Part 6: Templates and Forms

Overview

In this Part   This Part covers the following topics

Topic	See Page
Section 1: Planning and Set Up Templates	6-1-1
Section 2: Forms for STEPS Field Work	6-2-1
Section 3: Reporting Templates (Fact Sheet, Data Book and Country Report Templates)	6-3-1

Section 1: Planning and Set Up Templates

Overview

Introduction   This section includes some document templates that can be used during the stage that involves planning and preparing a STEPS survey.

Intended audience   This section is primarily designed to be used by those fulfilling the following roles:

- STEPS Survey Coordinator
- STEPS Coordinating Committee

In this section   This section contains the following topics.

Topic	See Page
STEPS Implementation Plan	6-1-2
Budget Template	6-1-7
Ethical Approval Form	6-1-10

STEPS Implementation Plan

Executive Summary

Introduction

Current situation

Goals

Scope and methods

Resources

Budget

Current Situation

Introduction

Previous NCD risk factor surveys

Specify if an NCD risk factor survey has already been conducted in this country.

Data availability

Specify NCD risk factor data availability in this country.

Infrastructure and capacity

Specify if there is already an infrastructure (human capacity, equipment, other) on which STEPS could be built.

Rationale

Specify the rationale for conducting NCD risk factor surveillance. (See Part 1, Section 1, Rationale for Surveillance).

Goals and Objectives

Introduction

Goals   Identify the planned goals or use for the information gathered. For example, as a contribution to ongoing data collection to:

• Describe the current levels of risk factors for NCDs in this population
• Track the direction and magnitude of trends in risk factors
• Plan or evaluate a health promotion or preventive campaign
• Collect data from which to predict likely future demands for health services.

Objectives   Specify objectives that support gathering 'essential' information only.

Scope and Methods

Introduction

Overview of scope   Specify the scope of the survey to be conducted over time, ie Step 1, Step 2 and Step 3, plus coverage of core, expanded and optional items.

Geographical coverage   Identify geographical coverage.

Sampling   Identify the sample size and sample frame that will be used. Describe the sampling methodology.

Timeframe   Describe the broad timeframes.

Sustainability and future surveys   Specify if STEPS sustainability can be assured and plans for future surveys.

Organization of field work

Number of field staff	Describe the number and roles of the field staff as well as the composition of the field teams.
Logistics of field work	Describe the logistics of the field work, in particular, where, when and how Step 3 measurements will be organized, and how the information will be recorded and matched with Step 1 and 2 data.
Equipment	Specify the equipment to be used for electronic data collection, as well as for Step 2 and 3.
Training of field staff and pilot test	Describe how the training of the field staff and the pilot test will be organized.

Data management

Quality checks during field work	Describe how data quality will be checked during field work, e.g. through regular, systematic data downloads from electronic devices for data collection.
Data management and analysis	Describe organization of compiling the final dataset, data management, analysis and reporting.

Resources

Introduction	
Personnel required	Specify required resources in terms of all personnel required for the surveillance.
Equipment	Specify required resources in terms of all equipment required for the surveillance.
Facilities	Specify required resources in terms of all facilities required for the surveillance.

Resources already committed	Describe resources that have already been committed or which are expected, including support from WHO.

Resources required from other organizations	Specify resources required from other organizations involved.

Action Plan

Introduction	

Plan	Provide a chart of the main tasks with estimated start dates and timeframes for completion of each phase.

Communication Strategy and Publicity

Introduction	

Publicity plan	Specify methods for informing and involving community leaders and community groups in the STEPS survey project.

Reporting and Disseminating Results

Introduction

Reporting Describe to whom and how the results will be reported and disseminated.

Budget

Introduction

Budget Provide a detailed budget that includes:

- total funds required for each year planned to implement all STEPS activities as identified in the scope,
- source of funds, and
- funding gap.

Item	USD

Budget Template

Budget template

The items and subline items that should be covered in the calculation of a realistic and detailed budget are listed in the Budget Template below. However, items or subline items may need to be added or removed as the template is adapted to the local context.

An excel tool with integrated formula and examples is available on the WHO STEPS website, and on request from the WHO STEPS team.

Use of the template

For each subline item, the following information should be listed in a table:
- quantity or number required (units)
- unit cost (in local currency)
- unit cost (converted to USD)
- total cost (in USD)
- responsible organization
- comments.

Phase 1 – STEPS Planning and Preparation		
Line item	**Subline item**	**Cost**
Personnel	Preparation of the STEPS implementation plan	
	Sample design development	
	Adaptation of the STEPS Instrument and testing	
STEPS Implementation workshop (3 days) or planning meetings	Transportation costs	
	Accommodation (for out-of-town participants)	
	Venue	
	Food/refreshments	
	Audio-visual equipment	
	Supplies and stationary	
Supplies and services	Translation costs	
	Communication costs	
Subtotal		
Phase 2 – STEPS Field Work		
Personnel	Trainers	
	IT specialist/Data Manager	
	Translators if required during the training	
	Salary or per diem for interviewers (including mapping and listing, and data collection)	
	Salary or per diem for field team supervisors (including mapping and listing, and data collection)	
	Salary or per diem for Step 3 data collectors (blood testing) and lab technician (urine testing)	
	Honoraria for field guides or village councilors	
	Salary or per diem for drivers	
	Salary or per diem for additional staff hired for the survey	

Phase 2 – STEPS Field Work, *continued*		
Line item	**Subline item**	**Cost**
Data collector's training	Transportation costs for training	
	Venue of the training	
	Accommodation of the training participants	
	Meals and refreshments during the training	
	Photocopying/printing of training materials, forms for field work and show-cards	
Transportation	Transportation costs (bus, train, planes etc.)	
	Vehicle Rental for the household mapping and listing	
	Vehicle Rental for the pretest	
	Vehicle Rental for the full survey data collection - Field Teams	
	Vehicle Rental for the full survey data collection - Monitoring	
	Petrol	
Survey equipment	Android devices for data collection with cables	
	External battery packs	
	Laptops for data checks	
	Carry bags for equipment	
	Devices for height and weight measurement	
	Constant tension tape	
	Digital blood pressure monitor	
	Devices for blood testing	
	Test strips for blood testing	
	Lancets, capillary tubes for collection of the right amount of blood, cotton balls, gloves, disposable containers	
	Containers for urine samples	
	Carrier boxes for transport of urine samples	
	Spare batteries for equipment	
	Transport of urine samples to laboratory	
Additional costs for urine analysis	Urine sample analysis	

Line item	Subline item	Cost
Phase 3 – STEPS Data Management, Analysis and Report writing		
Personnel	Trainers	
	IT specialist/Data Manager and Analysis Team	
	Technical focal points for report writing and proof reading	
	Layout of the report	
	Translators	
Data analysis and reporting workshop	Transportation costs for workshop	
	Venue of the workshop	
	Accommodation of the workshop participants	
	Meals and refreshments during the workshop	
	Supplies and stationary	
Data dissemination	Report/Fact Sheet layout and printing	
	Translation of the Fact Sheet and Report	
	Costs related to an official Fact Sheet/release event	
Subtotal		
Phase 4 – Application and Program Planning Workshop (Data to Action)		
Line item	**Subline item**	**Cost**
Personnel	Workshop organizers	
	Workshop participants	
Application and Program Planning Workshop	Transportation costs for workshop	
	Venue of the workshop	
	Accommodation of the workshop participants	
	Meals and refreshments during the workshop	
	Supplies and stationary	
	Communication costs	
	Workshop report printing and layout	
Subtotal		
GRAND TOTAL		

Ethical Approval Form

General Information

Introduction

Survey tile   The title of the proposed survey is:

[Country name] STEPS NCD Risk Factor Survey.

Key personnel   A STEPS coordinating committee has been set up to oversee and manage the planning, preparation and implantation of the proposed survey and includes the following people.

Name	Organization and qualifications

Dates   The proposed survey dates are:

Phase	Dates
Start Date	
Completion Date	
Survey duration (including planning, field work, analysis and reporting)	6 - 9 months

Scientific Assessment

Introduction

Scientific basis

Summary of report

Survey Scope

Introduction

Goals   Identify the planned goals or use for the information gathered. For example, as a contribution to ongoing data collection to:

- Describe the current levels of risk factors for NCDs in this population
- Track the direction and magnitude of trends in risk factors
- Plan or evaluate a health promotion or preventive campaign
- Collect data from which to predict likely future demands for health services

Objectives   Specify objectives that support gathering 'essential' information only.

Overview of scope   Specify the scope of survey to be conducted i.e. Step 1, Step 2 and Step 3, plus coverage of core, expanded and optional items.

Sampling   Identify the sample size and sample frame that will be used. Describe the sampling methodology.

Geographical coverage   Identify geographical coverage of the survey.

Resources   Describe resources that:

- are required,
- have already been committed, and
- are expected, including support from WHO.

Cultural/ethical issues   Describe any aspects of the survey that might raise specific cultural or ethical issues.

Reporting and use of results   Describe:

- To whom and how the results will be reported and disseminated;
- Any restrictions on results;
- Confidentiality of personal identification information;
- Use of results once the survey is complete;
- Methods for informing and involving community leaders and community groups in the STEPS survey project.

Continued on next page

Survey Scope, Continued

Budget   Provide a detailed budget that includes:

- total funds required for each year planned to implement all STEPS activities as identified in the Scope;
- source of funds;
- funding gap.

Item	USD

Declarations

Introduction

Declaration by principal investigator

The information supplied in this application is, to the best of my knowledge and belief, accurate. I have considered the ethical issues involved in this research and believe that I have adequately addressed them in this application. I understand that if the protocol for this research changes in any way I must inform the Research Ethics Review Committee.

Name:
Signature:
Date:

Declaration by head of department

I have read the application and believe it to be scientifically and ethically sound. I approve the research design. I give my consent for the application to be forwarded to the Ethics Committee.

Name:
Signature:
Date:

Note: Where the head of department is also one of the investigators, the head of department declaration must be signed by the appropriate Dean, or relevant senior officer.

Section 2: Forms for STEPS Field Work

Overview

Introduction   This section includes some document templates that can be used during the STEPS Field Work.

In this section   This section contains the following forms for use during the survey.

Topic	See Page
Notification of WHO STEPS Survey Visit	6-2-2
Script for Data Collectors	6-2-3
Interview Tracking Form	6-2-4
Participant Information Form (Step 1, 2 and 3)	6-2-5
Consent Form 1 (Steps 1 and 2)	6-2-8
Consent Form 2 (Step 3)	6-2-9
Participant Feedback Form (Step 2)	6-2-10
Participant Feedback Form (Step 3)	6-2-11
BMI Classification Chart	6-2-13
Step 3 Appointment Card	6-2-14
Instructions for Spot Urine Collection (Step 3)	6-2-15
Fasting Instructions (Step 3)	6-2-17
Step 3 Registration Form	6-2-18

Notification of WHO STEPS Surveillance Visit

World Health Organization

Notification of WHO STEPS Survey Visit		
Today Ministry of Health employees visited your household to conduct a survey of people between the ages of 18 to 69 on health issues. We will try to return on the date indicated below. If this is not convenient, please contact us to make a suitable time for the survey.		
Date of Visit		
Household Number		
Next Visit	Day/Date:	Time:
Contact		
[name of country] Ministry of Health, [address]		

- -

World Health Organization

Notification of WHO STEPS Survey Visit		
Today Ministry of Health employees visited your household to conduct a survey of people between the ages of 18 to 69 on health issues. We will try to return on the date indicated below. If this is not convenient, please contact us to make a suitable time for the survey.		
Date of Visit		
Household Number		
Next Visit	Day/Date:	Time:
Contact		
[name of country] Ministry of Health, [address]		

Script for Data Collectors

My name is _____ and this is_____.
We are employees of the <Ministry of
Health>and we are working in a team to
conduct a survey on health issues. We are
hoping that the people in this house will
participate in this survey. We would like
to find out the number of people usually
residing in this house between the ages of
18-69. Can you please give me the first
name of those who usually live in this
house between the ages 18-69 (starting, for
example, with the oldest male)?

Interview Tracking Form

Cluster No. _____

Interviewer ID _____

Household ID Number	No. Eligible in Household	Participant ID	At Home		Male				Female				Step 1		Step 2		Step 3		Appointment Time	Individual Comment
			Visit 1	Visit 2	18-29	30-44	45-59	60-69	18-29	30-44	45-59	60-69	Yes	Decline	Yes	Decline	Yes	Decline		

Note:
- Fill in form by using "y/n" for <u>At home</u> (corresponds with participant at home yes/no) and using an "x" for the correct responses in <u>Male</u>, <u>Female</u>, <u>Step 1</u>, <u>Step 2</u>, <u>Step 3</u>"

Participant Information Form (Step 1, 2 and 3)

Introduction   This form describes what participation in the WHO STEPS survey means.

Title of survey   The title of this survey is the STEPS Survey of Risk Factors for Noncommunicable Diseases (NCDs)

Aim of the survey   This survey will determine the extent in [name of country] of several of the major risk factors for major NCDs (e.g. diseases not caused by infections). These diseases and their risk factors include:

- Tobacco use
- Alcohol consumption
- Low intake of fruit and vegetables
- Diet high in salt
- Physical inactivity
- Raised blood pressure
- Obesity
- Raised blood glucose
- High levels of fat in the blood

Data collection methods   We will collect information from [insert sample size] participants throughout the area in which the survey is being conducted.

Information will be gathered through 3 steps of data collection:

- Step 1 - Interview questions
- Step 2 - Measurements of blood pressure, height, weight, waist and hip
- Step 3 – Urine tests for salt and blood tests for sugar and fats

What's involved   The table below shows each of the steps involved. You will be given time to consider your participation.

Step	Action
1	We will describe the STEPS survey to you.
2	You may ask any questions you may have.
3	We will ask you to sign a consent form.

Continued on next page

What's involved (cont.)

Step	Action
4	You will be asked to participate in Step 1. This will involve a data collector asking you some questions about your: • Age • Education • Employment and income • Tobacco and alcohol use • Fruit and vegetable intake • Consumption of salt • Physical activity • History of raised blood pressure, diabetes, raised cholesterol, and cardio-vascular diseases • Lifestyle advice • Cervical cancer screening
5	You will then be asked to participate in Step 2. This will involve a data collector taking some simple measurements of your: • Blood pressure • Height • Weight • Waist and hip circumference
6	You will also be asked to participate in Step 3. This will involve you collecting a urine sample that will be tested for salt, and health staff taking a small amount of blood from the tip of your finger to test for sugar and fat levels in your blood after you have fasted overnight. This may cause some mild pain.

Timeframe   It is estimated that Step 1 and 2 of the survey will take approximately 1 hour.

Community benefits   The results of this study will be used to assist the Ministry of Health in developing public health programmes that target efforts to lower the risk factors that lead to NCDs.

Your rights   It is your right to:

• decline to take part in the study;
• withdraw your consent at any time;
• decline to answer any question in the interview that you do not wish to answer.

Participant Information Form (Step 1, 2 and 3), Continued

Confidentiality   You will be asked to provide your name and contact information so that you can be contacted if there is any need to follow up with you after the survey is conducted.

Your participation and data provided will be completely confidential.

Your name will not be used in any report of the study.

Results   The results of this survey will be used to help plan strategies in reducing the risk factors that contribute to NCDs in your community.

The results will be published in research publications, media briefings, fact sheets, and reports and can be made available to you through the local researchers.

Ethical approval   This study has received ethical approval from the Research Ethics Review Committee of [insert name of institution and of location].

Consent Form 1 (Steps 1 and 2)

Dear Participant,

Random selection   You have been randomly selected to be part of this survey and this is why we would like to interview you. This survey is conducted by the World Health Organization in collaboration with the Ministry of Health and the WHO Regional Office and will be carried out by professional interviewers from [name of institution]. This survey is currently taking place in several countries around the world.

Confidentiality   The information you provide is totally <u>confidential</u> and will not be disclosed to anyone. It will only be used for research purposes. Your name, address, and other personal information will be removed, and only a code will be used to connect your name and your answers without identifying you. You may be contacted by the survey team again only if it is necessary to complete the information on the survey.

Voluntary participation   Your participation is <u>voluntary</u> and you can withdraw from the survey after having agreed to participate. You are free to refuse to answer any question that is asked in the questionnaire. If you have any questions about this survey you may ask me or contact [name of institution and contact details] or [STEPS Survey Coordinator].

Consent to participate   Signing this consent indicates that you understand what will be expected of you and are willing to participate in this survey.

Read by Participant		Interviewer	
Agreed		Refused	

Signatures   I hereby provide INFORMED CONSENT to take part in Steps 1 and 2 of the Risk Factors Study.

Name: Sign:

Witness: Sign:

Consent Form 2 (Step 3)

Dear Participant

Random selection	You have been randomly selected to be part of this survey and this is why we would like to interview you. This survey is conducted by the World Health Organization in collaboration with the Ministry of Health and the WHO Regional Office and will be carried out by professional interviewers from [name of institution]. This survey is currently taking place in several countries around the world.
Confidentiality	The information you provide is totally <u>confidential</u> and will not be disclosed to anyone. It will only be used for research purposes. Your name, address, and other personal information will be removed, and only a code will be used to connect your name and your answers without identifying you. You may be contacted by the Survey Team again only if it is necessary to complete the information on the survey.
Voluntary participation	Your participation is <u>voluntary</u> and you can withdraw from the survey after having agreed to participate. You are free to refuse to answer any question that is asked in the questionnaire. If you have any questions about this survey you may ask me or contact [name of institution and contact details] or [STEPS Survey Coordinator].
What's involved	You will be asked to collect a urine sample to be tested for salt, and you will have a small amount of blood taken from the tip of your finger to be tested for sugar and fat after you have fasted overnight. This may cause some mild pain. You will be informed about the results of the test with your blood sample.
Consent to participate	Signing this consent indicates that you understand what will be expected of you and are willing to participate in this survey.

Read by Participant		Interviewer	
Agreed		Refused	

Signatures   I hereby provide INFORMED CONSENT to take part in Step 3 of the Risk Factor Study.

Name: _____   Sign: _____

Witness: _____   Sign: _____

Participant Feedback Form (Step 2)

Dear Participant,

We thank you very much for participating in the STEPS Survey of Risk Factors for Noncommunicable Diseases in [name of country], conducted by [name of institution].
This study was undertaken in order to gather information on the following risk factors for noncommunicable diseases in [name of country]: tobacco use, alcohol consumption, low intake of fruit and vegetables, diet high in salt, physical inactivity, raised blood pressure, obesity, raised blood glucose, and high levels of blood cholesterol.

We would like to provide you with an overview of your results from the physical measurements.

Blood pressure	Systolic: _____ mmHg (reading 3)
	Diastolic: _____ mmHg (reading 3)
Blood pressure classification	☐ Normal (SBP< 140 and DBP< 90)
	☐ Elevated (SBP 140-159 and/or DBP 90-99)
	☐ Raised (SBP≥160 and/or DBP≥100)
	☐ Currently on medication
Heart rate	Beats per minute: _____ (reading 3)

Height	Height: _____ cm
Weight	Weight: _____ kg
Body Mass Index	BMI: _____ kg/m^2 (weight in kg divided by height in meters squared; ex. for height 170 cm and weight 68 kg BMI=(68/(1.7^2)=23.5)
BMI classification	☐ Underweight (BMI< 18.5)
	☐ Normal weight (BMI 18.5-24.9)
	☐ Overweight (BMI 25-29.9)
	☐ Obese (BMI≥30)

Waist circumference	Waist: _____ cm
Hip circumference	Hip: _____ cm

Participant Feedback Form (Step 3 – mmol/L)

Dear Participant,

_____

We thank you very much for participating in the STEPS Survey of Risk Factors for Noncommunicable Diseases in [name of country], conducted by [name of institution]. This study was undertaken in order to gather information on the following risk factors for noncommunicable diseases in [name of country]: tobacco use, alcohol consumption, low intake of fruit and vegetables, diet high in salt, physical inactivity, raised blood pressure, obesity, raised blood glucose, and high levels of blood cholesterol.

_____

We would like to provide you with an overview of your results from the biochemical measurements.

Fasting blood glucose	Fasting blood glucose: _____ mmol/l
Fasting blood glucose classification	☐ Normal (< 6.1 mmol/l) ☐ Raised (≥6.1 mmol/l) ☐ Currently on medication
Total blood cholesterol	Total cholesterol: _____ mmol/l
Total blood cholesterol classification	☐ Normal (<5.0 mmol/l) ☐ Elevated (5.0-6.1 mmol/l) ☐ High (≥6.2 mmol/l)
HDL cholesterol	HDL cholesterol: _____ mmol/l
HDL cholesterol classification	☐ Normal (≥1.03 mmol/l for Men, ≥ 1.29 mmol/l for Women) ☐ Low (< 1.03 mmol/l for Men, < 1.29 mmol/l for Women)
Triglycerides	Triglycerides: _____ mmol/l
Triglycerides classification	☐ Normal (<1.7 mmol/l) ☐ Raised (≥1.7 mmol/l)

Participant Feedback Form (Step 3 – mg/dL)

Dear Participant,

_____

We thank you very much for participating in the STEPS Survey of Risk Factors for Noncommunicable Diseases in [name of country], conducted by [name of institution]. This study was undertaken in order to gather information on the following risk factors for noncommunicable diseases in [name of country]: tobacco use, alcohol consumption, low intake of fruit and vegetables, diet high in salt, physical inactivity, raised blood pressure, obesity, raised blood glucose, and high levels of blood cholesterol.

_____

We would like to provide you with an overview of your results from the biochemical measurements.

_____

Fasting blood glucose	Fasting blood glucose: _____ mg/dl
Fasting blood glucose classification	☐ Normal (<110 mg/dl) ☐ Raised (≥110 mg/dl) ☐ Currently on medication

_____

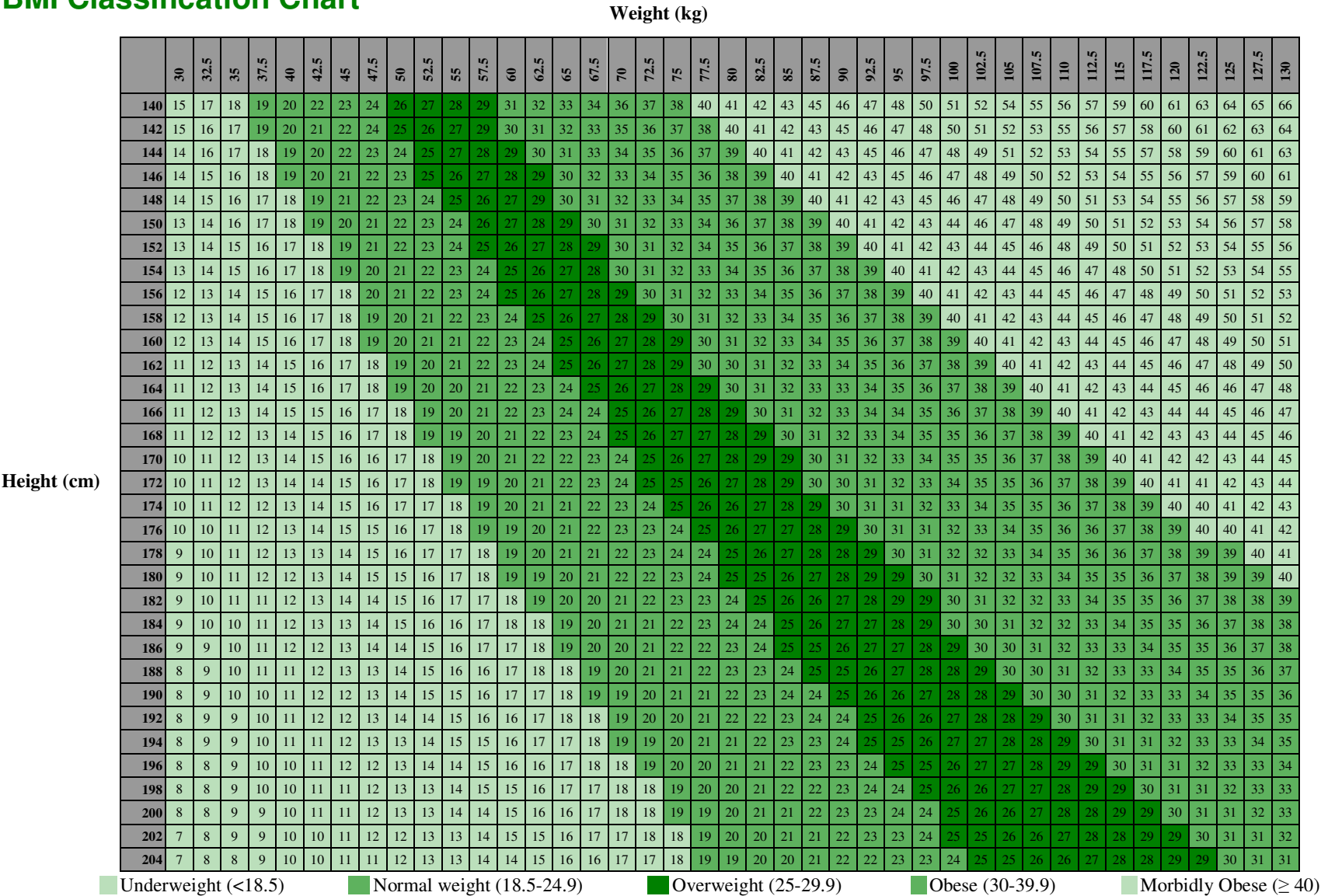|	
Total blood cholesterol	Total cholesterol: _____ mg/dl
Total blood cholesterol classification	☐ Normal (<190 mg/dl) ☐ Elevated (190-239 mg/dl) ☐ High (≥240 mg/dl)
HDL cholesterol	HDL cholesterol: _____ mg/dl
HDL cholesterol classification	☐ Normal (≥40 mg/dl for Men, ≥50 mg/dl for Women) ☐ Low (<40 mg/dl for Men, <50 mg/dl for Women)
Triglycerides	Triglycerides: _____ mg/dl
Triglycerides classification	☐ Normal (<150 mg/dl) ☐ Raised (≥150 mg/dl)

_____

BMI Classification Chart

Weight (kg)

Height (cm)

Height \ Weight	30	32.5	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	60	62.5	65	67.5	70	72.5	75	77.5	80	82.5	85	87.5	90	92.5	95	97.5	100	102.5	105	107.5	110	112.5	115	117.5	120	122.5	125	127.5	130
140	15	17	18	19	20	22	23	24	26	27	28	29	31	32	33	34	36	37	38	40	41	42	43	45	46	47	48	50	51	52	54	55	56	57	59	60	61	63	64	65	66
142	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	33	35	36	37	38	40	41	42	43	45	46	47	48	50	51	52	53	55	56	57	58	60	61	62	63	64
144	14	16	17	18	19	20	22	23	24	25	27	28	29	30	31	33	34	35	36	37	39	40	41	42	43	45	46	47	48	49	51	52	53	54	55	57	58	59	60	61	63
146	14	15	16	18	19	20	21	22	23	25	26	27	28	29	30	32	33	34	35	36	38	39	40	41	42	43	45	46	47	48	49	50	52	53	54	55	56	57	59	60	61
148	14	15	16	17	18	19	21	22	23	24	25	26	27	29	30	31	32	33	34	35	37	38	39	40	41	42	43	45	46	47	48	49	50	51	53	54	55	56	57	58	59
150	13	14	16	17	18	19	20	21	22	23	24	26	27	28	29	30	31	32	33	34	36	37	38	39	40	41	42	43	44	46	47	48	49	50	51	52	53	54	56	57	58
152	13	14	15	16	17	18	19	21	22	23	24	25	26	27	28	29	30	31	32	34	35	36	37	38	39	40	41	42	43	44	45	47	48	49	50	51	52	53	54	55	56
154	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	50	51	52	53	54	55
156	12	13	14	15	16	17	18	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53
158	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
160	12	13	14	15	16	17	18	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51
162	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
164	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39	40	41	42	43	44	45	46	46	47	48
166	11	12	13	14	15	15	16	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	33	34	34	35	36	37	38	39	40	41	42	43	44	44	45	46	47
168	11	12	12	13	14	15	16	17	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43	44	45	46
170	10	11	12	13	14	15	16	16	17	18	19	20	21	22	22	23	24	25	26	27	28	29	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	42	43	44	45
172	10	11	12	13	14	14	15	16	17	18	19	19	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	36	37	38	39	40	41	41	42	43	44
174	10	11	12	12	13	14	15	16	17	17	18	19	20	21	21	22	23	24	25	26	26	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40	40	41	42	43
176	10	10	11	12	13	14	15	15	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40	40	41	42
178	9	10	11	12	13	13	14	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	28	28	29	30	31	32	32	33	34	35	36	36	37	38	39	39	40	41
180	9	10	11	12	12	13	14	15	15	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	32	33	34	35	35	36	37	38	39	39	40
182	9	10	11	11	12	13	14	14	15	16	17	17	18	19	20	20	21	22	23	23	24	25	26	26	27	28	29	29	30	31	32	32	33	34	35	35	36	37	38	38	39
184	9	10	10	11	12	13	13	14	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36	37	38	38
186	9	9	10	11	12	12	13	14	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	27	28	29	30	30	31	32	33	33	34	35	35	36	37	38
188	8	9	10	11	11	12	13	13	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	30	31	32	33	33	34	35	35	36	37
190	8	9	10	10	11	12	12	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	33	33	34	35	35	36
192	8	9	9	10	11	12	12	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33	34	35	35
194	8	9	9	10	11	11	12	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	29	30	31	31	32	33	33	34	35
196	8	8	9	10	10	11	12	12	13	14	14	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	27	27	28	29	29	30	31	31	32	33	33	34
198	8	8	9	10	10	11	11	12	13	13	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31	31	32	33	33
200	8	8	9	9	10	11	11	12	13	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	28	28	29	29	30	31	31	32	33
202	7	8	9	9	10	10	11	12	12	13	13	14	15	15	16	17	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26	27	28	28	29	29	30	31	31	32
204	7	8	8	9	10	10	11	11	12	13	13	14	14	15	16	16	17	17	18	19	19	20	20	21	22	22	23	23	24	25	25	26	26	27	28	28	29	29	30	31	31

Underweight (<18.5)   Normal weight (18.5-24.9)   Overweight (25-29.9)   Obese (30-39.9)   Morbidly Obese (≥ 40)

Step 3 Appointment Card

<div style="border:1px solid black; padding:1em;">

<div style="border:1px solid black; display:inline-block; padding:0.3em;">**APPOINTMENT TIME**</div>

Thank you for agreeing to participate in the STEPS survey.

Participant ID: _____

APPOINTMENT

Centre: _____

Date: _____

Time: _____

**PLEASE BRING THIS FORM WITH YOU
WHEN YOU COME FOR AN APPOINTMENT**

</div>

Instructions for Spot Urine Collection (Step 3)

Participant ID: _____

INSTRUCTIONS FOR SPOT URINE COLLECTION   **DATE:**

1   We are asking you to collect a sample of your urine (pee) in the evening before you commence your fast.

2   When you go the bathroom (toilet) void urine (pee) into the container. Once the container is half full finish voiding in the toilet. Screw on the lid tightly and place the container in the zip closable plastic bag (do not remove labels).

Write down the time you collect your sample

TIME OF COLLECTION: ____ ____

3   Place container filled with urine (pee) in a zip closable plastic bag and store upright in a cool, dark place.

4   Bring your container filled with urine in the zip closable plastic bag and this instruction sheet to the collection centre

If there is anything you are unsure about please contact: _____

Frequently Asked Questions

Why do I have a participant identification number (ID)?
An ID number will be assigned to your information and samples to ensure confidentiality.

Why is it important to complete a spot urine sample?
The spot sample will allow us to determine information related to the salt intake in your diet.

What are you testing in the urine sample?
A number of nutritional factors including sodium and creatinine [optional potassium/iodine].

Will the urine sample be tested for drugs?
No. Your urine sample will only be analysed for nutritional markers.

What happens if I spill some urine?
It is important that spillages do not occur, however simply clean up the spillage.

I take prescribed medications - can I still take part?
Yes you can.

Do I still take my medications on the day I provide my urine sample?
Yes, absolutely.

Do I need to fill up the container?
No, half full is perfect.

What if I have my period?
We ask that you use a tampon, if available, when collecting your urine samples; otherwise we ask you not to participate.

What if I am feeling sick?
Please collect the urine sample if you are able to.

Is there any health risks involved in providing a urine sample?
No - there is no risk to your health or the health of others.

Where do I keep my urine container?
It is best to keep the container and contents in a cool, dark place.

Will insurance companies or any other body find out my results?
No.

Fasting Instructions (Step 3)

Introduction   To get accurate results from the blood test it is very important that you have fasted.

Fasting instructions   Please ensure that you DO NOT have anything to eat or drink including chewing gum (except plain water) for at least 8 hours (12 hours if triglycerides are also measured) BEFORE blood collection. This means that if you have your appointment in the morning, please do not eat or drink after 10:00 PM the night before the appointment.

Note for diabetics   If you have diabetes controlled with tablets and/or insulin, please AVOID taking these on the morning of your appointment, but bring them with you to take after testing is completed. Please take any other morning medications as usual.

Step 3 Registration Form

Date	Participant ID	Name	Consent form (place a √)	If did not fast properly, appointment of next visit

Section 3: Reporting Templates (Fact Sheet, Fact Sheet Analysis Guide, Data Book and Country Report Template)

Overview

Introduction   This section includes templates that can be used to report both the comprehensive and summary results of the STEPS survey.

In this section   This section contains the following Report Templates:

Topic	See Page
Fact Sheet Template	6-3A-1
Fact Sheet Analysis Guide	6-3B-1
Data Book Template	6-3C-1
Country Report Template	6-3D-1

<Country> STEPS Survey <year>

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in [country name] was carried out from [insert month and year] to [insert month and year]. [country name] carried out Step 1, Step 2 and Step 3. Socio demographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69 [adjust as necessary]. A [insert type of sampling design] sample design was used to produce representative data for that age range in [insert country name]. A total of [insert sample size] adults participated in the survey. The overall response rate was [insert response rate (x%)]. A repeat survey is planned for [insert year] if funds permit.

Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	**77.1%** (66.2 – 88.1)	**77.2%** (66.2 – 88.1)	**77.4%** (66.2 – 88.1)
Percentage who currently smoke tobacco daily			
For those who smoke tobacco daily			
Average age started smoking (years)			
Percentage of daily smokers smoking manufactured cigarettes			
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)			
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers			
Percentage who are past 12 month abstainers			
Percentage who currently drink (drank alcohol in the past 30 days)			
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)			
Step 1 Diet			
Mean number of days fruit consumed in a typical week			
Mean number of servings of fruit consumed on average per day			
Mean number of days vegetables consumed in a typical week			
Mean number of servings of vegetables consumed on average per day			
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day			
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating			
Percentage who always or often eat processed foods high in salt			
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*			
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)			
Percentage not engaging in vigorous activity			

* For complete definitions of insufficient physical activity, refer to the GPAQ Analysis Guide (http://www.who.int/chp/steps/GPAQ/en/index.html) or to the WHO Global recommendations on physical activity for health (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html)

\<Country\> STEPS Survey \<year \>

Fact Sheet

Results for adults aged 18-69 years (incl. 95% CI) *(adjust if necessary)*	Both Sexes	Males	Females
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer	▓	▓	
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m^2)			
Percentage who are overweight (BMI ≥ 25 kg/m^2)			
Percentage who are obese (BMI ≥ 30 kg/m^2)			
Average waist circumference (cm)	▓		
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP			
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP			
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP			
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]			
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)			
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)			
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]			
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)			
Mean intake of salt per day (in grams)			
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**			
Summary of combined risk factors • current daily smokers • less than 5 servings of fruits & vegetables per day • insufficient physical activity • overweight (BMI ≥ 25 kg/m^2) • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			
Percentage with none of the above risk factors			
Percentage with three or more of the above risk factors, aged 18 to 44 years			
Percentage with three or more of the above risk factors, aged 45 to 69 years			
Percentage with three or more of the above risk factors, aged 18 to 69 years			

** A 10-year CVD risk of ≥20% is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

For additional information, please contact:
STEPS Survey Coordinator [name, email addresses]

Please use this as a guide when you are altering your instrument as it will provide you with a guideline for which questions are needed in order to calculate these basic indicators.

To calculate the basic indicators that are presented on the Fact Sheet refer to the Data Analysis section of the user manual (Part 4, Section 3)

Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary)	Questions required to calculate result (based on coding column)	Epi Info Program Name
Step 1 Tobacco Use		
Percentage who currently smoke tobacco	T1, T2, T8	TsmokestatusWT
Percentage who currently smoke tobacco daily	T1, T2, T8	TsmokestatusWT
For those who smoke tobacco daily		
Average age started smoking (years)	T1, T2, T3, T4a-c	TsmokeagetimeWT
Percentage of daily smokers smoking manufactured cigarettes	T1, T2, T5a	TsmokemanWT
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	T1, T2, T5a	TsmoketypeWT
Step 1 Alcohol Consumption		
Percentage who are lifetime abstainers	A1, A2, A5	AconsumptionWT
Percentage who are past 12 month abstainers	A1, A2, A5	AconsumptionWT
Percentage who currently drink (drank alcohol in the past 30 days)	A1, A2, A5	AconsumptionWT
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	A1, A2, A5, A9	AepisodicWT
Step 1 Diet		
Mean number of days fruit consumed in a typical week	D1, D3	DdaysWT
Mean number of servings of fruit consumed on average per day	D1, D2, D3, D4	DservingsWT
Mean number of days vegetables consumed in a typical week	D1, D3	DdaysWT
Mean number of servings of vegetables consumed on average per day	D1, D2, D3, D4	DservingsWT
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	D1, D2, D3, D4	DfiveormoreWT
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	D5	DeatingWT
Percentage who always or often eat processed foods high in salt	D7	DprocessedWT
Step 1 Physical Activity		
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	P1-P15b	PnotmeetingrecsWT
Median time spent in physical activity on average per day (minutes)	P1-P15b	PtotalmedianWT
Percentage not engaging in vigorous activity	P1-P15b	PnovigorousWT
Step 1 Cervical Cancer Screening		
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer	CX1	HcervcancerWT

* For complete definitions of low and high levels of physical activity, other conditions are specified in the GPAQ Analysis Guide, available at:
http://www.who.int/chp/steps/GPAQ/en/index.html

Fact Sheet Analysis Guide

Results for adults aged 18-69 years (incl. 95% CI) *(adjust if necessary)*	Questions required to calculate result (based on coding column)	Epi Info Program Name
Step 2 Physical Measurements		
Mean body mass index - BMI (kg/m^2)	M8, M11, M12	MbmiWT
Percentage who are overweight (BMI ≥ 25 kg/m^2)	M8, M11, M12	MbmiclassWT
Percentage who are obese (BMI ≥ 30 kg/m^2)	M8, M11, M12	MbmiclassWT
Average waist circumference (cm)	M8, M14	MwaistWT
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	M4a, M4b, M5a, M5b, M6a, M6b	MbloodpressureWT
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	M4a, M4b, M5a, M5b, M6a, M6b	MbloodpressureWT
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	M4a, M4b, M5a, M5b, M6a, M6b, M7	MraisedbpWT
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP	M4a, M4b, M5a, M5b, M6a, M6b, M7	MraisedbpWT
Step 3 Biochemical Measurements		
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	B1, B5	BglucoseWT (mmol/L) BglucoseMgWT (mg/dl)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	B1, B5, B6	BglucoseWT (mmol/L) BglucoseMgWT (mg/dl)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	B1, B5, B6	BglucoseWT (mmol/L) BglucoseMgWT (mg/dl)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	B8	BtotallipidsWT (mmol/L) BtotallipidsMgWT (mg/dl)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	B8, B9	BtotallipidsWT (mmol/L) BtotallipidsMgWT (mg/dl)
Mean intake of salt per day (in grams)	M8, B10, B14, B15	BsaltWT
Cardiovascular disease (CVD) risk		
Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**	See data book	STATA
Summary of combined risk factors • current daily smokers • less than 5 servings of fruits & vegetables per day • low level of activity • overweight (BMI ≥ 25 kg/m^2) • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	**Codes used for summary of combined risk factors:** T1, T2, D1-D4, P1-P15b, M8, M11, M12, M4a-b, M5a-b, M6a-b, M7	
Percentage with none of the above risk factors	See above	RaisedriskWT
Percentage with three or more of the above risk factors, aged 25 to 44 years	See above	RaisedriskWT
Percentage with three or more of the above risk factors, aged 45 to 64 years	See above	RaisedriskWT
Percentage with three or more of the above risk factors, aged 25 to 64 years	See above	RaisedriskWT

For additional information, please contact:
STEPS Survey Coordinator [name, email addresses]

WHO STEPS

Noncommunicable Disease Risk Factor Survey

DATA BOOK FOR
<INSERT COUNTRY NAME>

Table of Contents

IMPORTANT:
- ALL analyses use the variables **AgeRange**, **Sex**, and **Valid**. You may use the AgeRange1869 and MissingAgeSex programs to generate these variables from **C1**, **C2**, and **C3**.
- ALL weighted programs use the variables **PSU, Stratum,** and one of either **WStep1, WStep2,** or **WStep3**.
- Unweighted tables will not have confidence intervals associated with them.

Introduction

Purpose of the data book

This data book is a tool used to compile a complete set of data results relating to each question and measurement in the STEPS Instrument. The STEPS data book

- Provides detailed information for the data analyst on producing the results for the tables.
- Provides examples of which tables to use in the country report.
- Provides examples and suggestions on the layout of tables.

Format of the data book

Each page in the data book contains a different table with:

- Title and description of the table
- Data tables for men, women and both sexes
- Questions used to produce the table (actual question text)
- Analysis information (Epi Info program name to produce the table).

Global Action Plan 2013-2020 and Global Monitoring Framework

STEPS captures 11 of the 25 indicators outlined in the Global Action Plan 2013-2020 and the Comprehensive Global Monitoring Framework for the Prevention and Control of NCDs[1], relating to 7 of the 9 global targets.

Indicators captured in STEPS are marked in **bold** and *italic* in the table below.

Tables in the data book relating to the Global Monitoring Framework

Tables in the data book relating to the Global Monitoring Framework are identified with this symbol:

---
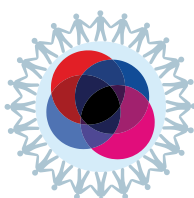
[1] World Health Organization. Global action plan for the prevention and control of NCDs 2013-2020. Geneva: World Health Organization; 2013.

Framework Element	Target	Indicator
MORTALITY AND MORBIDITY		
Premature mortality from noncommunicable disease	1. A 25% relative reduction in the overall mortality from CVDs, cancer, diabetes, or chronic respiratory diseases	1. Unconditional probability of dying between ages of 30 and 70 from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases
Additional indicator		2. Cancer incidence, by type of cancer, per 100 000 population
BEHAVIOURAL RISK FACTORS		
Harmful use of alcohol	2. At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context	3. Total (recorded and unrecorded) alcohol per capita (aged 15+ years old) consumption within a calendar year in litres of pure alcohol, as appropriate, within the national context ***4. Age-standardized prevalence of heavy episodic drinking among** adolescents and **adults**, as appropriate, within the national context* 5. Alcohol-related morbidity and mortality among adolescents and adults, as appropriate, within the national context
Physical inactivity	3. A 10% relative reduction in prevalence of insufficient physical activity	6. Prevalence of insufficiently physically active adolescents, defined as less than 60 minutes of moderate to vigorous intensity activity daily ***7. Age-standardized prevalence of insufficiently physically active persons aged 18+ years (defined as less than 150 minutes of moderate-intensity activity per week, or equivalent)***
Salt/sodium intake	4. A 30% relative reduction in mean population intake of salt/sodium	***8. Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years***
Tobacco use	5. A 30% relative reduction in prevalence of current tobacco use	9. Prevalence of current tobacco use among adolescents ***10. Age-standardized prevalence of current tobacco use among persons aged 18+ years***
BIOLOGICAL RISK FACTORS		
Raised blood pressure	6. A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances	***11. Age-standardized prevalence of raised blood pressure among persons aged 18+ years (defined as systolic blood pressure ≥140 mmHg and/or diastolic blood pressure ≥90 mmHg) and mean systolic blood pressure***
Diabetes and obesity	7. Halt the rise in diabetes & obesity	***12. Age-standardized prevalence of raised blood glucose/diabetes among persons aged 18+ years (defined as fasting plasma glucose concentration ≥ 7.0 mmol/l (126 mg/dl) or on medication for raised blood glucose)*** 13. Prevalence of overweight and obesity in adolescents (defined according to the WHO growth reference for school-aged children and adolescents, overweight – one standard deviation body mass index for age and sex, and obese – two standard deviations body mass index for age and sex) ***14. Age-standardized prevalence of overweight and obesity in persons aged 18+ years (defined as body mass index ≥ 25 kg/m² for overweight and body mass index ≥ 30 kg/m² for obesity)***
Additional indicators		15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years ***16. Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day*** ***17. Age-standardized prevalence of raised total cholesterol among persons aged 18+ years (defined as total cholesterol ≥5.0 mmol/l or 190 mg/dl); and mean total cholesterol concentration***

Framework Element	Target	Indicator
NATIONAL SYSTEMS RESPONSE		
Drug therapy to prevent heart attacks and strokes	8. At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes	*18. Proportion of eligible persons (defined as aged 40 years and older with a 10-year cardiovascular risk ≥30%, including those with existing cardiovascular disease) receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes*
Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases	9. An 80% availability of the affordable basic technologies and essential medicines, including generics required to treat major noncommunicable diseases in both public and private facilities	19. Availability and affordability of quality, safe and efficacious essential noncommunicable disease medicines, including generics, and basic technologies in both public and private facilities
Additional indicators		20. Access to palliative care assessed by morphine-equivalent 21. Adoption of national policies that limit saturated fatty acids and virtually eliminate partially hydrogenated vegetable oils in the food supply, as appropriate, within the national context and national programmes 22. Availability, as appropriate, if cost-effective and affordable, of vaccines against human papillomavirus, according to national programmes and policies 23. Policies to reduce the impact on children of marketing of foods and non-alcoholic beverages high in saturated fats, trans fatty acids, free sugars, or salt 24. Vaccination coverage against hepatitis B virus monitored by number of third doses of Hep-B vaccine (HepB3) administered to infants *25. Proportion of women between the ages of 30–49 screened for cervical cancer at least once, or more often, and for lower or higher age groups according to national programmes or policies*

Sampling and Response Proportions

Response proportions

Description: Summary results for overall response proportions.

Age Group (years)	Men			Women			Both Sexes		
	Eligible	Responded		Eligible	Responded		Eligible	Responded	
	n	n	%	n	n	%	n	n	%
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:

- Use the age and sex information for the non-responders (if available) plus the Epi Info program Cagesex.

Demographic Information Results

Age group by sex

Description: Summary information by age group and sex of the respondents.

Instrument question:
- Sex
- What is your date of birth?

Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-29						
30-44						
45-59						
60-69						
18-69						

Table title: Age group and sex of respondents

Analysis Information:
- Questions used: C1, C2, C3
- Epi Info program name: Cagesex (unweighted)

Education

Description: Mean number of years of education among respondents.

Instrument question:
- In total, how many years have you spent at school or in full-time study (excluding pre-school)?

Age Group (years)	Men		Women		Both Sexes	
	n	Mean	n	Mean	n	Mean
18-29						
30-44						
45-59						
60-69						
18-69						

Table title: Mean number of years of education

Analysis Information:
- Questions used: C4
- Epi Info program name: Ceduyears (unweighted)

Highest level of education

Description: Highest level of education achieved by the survey respondents.

Instrument question:

- What is the highest level of education you have completed?

Highest level of education								
				Men				
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
18-29								
30-44								
45-59								
60-69								
18-69								

Highest level of education								
				Women				
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
18-29								
30-44								
45-59								
60-69								
18-69								

Highest level of education								
				Both Sexes				
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
18-29								
30-44								
45-59								
60-69								
18-69								

Analysis Information:

- Questions used: C5
- Epi Info program name: Ceduhigh (unweighted)

Ethnicity Description: Summary results for the ethnicity of the respondents.

Instrument Question:
- What is your [insert relevant ethnic group/racial group/cultural subgroup/others] background?

Ethnic group of respondents					
Age Group (years)	Both Sexes				
	n	% Ethnic group 1	% Ethnic group 2	% Ethnic group 3	% Other ethnic group
18-29					
30-44					
45-59					
60-69					
18-69					

Analysis Information:
- Questions used: C6
- Epi Info program name: Cethnic (unweighted)

Martial status

Description: Marital status of survey respondents.

Instrument question:

- What is your marital status?

<table>
<tr><td colspan="8" align="center">Marital status</td></tr>
<tr><td rowspan="2">Age Group (years)</td><td colspan="7" align="center">Men</td></tr>
<tr><td>n</td><td>% Never married</td><td>% Currently married</td><td>% Separated</td><td>% Divorced</td><td>% Widowed</td><td>% Cohabiting</td></tr>
<tr><td>18-29</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr>
<tr><td>30-44</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr>
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<tr><td>18-69</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr>
</table>

<table>
<tr><td colspan="8" align="center">Marital status</td></tr>
<tr><td rowspan="2">Age Group (years)</td><td colspan="7" align="center">Women</td></tr>
<tr><td>n</td><td>% Never married</td><td>% Currently married</td><td>% Separated</td><td>% Divorced</td><td>% Widowed</td><td>% Cohabiting</td></tr>
<tr><td>18-29</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr>
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<tr><td rowspan="2">Age Group (years)</td><td colspan="7" align="center">Both Sexes</td></tr>
<tr><td>n</td><td>% Never married</td><td>% Currently married</td><td>% Separated</td><td>% Divorced</td><td>% Widowed</td><td>% Cohabiting</td></tr>
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<tr><td>18-69</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr>
</table>

Analysis Information:

- Questions used: C7
- Epi Info program name: Cmaritalstatus (unweighted)

Employment status   Description: Proportion of respondents in paid employment and those who are unpaid. Unpaid includes persons who are non-paid, students, homemakers, retired, and unemployed.

Instrument question:
- Which of the following best describes your main work status over the past 12 months?

Employment status					
	Men				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-29					
30-44					
45-59					
60-69					
18-69					

Employment status					
	Women				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-29					
30-44					
45-59					
60-69					
18-69					

Employment status					
	Both Sexes				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-29					
30-44					
45-59					
60-69					
18-69					

Analysis Information:
- Questions used: C8
- Epi Info program name: Cworkpaid (unweighted)

Unpaid work and unemployed

Description: Proportion of respondents in unpaid work.

Instrument question:
- Which of the following best describes your main work status over the past 12 months?

Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	% Able to work	% Not able to work
Unpaid work and unemployed							
Men							
						Unemployed	
18-29							
30-44							
45-59							
60-69							
18-69							

Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	% Able to work	% Not able to work
Unpaid work and unemployed							
Women							
						Unemployed	
18-29							
30-44							
45-59							
60-69							
18-69							

Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	% Able to work	% Not able to work
Unpaid work and unemployed							
Both Sexes							
						Unemployed	
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:
- Questions used: C8
- Epi Info program name: Cworknotpaid (unweighted)

Per capita annual income

Description: Mean reported per capita annual income of respondents in local currency.

Instrument questions:
- How many people older than 18 years, including yourself, live in your household?
- Taking the past year, can you tell me what the average earning of the household has been?

Mean annual per capita income	
n	Mean

Analysis Information:
- Questions used: C9, C10a-c
- Epi Info program name: Cmeanincome (unweighted)

Estimated household earnings

Description: summary of participant household earnings by quintile.

Instrument question:
- If you don't know the amount, can you give an estimate of the annual household income if I read some options to you?

	Estimated household earnings				
n	% Quintile 1: Under $........	% Quintile 2: $......-$......	% Quintile 3: $......-$......	% Quintile 4: $......-$......	% Quintile 5: Over $......

Analysis Information:
- Questions used: C11
- Epi Info program name: Cquintile (unweighted)

Tobacco Use

Current smoking

Description: Current smokers among all respondents.

Instrument question:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

	Percentage of current smokers								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	% Current smoker	95% CI	n	% Current smoker	95% CI	n	% Current smoker	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:

- Questions used: T1, T2, T8
- Epi Info program name: Tsmokestatus (unweighted); TsmokestatusWT (weighted)

Smoking Status

Description: Smoking status of all respondents.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- In the past, did you ever smoke any tobacco products?

		Smoking status							
		Men							
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

		Smoking status							
		Women							
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

		Smoking status							
		Both Sexes							
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T1, T2, T8
- Epi Info program name: Tsmokestatus (unweighted); TsmokestatusWT (weighted)

Daily smoking

Description: Percentage of current daily smokers among smokers.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?

Age Group (years)	**Current daily smokers among smokers**							
	\multicolumn{3}{c}{**Men**}	\multicolumn{3}{c}{**Women**}	\multicolumn{3}{c}{**Both Sexes**}
	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T1, T2
- Epi Info program name: Tsmokefreq (unweighted); TsmokefreqWT (weighted)

Initiation and duration of smoking

Description: Mean age of initiation and mean duration of smoking, in years, among daily smokers (no total age group for mean duration of smoking as age influences these values).

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- How old were you when you first started smoking?
- Do you remember how long ago it was?

Age Group (years)	**Mean age started smoking**							
	\multicolumn{3}{c}{**Men**}	\multicolumn{3}{c}{**Women**}	\multicolumn{3}{c}{**Both Sexes**}
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	**Mean duration of smoking**							
	\multicolumn{3}{c}{**Men**}	\multicolumn{3}{c}{**Women**}	\multicolumn{3}{c}{**Both Sexes**}
	n	Mean duration	95% CI	n	Mean duration	95% CI	n	Mean duration	95% CI
18-29									
30-44									
45-59									
60-69									

Analysis Information:
- Questions used: T1, T2, T3, T4a-c
- Epi Info program name: Tsmokeagetime (unweighted); TsmokeagetimeWT (weighted)

Manufactured cigarette smokers

Description: Percentage of smokers who use manufactured cigarettes among daily smokers and among current smokers.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- On average, how many of the following products do you smoke each day?

		Manufactured cigarette smokers among daily smokers								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

		Manufactured cigarette smokers among current smokers								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T1, T2, T5a, T5aw
- Epi Info program name: Tsmokeman (unweighted); TsmokemanWT (weighted)

Amount of tobacco used among daily smokers by type

Description: Mean amount of tobacco used by daily smokers per day, by type.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- On average, how many of the following products do you smoke each day?

Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
Mean amount of tobacco used by daily smokers by type									
Men									
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
Mean amount of tobacco used by daily smokers by type									
Men									
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
Mean amount of tobacco used by daily smokers by type									
Women									
18-29									
30-44									
45-59									
60-69									
18-69									

Mean amount of tobacco used by daily smokers by type								
	Women							
Age Group (years)	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Mean amount of tobacco used by daily smokers by type								
	Both Sexes							
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Mean amount of tobacco used by daily smokers by type								
	Both Sexes							
Age Group (years)	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Analysis Information:
- Questions used: T1, T2, T5a-T5f
- Epi Info program name: Tsmoketype (unweighted); TsmoketypeWT (weighted)

Smoked tobacco consumption

Description: Percentage of current smokers who smoke each of the following products.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- On average, how many of the following products do you smoke each day/week?

Age Group (years)									

Percentage of current smokers smoking each of the following products

Age Group (years)	n	% Manuf. cigs.	95% CI	n	% Hand-rolled cigs.	95% CI	n	% Pipes of tobacco	95% CI
				Men					
18-29									
30-44									
45-59									
60-69									
18-69									

Percentage of current smokers smoking each of the following products

Age Group (years)	n	% Cigars, cheroots, cigarillos	95% CI	n	% Shisha	95% CI	n	% Other	95% CI
				Men					
18-29									
30-44									
45-59									
60-69									
18-69									

Percentage of current smokers smoking each of the following products

Age Group (years)	n	% Manuf. cigs.	95% CI	n	% Hand-rolled cigs.	95% CI	n	% Pipes of tobacco	95% CI
				Women					
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Percentage of current smokers smoking each of the following products
	**Women**
	n	% Cigars, cheroots, cigarillos	95% CI	n	% Shisha	95% CI	n	% Other	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Percentage of current smokers smoking each of the following products
	**Both Sexes**
	n	% Manuf. cigs.	95% CI	n	% Hand-rolled cigs.	95% CI	n	% Pipes of tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Percentage of current smokers smoking each of the following products
	**Both Sexes**
	n	% Cigars, cheroots, cigarillos	95% CI	n	% Shisha	95% CI	n	% Other	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:

- Questions used: T1, T2, T5a-T5fw
- Epi Info program name: Tsmoketypeprev (unweighted); TsmoketypeprevWT (weighted)

Frequency of daily cigarette smoking

Description: Percentage of daily cigarette smokers smoking given quantities of manufactured or hand-rolled cigarettes per day.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- On average, how many of the following products do you smoke each day?

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day												
	Men											
Age Group (years)	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day												
	Women											
Age Group (years)	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day												
	Both Sexes											
Age Group (years)	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Analysis Information:
- Questions used: T1, T2, T5a, T5b
- Epi Info program name: Tcig (unweighted); TcigWT (weighted)

Former daily smokers and former smokers

Description: Percentage of former daily smokers among all respondents and among ever daily smokers, and the mean duration, in years, since former smokers quit smoking.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- In the past did you ever smoke any tobacco products?
- In the past, did you ever smoke daily?
- How old were you when you stopped smoking?

	Former daily smokers (who don't smoke currently) among all respondents								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Former daily smokers (who don't smoke currently) among ever daily smokers								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Mean years since cessation								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	Mean years	95% CI	n	Mean years	95% CI	n	Mean years	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T1, T2, T8, T9, T10, T11a-c
- Epi Info program name: Tsmokeexdaily (unweighted); TsmokeexdailyWT (weighted)

Cessation   Description: Percentage of current smokers who have tried to stop smoking during the past 12 months.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- During the past 12 months, have you tried to stop smoking?

	Current smokers who have tried to stop smoking								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% Tried to stop smoking	95% CI	n	% Tried to stop smoking	95% CI	n	% Tried to stop smoking	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T1, T2, T6
- Epi Info program name: Tcessation (unweighted); TcessationWT (weighted)

Advice to stop smoking   Description: Percentage of current smokers who have been advised by a doctor or other health worker to stop smoking, among those smokers who have had a visit to a doctor or other health worker in the past 12 months.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco?

	Current smokers who have been advised by doctor to stop smoking								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% Advised to stop smoking	95% CI	n	% Advised to stop smoking	95% CI	n	% Advised to stop smoking	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T1, T2, T7
- Epi Info program name: Tcessation (unweighted); TcessationWT (weighted)

Current users of smokeless tobacco

Description: Percentage of current users of smokeless tobacco among all respondents.

Instrument question:
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

	\<Current users of smokeless tobacco\>										
Age Group (years)	**Men**				**Women**				**Both Sexes**		
	n	% Current users	95% CI		n	% Current users	95% CI		n	% Current users	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Analysis Information:
- Questions used: T12, T13, T15
- Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted)

Status of smokeless tobacco use

Description: Status of using smokeless tobacco among all respondents.

Instrument questions:
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?

Smokeless tobacco use									
Men									
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Smokeless tobacco use									
Women									
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Smokeless tobacco use									
Both Sexes									
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T12, T13, T15
- Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted)

Former daily users of smokeless tobacco

Description: Percentage of former daily users of smokeless tobacco among all respondents and among ever daily users.

Instrument questions:
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?
- In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel] daily?

Former daily smokeless tobacco users (who don't use tobacco currently) among all respondents								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% Former daily users	95% CI	n	% Former daily users	95% CI	n	% Former daily users	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Former daily smokeless tobacco users (who don't use tobacco currently) among ever daily users								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% Former daily users	95% CI	n	% Former daily users	95% CI	n	% Former daily users	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T12, T13, T15, T16
- Epi Info program name: Tsmokelessexdaily (unweighted); TsmokelessexdailyWT (weighted)

Amount of smokeless tobacco used among daily users by type

Description: Mean times per day smokeless tobacco used by daily smokeless tobacco users per day, by type.

Instrument questions:
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- On average, how many times a day do you use…?

	Mean times per day smokeless tobacco used by daily smokeless tobacco users by type								
Age Group (years)	Men								
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Mean times per day smokeless tobacco used by daily smokeless tobacco users by type					
Age Group (years)	Men					
	n	Betel, quid	95% CI	n	Other	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

	Mean times per day smokeless tobacco used by daily smokeless tobacco users by type								
Age Group (years)	Women								
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Mean times per day smokeless tobacco used by daily smokeless tobacco users by type					
Age Group (years)	Women					
	n	Betel, quid	95% CI	n	Other	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Age Group (years)	Mean times per day smokeless tobacco used by daily smokeless tobacco users by type								
	Both Sexes								
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Mean times per day smokeless tobacco used by daily smokeless tobacco users by type					
	Both Sexes					
	n	Betel, quid	95% CI	n	Other	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Analysis Information:
- Questions used: T12, T13, T14a-otherw
- Epi Info program name: Tsmokelesstype (unweighted); TsmokelesstypeWT (weighted)

Smokeless tobacco consumption

Description: Percentage of current users of smokeless tobacco who use each of the following products.

Instrument questions:
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- On average, how many times a day/week do you use…?

Age Group (years)	Percentage of current users of smokeless tobacco using each of the following products
	Men
	n	% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95% CI	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Percentage of current users of smokeless tobacco using each of the following products
	Men
	n	% Betel, quid	95% CI	% Other	95% CI	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Age Group (years)	Percentage of current users of smokeless tobacco using each of the following products
	Women
	n	% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95% CI	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Percentage of current users of smokeless tobacco using each of the following products
	Women
	n	% Betel, quid	95% CI	% Other	95% CI	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Percentage of current users of smokeless tobacco using each of the following products									
Age Group (years)	Both Sexes								
	n	% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95% CI	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Percentage of current users of smokeless tobacco using each of the following products						
Age Group (years)	Both Sexes					
	n	% Betel, quid	95% CI	% Other	95% CI	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Analysis Information:

- Questions used: T12, T13, T14a-otherw
- Epi Info program name: Tsmokelesstypeprev (unweighted); TsmokelesstypeprevWT (weighted)

Current tobacco users
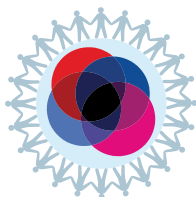
Description: Percentage of daily and current (daily plus non-daily) tobacco users, includes smoking and smokeless, among all respondents.

Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?

	Current tobacco users								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% Current users	95% CI	n	% Current users	95% CI	n	% Current users	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Daily tobacco users								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% Daily users	95% CI	n	% Daily users	95% CI	n	% Daily users	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T1, T2, T12, T13
- Epi Info program name: Tdailyuser (unweighted); TdailyuserWT (weighted)

Exposure to second-hand smoke in home in past 30 days

Description: Percentage of respondents exposed second-hand smoke in the home in the past 30 days.

Instrument question:
- In the past 30 days, did someone smoke in your home?

Age Group (years)	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Table title: Exposed to second-hand smoke in home during the past 30 days

Analysis Information:
- Questions used: T17
- Epi Info program name: Tetshome (unweighted); TetshomeWT (weighted)

Exposure to second-hand smoke in the workplace in past 30 days

Description: Percentage of respondents exposed to second-hand smoke in the workplace in the past 30 days.

Instrument question:
- During the past 30 days, did someone smoke in closed areas in your workplace (in the building, in a work area or a specific office)?

Age Group (years)	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Table title: Exposed to second-hand smoke in the workplace during the past 30 days

Analysis Information:
- Questions used: T18
- Epi Info program name: Tetswork (unweighted); TetsworkWT (weighted)

Alcohol Consumption

Alcohol consumption status

Description: Alcohol consumption status of all respondents.

Instrument questions:
- Have you ever consumed any alcohol such as …?
- Have you consumed any alcohol in the past 12 months?
- Have you consumed any alcohol in the past 30 days?

Alcohol consumption status									
Men									
Age Group (years)	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Alcohol consumption status									
Women									
Age Group (years)	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Alcohol consumption status									
Both Sexes									
Age Group (years)	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: A1, A2, A5
- Epi Info program name: Aconsumption (unweighted); AconsumptionWT (weighted)

Stopping drinking due to health reasons

Description: Percentage of former drinkers (those who did not drink during the past 12 months) who stopped drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of a doctor or other health worker among those respondents who drank in their lifetime, but not in the last 12 months.

Instrument questions:
- Have you consumed any alcohol in the past 12 months?
- Did you stop drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of your doctor or other health worker?

Stopping drinking due to health reasons											
	Men				**Women**				**Both Sexes**		
Age Group (years)	n	% stopping due to health reasons	95% CI		n	% stopping due to health reasons	95% CI		n	% stopping due to health reasons	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Analysis Information:
- Questions used: A1, A2, A3
- Epi Info program name: Astopdrink (unweighted); AstopdrinkWT (weighted)

Frequency of alcohol consumption

Description: Frequency of alcohol consumption in the past 12 months among those respondents who drank in the last 12 months.

Instrument question:
- During the past 12 months, how frequently have you had at least one alcoholic drink?

Age Group (years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
Frequency of alcohol consumption in the past 12 months													
Men													
18-29													
30-44													
45-59													
60-69													
18-69													

Age Group (years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
Frequency of alcohol consumption in the past 12 months													
Women													
18-29													
30-44													
45-59													
60-69													
18-69													

Age Group (years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
Frequency of alcohol consumption in the past 12 months													
Both Sexes													
18-29													
30-44													
45-59													
60-69													
18-69													

Analysis Information:
- Questions used: A1, A2, A4
- Epi Info program name: Afrequency (unweighted); AfrequencyWT (weighted)

Drinking occasions in the past 30 days

Description: Mean number of occasions with at least one drink in the past 30 days among current (past 30 days) drinkers.

Instrument question:
- During the past 30 days, on how many occasions did you have at least one alcoholic drink?

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers

Analysis Information:
- Questions used: A1, A2, A5, A6
- Epi Info program name: Aoccasions (unweighted); AoccasionsWT (weighted)

Standard drinks per drinking occasion

Description: Mean number of standard drinks consumed on a drinking occasion among current (past 30 days) drinkers.

Instrument question:
- During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers

Analysis Information:
- Questions used: A1, A2, A5, A7
- Epi Info program name: Anumdrinkperday (unweighted); AnumdrinkperdayWT (weighted)

Average volume drinking levels among all respondents

Description: Percentage of respondents with different drinking levels.
A standard drink contains approximately 10g of pure alcohol.

Instrument questions:
- During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

Age Group (years)	Men			Women			Both Sexes		
Drinking at high-end level among all respondents (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women)									
	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Men			Women			Both Sexes		
Drinking at intermediate level among all respondents (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women)									
	n	% 40-59.9g	95% CI	n	% 20-39.9g	95% CI	n	% intermediate level	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Men			Women			Both Sexes		
Drinking at lower-end level among all respondents (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women)									
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: A1, A2, A5, A7
- Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted)

Average volume drinking levels among current (past 30 days) drinkers

Description: Percentage of current (past 30 days) drinkers with different drinking levels.
A standard drink contains approximately 10g of pure alcohol.

Instrument questions:
- During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

Age Group (years)	n	% high-end (≥60g)	95% CI	% intermediate (40-59.9g)	95% CI	% lower-end (<40g)	95% CI
High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Men							
18-29							
30-44							
45-59							
60-69							
18-69							

Age Group (years)	n	% high-end (≥40g)	95% CI	% intermediate (20-39.9g)	95% CI	% lower-end (<20g)	95% CI
High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Women							
18-29							
30-44							
45-59							
60-69							
18-69							

Age Group (years)	n	% high-end	95% CI	% intermediate	95% CI	% lower-end	95% CI
High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Both sexes							
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:
- Questions used: A1, A2, A5, A7
- Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted)

Largest number of drinks in the past 30 days

Description: Largest number of drinks consumed during a single occasion in the past 30 days among current (past 30 days) drinkers.

Instrument question:
- During the past 30 days, what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together?

	Mean maximum number of standard drinks consumed on one occasion in the past 30 days								
	Men				**Women**			**Both Sexes**	
Age Group (years)	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: A1, A2, A5, A8
- Epi Info program name: Alargestnum (unweighted); AlargestnumWT (weighted)

Six or more drinks on a single occasion ("heavy episodic drinking")
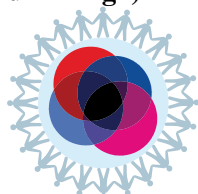
Description: Percentage of respondents who had six or more drinks on any occasion in the past 30 days during a single occasion among the total population.

Instrument question:
- During the past 30 days, how many times did you have **six or more** standard alcoholic drinks in a single drinking occasion?

Six or more drinks on a single occasion at least once during the past 30 days among total population									
Age Group (years)	Men			Women			Both Sexes		
	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: A1, A2, A5, A9
- Epi Info program name: Aepisodic (unweighted); AepisodicWT (weighted)

Six or more drinks on a single occasion

Description: Mean number of times in the past 30 days on which current (past 30 days) drinkers consumed six or more drinks during a single occasion.

Instrument question:
- During the past 30 days, how many times did you have **six or more** standard alcoholic drinks in a single drinking occasion?

Mean number of times with six or more drinks during a single occasion in the past 30 days among current drinkers									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of times	95% CI	n	Mean number of times	95% CI	n	Mean number of times	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: A1, A2, A5, A9
- Epi Info program name: Aepisodic (unweighted); AepisodicWT (weighted)

Past 7 days drinking

Description: Frequency of alcohol consumption in the past 7 days by current (past 30 days) drinkers.

Instrument question:
- During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day?

Frequency of alcohol consumption in the past 7 days											
Age Group (years)	Men										
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Frequency of alcohol consumption in the past 7 days											
Age Group (years)	Women										
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Frequency of alcohol consumption in the past 7 days											
Age Group (years)	Both Sexes										
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Analysis Information:
- Questions used: A1, A2, A5, A10a-g
- Epi Info program name: Apastweek (unweighted); ApastweekWT (weighted)

Standard drinks per day in the past 7 days

Description: Mean number of standard drinks consumed on average per day in the past 7 days among current (past 30 days) drinkers.

Instrument question:
- During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day?

Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number	95% CI	n	Mean number	95% CI	n	Mean number	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: A1, A2, A5, A10a-g
- Epi Info program name: Apastweek (unweighted); ApastweekWT (weighted)

Consumption of unrecorded alcohol

Description: Percentage of respondents that consumed unrecorded alcohol (homebrewed alcohol, alcohol brought over the border, not intended for drinking or other untaxed alcohol) during the past 7 days among current (past 30 days) drinkers.

Instrument questions:
- Have you consumed any alcohol within the past 30 days?
- During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?

Consumption of unrecorded alcohol									
Age Group (years)	Men			Women			Both Sexes		
	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: A1, A2, A5, A10a-g, A11
- Epi Info program name: Aunrecorded (unweighted); AunrecordedWT (weighted)

Standard drinks of unrecorded alcohol per day in the past 7 days

Description: Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current (past 30 days) drinkers.

Instrument question:
- On average, how many standard drinks of the following did you consume during the past 7 days?

Age Group (years)	Men			Women			Both Sexes		
	n	Mean number	95% CI	n	Mean number	95% CI	n	Mean number	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Table title: Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current drinkers

Analysis Information:
- Questions used: A1, A2, A5, A10a-g, A11, A12a-e
- Epi Info program name: Ameanunrecorded (unweighted); AmeanunrecordedWT (weighted)

Percent of unrecorded alcohol from all alcohol consumed

Description: Percentage of unrecorded alcohol from all alcohol consumed during the past 7 days among current (past 30 days) drinkers.

Instrument questions:
- During each of the past 7 days, how many standard drinks did you have each day?
- During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?
- On average, how many standard drinks of the following did you consume during the past 7 days?

Age Group (years)	Men			Women			Both Sexes		
	n	% unrecorded alcohol of all alcohol	95% CI	n	% unrecorded alcohol of all alcohol	95% CI	n	% unrecorded alcohol of all alcohol	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Table title: Percentage of unrecorded alcohol from all alcohol consumed during past 7 days

Analysis Information:
- Questions used: A1, A2, A5, A10a-g, A11, A12a-e
- Epi Info program name: Please contact the STEPS team.

Types of unrecorded alcohol

Description: Percentage of each type of unrecorded alcohol of all unrecorded alcohol consumed in the past 7 days among current (past 30 days) drinkers.

Instrument questions:
- During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?
- On average, how many standard drinks of the following did you consume during the past 7 days?

Unrecorded alcohol consumption during the past 7 days by type										
Men										
Age Group (years)	n	% home-brewed spirits	95% CI	% home-brewed beer/ wine	95% CI	% brought over border	95% CI	% surro-gate alcohol	95% CI	% other	95% CI
18-29										
30-44										
45-59										
60-69										
18-69										

Unrecorded alcohol consumption during the past 7 days by type										
Women										
Age Group (years)	n	% home-brewed spirits	95% CI	% home-brewed beer/ wine	95% CI	% brought over border	95% CI	% surro-gate alcohol	95% CI	% other	95% CI
18-29										
30-44										
45-59										
60-69										
18-69										

Unrecorded alcohol consumption during the past 7 days by type										
Both Sexes										
Age Group (years)	n	% home-brewed spirits	95% CI	% home-brewed beer/ wine	95% CI	% brought over border	95% CI	% surro-gate alcohol	95% CI	% other	95% CI
18-29										
30-44										
45-59										
60-69										
18-69										

Analysis Information:
- Questions used: A1, A2, A5, A11, A12a-e
- Epi Info program name: Please contact the STEPS team.

Frequency of impaired control over drinking

Description: Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers.

Instrument questions:
- Have you consumed any alcohol within the past 12 months?
- How often during the past 12 months have you found that you were not able to stop drinking once you had started?

Frequency of not being able to stop drinking once started during the past 12 month drinkers							
Men							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of not being able to stop drinking once started during the past 12 month drinkers							
Women							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of not being able to stop drinking once started during the past 12 month drinkers							
Both Sexes							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:
- Questions used: A1, A2, A13
- Epi Info program name: Anotabletostop (unweighted); AnotabletostopWT (weighted)

Frequency of failing to do what was normally expected because of drinking

Description: Frequency of failing to do what was normally expected from you because of drinking during the past 12 months among past 12 month drinkers.

Instrument questions:
- Have you consumed any alcohol within the past 12 months?
- How often during the past 12 months have you failed to do what was normally expected from you because of drinking?

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
Men							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
Women							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
Both Sexes							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:
- Questions used: A1, A2, A14
- Epi Info program name: Afailexpected (unweighted); AfailexpectedWT (weighted)

Frequency of morning drinking

Description: Frequency of needing a first drink in the morning to get going after a heavy drinking session during the past 12 months among past 12 month drinkers.

Instrument questions:
- Have you consumed any alcohol within the past 12 months?
- How often during the past 12 months have you needed a first drink in the morning to get yourself going after a heavy drinking session?

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
Men							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
Women							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
Both Sexes							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:
- Questions used: A1, A2, A15
- Epi Info program name: Amorningdrink (unweighted); AmorningdrinkWT (weighted)

Frequency of problems with family/ partner due to someone else's drinking

Description: Frequency of having had problems with family or partner due to someone else's drinking in the past 12 months among all respondents.

Instrument question:
- Have you had family problems or problems with your partner due to someone else's drinking within the past 12 months?

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Men							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Women							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Both Sexes							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:
- Question used: A16
- Epi Info program name: Afamproblem (unweighted); AfamproblemWT (weighted)

Diet

Mean number of days of fruit and vegetable consumption

Description: mean number of days fruit and vegetables consumed.

Instrument questions:
- In a typical week, on how many days do you eat fruit?
- In a typical week, on how many days do you eat vegetables?

	Mean number of days fruit consumed in a typical week								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Mean number of days vegetables consumed in a typical week								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: D1, D3
- Epi Info program name: Ddays (unweighted); DdaysWT (weighted)

Mean number of servings of fruit and vegetable consumption

Description: mean number of fruit, vegetable, and combined fruit and vegetable servings on average per day.

Instrument questions:
- In a typical week, on how many days do you eat fruit?
- How many servings of fruit do you eat on one of those days?
- In a typical week, on how many days do you eat vegetables?
- How many servings of vegetables do you eat on one of those days?

	Mean number of servings of fruit on average per day								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Mean number of servings of vegetables on average per day								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Mean number of servings of fruit and/or vegetables on average per day								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: D1, D2 , D3, D4
- Epi Info program name: Dservings (unweighted); DservingsWT (weighted)

Fruit and vegetable consumption per day

Description: Frequency of fruit and/or vegetable consumption.

Instrument questions:
- In a typical week, on how many days do you eat fruit?
- How many servings of fruit do you eat on one of those days?
- In a typical week, on how many days do you eat vegetables?
- How many servings of vegetables do you eat on one of those days?

Age Group (years)	Number of servings of fruit and/or vegetables on average per day

Age Group (years)	Men
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Number of servings of fruit and/or vegetables on average per day — Women
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	Number of servings of fruit and/or vegetables on average per day — Both Sexes
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: D1, D2 , D3, D4
- Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted)

Fruit and vegetable consumption per day

Description: Percentage of those eating less than five servings of fruit and/or vegetables on average per day.

Instrument questions:
- In a typical week, on how many days do you eat fruit?
- How many servings of fruit do you eat on one of those days?
- In a typical week, on how many days do you eat vegetables?
- How many servings of vegetables do you eat on one of those days?

	**Less than five servings of fruit and/or vegetables on average per day**						
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: D1, D2 , D3, D4
- Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted)

Adding salt at meal

Description: Percentage of all respondents who always or often add salt or salty sauce to their food before eating or as they are eating.

Instrument question:
- How often do you add salt or a salty sauce such as soya sauce to your food right before you eat it or as you are eating it?

Age Group (years)	Add salt always or often before eating or when eating
	\multicolumn{3}{c}{Men}	\multicolumn{3}{c}{Women}	\multicolumn{3}{c}{Both Sexes}
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Question used: D5
- Epi Info program name: Deating (unweighted); DeatingWT (weighted)

Adding salt when cooking

Description: Percentage of all respondents who always or often add salt to their food when cooking or preparing foods at home.

Instrument question:
- How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household?

Age Group (years)	Add salt always or often when cooking or preparing food at home
	\multicolumn{3}{c}{Men}	\multicolumn{3}{c}{Women}	\multicolumn{3}{c}{Both Sexes}
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Question used: D6
- Epi Info program name: Dooking (unweighted); **DcookingWT** (weighted)

Salty processed food consumption

Description: Percentage of all respondents who always or often eat processed foods high in salt.

Instrument question:
- How often do you eat processed food high in salt?

| Age Group (years) | Always or often consume processed food high in salt | | | | | | | | |
| | Men | | | Women | | | Both Sexes | | |
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Question used: D7
- Epi Info program name: Dprocessed (unweighted); DprocessedWT (weighted)

Salt consumption

Description: Percentage of all respondents who think they consume far too much or too much salt.

Instrument question:
- How much salt or salty sauce do you think you consume?

| Age Group (years) | Think they consume far too much or too much salt | | | | | | | | |
| | Men | | | Women | | | Both Sexes | | |
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Self-reported quantity of salt consumed											
Men											
Age Group (years)	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Self-reported quantity of salt consumed											
Women											
Age Group (years)	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Self-reported quantity of salt consumed											
Both Sexes											
Age Group (years)	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Analysis Information:
- Question used: D8
- Epi Info program name: Dsaltquantity (unweighted); DsaltquantityWT (weighted)

Lowering salt

Description: Percentage of respondents who think lowering salt in diet is very, somewhat or not at all important.

Instrument question:
- How important to you is lowering the salt in your diet?

Importance of lowering salt in diet							
Men							
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Importance of lowering salt in diet							
Women							
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Importance of lowering salt in diet							
Both Sexes							
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:
- Question used: D9
- Epi Info program name: Dlower (unweighted); DlowerWT (weighted)

Salt knowledge

Description: Percentage of respondents who think consuming too much salt could cause a serious health problem.

Instrument question:

- Do you think that too much salt or salty sauce in your diet could cause a health problem?

Age Group (years)	Think consuming too much salt could cause serious health problem								
	Men			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:

- Question used: D10
- Epi Info program name: Dhealth (unweighted); DhealthWT (weighted)

Controlling salt intake

Description: Percentage of respondents who take specific action on a regular basis to control salt intake.

Instrument question:
- Do you do any of the following on a regular basis to control your salt intake?

Limit consumption of processed foods								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Look at the salt or sodium content on food labels								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Buy low salt/sodium alternatives								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Use spices other than salt when cooking								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Avoid eating foods prepared outside of a home									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Do other things specifically to control your salt intake									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: D11a-f
- Epi Info program name: Dcontrol (unweighted); DcontrolWT (weighted)

Physical Activity

Introduction   A population's physical activity (or inactivity) can be described in different ways. The two most common ways are
(1) to estimate a population's mean or median physical activity using a continuous indicator such as MET-minutes per week or time spent in physical activity, and
(2) to classify certain percentages of a population in specific groups by setting up cut-points for a specific amount of physical activity.

When analyzing GPAQ data, both continuous as well as categorical indicators are used.

Metabolic Equivalent (MET)   METs (Metabolic Equivalents) are commonly used to express the intensity of physical activities, and are also used for the analysis of GPAQ data.

Applying MET values to activity levels allows us to calculate total physical activity. MET is the ratio of a person's working metabolic rate relative to the resting metabolic rate. One MET is defined as the energy cost of sitting quietly, and is equivalent to a caloric consumption of 1 kcal/kg/hour. For the analysis of GPAQ data, existing guidelines have been adopted: It is estimated that, compared to sitting quietly, a person's caloric consumption is four times as high when being moderately active, and eight times as high when being vigorously active.

Therefore, for the calculation of a person's total physical activity using GPAQ data, the following MET values are used:

Domain	MET value
Work	• Moderate MET value = 4.0 • Vigorous MET value = 8.0
Transport	Cycling and walking MET value = 4.0
Recreation	• Moderate MET value = 4.0 • Vigorous MET value = 8.0

WHO global recommen-dations on physical activity for health   For the calculation of the categorical indicator on the recommended amount of physical activity for health, the total time spent in physical activity during a typical week and the intensity of the physical activity are taken into account.

Throughout a week, including activity for work, during transport and leisure time, adults should do at least
- 150 minutes of moderate-intensity physical activity OR
- 75 minutes of vigorous-intensity physical activity OR
- An equivalent combination of moderate- and vigorous-intensity physical activity achieving at least 600 MET-minutes.

Former recommendations for comparison purposes

For comparison purposes, tables presenting cut-offs from former recommendations are also included in GPAQ data analysis.

The three levels of physical activity suggested for classifying populations were low, moderate, and high. The criteria for these levels are shown below.

- **High**

A person reaching any of the following criteria is classified in this category:
- Vigorous-intensity activity on at least 3 days achieving a minimum of at least 1,500 MET-minutes/week OR
- 7 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 3,000 MET-minutes per week.

- **Moderate**

A person not meeting the criteria for the "high" category, but meeting any of the following criteria is classified in this category:
- 3 or more days of vigorous-intensity activity of at least 20 minutes per day OR
- 5 or more days of moderate-intensity activity or walking of at least 30 minutes per day OR
- 5 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 600 MET-minutes per week.

- **Low**

A person not meeting any of the above mentioned criteria falls in this category.

Not meeting WHO recommendations on physical activity for health ("Insufficient physical activity")
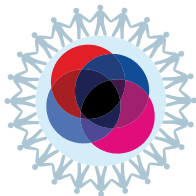
Description: Percentage of respondents not meeting WHO recommendations on physical activity for health (respondents doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent).

Instrument questions
- activity at work
- travel to and from places
- recreational activities

Age Group (years)	Men			Women			Both Sexes		
	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Not meeting WHO recommendations on physical activity for health

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Pnotmeetingrecs (unweighted); PnotmeetingrecsWT (weighted)

Levels of total physical activity according to former recommendations

Description: Percentage of respondents classified into three categories of total physical activity according to former recommendations.

Instrument questions:
- activity at work
- travel to and from places
- recreational activities

| Age Group (years) | Level of total physical activity according to former recommendations |
| | Men |
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

| Age Group (years) | Level of total physical activity according to former recommendations |
| | Women |
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

| Age Group (years) | Level of total physical activity according to former recommendations |
| | Both Sexes |
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Ptotallevels (unweighted); PtotallevelsWT (weighted)

Total physical activity- mean

Description: Mean minutes of total physical activity on average per day.

Instrument questions
- activity at work
- travel to and from places
- recreational activities

Mean minutes of total physical activity on average per day									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Ptotal (unweighted); PtotalWT (weighted)

Total physical activity- median

Description: Median minutes of total physical activity on average per day.

Instrument questions
- activity at work
- travel to and from places
- recreational activities

Median minutes of total physical activity on average per day									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Ptotal (unweighted); PtotalmedianWT (weighted)

Domain-specific physical activity-mean

Description: Mean minutes spent in work-, transport- and recreation-related physical activity on average per day.

Instrument questions:
- activity at work
- travel to and from places
- recreational activities

Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI

Mean minutes of work-related physical activity on average per day

Age Group (years)	Men n	Mean minutes	95% CI	Women n	Mean minutes	95% CI	Both Sexes n	Mean minutes	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean minutes of transport-related physical activity on average per day

Age Group (years)	Men n	Mean minutes	95% CI	Women n	Mean minutes	95% CI	Both Sexes n	Mean minutes	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean minutes of recreation-related physical activity on average per day

Age Group (years)	Men n	Mean minutes	95% CI	Women n	Mean minutes	95% CI	Both Sexes n	Mean minutes	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Psetspecific (unweighted); PsetspecificWT (weighted)

Domain-specific physical activity - median

Description: Median minutes spent on average per day in work-, transport- and recreation-related physical activity.

Instrument questions:
- activity at work
- travel to and from places
- recreational activities

Median minutes of work-related physical activity on average per day									
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29									
30-44									
45-59									
60-69									
18-69									

Median minutes of transport-related physical activity on average per day									
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29									
30-44									
45-59									
60-69									
18-69									

Median minutes of recreation-related physical activity on average per day									
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Psetspecific (unweighted); PsetspecificmedianWT (weighted)

No physical activity by domain

Description: Percentage of respondents classified as doing no work-, transport- or recreational-related physical activity.

Instrument questions:
- activity at work
- travel to and from places
- recreational activities

	No work-related physical activity								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% no activity at work	95% CI	n	% no activity at work	95% CI	n	% no activity at work	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	No transport-related physical activity								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	No recreation-related physical activity								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% no activity at recreation	95% CI	n	% no activity at recreation	95% CI	n	% no activity at recreation	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Pnoactivitybyset (unweighted); PnoactivitybysetWT (weighted)

Composition of total physical activity

Description: Percentage of work, transport and recreational activity contributing to total activity.

Instrument questions:
- activity at work
- travel to and from places
- recreational activities

Composition of total physical activity								
Men								
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Composition of total physical activity								
Women								
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Composition of total physical activity								
Both Sexes								
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Pcomposition(unweighted); PcompositionWT (weighted)

No vigorous physical activity

Description: Percentage of respondents not engaging in vigorous physical activity.

Instrument questions:
- activity at work
- recreational activities

Age Group (years)	Men			Women			Both Sexes		
	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Pnovigorous(unweighted); PnovigorousWT (weighted)

Sedentary   Description: Minutes spent in sedentary activities on a typical day.

Instrument question:
- sedentary behaviour

Minutes spent in sedentary activities on average per day					
	Men				
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29					
30-44					
45-59					
60-69					
18-69					

Minutes spent in sedentary activities on average per day					
	Women				
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29					
30-44					
45-59					
60-69					
18-69					

Minutes spent in sedentary activities on average per day					
	Both Sexes				
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29					
30-44					
45-59					
60-69					
18-69					

Analysis Information:
- Question used : P16a-b
  - Epi Info program name: Psedentary (unweighted); PsedentaryWT and PsedentarymedianWT (weighted)

History of Raised Blood Pressure

Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among all respondents.

Instrument questions:
- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- Have you been told in the past 12 months?

Blood pressure measurement and diagnosis								
Men								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Blood pressure measurement and diagnosis								
Women								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Blood pressure measurement and diagnosis								
Both sexes								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Analysis Information:
- Questions used: H1, H2a, H2b
- Epi Info program name: Hbloodpressure (unweighted); HbloodpressureWT (weighted)

Blood pressure treatment among those diagnosed

Description: Raised blood pressure treatment results among those previously diagnosed with raised blood pressure.

Instrument questions:
- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker?

	Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed								
Age Group (years)	**Men**				**Women**			**Both Sexes**	
	n	% taking meds	95% CI		n	% taking meds	95% CI	n	% taking meds	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: H1, H2a, H3
- Epi Info program name: Hbloodpressure (unweighted); HbloodpressureWT (weighted)

Blood pressure advice by a traditional healer

Description: Percentage of respondents who have sought advice or received treatment from a traditional healer for raised blood pressure among those previously diagnosed with raised blood pressure.

Instrument questions:
- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- Have you ever seen a traditional healer for raised blood pressure?
- Are you currently taking any herbal or traditional remedy for your high blood pressure?

Seen a traditional healer among those previously diagnosed									
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed									
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: H1, H2a, H4, H5
- Epi Info program name: Hraisedbptrad (unweighted); HraisedbptradWT (weighted)

History of Diabetes

Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among all respondents.

Instrument questions:
- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- Have you been told in the past 12 months?

Blood sugar measurement and diagnosis								
Men								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Blood sugar measurement and diagnosis								
Women								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Blood sugar measurement and diagnosis								
Both sexes								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Analysis Information:
- Questions used: H6, H7a, H7b
- Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted)

Diabetes treatment among those diagnosed

Description: Diabetes treatment results among those previously diagnosed with raised blood sugar or diabetes.

Instrument questions:
- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?
- Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

	Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed								
Age Group (years)	Men			Women			Both Sexes		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Currently taking insulin prescribed for diabetes among those previously diagnosed								
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: H6, H7a, H8, H9
- Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted)

Diabetes advice by traditional healer

Description: Percentage of respondents who are have sought advice or treatment from a traditional healer for diabetes among those previously diagnosed.

Instrument questions:
- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- Have you ever seen a traditional healer for diabetes or raised blood sugar?
- Are you currently taking any herbal or traditional remedy for your diabetes?

	Seen a traditional healer for diabetes among those previously diagnosed								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Currently taking herbal or traditional treatment for diabetes among those previously diagnosed								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: H6, H7a, H10, H11
- Epi Info program name: Hdiabetestrad (unweighted); HdiabetestradWT (weighted)

History of Raised Total Cholesterol

Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among all respondents.

Instrument questions:

- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised cholesterol?
- Have you been told in the past 12 months?

Total cholesterol measurement and diagnosis									
Men									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Total cholesterol measurement and diagnosis									
Women									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Total cholesterol measurement and diagnosis									
Both sexes									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:

- Questions used: H12, H13a, H13b
- Epi Info program name: Hchol (unweighted); HcholWT (weighted)

Cholesterol treatment among those diagnosed

Description: Cholesterol treatment results among those previously diagnosed with raised cholesterol.

Instrument questions:
- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised cholesterol?
- In the past two weeks, have you taken oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?

Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed										
Age Group (years)	Men				Women				Both Sexes	
	n	% taking meds	95% CI		n	% taking meds	95% CI		n	% taking meds	95% CI
18-29										
30-44										
45-59										
60-69										
18-69										

Analysis Information:
- Questions used: H12, H13a, H14
- Epi Info program name: Hchol (unweighted); HcholWT (weighted)

Cholesterol advice by traditional healer

Description: Percentage of respondents who are have sought advice or treatment from a traditional healer for raised cholesterol among those previously diagnosed.

Instrument questions:
- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised cholesterol?
- Have you ever seen a traditional healer for raised cholesterol?
- Are you currently taking any herbal or traditional remedy for your raised cholesterol?

	Seen a traditional healer for raised cholesterol among those previously diagnosed								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

	Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed								
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: H12, H13a, H15, H16
- Epi Info program name: Hcholtrad (unweighted); HcholtradWT (weighted)

History of Cardiovascular Diseases

History of cardio-vascular diseases

Description: Percentage of respondents who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among all respondents.

Instrument questions:
- Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)?

	Having ever had a heart attack or chest pain from heart disease or a stroke								

Age Group (years)	Men			Women			Both Sexes		
	n	% CVD history	95% CI	n	% CVD history	95% CI	n	% CVD history	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Question used: H17
- Epi Info program name: Hcvd (unweighted); HcvdWT (weighted)

Prevention and treatment of heart disease

Description: Percentage of respondents who are currently taking aspirin or statins regularly to prevent or treat heart disease.

Instrument questions:
- Are you currently taking aspirin regularly to prevent or treat heart disease?
- Are you currently taking statins (Lovostatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?

Age Group (years)	Men			Women			Both Sexes		
	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Table title: **Currently taking aspirin regularly to prevent or treat heart disease**

Age Group (years)	Men			Women			Both Sexes		
	n	% taking statins	95% CI	n	% taking statins	95% CI	n	% taking statins	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Table title: **Currently taking statins regularly to prevent or treat heart disease**

Analysis Information:
- Questions used: H18, H19
- Epi Info program name: Hcvdmeds (unweighted); HcvdmedsWT (weighted)

Lifestyle Advice

Lifestyle advice   Description: Percentage of respondents who received lifestyle advice from a doctor or health worker during the past three years among all respondents.

Instrument question:
- During the past three years, has a doctor or other health worker advised you to do any of the following?

Advised by doctor or health worker to quit using tobacco or don't start								
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Advised by doctor or health worker to reduce salt in the diet								
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day								
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Advised by doctor or health worker to reduce fat in the diet								
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	**Advised by doctor or health worker to start or do more physical activity**								
	Men			**Women**			**Both Sexes**		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	**Advised by doctor or health worker to maintain a healthy body weight or to lose weight**								
	Men			**Women**			**Both Sexes**		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:

- Questions used: H20a-f
- Epi Info program name: Hlifestyle (unweighted); HlifestyleWT (weighted)

Cervical Cancer Screening

Cervical cancer screening

Description: Percentage of female respondents who have ever had a screening test for cervical cancer among all female respondents.

Instrument question:

- Have you ever had a screening test for cervical cancer, using any of these methods described above?

Age Group (years)	Women		
	n	% ever tested	95% CI
18-29			
30-44			
45-59			
60-69			
18-69			

Analysis Information:

- Question used: CX1
- Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted)

Cervical cancer screening among women aged 30-49 years

Description: Percentage of female respondents aged 30-49 years who have ever had a screening test for cervical cancer among all female respondents aged 30-49 years.

Instrument question:

- Have you ever had a screening test for cervical cancer, using any of these methods described above?
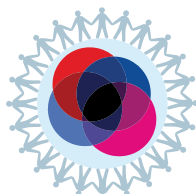
Age Group (years)	Women		
	n	% ever tested	95% CI
30-49			

Analysis Information:

- Question used: CX1
- Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted)

Physical Measurements

Blood pressure

Description: Mean blood pressure among all respondents, including those currently on medication for raised blood pressure.
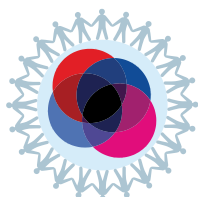
Instrument question:
- Reading 1-3 systolic and diastolic blood pressure

Mean systolic blood pressure (mmHg)								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean diastolic blood pressure (mmHg)								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: M4a, M4b, M5a, M5b, M6a, M6b
- Epi Info program name: Mbloodpressure (unweighted); MbloodpressureWT (weighted)

Raised blood pressure
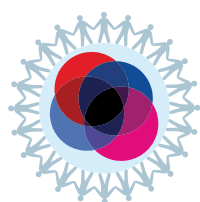
Description: Percentage of respondents with raised blood pressure.

Instrument question:
- Reading 1-3 systolic and diastolic blood pressure
- During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

Age Group (years)	**SBP ≥140 and/or DBP ≥ 90 mmHg**
	\multicolumn{3}{c}{**Men**}	\multicolumn{3}{c}{**Women**}	\multicolumn{3}{c}{**Both Sexes**}
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	**SBP ≥160 and/or DBP ≥ 100 mmHg**
	\multicolumn{3}{c}{**Men**}	\multicolumn{3}{c}{**Women**}	\multicolumn{3}{c}{**Both Sexes**}
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	**SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure**
	\multicolumn{3}{c}{**Men**}	\multicolumn{3}{c}{**Women**}	\multicolumn{3}{c}{**Both Sexes**}
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Age Group (years)	**SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure**
	\multicolumn{3}{c}{**Men**}	\multicolumn{3}{c}{**Women**}	\multicolumn{3}{c}{**Both Sexes**}
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: H1, H2a, H3, M4a, M4b, M5a, M5b, M6a, M6b, M7
- Epi Info program name: Mraisedbp (unweighted); MraisedbpWT   (weighted)

Blood pressure diagnosis, treatment and control

Description: Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure.

Instrument questions:
- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?
- Reading 1-3 systolic and diastolic blood pressure

Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure									
Men									
Age Group (years)	n	% with raised blood pressure, not previously diagnosed	95% CI	% with previously diagnosed raised blood pressure, not on medication	95% CI	% with previously diagnosed raised blood pressure, on medication but not controlled	95% CI	% with previously diagnosed raised blood pressure, on medication and blood pressure controlled	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure									
Women									
Age Group (years)	n	% with raised blood pressure, not previously diagnosed	95% CI	% with previously diagnosed raised blood pressure, not on medication	95% CI	% with previously diagnosed raised blood pressure, on medication but not controlled	95% CI	% with previously diagnosed raised blood pressure, on medication and blood pressure controlled	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure									
	Both Sexes								
Age Group (years)	n	% with raised blood pressure, not previously diagnosed	95% CI	% with previously diagnosed raised blood pressure, not on medication	95% CI	% with previously diagnosed raised blood pressure, on medication but not controlled	95% CI	% with previously diagnosed raised blood pressure, on medication and blood pressure controlled	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: H1, H2a, H3, M4a, M4b, M5a, M5b, M6a, M6b, M7
- Epi Info program name: Mraisedbp (unweighted); MraisedbpWT (weighted)

Mean heart rate   Description: Mean heart rate (beats per minute).

Instrument question:
- Reading 1-3 heart rate

Mean heart rate (beats per minute)									
Age Group (years)	Men				Women			Both Sexes	
	n	mean	95% CI		n	mean	95% CI	n	mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: M16a, M16b, M16c
- Epi Info program name: Mheartrate (unweighted); MheartrateWT (weighted)

Height, weight and BMI
Description: Mean height, weight, and body mass index among all respondents (excluding pregnant women).

Instrument questions:
- For women: Are you pregnant?
- Height
- Weight

Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Mean height (cm)

Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Mean weight (kg)

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean BMI (kg/m^2)

Analysis Information:
- Questions used: M8, M11, M12
- Epi Info program name: Mbmi (unweighted); MbmiWT (weighted)

BMI categories Description: Percentage of respondents (excluding pregnant women) in each BMI category.
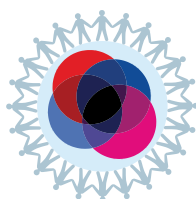
Instrument questions:
- For women: Are you pregnant?
- Height
- Weight

BMI classifications								
Men								
Age Group (years)	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

BMI classifications								
Women								
Age Group (years)	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

BMI classifications								
Both Sexes								
Age Group (years)	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Analysis Information:
- Questions used: M8, M11, M12
- Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted)

BMI ≥25

Description: Percentage of respondents (excluding pregnant women) classified as overweight (BMI≥25).

Instrument questions:
- For women: Are you pregnant?
- Height
- Weight

Age Group (years)	Men			Women			Both Sexes		
	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Table title: **BMI≥25**

Analysis Information:
- Questions used: M8, M11, M12
- Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted)

Waist circumference

Description: Mean waist circumference among all respondents (excluding pregnant women).

Instrument questions:
- For women: Are you pregnant?
- Waist circumference measurement

Waist circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Analysis Information:
- Questions used: M8, M14
- Epi Info program name: Mwaist (unweighted); MwaistWT (weighted)

Hip circumference

Description: Mean hip circumference among all respondents (excluding pregnant women).

Instrument questions:
- For women: Are you pregnant?
- Hip circumference measurement

Hip circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Analysis Information:
- Questions used: M8, M15
- Epi Info program name: Mhip (unweighted); MhipWT (weighted)

Waist / hip ratio   Description: Mean waist-to-hip ratio among all respondents (excluding pregnant women).

Instrument questions:
- For women: Are you pregnant?
- Waist circumference measurement
- Hip circumference measurement

Age Group (years)	Men				Women		
	n	Mean	95% CI		n	Mean	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Mean waist / hip ratio

Analysis Information:
- Questions used: M8, M14, M15
- Epi Info program name: Mwaisthipratio (unweighted); MwaisthipratioWT (weighted)

Biochemical Measurements

Mean fasting blood glucose

Description: mean fasting blood glucose results including those currently on medication for diabetes (non-fasting recipients excluded).

Instrument questions:
- During the last 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement

Mean fasting blood glucose (mmol/L)									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean fasting blood glucose (mg/dl)									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: B1, B5
- Epi Info program name:
  - measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted)
  - measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted)

Raised blood glucose
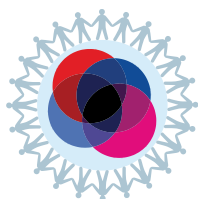
Description: Categorization of respondents into blood glucose level categories and percentage of respondents currently on medication for raised blood glucose (non-fasting recipients excluded).

Instrument questions:
- In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?
- Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?
- During the last 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement
- Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker?

Impaired Fasting Glycaemia*								
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Raised blood glucose or currently on medication for diabetes**								
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Currently on medication for diabetes								
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

* Impaired fasting glycaemia is defined as either
- plasma venous value: $\geq$6.1mmol/L (110mg/dl) and <7.0mmol/L (126mg/dl)
- capillary whole blood value: $\geq$5.6mmol/L (100mg/dl) and <6.1mmol/L (110mg/dl)

** Raised blood glucose is defined as either
- plasma venous value: $\geq$ 7.0 mmol/L (126 mg/dl)
- capillary whole blood value: $\geq$ 6.1 mmol/L (110 mg/dl)

Analysis Information:
- Questions used: H8, H9, B1, B5, B6

Epi Info program name:
- measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted)
- measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted)

Blood glucose diagnosis and treatment

Description: Raised blood glucose diagnosis and treatment among all respondents.

Instrument questions:
- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?
- Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?
- During the last 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement
- Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker?

Raised blood glucose diagnosis and treatment among all respondents							
Men							
Age Group (years)	n	% with raised blood glucose, not previously diagnosed	95% CI	% with previously diagnosed raised blood glucose, not on medication	95% CI	% with previously diagnosed raised blood glucose, on medication	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Raised blood glucose diagnosis and treatment among all respondents							
Women							
Age Group (years)	n	% with raised blood glucose, not previously diagnosed	95% CI	% with previously diagnosed raised blood glucose, not on medication	95% CI	% with previously diagnosed raised blood glucose, on medication	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Raised blood glucose diagnosis and treatment among all respondents							
Both Sexes							
Age Group (years)	n	% with raised blood glucose, not previously diagnosed	95% CI	% with previously diagnosed raised blood glucose, not on medication	95% CI	% with previously diagnosed raised blood glucose, on medication	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Analysis Information:

- Questions used: H6, H7a, H8, H9, B1, B5, B6
- Epi Info program name:
  - measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted)
  - measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted)

Total cholesterol
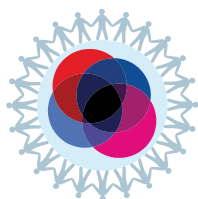
Description: Mean total cholesterol among all respondents including those currently on medication for raised cholesterol.

Instrument question:
- Total cholesterol measurement

Mean total cholesterol (mmol/L)									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean total cholesterol (mg/dl)									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: B8
- Epi Info program name:
    - measurement in mmol/L: Btotallipids (unweighted); BtotallipidsWT (weighted)
    - measurement in mg/dl: BtotallipidsMg (unweighted); BtotallipidsMgWT (weighted)

Raised total cholesterol

Description: Percentage of respondents with raised total cholesterol.

Instrument questions:
- Total cholesterol measurement

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: B8
- Epi Info program name:
  - measurement in mmol/L: Btotallipids (unweighted); BtotallipidsWT (weighted)
  - measurement in mg/dl: BtotallipidsMg (unweighted); BtotallipidsMgWT (weighted)

Raised total cholesterol

Description: Percentage of respondents with raised total cholesterol and percentage of respondents currently on medication for raised cholesterol.

Instrument questions:
- Total cholesterol measurement
- During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or other health worker?

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl or currently on medication for raised cholesterol									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: B8, B9
- Epi Info program name:
  - measurement in mmol/L: Btotallipids (unweighted); BtotallipidsWT (weighted)
  - measurement in mg/dl: BtotallipidsMg (unweighted); BtotallipidsMgWT (weighted)

Introduction to intake of salt per day

Levels of sodium and creatinine in spot urine samples are used in STEPS to estimate population 24 hour salt intake, using the INTERSALT equation:

Estimated 24 hour sodium (Na) intake in mmol for males: 23.51+0.45*spot Na concentration (mmol/L) -3.09*spot creatinine concentration (mmol/L)+4.16*BMI+0.22*Age

Estimated 24 hour sodium (Na) intake in mmol for females: 3.74+0.33* spot Na concentration (mmol/L)-2.44* spot creatinine concentration (mmol/L)+2.42* BMI +2.34* Age -0.03* Age ^2

The 24 hour sodium values in mmol are divided by 17.1 in order to get grams of salt.

WHO recommen-dation

The WHO recommendation is less than 5 grams of salt or 2 grams of sodium per person per day.

Intake of salt per day

Description: Mean intake of salt in grams per day among all respondents
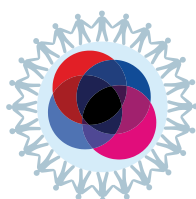
Instrument question:
- Are you pregnant?
- Had you been fasting prior to urine collection?
- Urinary sodium measurement
- Urinary creatinine measurement

Mean salt intake (g/day)										
Age Group (years)	**Men**				**Women**				**Both Sexes**	
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29										
30-44										
45-59										
60-69										
18-69										

Analysis Information:
- Questions used: M8, B10, B14, B15
- Epi Info program name: Bsalt (unweighted); BsaltWT (weighted)

High density lipoprotein (HDL)

Description: Mean HDL among all respondents and percentage of respondents with low HDL.

Instrument question:
- HDL cholesterol measurement

Mean HDL (mmol/L)										
Age Group (years)	**Men**				**Women**				**Both Sexes**	
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29										
30-44										
45-59										
60-69										
18-69										

Mean HDL (mg/dl)										
Age Group (years)	**Men**				**Women**				**Both Sexes**	
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29										
30-44										
45-59										
60-69										
18-69										

Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl			
Age Group (years)	**Men**		
	n	%	95% CI
18-29			
30-44			
45-59			
60-69			
18-69			

Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl			
Age Group (years)	**Women**		
	n	%	95% CI
18-29			
30-44			
45-59			
60-69			
18-69			

Analysis Information:
- Questions used: B16
- Epi Info program name:
    - measurement in mmol/L: Bhdlipids (unweighted); BhdlipidsWT (weighted)
    - measurement in mg/dl: BhdlipidsMg (unweighted); BhdlipidsMgWT (weighted)

Triglycerides Description: Mean fasting triglycerides among all respondents and percentage of respondents with raised fasting triglycerides (non-fasting recipients excluded).

Instrument questions:
- During the last 12 hours have you had anything to eat or drink, other than water?
- Triglyceride measurement

Mean fasting triglycerides (mmol/L)								
Age Group (years)	**Men**			**Women**			**Both Sexes**	
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Mean fasting triglycerides (mg/dl)								
Age Group (years)	**Men**			**Women**			**Both Sexes**	
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Percentage of respondents with fasting triglycerides ≥ 1.7 mmol/L or ≥ 150 mg/dl								
Age Group (years)	**Men**			**Women**			**Both Sexes**	
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Percentage of respondents with fasting triglycerides ≥ 2.0 mmol/L or ≥ 180 mg/dl								
Age Group (years)	**Men**			**Women**			**Both Sexes**	
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

Analysis Information:
- Questions used: B1, B17
- Epi Info program name:
  - measurement in mmol/L: Btriglyceride (unweighted); BtriglycerideWT (weighted)
  - measurement in mg/dl: BtriglycerideMg (unweighted); BtriglycerideMgWT (weighted)

Cardiovascular disease risk

CVD risk   Description: 10-year cardiovascular disease (CVD) risk* among respondents aged 40-69 years

Instrument questions: combined from Step 1, 2 and 3
- Gender, age
- Smoking status
- Systolic blood pressure measurements
- History of diabetes
- Total cholesterol measurements
- Body mass index

Age Group (years)							

Percentage of respondents by level of 10-year CVD risk

Men

Age Group (years)	n	<10%	95% CI	10-20%	95% CI	≥20%	95% CI
40-54							
55-69							
40-69							

Percentage of respondents by level of 10-year CVD risk

Women

Age Group (years)	n	<10%	95% CI	10-20%	95% CI	≥20%	95% CI
40-54							
55-69							
40-69							

Percentage of respondents by level of 10-year CVD risk

Both Sexes

Age Group (years)	n	<10%	95% CI	10-20%	95% CI	≥20%	95% CI
40-54							
55-69							
40-69							

  * 10-year CVD risk is defined according to age, sex, smoking status, blood pressure, history of diabetes, total cholesterol, and body mass index.

Analysis Information:
- Questions used: C1, C2, C3, T1, H6, H7a, H17, M4a, M5a, M6a, M7, B1, B8
- Epi Info program name: Please contact the STEPS team.

CVD risk of ≥20% or existing CVD

Description: Percentage of respondents aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* ≥20% or with existing CVD

Instrument questions: combined from Step 1, 2 and 3
- Gender, age
- Smoking status
- Systolic blood pressure measurements
- History of diabetes
- Total cholesterol measurements
- Body mass index

Percentage of respondents with a 10-year CVD risk ≥20% or with existing CVD									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54									
55-69									
40-69									

* A 10-year CVD risk of ≥20% is defined according to age, sex, smoking status, blood pressure, history of diabetes, total cholesterol, and body mass index.

Analysis Information:
- Questions used: C1, C2, C3, T1, H6, H7a, H17, M4a, M5a, M6a, M7, B1, B8
- Epi Info program name: Please contact the STEPS team.

Drug therapy and counseling for those with CVD risk ≥20% or existing CVD
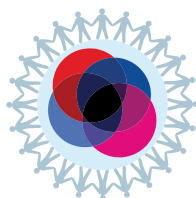
Description: Percentage of eligible persons (defined as aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* ≥20%, including those with existing CVD) receiving drug therapy and counseling** (including glycaemic control) to prevent heart attacks and strokes.

Instrument questions: combined from Step 1, 2 and 3
- Gender, age
- Smoking status
- Systolic blood pressure measurements
- History of diabetes
- Total cholesterol measurements
- Body mass index

Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes										
Age Group (years)	Men				Women				Both Sexes	
	n	%	95% CI		n	%	95% CI		n	%	95% CI
40-54										
55-69										
40-69										

  * A 10-year CVD risk of ≥20% is defined according to age, sex, smoking status, blood pressure, history of diabetes, total cholesterol, and body mass index.

**Counseling is defined as receiving advice from a doctor or other health worker to quit using tobacco or not start, reduce salt in diet, eat at least five servings of fruit and/or vegetables per day, reduce fat in diet, start or do more physical activity, maintain a healthy body weight or lose weight.

Analysis Information:
- Questions used: C1, C2, C3, T1, T8T10, T11a-c, H6, H7a, H8, H9, H13a, H14, H17, H18, H19, H20a-f, M4a, M5a, M6a, M7, B1, B8
- Epi Info program name: Please contact the STEPS team.

Summary of Combined Risk Factors

Summary of Combined Risk Factors

Description: Percentage of respondents with 0, 1-2, or 3-5 of the following risk factors:

- Current daily smoking
- Less than five servings of fruit and/or vegetables per day
- Not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent)
- Overweight or obese (BMI ≥ 25 kg/m^2)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP).

Instrument questions: combined from Step 1 and Step 2

Summary of Combined Risk Factors							
Men							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44							
45-69							
18-69							

Summary of Combined Risk Factors							
Women							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44							
45-69							
18-69							

Summary of Combined Risk Factors							
Both Sexes							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44							
45-69							
18-69							

Analysis Information:
- Questions used: T1, T2, D1-D4, P1-P15b, M4a-M6b, M7, M8, M11, M12
- Epi Info program name: Raisedrisk (unweighted); RaisedriskWT (weighted)

[Country] STEPS Report [year]

Cover and Content Pages

Introduction   The cover and content pages at the front of the STEPS country report provide the formal information needed for library indexing and purchasing, and give the reader an idea of the structure and content of the report.

Content guide   Follow the guidelines in the table below to help prepare the title page and other leading pages.

Part	Include
Title page	• title of the report • authors' names • institution(s) involved • release date
Publication details	• copyright details • publishing and indexing information • address to obtain further copies • citation of the report
Table of Contents	• part and/or section headings with page numbers • sub level headings • appendices • list of tables • list of figures
Other leading pages (optional)	• list of abbreviations or terms used • brief notes about the authors • preface or foreword from a leading authority who endorses the report
Acknowledgments	• all sponsors, including government and other bodies • consultants and advisers • staff who have contributed to the survey and the report • others providing services and/or support • participants in the survey

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Executive Summary

Introduction   The executive summary provides an overview of the entire report in one to two pages. It should outline the rationale, methodology, key results and recommendations.

Content guide   Follow the guidelines in the table below to help complete the sections of the executive summary.

Heading	Guidelines for completion
Rationale	Outline the main reasons for the STEPS survey.
Methodology	Briefly describe: • the scope of the survey; • the sampling method used; • methods of data collection and data analysis; • how the results are presented, for example "weighted to represent the total national population aged 18 to 69 years".
Key results	• Briefly describe the study population and its characteristics. • Mention response-rates. • Select the most important variables (chosen according to those of most relevance to NCDs in your country) and present the key results for those variables. • Mention the other variables that are also included in the report, but limit results for them.
Conclusion / Recommendations	• Identify the reasons why the findings are important, and the impact they are likely to be having on the health of the population. • Briefly discuss how the results may be useful and recommended actions.

Introduction

Introduction   The introduction should include introductory comments to the report, outlining the background and purpose for your STEPS survey, and provide a brief description of STEPS and what the survey results will be used for.

Content guide   Follow the guidelines in the table below to help complete the sections of the introduction.

Heading	Guidelines for completion
Introduction	• Introduce the STEPS Country Report as the main report of your STEPS survey.
Background	• Provide the reader with background information on NCDs and their risk factors in your country. • Include previous surveys that have been done as well as gaps in knowledge with regards to NCDs and their risk factors. • Describe the relevance of each risk factor/item that will be captured by your STEPS survey.
Description of STEPS	• Provide a brief description of what STEPS is (i.e. surveillance of key risk factors for NCDs).
Purpose	• Explain the general purpose as well as specific objectives of the STEPS survey in your country.

Methods

Introduction   The methods should explain the scope of the STEPS survey, the methods used for data collection, and the implementation process. Also describe the sample and analytical methods in sufficient detail to demonstrate that the survey results are reliable and represent the intended population(s).

Content guide   Follow the guidelines in the table below to help complete the methods section.

Heading	Guidelines for completion
Scope	• Identify which core Steps (1-3) were covered and if any expanded and optional items have been added.
Study population	• Explain who the results/findings will be representative for (Geographical coverage, age-groups, general population). • Mention inclusion/exclusion criteria (e.g., pregnant women excluded for height and weight measurements). • If the whole country was not covered, explain the reasons.
Sample size	• Explain how the initial sample size was calculated.
Sampling	• Describe the sampling method used for the survey • Mention what sampling frame was used. • Describe how the sampling units were derived, and how this was applied in the field. • Detail the use of clusters (if relevant).
Timeframes	• Include information on the overall starting and completion dates of the survey. • Specify dates/seasons of data collection.
Staff recruitment and training	• Describe the training programmes provided for the survey personnel, the number of persons trained, and the background of trainees. • Describe the format, content and duration of the training provided for the survey.
Pilot study	• Mention whether a pilot study was done before conducting the actual survey. • Explain how the pilot study has been conducted.

Continued on next page

Methods, Continued

Content guide (cont.)

Heading	Guidelines for completion
Instrument and data collection	• Describe the STEPS Instrument used. • Describe how the measurements (Step 2 and 3) were done. • Outline which core and expanded items were covered. • Describe any adaptations made to the standard STEPS Instrument and any optional items added. • Mention if/add pictures of show-cards that have been used. • Specify languages used (and translation issues) in the survey. • Describe the organization of data collection teams including supervision, numbers involved, quality control, timeframe for data collection, etc. • Explain how and where the data collection teams made contact with survey participants. Describe the data collection setting(s). • Describe electronic devices for data collection, including automatic skip patterns and error checks.
Data downloading	• Describe the data download processes during the field work for data quality checking. • Describe the data download processes at the end of the field work to compile the final dataset.
Analysis information	• Describe the data analysis processes, methods (such as cleaning of data), timeframes and software used. Refer to the software capability to handle complex sampling design. • Explain that most results generated are presented as means or percentages, with associated standard errors and derived confidence intervals. • Describe which methods (i.e. weighting) were used to adjust the results for non-response, population structure and the sampling design so they represent the population. • Insert the weighting formulas used. • Describe which statistical tests were used, if any, to test for differences between groups.
Response proportions	• Describe how response proportions were calculated.

Results

Introduction	The results should describe the actual sample obtained and the levels of participation achieved. Describe the demographic characteristics of the participants, as well as the results for each risk factor covered in the Instrument.
Demographic and response information	Follow the guidelines in the table below to help prepare information on demographics and response proportions of the results section.

Heading	Guidelines for completion

Demographic characteristics	• Describe the demographic characteristics of the participants, using the data book for examples.
	• Include:
	  − age-sex distribution
	  − geographic distribution
	  − ethnic groups.

Population distribution	• Show the age groups and sex distribution of the population at the last census if available, e. g., in a pyramid chart.
Response proportions	• Present the response proportions achieved for Step 1, 2, and 3 as appropriate, using the data book for examples.

Continued on next page

Results, Continued

Risk factors

Present results for each of the following individual risk factors covered in the Instrument:

- tobacco use
- alcohol consumption
- unhealthy diet (low fruit and vegetable consumption, diet high in salt)
- insufficient physical activity
- overweight and obesity
- raised blood pressure
- raised blood glucose
- abnormal blood lipids.

Risk factor content guide

Follow the guidelines in the table below to help prepare content for each of the risk factors listed above.

Heading	Guidelines for completion
Text description of main findings	• State the main findings in relation to each risk factor. • Describe any key subgroup differences, e.g., based on confidence intervals. • Refer for detail to specific tables from the data book.
Tables and figures	• Present in tables, plots or graphs as appropriate the results, by age and sex groups. Use the data book as a guide on how to present information in tables. • Include sample sizes (n) for all age- and sex groups presented. • Label carefully to identify if the data are weighted. • Include measures of confidence when appropriate (confidence intervals or standard errors).
Additional description	• Describe in words any interesting results. • If these vary by age or sex, then consider presenting separately.

Continued on next page

Results, Continued

Combined risk factors

Follow the guidelines in the table below to help prepare content on combined risk factors.

Heading	Guidelines for completion
Relevance of combining risk factors	• Briefly outline the relevance of looking at a combination of risk factors in your country. • See data book and fact sheet for the risk factors to combine.
Text description of main findings	• State the main findings in relation to both low risk (none of the risk factors present) and raised risk (presence of three or more of the selected risk factors). • Describe any key subgroup differences. Refer for detail to specific tables from the data book.
Tables	• Present in tables, plots or graphs as appropriate the results, by age and sex group. Use the data book as a guide on how to present information in tables. • Include sample sizes (n) for all age- and sex groups presented. • Label carefully to identify if the data are weighted. • Include measures of confidence when appropriate (confidence intervals or standard errors).
Additional description	• Describe in words any interesting results. • If these vary by age or sex, then consider presenting separately.

Discussion

Introduction   In this part of the STEPS report, any new knowledge derived from the STEPS survey as well as importance of the findings should be discussed. Discuss the strengths and weaknesses of the methods used and the results presented, and any reservations in their interpretation or use.

Content guide   Follow the guidelines in the table below to help prepare content of the discussion.

Heading	Guidelines for completion
Representation	• Comment on the extent to which the results apply to the whole population or only to the individuals who were surveyed (depends on if data are weighted).
Comment on participation	Discuss the impact on the interpretation of results of any sampling or participation issues such as: • the participation levels varied between population groups such as older vs. younger men; • recruiting did not proceed as planned and a non-random sample was selected.
Key results and new knowledge	Repeat key results, mention their importance and how they can be used for prevention planning and to formulate policy. Include, for example: • what was known before about these topics for this population? • what is added by this report? • what are the key new findings of importance and why are these important? • what impact will these have on the health of the population, in particular in respect to the burden of NCDs either currently or in the future?
Previous surveys	• Mention any previous STEPS surveys or similar surveys and how the findings relate.
Limitations and strengths	• Comment on the quality of the survey and measures, and therefore their reliability. • Identify where issues have arisen during data collection or analysis that may mean caution is needed when interpreting some results. • Also mention the strengths of the survey, such as representativeness, Step 2 and 3 measurements, etc.

Conclusions and Recommendations

Introduction   The conclusion and recommendations should wrap up the STEPS report and indicate briefly how results should be used and what should be the next steps following the survey.

Content guide   Follow the guidelines in the table below to help prepare the conclusion and recommendations.

Heading	Guidelines for completion
Conclusion	The conclusion should briefly summarize the most important findings and explain their importance.
Recommendations	Include, for example: • policies that might be impacted upon by these findings; • actions that should derive from these findings; • who should be appraised of the findings • any further research that is recommended to be undertaken.

References

Introduction   The reference section should contain a reference list of any sources used to write the report.

Note: All figures used in the report that are not the results of the current survey need to have accompanying references in the reference section of the report.

Appendices

Appendix A   Country-specific STEPS Instrument

Appendix B   Show cards used

Appendix C   Survey Implementation Plan

Appendix D   Fact Sheet

Appendix E   Data Book