

STEPwise Survey for Non Communicable Diseases Risk Factor 2008

Ministry of Health

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Identification

SURVEY ID NUMBER

ZMB_2008_STEPS_v01_M

TITLE

STEPwise Survey for Non Communicable Diseases Risk Factor 2008

SUBTITLE

Lusaka

ABBREVIATION OR ACRONYM

STEPS 2008

COUNTRY

Name	Country code
Zambia	ZMB

STUDY TYPE

Other Household Survey [hh/oth]

SERIES INFORMATION

This is the first STEPS conducted by Zambia.

ABSTRACT

STEPS is a household-based survey to obtain core data on the established risk factors that determine the major burden of NCDs.

KIND OF DATA

Sample survey data [ssd]

UNIT OF ANALYSIS

Individuals

Version

VERSION DESCRIPTION

Public-use dataset

Scope

NOTES

The following topics were included in the survey: tobacco use, alcohol consumption, diet, physical activity, history of raised blood glucose and history of raised blood pressure. Additionally, the following measures were taken: blood pressure, height, weight, waist circumference, hip circumference, heart rate, fasting blood glucose and total cholesterol.

TOPICS

Topic	Vocabulary
STEPS	Survey

KEYWORDS

Keyword
noncommunicable diseases

risk factors
health surveys
tobacco use
alcohol use
diet
nutrition
physical activity
blood pressure
overweight
obesity
diabetes
hypertension
blood glucose
cholesterol

Coverage

GEOGRAPHIC COVERAGE

Subnational coverage: Lusaka

UNIVERSE

Adults aged 25+ years.

Producers and sponsors

PRIMARY INVESTIGATORS

Name
Ministry of Health

Sampling

SAMPLING PROCEDURE

A cluster sample design was used to produce representative data for that age range in Zambia (Lusaka). Please refer to pages 27-28 of report for further information.

WEIGHTING

Data are not weighted.

Data collection

DATES OF DATA COLLECTION

Start	End
2008-01	2008-05

DATA COLLECTION MODE

Face-to-face [f2f]

DATA COLLECTION NOTES

Accutrend GCT was used for blood glucose and cholesterol measurements.

Access policy

CONTACTS

Name	Affiliation	Email	URL
NCD Surveillance Team	World Health Organization	ncdmonitoring@who.int	Link

ACCESS CONDITIONS

The user undertakes:

- (1) to acknowledge the data source.
- (2) to share any planned publications with WHO prior to publication.
- (3) to offer co-authorship of any reports or publications using the survey results to the coordinator of the survey.
- (4) to use the data for non-commercial, not-for-profit public health purposes only.

CITATION REQUIREMENTS

Publications based on STEPS data should cite the survey report (if available) and acknowledge the data source in the following manner:

"This paper uses data from the [country] [year] STEPS survey, implemented by [implementing agency] with the support of the World Health Organization."

ACCESS AUTHORITY

Name	Affiliation	Email	URL
NCD Surveillance Team	World Health Organization	ncdmonitoring@who.int	Link

Disclaimer and copyrights

DISCLAIMER

The data is being distributed without warranty of any kind. The responsibility for the use of the data lies with the user. In no event shall the World Health Organization be liable for damages arising from its use.

Metadata production

DDI DOCUMENT ID

DDI_ZMB_2008_STEPS_v01_M

PRODUCERS

Name	Abbreviation	Affiliation	Role
Yue Wu		World Health Organization	Documentation of data
Melanie Cowan		World Health Organization	Supervision and review of metadata and documentation of study
Development Economics Data Group	DECDG	The World Bank	Metadata adapted for World Bank Microdata Library

DATE OF METADATA PRODUCTION

2019-12-26

DDI DOCUMENT VERSION

Identical to a metadata (ZMB_2008_STEPS_v01) published on WHO NCD microdata repository
(<http://extranet.who.int/ncdsmicrodata/index.php/catalog>). Some of the metadata fields have been edited.

data_dictionary

Data file	Cases	variables
ZMB2008 Subnational public-use dataset	1912	130

Data file: ZMB2008

Subnational public-use dataset

Cases: 1912

variables: 130

variables

ID	Name	Label	Question
V277	pid	UniqueID	
V284	i8	interview language	
V285	sex	sex	
V286	age	age for analysis	
V287	c4	yrs of education	
V288	c5father	father's ethnic group	
V289	c5mother	mother's ethnic group	
V290	c6	highest level of education	
V291	c7	work status	
V292	c8	adults older than 18yrs in household	
V293	c9a	household earnings per week	
V294	c9b	household earnings per month	
V295	c9c	household earnings per year	
V296	c9d	household earnings refused	
V297	c10	estimated household income (range)	
V298	t1	current smoking	
V299	t2	current daily smoking	
V300	t3	age started smoking	
V301	t4a	time since started smoking (years)	
V302	t4b	time since started smoking (months)	
V303	t4c	time since started smoking (weeks)	
V304	t5a	manufactured cigs smoked per day	
V305	t5b	hand-rolled cigs smoked per day	
V306	t5c	pipes smoked per day	
V307	t5d	cigars smoked per day	
V308	t5e	other smoked per day	
V309	t5other	specify other product smoked	
V310	t6	past daily smoking	
V311	t7	age quit smoking	
V312	t8a	time since quitting smoking (years)	
V313	t8b	time since quitting smoking (months)	
V314	t8c	time since quitting smoking (weeks)	
V315	t9	current smokeless tobacco use	
V316	t10	current daily smokeless tobacco use	
V317	t11a	Snuff, by mouth times per day	
V318	t11b	Snuff, by nose times per day	
V319	t11c	Chewing tobacco times per day	

ID	Name	Label	Question
V320	t11d	other smokeless product per day	
V321	t11other	specify other tobacco product used	
V322	t12	past daily smokeless use	
V323	a1	drank alcohol in past 12 mos	
V324	a2	freq drinking in past 12 mos	
V325	a3	average drinks during one day	
V326	a4	drank alcohol in past 30 days	
V327	a5a	number of drinks consumed last Monday	
V328	a5b	number of drinks consumed last Tuesday	
V329	a5c	number of drinks consumed last Wednesday	
V330	a5d	number of drinks consumed last Thursday	
V331	a5e	number of drinks consumed last Friday	
V332	a5f	number of drinks consumed last Saturday	
V333	a5g	number of drinks consumed last Sunday	
V334	a6	largest number drinks past 12 months	
V335	a7	times drank 5+(men) drinks in single occasion past 12 mos	
V336	a8	times drank 4+(women) drinks in single occasion past 12 mos	
V337	d1	days fruit eaten per week	
V338	d2	servings fruit eaten per day	
V339	d3	days veg eaten per week	
V340	d4	servings veg eaten per day	
V341	d5	oil used most often	
V342	d5other	other oil used most often	
V343	p1	vig activity at work	
V344	p2	vig activity at work: days per week	
V345	p3a	vig activity at work: hours per day	
V346	p3b	vig activity at work: mins per day	
V347	p4	mod activity at work	
V348	p5	mod activity at work: days per week	
V349	p6a	mod activity at work: hours per day	
V350	p6b	mod activity at work: mins per day	
V351	p7	active transport	
V352	p8	active transport: days per week	
V353	p9a	active transport: hours per day	
V354	p9b	active transport: mins per day	
V355	p10	vig leisure activity	
V356	p11	vig leisure activity: days per week	
V357	p12a	vig leisure activity: hours per day	
V358	p12b	vig leisure activity: mins per day	
V359	p13	mod leisure activity	
V360	p14	mod leisure activity: days per week	
V361	p15a	mod leisure activity: hours per day	
V362	p15b	mod leisure activity: mins per day	
V363	p16a	sedentary time: hours per day	
V364	p16b	sedentary time: mins per day	

ID	Name	Label	Question
V365	h1	BP last measured	
V366	h2	told had high BP in past 12 mos	
V367	h3a	currently receiving for high BP: drugs	
V368	h3b	currently receiving for high BP: special diet	
V369	h3c	currently receiving for high BP: advice/treatment to lose weight	
V370	h3d	currently receiving for high BP: advice/treatment to stop smoking	
V371	h3e	currently receiving for high BP: advice/treatment to exercise more	
V372	h4	ever seen trad'l healer for high BP	
V373	h5	taking trad'l meds for high BP	
V374	h6	ever had gluc measured	
V375	h7	told had high gluc in past 12 mos	
V376	h8a	currently receiving for high gluc: insulin	
V377	h8b	currently receiving for high gluc: drugs	
V378	h8c	currently receiving for high gluc: special diet	
V379	h8d	currently receiving for high gluc: advice/treatment to lose weight	
V380	h8e	currently receiving for high gluc: advice/treatment to stop smoking	
V381	h8f	currently receiving for high gluc: advice/treatment to exercise more	
V382	h9	seen trad'l healer for high gluc in past 12 mos	
V383	h10	taking trad'l meds for high gluc	
V384	m1	interviewer ID	
V385	m2a	height device ID	
V386	m2b	weight device ID	
V387	m3	height (cm)	
V388	m4	weight (kg)	
V389	m5	pregnant	
V390	m6	waist device ID	
V391	m7	waist circumference (cm)	
V392	m8	interviewer ID	
V393	m9	interviewer ID	
V394	m10	cuff size	
V395	m11a	BP reading 1: systolic	
V396	m11b	BP reading 1: diastolic	
V397	m12a	BP reading 2: systolic	
V398	m12b	BP reading 2: diastolic	
V399	m13a	BP reading 3: systolic	
V400	m13b	BP reading 3: diastolic	
V401	m14	took raised BP meds in past 2 weeks	
V402	m15	hip circumference (cm)	
V403	m16a	heart rate reading 1	
V404	m16b	heart rate reading 2	
V405	m16c	heart rate reading 3	
V406	b1	ate/drank in past 12 hours (fasting status)	
V407	b2	technician ID	
V408	b3	gluc device ID	
V411	b5	fasting blood glucose (mmol/l)	

ID	Name	Label	Question
V412	b6	chol device ID	
V413	b7	total cholesterol (mmol/l)	
V414	agerange	ageranges for which survey was designed	

total: 130

PID: UniqueID

Data file: ZMB2008

Overview

Valid: 1912 Invalid: 0 Minimum: 1 Maximum: 1928 Mean: 963.657 Standard deviation: 557.008
Type: Continuous Decimal: 0 Width: 8 Range: 1 - 1928 Format: Numeric

I8: interview language

Data file: ZMB2008

Overview

Valid: 1766 Invalid: 146
Type: Discrete Decimal: 0 Width: 15 Range: 1 - 6 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category	Cases	
1	English	452	25.6%
2	Nyanja	968	54.8%
3	Bemba	279	15.8%
4	Lozi	23	1.3%
5	Tonga	44	2.5%
6	other (specify)	0	0%
Sysmiss		146	

SEX: sex

Data file: ZMB2008

Overview

Valid: 1912 Invalid: 0
Type: Discrete Width: 5 Range: - Format: character

Questions and instructions

CATEGORIES

Value	Category	Cases	
Men		633	33.1%
Women		1279	66.9%

AGE: age for analysis

Data file: ZMB2008

Overview

Valid: 1912 Invalid: 0 Minimum: 25 Maximum: 90 Mean: 37.681 Standard deviation: 12.595
Type: Continuous Decimal: 0 Width: 8 Range: 25 - 90 Format: Numeric

C4: yrs of education

Data file: ZMB2008

Overview

Valid: 1878 Invalid: 34
Type: Discrete Decimal: 0 Width: 10 Range: 0 - 77 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category	Cases	
0		74	3.9%
1		8	0.4%
2		18	1%
3		16	0.9%
4		40	2.1%
5		31	1.7%
6		53	2.8%
7		307	16.3%
8		60	3.2%
9		322	17.1%
10		111	5.9%
11		50	2.7%
12		250	13.3%
13		125	6.7%
14		197	10.5%
15		92	4.9%
16		55	2.9%
17		28	1.5%
18		12	0.6%
19		10	0.5%
20		3	0.2%
21		6	0.3%
22		3	0.2%

24		2	0.1%
25		1	0.1%
77	Don't know	4	0.2%
Sysmiss		34	

C5FATHER: father's ethnic group

Data file: ZMB2008

Overview

Valid: 1839 Invalid: 0
 Type: Discrete Width: 14 Range: - Format: character

Questions and instructions

CATEGORIES

Value	Category	Cases	
AUSHI		5	0.3%
BEMBA		364	19.8%
BESA		1	0.1%
BISA		7	0.4%
BUNDA		1	0.1%
CHEWA		161	8.8%
CHEWE		1	0.1%
CHIKMDA		1	0.1%
CHIKUNDA		9	0.5%
CHISINGA		1	0.1%
CHOKA		1	0.1%
CHOKWE		4	0.2%
GOBA		2	0.1%
GOLA		1	0.1%
GOMI		1	0.1%
HAUSI		1	0.1%
ILA		22	1.2%
INAMWANGA		1	0.1%
INDIAN/HINHU		1	0.1%
KACHOKWE		1	0.1%
KALONDA		1	0.1%
KALUBALE		1	0.1%
KALUNDA		6	0.3%

KAONDA		2	0.1%
KAONDE		28	1.5%
KASAL		1	0.1%
KASAYI		1	0.1%
KASHAI		1	0.1%
KOYA		1	0.1%
KUNDA		30	1.6%
LABA		1	0.1%
LALA		21	1.1%
LAMBA		23	1.3%
LAMBIA		1	0.1%
LENGE		3	0.2%
LENJE		24	1.3%
LENJI		2	0.1%
LEYA		1	0.1%
LOZI		98	5.3%
LUBA		2	0.1%
LUBALE		3	0.2%
LUDA		1	0.1%
LUMBALE		1	0.1%
LUNDA		12	0.7%
LUNGA		1	0.1%
LUNGU		8	0.4%
LUVALE		11	0.6%
LUVBALE		2	0.1%
MAMBWA		2	0.1%
MAMBWE		45	2.4%
MANYIKA		1	0.1%
MBMWE		1	0.1%
MBNUDA		1	0.1%
MBUNDA		4	0.2%
MBWDA		1	0.1%
MWACHUSA		2	0.1%
MWAMBWE		4	0.2%
MWEMBWE		1	0.1%
NAMWAGA		6	0.3%
NAMWANGA		34	1.8%
NANWANGA		1	0.1%
NDEBELE		13	0.7%

NGOMBO		1	0.1%
NGONI		117	6.4%
NGONI CHEWA		1	0.1%
NGUMBO		1	0.1%
NIKA		1	0.1%
NKOYA		5	0.3%
NMWANGA		2	0.1%
NSENGA		148	8%
NYANJA		1	0.1%
NYIKA		1	0.1%
SAKA		1	0.1%
SENGA		2	0.1%
SHILA		1	0.1%
SHONA		39	2.1%
SHONE		7	0.4%
SILI		1	0.1%
SOLI		20	1.1%
SUBIYA		1	0.1%
SWAKA		4	0.2%
TOKALEYA		4	0.2%
TONGA		161	8.8%
TONGA (MALAWI)		1	0.1%
TUBMKUA		3	0.2%
TUMBUKA		68	3.7%
USHI		7	0.4%
YAHU		1	0.1%
YAO		1	0.1%
ZULU		2	0.1%
bemba		62	3.4%
bisa		2	0.1%
biza		1	0.1%
bunda		1	0.1%
chewa		15	0.8%
chirwa		1	0.1%
ila		3	0.2%
illa		1	0.1%
kalunda		1	0.1%
kaonde		3	0.2%
kasai		1	0.1%

lala		2	0.1%
lamba		2	0.1%
lenje		3	0.2%
lenji		1	0.1%
lozi		17	0.9%
luchazi		1	0.1%
lunale		1	0.1%
lunda		7	0.4%
lungu		1	0.1%
luvula		2	0.1%
mambwe		6	0.3%
namwanga		4	0.2%
ndebele		1	0.1%
ngenga		1	0.1%
ngoni		31	1.7%
nsega		2	0.1%
nsenga		19	1%
nyika		1	0.1%
senga		2	0.1%
shona		2	0.1%
solli		4	0.2%
swaka		2	0.1%
tokaleya		1	0.1%
tonga		24	1.3%
tubuka		1	0.1%
tumbuka		15	0.8%
ushi		4	0.2%

C5MOTHER: mother's ethnic group

Data file: ZMB2008

Overview

Valid: 1839 Invalid: 0

Type: Discrete Width: 17 Range: - Format: character

Questions and instructions

CATEGORIES

Value	Category	Cases	
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AFRICANASE		1	0.1%
AUSHI		6	0.3%
BANBA		1	0.1%
BEMBA		374	20.3%
BENBA		2	0.1%
BISA		8	0.4%
BIZA		1	0.1%
CHEWA		131	7.1%
CHIKUNDA		11	0.6%
CHOKA		1	0.1%
CHOKWE		3	0.2%
DUTCH		1	0.1%
GOBA		2	0.1%
GOLA		1	0.1%
ILA		22	1.2%
INAMWANGA		1	0.1%
KACHOKWE		2	0.1%
KALUBALE		2	0.1%
KALUBVALE		1	0.1%
KALUCHAZI		1	0.1%
KALUNDA		6	0.3%
KAONDA		5	0.3%
KAONDE		26	1.4%
KAONGA		1	0.1%
KASAL		1	0.1%
KASAYI		1	0.1%
KASHAI		1	0.1%
KAUNDA		1	0.1%
KONDA		1	0.1%
KUNDA		15	0.8%
KUNGA		1	0.1%
LALA		24	1.3%
LAMBA		18	1%
LAMBIA		2	0.1%
LANGE		1	0.1%
LANJE		1	0.1%
LEMGA		1	0.1%
LEMJE		1	0.1%
LENGE		2	0.1%

LENJE		32	1.7%
LENJI		3	0.2%
LEYA		1	0.1%
LOZI		95	5.2%
LUBA		1	0.1%
LUDA		1	0.1%
LUMBALE		1	0.1%
LUNDA		14	0.8%
LUNGA		1	0.1%
LUNGU		8	0.4%
LUVALE		10	0.5%
LUVBALE		1	0.1%
MAFUNASE		1	0.1%
MAMBWA		2	0.1%
MAMBWE		41	2.2%
MANYIKA		1	0.1%
MBMWE		1	0.1%
MBUNDA		2	0.1%
MBUNDU		2	0.1%
MGONI		1	0.1%
MWABA		1	0.1%
MWACHUSA		1	0.1%
MWAMBWE		2	0.1%
MWEMBWE		1	0.1%
NAMWAGA		6	0.3%
NAMWANGA		32	1.7%
NDEBELE		20	1.1%
NDEDELE		1	0.1%
NGOMBO		1	0.1%
NGONI		123	6.7%
NGUMBO		1	0.1%
NIKA		1	0.1%
NKAYA		1	0.1%
NKOYA		7	0.4%
NMWANGA		1	0.1%
NSEBGA		1	0.1%
NSENAG		1	0.1%
NSENGA		165	9%
NYANJE		1	0.1%

NYIKA		3	0.2%
SALA		4	0.2%
SCAKA		1	0.1%
SENGA		1	0.1%
SHONA		31	1.7%
SHONE		10	0.5%
SOIL		1	0.1%
SOLE		1	0.1%
SOLI		26	1.4%
SUTU		2	0.1%
SWAKA		7	0.4%
TOKALEYA		3	0.2%
TONGA		152	8.3%
TONGA/ ILA		1	0.1%
TOWA		1	0.1%
TSWANA		1	0.1%
TUBMKUA		5	0.3%
TUBUKA		1	0.1%
TUMBUKA		60	3.3%
USHI		9	0.5%
YAO		1	0.1%
ZULU		3	0.2%
bemba		63	3.4%
bisa		2	0.1%
cape town english		1	0.1%
chewa		13	0.7%
chirwa		1	0.1%
gnoni		1	0.1%
ila		2	0.1%
illa		1	0.1%
inamwanga		1	0.1%
kalunda		1	0.1%
kaonde		4	0.2%
kasai		1	0.1%
kunda		1	0.1%
lala		5	0.3%
lamba		4	0.2%
lenge		1	0.1%
lenje		3	0.2%

lenji		1	0.1%
lozi		14	0.8%
luchazi		1	0.1%
lunda		6	0.3%
lungu		1	0.1%
luvula		2	0.1%
mambwa		1	0.1%
mambwe		6	0.3%
namwanga		2	0.1%
ndebele		2	0.1%
ngenga		1	0.1%
ngoni		19	1%
nsega		2	0.1%
nsenga		23	1.3%
nyika		1	0.1%
senga		3	0.2%
shona		2	0.1%
solli		6	0.3%
tokaleya		1	0.1%
tonga		31	1.7%
tubuka		1	0.1%
tumbuka		13	0.7%
ushi		4	0.2%

C6: highest level of education

Data file: ZMB2008

Overview

Valid: 1884 Invalid: 28

Type: Discrete Decimal: 0 Width: 32 Range: 1 - 8 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category	Cases	
1	No formal schooling	94	5%
2	Less than primary school	303	16.1%
3	Primary school completed	274	14.5%
4	Lower secondary school completed	410	21.8%

5	Upper secondary school completed	269	14.3%
6	College/University completed	530	28.1%
7	Post graduate degree	4	0.2%
8	Refused	0	0%
Sysmiss		28	

C7: work status

Data file: ZMB2008

Overview

Valid: 1886 Invalid: 26

Type: Discrete Decimal: 0 Width: 27 Range: 1 - 88 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category	Cases	
1	Government employee	231	12.2%
2	Non-government employee	224	11.9%
3	Self-employed	432	22.9%
4	Domestic worker	73	3.9%
5	Student	65	3.4%
6	Housewife	383	20.3%
7	Retired	79	4.2%
8	Unemployed (able to work)	234	12.4%
9	Unemployed (unable to work)	165	8.7%
88	Refused	0	0%
Sysmiss		26	

C8: adults older than 18yrs in household

Data file: ZMB2008

Overview

Valid: 1713 Invalid: 199

Type: Discrete Decimal: 0 Width: 8 Range: 1 - 8 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category	Cases	
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1		229	13.4%
2		784	45.8%
3		352	20.5%
4		189	11%
5		82	4.8%
6		27	1.6%
7		23	1.3%
8		27	1.6%
Sysmiss		199	

C9A: household earnings per week

Data file: ZMB2008

Overview

Valid: 4 Invalid: 1908 Minimum: 30000 Maximum: 100000 Mean: 62500 Standard deviation: 29860.788
Type: Continuous Decimal: 0 Width: 12 Range: 30000 - 100000 Format: Numeric

C9B: household earnings per month

Data file: ZMB2008

Overview

Valid: 614 Invalid: 1298 Minimum: 25000 Maximum: 91000000 Mean: 2086200.326 Standard deviation: 4997004.372
Type: Continuous Decimal: 0 Width: 12 Range: 25000 - 91000000 Format: Numeric

C9C: household earnings per year

Data file: ZMB2008

Overview

Valid: 4 Invalid: 1908 Minimum: 790000 Maximum: 20000000 Mean: 15197500 Standard deviation: 9605000
Type: Continuous Decimal: 0 Width: 12 Range: 790000 - 20000000 Format: Numeric

C9D: household earnings refused

Data file: ZMB2008

Overview

Valid: 226 Invalid: 1686
Type: Discrete Decimal: 0 Width: 8 Range: 8 - 8 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category	Cases	
8	Refused	226	100%
Sysmiss		1686	

C10: estimated household income (range)

Data file: ZMB2008

Overview

Valid: 1653 Invalid: 259

Type: Discrete Decimal: 0 Width: 20 Range: 1 - 9 Format: Numeric

Questions and instructions

CATEGORIES

