? <i>Rayog ni nga mog ngog urngin e salpiy nim yog ngom ko fare duw ni baaray ni keyan?</i>  <i>(RECORD <b>ONLY ONE</b>, NOT ALL 3)</i>	Per week	<table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>									<i>Go to T1</i>	C9a
		OR per month	<table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>									<i>Go to T1</i>	C9b
		OR per year	<table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>									<i>Go to T1</i>	C9c
		Refused	8			C9d							
23	If you don't know the amount, can you give an <b>estimate</b> of the annual household income if I read some options to you? Is it: <i>Faanra damnang, ma rayog ni mu susun nag urngin e salpiy ni yib ngom u lan rebe duw?</i>  <i>[INSERT QUINTILE VALUES]</i> <i>(READ OPTIONS)</i>	≤ Quintile (Q) 1	1			C10							
		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	7										
		Refused	8										

## Step 1 Behavioral Measurements

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

### CORE: Tobacco Use

Questions	Response	Code
24 Do you currently smoke any <b>tobacco products</b> , such as cigarettes, cigars or pipes? <i>Mange miti tamagow nig ma thoy nag e chiney?</i>	Yes 1 No 2 <i>If No, go to T6</i>	T1
25 <b>If Yes</b> , Do you currently smoke tobacco products <b>daily</b> ? <i>Faanra gama rin, mere gama thoy e miti tamagow nem ni urngin e rran?</i>	Yes 1 No 2 <i>If No, go to T6</i>	T2
26 How old were you when you <b>first started</b> smoking daily? <i>Ine duw rom mag tab ko muthoy tamagow ni yu rran?</i>	Age (years) _____ Don't remember 777 <i>If Known, go to T5a</i>	T3
27 Do you remember how long ago it was? <i>Kagam nang ko wiin?</i>  (RECORD <b>ONLY ONE</b> , NOT ALL 3)  Don't remember 777	In Years _____ <i>If Known, go to T5a</i>	T4a
	OR in Months _____ <i>If Known, go to T5a</i>	T4b
	OR in Weeks _____	T4c
	Don't remember 777	
28 On average, <b>how many</b> of the following do you smoke each day? <i>Gon napan uw urngin e pi tamagow ney ni gama thoy u rebo rran?</i>  (RECORD AMOUNT FOR EACH TYPE)  Don't remember 777  Go To T9	Manufactured cigarettes _____	T5a
	Hand-rolled cigarettes _____	T5b
	Pipes full of tobacco _____	T5c
	Cigars, cheroots, cigarillos _____	T5d
	Other _____ <i>Go to T5 other</i>	T5e
	Other (please specify): _____	T5other

### EXPANDED: Tobacco Use

Questions	Response	Code
29 In the past, did you <b>ever</b> smoke <b>daily</b> ? <i>Kafram ma gama tamagow ni yu rran ?</i>	Yes 1	T6
	No 2 <i>If No, go to T9</i>	
30 <b>If Yes</b> , How old were you when you <b>stopped</b> smoking <b>daily</b> ? <i>Faanra aragon,ma ine duw rom mag talk o tamagow ni yu rran?</i>	Age (years) _____ Don't remember 777 <i>If Known, go to T9</i>	T7
31 How <b>long ago</b> did you stop smoking daily? <i>Keu w n'um ngin napan ni kam taleg e tamagow ni yu rran?</i> (RECORD <b>ONLY ONE</b> , NOT ALL 3) Don't remember 777	Years ago _____ <i>If Known, go to T9</i>	T8a
	OR Months ago _____ <i>If Known, go to T9</i>	T8b
	OR Weeks ago _____	T8c
32 Do you <b>currently use</b> any <b>smokeless tobacco</b> such as snuff, chewing tobacco, betelnut? <i>Gama kay e tin baaray e tamagow ni kanog e snuff ngay, fa tamagow ni yima languy, fa langad?</i>	Yes 1 No 2 <i>If No, go to T12</i>	T9
33 <b>If Yes</b> , Do you <b>currently use smokeless tobacco</b> products <b>daily</b> ? <i>Gama kay e tin baaray e tamagow danur thoy ni yur rran?</i>	Yes 1 No 2 <i>If No, go to T12</i>	T10

EXPANDED: Tobacco Use, cont.				
Questions		Response		Code
34	On average, how many <b>times a day</b> do you use:  Susun uw urngin yay u rebo rran ni gama fanay e pi tamagow ni baaray:  (RECORD FOR EACH TYPE)  Don't Know 777	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"/> Go to T11 other	T11e
		Other (specify)	<input type="text"/>	T11other
35	In the past, did you <b>ever use</b> smokeless tobacco such as [snuff, chewing tobacco, or betel] <b>daily</b> ? Kafram ma gama fanay e e tin baaray e tamagow ni danur thoy ni bod e snuff, tamagow ni yima languy, fa langad ni yu rran?	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 [add other local examples] within the <b>past 12 months</b> ? Kamu unum e rrum, fa biya, fa achif, fa banen ni yima ching nag ngay u lang gin fare ragag nge lagruw l pul ni baaray ni keyan? (USE SHOWCARD OR SHOW EXAMPLES)	Yes	1	A1
		No	2 If No, go to D1	
37	In the past 12 months, <b>how frequently</b> have you had at least one drink? U lang gin fare ragag nge lagruw l pul ni keyan, ma uw urngin yay ki kay gum unum? (READ RESPONSES or USE SHOWCARD)	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, <b>on average</b> , how many drinks do you have during one day? Napan ni gara unum, ma susun uw urngin e alcohol ni gama unum u rebo rran?	Number	<input type="text"/>	A3
		Don't know 77		
39	Have you consumed alcohol (such as beer, wine, spirits, fermented cider or [add other local examples] within the <b>past 30 days</b> ? Kamu unum e rrum, fa biya, fa achif, fa wine, fa banen ni yira ching nag ngay ko fare pul nibaaray ni keyan? (USE SHOWCARD OR SHOW EXAMPLES)	Yes	1	A4
		No	2 If No, go to A 6	
40	During each of the <b>past 7 days</b> , how many standard drinks of any alcoholic drink did you have each day? Napan fare medilip irran nike yan, ma in yay ni kam unum banen niyima ching nag ngay u lan taareb e rran?  (RECORD FOR EACH DAY USE SHOWCARD)  Don't Know 77	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

EXPANDED : Alcohol Consumption			
Questions		Response	Code
41	In the past 12 months, what was the <b>largest number</b> of drinks you had on a single occasion, counting all types of standard drinks together? <i>U lan fare duw ni baaray ni key an, ma mingyal e kam unum banen ni yima ching nag ngay ni thabi yoor?</i>	Largest number <input type="text"/>	A6
42	<b>For men only / Pumoon</b> In the past 12 months, on how many days did you have <b>five or more</b> standard drinks in a single day? <i>U lan fare duw ni keyan, ma ine rran ni kam unum banen ni yima ching nag ngay ni boor ko lal yay u lan taareb e rran?</i>	Number of days <input type="text"/>	A7
43	<b>For women only / Pin</b> In the past 12 months, on how many days did you have <b>four or more</b> standard drinks in a single day? <i>U lan fare duw ni key an, ine rran ni kam unum banen ni yima ching nag ngay ni boor ko aningeg u lan taareb e rran?</i>	Number of days <input type="text"/>	A8

EXPANDED: Betelnut Use			
44	Do you currently chew betel? <i>Gama langad?</i>	Yes    1 No    2    If no, go to 59-E10	E1
45	If "yes", do you currently chew daily? <i>Faanra gama langad, ma gama langad ni urngin e rran?</i>	Yes    1 No    2	E2
46	On average, how many times each day do you chew? <i>Badke uw urngin yay u rebe rran ni gama langad?</i>	<input type="text"/>	E3
47	When you chew betel nut, do you add cigarettes or tobacco? <i>Gama taye tamagow ko langad rom?</i>	Yes    1 Sometimes    2 Never    3	E4

EXPANDED: Quitting Helpers			
48	If you are a user of tobacco, alcohol, or betelnut, and you would like to quit, please choose which three items from the list would be most helpful to you?  <i>Faanra gama langad, fa gama tamagow, fa gama unum e alkul, ma gaba adag ni ngam tal, minii fa mang era yog ni nge ayweg nem ngam tal?</i>  (Mu dugliy dalip ni thabi fel ni rayog ni nge ayweg nem)  (CHOOSE ONLY THREE)  (USE SHOWCARD #4)	<div>1 - Friends</div> <div>2 - Substance abuse and mental health program / staff</div> <div>3 - Medical Doctor</div> <div>4 - Hang out with friends who don't use these things</div> <div>5 – Pastor / Minister / Priest</div> <div>6 - Youth groups</div> <div>7 – Teacher / Professor</div> <div>8 - Uncles, spouse or other relatives</div> <div>9 – Parents</div> <div>10 – Exercise / Increase participation in sports</div> <div>11 - Stay away from bars / night clubs</div>	<div>Q1a</div> <div>Q2b</div> <div>Q3c</div>

CORE: Diet			
The next questions ask about the fruits and vegetables that you usually eat. I have a nutrition card here that shows you some examples of local fruits and vegetables. Each picture represents the size of a serving. As you answer these questions please think of a typical week in the last year.			
Questions	Response		Code
49 In a typical week, on how many days do you <b>eat fruit</b> ? <i>Ra lan rebe wik, ma ine rran ni gama kay waamngin e gakiy? (USE SHOWCARD)</i>	Number of days <input type="text"/> <input type="text"/> <input type="text"/> <i>If Zero days, go to D3</i> Don't Know 77		D1
50 How many <b>servings of fruit</b> do you eat on <b>one</b> of those days? <i>Uw urngin waamngin e gakiy ni gama kay u lan rebo rran? (USE SHOWCARD)</i>	Number of servings <input type="text"/> <input type="text"/> <input type="text"/> Don't Know 77		D2
51 In a typical week, on how many days do you eat <b>vegetables</b> ? <i>Ra lan rebe wik, ma ine rran ni gama kay yuwan e gakiy? (USE SHOWCARD)</i>	Number of days <input type="text"/> <input type="text"/> <input type="text"/> <i>If Zero days, go to D5</i> Don't Know 77		D3
52 How many <b>servings</b> of vegetables do you eat on one of those days? <i>Uw urngin yuwan e gakiy ni gama kay u lan rebe rran? (USE SHOWCARD)</i>	Number of servings <input type="text"/> <input type="text"/> <input type="text"/> Don't Know 77		D4

EXPANDED: Diet			
53 What type of <b>oil or fat</b> is <b>most often</b> used for meal preparation in your household? <i>Miti mang giris e gama fanay ko lum u lane tabnaw rom? (USE SHOWCARD SELECT ONLY ONE)</i>	Vegetable oil 1 Lard or suet 2 Butter or ghee 3 Margarine 4 Other 5 <i>If Other, go to D5 other</i> None in particular 6 None used 7 Don't know 7 7		D5
	Other <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		D5other

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. <i>[Insert other examples if needed]</i> . In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.			
Questions	Response		Code
<b>Activity at work</b>			
54 Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rates like carrying or lifting heavy loads, digging or construction work for at least ten minutes continuously? <i>Gelngin e maruel rom e bod ni gama chibiy banen nib a tomal, fa gama sebeliy e but, fa kontraksun u napan ragag e menet fa bayoor? (USE SHOWCARD)</i>	Yes 1  No 2 <i>If No, go to P 4</i>		P1
55 In a typical week, on how many days do you do vigorous-intensity activities as part of your work? <i>Ine rran u lan rebe wik ni gama maruel nib gel?</i>	Number of days <input type="text"/>		P2

CORE: Physical Activity			
56	How much time do you spend doing vigorous-intensity activities at work on a typical day? <i>Uw numngin napan ni gama maruel nib gel u lan rebe rran?</i>	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P3 (a-b)
57	Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking <i>[or carrying light loads]</i> for at least 10 minutes continuously? <i>Gama mithmith niba segel gel ko maruel rom in bod rogon e yanyan fa chibiy banen nib a tomal u lan ragag e minet nima pug e fan rom ngalang fa l pom e gumirachaa rom nib gel fa ke papey? (USE SHOWCARD)</i>	Yes 1  No 2 <i>If No, go to P 7</i>	P4
58	In a typical week, on how many days do you do moderate-intensity activities as part of your work? <i>In urngin e rran u lan rebe wik ni gama maruel nib sig gel gel ni kubang ko maruel rom?</i>	Number of days <input type="text"/>	P5
59	How much time do you spend doing moderate-intensity activities at work on a typical day? <i>Uw n'umngin napan ni gama mith mith nib sig gel gel u taban e maruel rom u lan rebe rran?</i>	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P6 (a-b)
<b>Travel to and from places</b> The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. [insert other examples if needed]			
60	Do you walk or use a bicycle ( <i>pedal cycle</i> ) for at least 10 minutes continuously to get to and from places? <i>Gama yan u but fa rat ni faan ngam man nib a n'uw napan ko ragag e minet?</i>	Yes 1  No 2 <i>If No, go to P 10</i>	P7
61	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? <i>Ine rran u rebe wik ni gama yan u but fa rat ni napan ragag e minet?</i>	Number of days <input type="text"/>	P8
62	How much time do you spend walking or bicycling for travel on a typical day? <i>Uw n'umngin napan ni gama yan u but fa rat u lan rebo rran?</i>	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P9 (a-b)
<b>Recreational activities</b> 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 ( <i>leisure</i> ), [insert relevant terms].			
63	Do you do any vigorous-intensity sports, fitness or recreational ( <i>leisure</i> ) activities that cause large increases in breathing or heart rate like <i>[running or soccer]</i> for at least 10 minutes continuously? <i>Gama un ko gosgos fa exercise niba gel marin niba n'uw napan ko ragag e minet? (USE SHOWCARD)</i>	Yes 1  No 2 <i>If No, go to P 13</i>	P10
64	In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational ( <i>leisure</i> ) activities? <i>U lan rebe wik, ma ine rran ni gama un ko gosgos, exercise, fa fafel niba gel marin?</i>	Number of days <input type="text"/>	P11
65	How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day? <i>Uw n'umngin napan ni gama un ko gosgos, exercise, fa fafel ni bagel marin u lan rebo rran?</i>	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P12 (a-b)



CORE: Physical Activity (recreational activities) cont.			
66	Do you do any moderate-intensity sports, fitness or recreational ( <i>leisure</i> ) activities that causes a small increase in breathing or heart rate such as brisk walking, ( <i>cycling, swimming, volleyball</i> ) for at least 10 minutes continuously? (USE SHOWCARD) Gama rin' e gosgos, fa exercise, fa yugu fafel ni gathi rib gel marin ni napan boor e tayim riy ko ragag e minet?	Yes 1  No 2 If No, go to P16	P13
67	In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational ( <i>leisure</i> ) activities? U lan rebe wik, ma uw urngin e rran riy e gama rin' e gosgos, fa exercise, fa yugu fafel ni gathi rib gel marin?	Number of days  _ _	P14
68	How much time do you spend doing moderate-intensity sports, fitness or recreational ( <i>leisure</i> ) activities on a typical day? Uw urngin napan ni gama gosgos, fa exercise, fa yugu fafel u lan rebo rran?	Hours : minutes  _ _ : _ _ hrs mins	P15 (a-b)
<b>Sedentary behavior</b>			
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.			
69	How much time do you usually spend sitting or reclining on a typical day? Uw numngin napan ni gama par ni damur mithmith fa gabe thig nga but u lan rebo rran?	Hours : minutes  _ _ : _ _ hrs min s	P16 (a-b)

EXPANDED: History of Raised Blood Pressure			
Questions	Response	Code	
70	When was your blood pressure last measured by a health professional? Wiin e tomur ni fek e Togta fa Nurse gelngin e racha' rom?	Within past 12 months 1 1-5 years ago 2 Not within past 5 years 3	H1
71	During the past 12 months have you been told by a doctor or other health worker that you have raised blood pressure or hypertension? Lang gin fare ragag nge lagruw l pul ni keyan, ma keyog e Togta, fa rebe girdien e maruel u asipital ni kaygi gel gelngin e rachaa rom?	Yes 1  No 2	H2
72	Are you currently receiving any of the following treatments or any advice for raised blood pressure prescribed by a doctor or other health worker? Bay banen ni keyog e Togta ngom ni ngam rin' fa dab kum rin' ni fan ko rachaa rom ni kay gi gel e chiney, no bode?		
	Drugs (medication) you have taken in the last 2 weeks Falay ni kam fek u lan fagal wik ni keyan	Yes 1 No 2	H3a
	Special prescribed diet Ragon e ggan nge miti ggan ni nga um koy	Yes 1 No 2	H3b
	Advice or treatment to lose weight Rogon ni ngamu bochuw nag tomalngim	Yes 1 No 2	H3c
	Advice or treatment to stop smoking Taflay fa rogon ni ngamu taleg e tamagow	Yes 1 No 2	H3d
	Advice to start or do more exercise Ragon ni ngamu exercise	Yes 1 No 2	H3e
73	During the past 12 months have you seen a traditional healer for raised blood pressure or hypertension? U lan fare ragag nge lagruw l pul ni key an, ma kaygum fek e falay nu Waab ni bachan ko rachaa rom ni kaygi gel?	Yes 1  No 2	H4
74	Are you currently taking any herbal or traditional remedy for your raised blood pressure? Gabe fek e falay nu Waab e chiney niba chan ko rachaa rom ni kay gi gel?	Yes 1  No 2	H5

EXPANDED: History of Diabetes			
Questions		Response	Code
75	Have you had your blood sugar measured in the last 12 months?	Yes 1	H6
	Kani sikeng nigel ko suga u lang gin fare ragag nge lagruw I pul ni baaray ni keyan?	No 2	
76	During the past 12 months, have you ever been told by a doctor or other health worker that you have diabetes?	Yes 1	H7
	U lang gin fare ragag nge lagruw I pul ni keyan, keyog e Togta fa reb girdien e marwel u Aspital ni baye diabetes rom?	No 2	
77	Are you currently receiving any of the following treatments for diabetes prescribed by a doctor or other health worker as well as any advice? Bay banen ni keyog fa ke pii e Togta ngom fa rebe girdien e marwel u Aspital ni dabkum rin' fa ngam rin' ni fan ko diabetes rom e chiney ni bod e?		
	Insulin	Yes 1	H8a
		No 2	
	Oral drug (medication) that you have taken in the last 2 weeks Falay ni kam fek u napan fagal wik ni baaray ni keyan	Yes 1	H8b
		No 2	
	Special prescribed diet Rogon e abich nge miti ggan ni nga um koy	Yes 1	H8c
		No 2	
	Advice or treatment to lose weight Rogon ni ngamu bochuw nag tomalngim	Yes 1	H8d
		No 2	
	Advice or treatment to stop smoking Taflay fa rogon ni ngamu taleg e tamagow	Yes 1	H8e
		No 2	
	Advice to start or do more exercise Rogon ni ngamu exercise fa mithmith	Yes 1	H8f
		No 2	
78	During the past 12 months have you seen a traditional healer for diabetes?	Yes 1	H9
	U lang gin fare ragag nge lagruw I pul ni keyan, ma kay gumu guy bee ni nge pii e falay ko diabetes ngom?	No 2	
79	Are you currently taking any herbal or traditional remedy for your diabetes?	Yes 1	H10
	Gabe fek e falay nu Waab nib chan diabetes rom e chiney?	No 2	

**INTERVIEWER – REMEMBER TO GIVE THE STEP 2/3 APPOINTMENT SLIP TO THE PARTICIPANT.**  
**IF STEP 3 PARTICIPANT, ALSO GIVE FASTING INSTRUCTIONS.**

## Step 2 Physical Measurements

CORE: Height and Weight		Response		Code
80	Height and Weight Tech ID		<input type="text"/>	M1
81	Device IDs for height and weight	Height	<input type="text"/>	M2a
		Weight	<input type="text"/>	M2b
82	Height	in Centimetres (cm)	<input type="text"/>	M3
83	Weight <i>If too large for scale, code 666.6</i>	in Kilograms (kg)	<input type="text"/>	M4
84	(For women) Are you pregnant? (Pin) Gaba dyen fa danga'?	Yes 1 If Yes, go to M 8 No 2		M5
CORE: Waist				
85	Waist Tech ID		<input type="text"/>	M17
86	Device ID for waist and hip		<input type="text"/>	M6
87	Waist circumference	in Centimetres (cm)	<input type="text"/>	M7
88	Hip circumference	in Centimetres (cm)	<input type="text"/>	M15

CORE: Blood Pressure				
89	Blood Pressure Tech ID		<input type="text"/>	M8
90	Device ID for blood pressure		<input type="text"/>	M9
91	Cuff size used	Small 1 Medium 2 Large 3		M10
92	Reading 1	Systolic ( mmHg)	<input type="text"/>	M11a
93		Diastolic (mmHg)	<input type="text"/>	M11b
95	Reading 2	Systolic ( mmHg)	<input type="text"/>	M12a
96		Diastolic (mmHg)	<input type="text"/>	M12b
98	Reading 3	Systolic ( mmHg)	<input type="text"/>	M13a
99		Diastolic (mmHg)	<input type="text"/>	M13b
101	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>Lang gin fagal wik ni keyan, ma kam fek e falay ko high blood fa danga'?</i>	Yes 1 No 2		M14

EXPANDED: Hip Circumference and Heart Rate				
	Heart Rate (Record if automatic blood pressure device is used)			
94	Reading 1	Beats per minute	<input type="text"/>	M16a
97	Reading 2	Beats per minute	<input type="text"/>	M16b
100	Reading 3	Beats per minute	<input type="text"/>	M16c

## Step 3 Biochemical Measurements

CORE: Blood Glucose		Response	Code
102	During the last 12 hours have you had anything to eat or drink, other than water? U lang gin fare ragag nge lagruwe awa ni keyan ma kam koy banen fa kam unum banen ni gathi ran?	Yes 1 No 2	B1
103	Technician ID	_____	B2
104	Device ID	_____	B3
105	Time of day blood specimen taken (24 hour clock)	Hours : minutes _____ : _____ hrs mins	B4
106	Fasting blood glucose	mmol/l _____ . _____	B5

CORE: Blood Lipids (HDL Cholesterol)			
107	Device ID	_____	B6
108	Total cholesterol	mmol/l _____ . _____	B7

EXPANDED: Triglycerides			
109	Triglycerides device ID	_____	B8
110	Triglycerides	mmol/l _____ . _____	B9



# STEPS Instrument

## Overview

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<b>Introduction</b>	<p>This is the generic STEPS Instrument template which sites/countries will use to develop their tailored instrument. It contains the:</p> <ul style="list-style-type: none"> <li>• CORE items (unshaded boxes)</li> <li>• EXPANDED items (shaded boxes)</li> <li>• Response options for Step 1, Step 2 and Step 3</li> </ul>
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<b>Core items</b>	<p>The Core items for each section ask questions required to calculate basic variables. For example:</p> <ul style="list-style-type: none"> <li>• Current daily smokers</li> <li>• Mean BMI</li> </ul> <p><b>Note:</b> All the core questions should be asked, removing core questions will impact the analysis.</p>
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<b>Expanded items</b>	<p>The Expanded items for each section ask more detailed information. Examples include:</p> <ul style="list-style-type: none"> <li>• Use of smokeless tobacco</li> <li>• History of raised blood pressure</li> </ul>
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<b>Guide to the columns</b>	The table below is a brief guide to each of the columns in the Instrument.
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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"> <li>• Select sections to use.</li> <li>• Add expanded and optional questions as desired.</li> </ul>
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"> <li>• Add site specific responses for demographic responses (e.g. C5).</li> <li>• Change skip question identifiers from code to question number.</li> </ul>
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.