



# NCD Mobile Phone Survey Questions and Indicators



# **NCD Mobile Phone Survey Questions and Indicators**

**Version 2.1**  
**Draft | November 2016**



# TABLE OF CONTENTS

---

<b>1.</b>	<b>Introduction</b>	<b>1-1</b>
1.1	Overview .....	1-1
1.2	Purpose .....	1-3
<b>2.</b>	<b>NCD Mobile Phone Survey Introduction, Instructions, and Consent</b>	<b>2-1</b>
<b>3.</b>	<b>Language</b>	<b>3-1</b>
3.1	Language .....	3-1
<b>4.</b>	<b>Sex Distribution</b>	<b>4-1</b>
4.1	Sex .....	4-1
<b>5.</b>	<b>Age Distribution</b>	<b>5-1</b>
5.1	Age .....	5-1
<b>6.</b>	<b>Sampling</b>	<b>6-1</b>
6.1	Multiplicity .....	6-1
6.2	Clustering .....	6-1
<b>7.</b>	<b>Tobacco Use Prevalence</b>	<b>7-1</b>
7.1	Tobacco Smoking Prevalence .....	7-1
7.2	Smokeless Tobacco Use Prevalence .....	7-1
<b>8.</b>	<b>Alcohol Use Prevalence</b>	<b>8-1</b>
8.1	Current Alcohol Users Who Drank in the Last 30 Days .....	8-1
8.2	Current Alcohol Users Who Drank More Than Six Drinks on a Single Occasion in the Last 30 Days .....	8-1
<b>9.</b>	<b>Diet - Fruit Consumption</b>	<b>9-1</b>
9.1	Number of Days Fruit is Typically Consumed during the Week .....	9-1
9.2	Number of Servings of Fruit Consumed on One of the Days When Fruit Was Eaten During the Week .....	9-1
<b>10.</b>	<b>Diet - Vegetable Consumption</b>	<b>10-1</b>

10.1	Number of Days Vegetables are Typically Consumed during the Week.....	10-1
10.2	Number of Servings of Vegetables Consumed on One of the Days When Vegetables Were Eaten During the Week .....	10-1
<b>11.</b>	<b>Diet - Salt Consumption</b>	<b>11-1</b>
11.1	Frequency with Which Salt Is Added to Food at Meals .....	11-1
11.2	Frequency with Which Salt Is Added When Cooking or Preparing Food in the Household.....	11-1
11.3	Frequency with Which Processed Foods High in Salt Is Consumed .....	11-2
<b>12.</b>	<b>Raised Blood Pressure or Hypertension</b>	<b>12-1</b>
12.1	Raised Blood Pressure or Hypertension Diagnosis by a Doctor or Health Worker .	12-1
12.2	Current Raised Blood Pressure Treatment Prescribed by a Doctor or Health Worker to Those Diagnosed with Hypertension.....	12-1
<b>13.</b>	<b>Raised Blood Sugar or Diabetes</b>	<b>13-1</b>
13.1	Lifetime Raised Blood Sugar or Diabetes Diagnosis.....	13-1
13.2	Current Treatment Prescribed by a Doctor or Health Worker for Diagnosed Diabetics .....	13-1
<b>14.</b>	<b>NCD Mobile Phone Survey—Core Question Origination</b>	<b>14-1</b>
<b>15.</b>	<b>NCD Mobile Phone Survey—Optional Modules/Questions</b>	<b>15-1</b>
15.1	Demographics .....	15-1
15.2	Alcohol .....	15-1
15.3	Physical Activity .....	15-1

## List of Figures

Figure 1.	NCD Mobile Phone Survey Process Chart .....	1-2
-----------	---	-----

## List of Appendices

Appendix A.	NCD Mobile Phone Survey Questionnaire IVR .....	1-21
Appendix B.	NCD Mobile Phone Survey Questionnaire SMS.....	17-1
Appendix C.	NCD Mobile Phone Survey Questionnaire CATI.....	18-1

# 1. INTRODUCTION

## 1.1 Overview

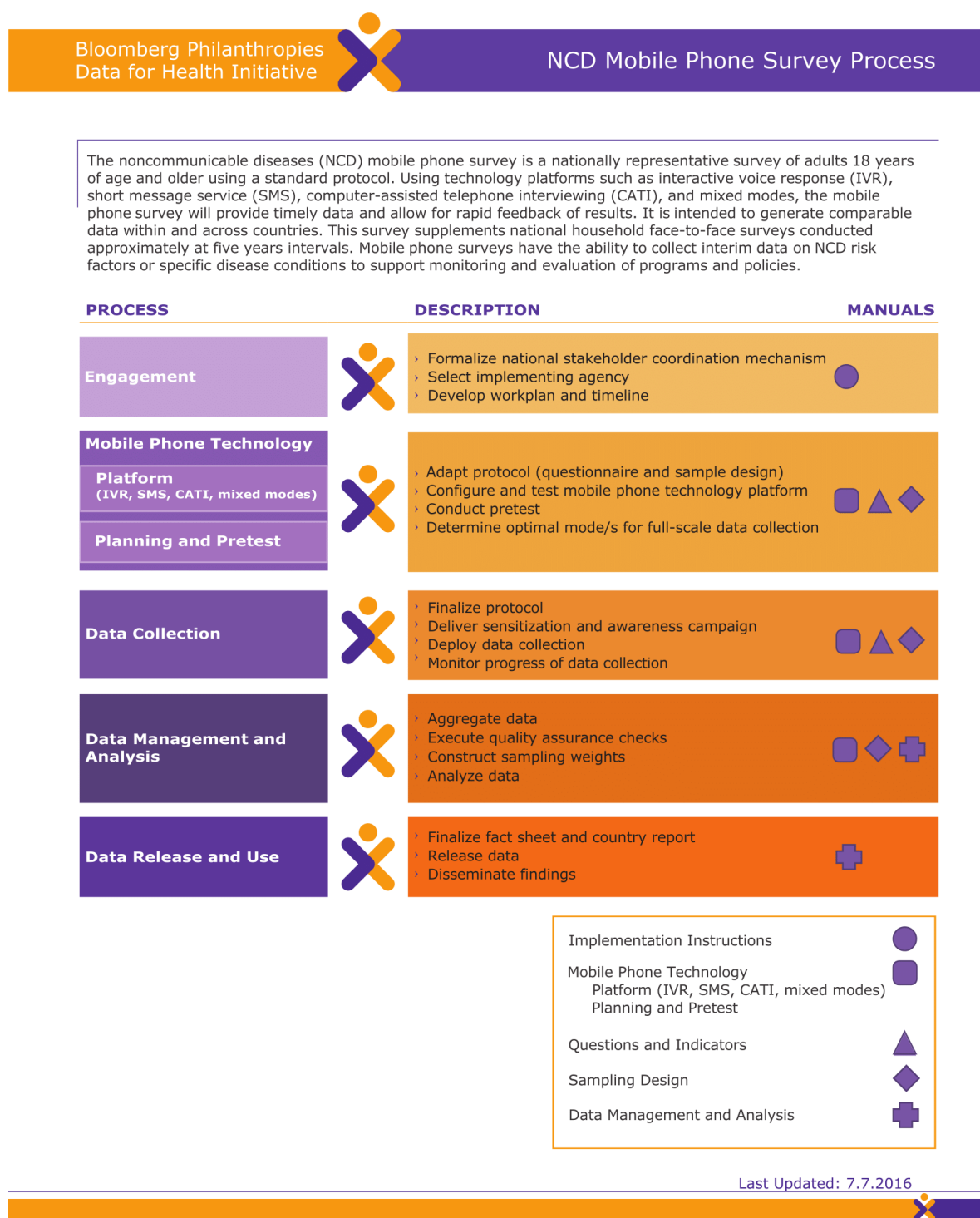
Noncommunicable diseases (NCDs) are the leading cause of death worldwide. Efficient monitoring and surveillance are cornerstones to track progress of NCD burden, related risk factors, and policy interventions. The systematic monitoring of risk factors to generate accurate and timely data is essential for a country's ability to prioritize essential resources and make sound policy decisions to address the growing NCD burden.

With increasing access and use of mobile phones globally, opportunities exist to explore the feasibility of using mobile phone technology as an interim method to collect data and supplement household surveys. Such technologies have the potential to allow for efficiencies in producing timely, affordable, and accurate data to monitor trends, and augment traditional health surveys with new, faster mobile phone surveys.

The Bloomberg Data for Health initiative aims to strengthen the collection and use of critical public health information. One of the components of the initiative aims to explore innovative approaches to NCD surveillance, including the use of mobile phone surveys for NCDs. The main objectives of this component are to assess the feasibility, quality, and validity of nationally representative NCD Mobile Phone Surveys and propose a globally standardized protocol. The specific objectives are to:

- Implement mobile phone surveys in ten countries and support face-to-face STEPS surveys in six overlapping countries
- Compare findings from the two methodologies

The NCD Mobile Phone Survey is a nationally representative stratified survey of adults 18 years of age and older. The survey uses standardized instruments and procedures reviewed and approved by international experts. This includes a core questionnaire with optional questions, sample design utilizing random digit dialing, data management procedures, and data collection using single or mixed-mode technology such as interactive voice response (IVR), short message service (SMS), and computer-assisted telephone interviewing (CATI). The implementation process consists of five stages: 1) engagement and orientation; 2) mobile phone technology and pretesting; 3) data collection; 4) data management; and 5) data release and use. Details on each stage are presented in the NCD Mobile Phone Survey Process Chart (see **Figure 1**).

**Figure 1. NCD Mobile Phone Survey Process Chart**



## **1.2 Purpose**

This manual introduces the questions on the NCD Mobile Phone Survey. These questions reflect those currently used by global surveillance systems, including the WHO STEPwise approach to Surveillance (STEPS), the Centers for Disease Control and Prevention (CDC), and the Tobacco Questions for Surveys (TQS). This guide presents definitions and instructions for administering the core questions along with two sampling questions that will be tested in the initial countries. Lastly, the manual presents the indicators that can provide information on NCDs and supplement results of key behavior risk factors assessed in STEPS and other national surveillance systems.

The NCD Mobile Phone Survey includes 18 core questions on the following topics:

- Demographics
- Tobacco Use
- Alcohol Use
- Diet (Fruit and Vegetable Consumption)
- Diet (Salt Consumption)
- Blood Pressure
- Diabetes

Countries conducting the NCD Mobile Phone Survey will need to adapt the questionnaire to suit their needs; this may include deletions or insertions to the topics included above or the inclusion of questions from other topics. Question wording will also need to be modified to suit the mode of data collection for either IVR, SMS, or CATI.

## 2. NCD MOBILE PHONE SURVEY INTRODUCTION, INSTRUCTIONS, AND CONSENT

The NCD Mobile Phone Survey begins with a brief introduction followed by consent to participate in the survey. Please note that further adaption may be required depending on the mode of data collection.

**INTRODUCTION.** Hello. This is the questionnaire you were informed about earlier from the Ministry of Health. This interview will take no more than 20 minutes of your time. Any information you share will be kept confidential and private, and will only be used to understand more about the health of our country's population. To answer each question, I will ask you to answer YES or NO; or answer a question with a number—like 12 or 22. You can repeat a question again at any time. If you prefer to not answer a question, you can refuse [*requires country adaptation*] [Insert instructions about remuneration, if any].

If you would like to participate in this survey please answer YES and move to a quiet location. If you do not wish to participate in this survey please answer NO to refuse.

RESPONSE		GO TO:
YES	1	Ask Q1
NO	3	END SURVEY

### 3. LANGUAGE

Following the introduction, instructions, and consent, question one (Q1) asks participants their preferred language for the survey. The language question is country specific and must be adapted. This question will only be included for surveys conducted in more than one language.

#### 3.1 Language

**Q1.**

<b>Add Interview Language Text</b>		
English	1	Ask Q2
[Add others]	2	Ask Q2
[Add others]	3	Ask Q2
REFUSED	#	END SURVEY

## 4. SEX DISTRIBUTION

### 4.1 Sex

Q2.

Are you male or female?		
MALE	1	Ask Q3
FEMALE	3	Ask Q3
REFUSED	#	END SURVEY

### Definitions

- Total number of respondents surveyed excludes "Refused" answer responses.

### Indicator Q1—Percent distribution of sex

- Numerator: Number of respondents who reported (Male, Female).
- Denominator: Total number of respondents surveyed.

## 5. AGE DISTRIBUTION

### 5.1 Age

**Q3.**

<b>How old are you? Please enter your age.</b>		
Age	0–17	END SURVEY
Age	18–120	Ask Q4
REFUSED	#	END SURVEY

#### Definitions

- Total number of respondents surveyed excludes “Refused” and “0–17” answer responses.

#### Indicator Q2—Percent distribution of age 18 years and older

- Numerator: Number of respondents in the following age groups: 18–29, 30–44, 45–59, and 60 years or older.
- Denominator: Total number of respondents surveyed.

## 6. SAMPLING

The following two questions on sampling will be tested in the first two countries. They will assess the potential of multiplicity and clustering.

### 6.1 Multiplicity

**Q4.**

<b>How many mobile phone numbers do you use on a regular basis?</b>		
PHONES	1-100	Ask Q5
REFUSED	#	Ask Q5

### 6.2 Clustering

**Q5.**

<b>How many people aged 18 years and older regularly use this mobile phone number?</b>		
PEOPLE	1-50	Ask Q6
REFUSED	#	Ask Q6

## 7. TOBACCO USE PREVALENCE

### 7.1 Tobacco Smoking Prevalence

**Q6. Tobacco PREAMBLE:** I would now like to ask you about smoking tobacco, including cigarettes, cigars, and pipes [*requires country adaptation*]. Please do not include smokeless tobacco or e-cigarettes at this time.

Do you currently smoke tobacco?		
DAILY	1	Ask Q7
LESS THAN DAILY	2	Ask Q7
NOT AT ALL	3	Ask Q7
REFUSED	#	Ask Q7

#### Definitions

- Smoking tobacco products, include cigarettes, cigars, and pipes [*requires country adaptation*].
- Total number of respondents surveyed excludes "Refused" answer responses.

#### Indicator T1—Percentage who currently smoke tobacco

- Numerator: Number of respondents who answered "Daily" and "Less than daily" to currently smoking tobacco.
- Denominator: Total number of respondents surveyed.

#### Indicator T2—Percentage who currently smoke tobacco daily

- Numerator: Number of respondents who answered "Daily" to currently smoking tobacco.
- Denominator: Total number of respondents surveyed.

### 7.2 Smokeless Tobacco Use Prevalence

**Q7. Tobacco PREAMBLE:** The next question is about using smokeless tobacco, such as [*requires country adaptation -- Add local examples such as: snuff, chewing tobacco, and dip*]. Smokeless tobacco is tobacco that is not smoked but is sniffed through the nose, held in the mouth, or chewed.

Do you currently use smokeless tobacco?		
DAILY	1	Ask Q8
LESS THAN DAILY	2	Ask Q8
NOT AT ALL	3	Ask Q8
REFUSED	#	Ask Q8

## **Definitions**

- Smokeless tobacco is tobacco that is not smoked, but is sniffed through the nose, held in the mouth, or chewed.
- Total number of respondents surveyed excludes “Refused” answer responses.

### **Indicator T3—Percentage who currently use smokeless tobacco**

- Numerator: Number of respondents who answered “Daily” and “Less than daily” to currently using smokeless tobacco.
- Denominator: Total number of respondents surveyed.

### **Indicator T4—Percentage who currently use smokeless tobacco daily**

- Numerator: Number of respondents who answered “Daily” to currently using smokeless tobacco.
- Denominator: Total number of respondents surveyed.

### **Indicator T5—Percentage currently using tobacco**

- Numerator: Number of respondents who answered “Daily” and “Less than daily” to currently using either smoked or smokeless tobacco.
- Denominator: Total number of respondents surveyed.



## 8. ALCOHOL USE PREVALENCE

### 8.1 Current Alcohol Users Who Drank in the Last 30 Days

**Q8. Alcohol PREAMBLE:** Now I would like to ask you some questions about alcohol use.

During the past 30 days, did you drink any alcohol?		
YES	1	Ask Q9
NO	3	Ask Q10
REFUSED	#	Ask Q10

#### Definitions

- Current use is defined as in the last 30 days prior to the survey.
- Alcohol includes beer, wine, spirits, and local examples [*requires country adaptation*].
- Total number of respondents surveyed excludes “Refused” answer responses.

#### Indicator A1—Percentage who currently drink alcohol (drank alcohol in the last 30 days)

- Numerator: Number of respondents who answered “Yes” to drinking any alcohol in the last 30 days.
- Denominator: Total number of respondents surveyed.

### 8.2 Current Alcohol Users Who Drank More Than Six Drinks on a Single Occasion in the Last 30 Days

**Q9.** One standard drink is equivalent to [*requires country adaptation*]. Considering all types of alcoholic beverages,

How many times during the past 30 days did you have six or more standard drinks on a single occasion?		
TIMES	0–75	Ask Q10
REFUSED	#	Ask Q10

#### Definitions

- One drink is equivalent to [*requires country adaptation*].
- Alcohol includes beer, wine, spirits, and local examples [*requires country adaptation*].
- Total number of respondents surveyed excludes “Refused” answer responses.

#### Indicator A2—Percentage who engage in heavy episodic drinking (six or more drinks on any occasion in the past 30 days)

- Numerator: Respondents reporting one or more times in the past 30 days.

- Denominator: Total number of respondents surveyed.

## 9. FRUIT CONSUMPTION

### 9.1 Number of Days Fruit is Typically Consumed during the Week

**Q10. Diet PREAMBLE:** With the next questions, I would like to learn more about the foods that you eat.

In a typical week, how many days do you eat fruit [ <i>requires country adaptation</i> ]?		
DAYS	0	Ask Q12
DAYS	1–7	Ask Q11
REFUSED	#	Ask Q12

#### Definitions

- Fruit includes [*requires country adaptation*].
- Total number of respondents surveyed excludes “Refused” answer responses.

#### Indicator D1—Typical number of days fruit consumed in a typical week

- Numerator: Respondents reporting an average of (0, 1–3, 4–6, 7) days in a week.
- Denominator: Total number of respondents surveyed.

### 9.2 Number of Servings of Fruit Consumed on One of the Days When Fruit Was Eaten During the Week

**Q11.** A serving of fruit is a medium-sized apple, banana, or orange [*requires country adaptation*] or half a cup of cooked or chopped fruit.

How many servings of fruit do you eat on one of those days?		
SERVINGS	1–50	Ask Q12
REFUSED	#	Ask Q12

#### Definitions

- A serving of fruit is a medium-sized apple, banana, or orange [*requires country adaptation*] or half a cup of cooked or chopped fruit.
- Total number of respondents surveyed excludes “Refused” answer responses.

#### Indicator D2—Mean number of servings of fruit consumed on average per day

- Numerator: Respondents reporting an average of (1–3, 4–6, 7+) servings per day.
- Denominator: Total number of respondents surveyed.

## 10. VEGETABLE CONSUMPTION

### 10.1 Number of Days Vegetables are Typically Consumed during the Week

**Q12.**

In a typical week, on how many days do you eat vegetables?		
DAYS	0	Ask Q14
DAYS	1–7	Ask Q13
REFUSED	#	Ask Q14

#### Definitions

- Vegetables include [*requires country adaptation*].
- Total number of respondents surveyed excludes “Refused” answer responses.

#### Indicator D3—Typical number of days vegetables consumed in a typical week

- Numerator: Respondents reporting an average of (0, 1–3, 4–6, 7) days in a week.
- Denominator: Total number of respondents surveyed.

### 10.2 Number of Servings of Vegetables Consumed on One of the Days When Vegetables Were Eaten During the Week

**Q13.** A serving of vegetables is about a cup of green leafy vegetables or salad or half a cup of cooked or chopped vegetables.

How many of these servings of vegetables do you eat on one of those days?		
SERVINGS	1–50	Ask Q14
REFUSED	#	Ask Q14

#### Definitions

- A serving of vegetables is about a cup of green leafy vegetables or salad or half a cup of cooked or chopped vegetables.
- Total number of respondents surveyed excludes “Refused” answer responses.

#### Indicator D4—Mean number of servings of vegetables consumed on average per day

- Numerator: Respondents reporting an average of (1–3, 4–6, 7+) servings per day.
- Denominator: Total number of respondents surveyed.

#### Indicator D5—Percentage who consumed less than five servings of fruits and vegetables on average per day

- Numerator: Respondents reporting 0–4 servings of fruits or vegetables on average per day.
- Denominator: Total number of respondent surveyed.

## 11. SALT CONSUMPTION

### 11.1 Frequency with Which Salt Is Added to Food at Meals

**Q14. Diet PREAMBLE:** With the next questions, I would like to learn more about the salt you eat. I would like you to think about all sources of salt, including ordinary table salt; unrefined salt such as sea salt, iodized salt, salty stock cubes and powders; and salty sauces, such as soya sauce or fish sauce [*requires country adaptation*].

How often do you add salt or salty sauce, such as soya sauce [ <i>requires country adaptation</i> ], to your food right before you eat it or as you are eating it?		
ALWAYS	1	Ask Q15
OFTEN	2	Ask Q15
SOMETIMES	3	Ask Q15
RARELY	4	Ask Q15
NEVER	5	Ask Q15
REFUSED	#	Ask Q15

#### Definitions

- Salt includes ordinary table salt, unrefined salt, sea salt, iodized salt, salty stock cubes and powders, and salty sauces, including soya sauce and fish sauce [*requires country adaptation*].
- Total number of respondents surveyed excludes “Refused” answer responses.

#### Indicator D6—Percentage who always or often add salt or salty sauce to their food before eating or as they are eating

- Numerator: Respondents who answered “Always” or “Often” to adding salt/salty sauce to food before eating at meals.
- Denominator: Total number of respondents surveyed.

### 11.2 Frequency with Which Salt Is Added When Cooking or Preparing Food in the Household

#### Q15.

How often is salt, salty seasoning, or a salty sauce added in cooking or preparing foods in your household?		
ALWAYS	1	Ask Q16
OFTEN	2	Ask Q16
SOMETIMES	3	Ask Q16
RARELY	4	Ask Q16
NEVER	5	Ask Q16
DON'T KNOW	7	Ask Q16
REFUSED	#	Ask Q16

## Definitions

- Salt includes ordinary table salt, unrefined salt, sea salt, iodized salt, salty stock cubes and powders, and salty sauces, including soya sauce and fish sauce [*requires country adaptation*].
- Total number of respondents surveyed excludes “Refused” and “Don’t Know” answer responses.

## Indicator D7—Percentage who always or often add salt or salty seasoning when cooking or preparing foods in the household

- Numerator: Respondents who answered “Always” or “Often” to adding salt/salty seasoning when cooking or preparing foods in the household.
- Denominator: Total number of respondents surveyed.

## 11.3 Frequency with Which Processed Foods High in Salt Is Consumed

### Q16.

<b>How often do you eat processed food that is high in salt? By processed food high in salt, I mean foods that have been altered from their natural state, such as packaged salty snacks, canned salty foods, pickles, salty food prepared at a fast food restaurant, cheese, bacon, and processed meat [<i>requires country adaptation</i>].</b>		
ALWAYS	1	Ask Q17
OFTEN	2	Ask Q17
SOMETIMES	3	Ask Q17
RARELY	4	Ask Q17
NEVER	5	Ask Q17
REFUSED	#	Ask Q17

## Definitions

- Foods with a lot of salt include packaged salty snacks, canned salty foods, pickles, salty food prepared at a fast food restaurant, cheese, bacon, and processed meat [*requires country adaptation*].
- Salt includes ordinary table salt, unrefined salt, sea salt, iodized salt, salty stock cubes and powders, and salty sauces, including soya sauce and fish sauce [*requires country adaptation*].
- Total number of respondents surveyed excludes “Refused” answer responses.

## Indicator D8—Percentage who always or often eat processed foods high in salt

- Numerator: Respondents who answered “Always” or “Often” to eating processed food with a lot of salt in it.
- Denominator: Total number of respondents surveyed.

## 12. RAISED BLOOD PRESSURE OR HYPERTENSION

### 12.1 Lifetime Raised Blood Pressure or Hypertension Diagnosis by a Doctor or Health Worker

**Q17.**

Have you ever been told by a doctor or other health worker that you have raised or high blood pressure or hypertension?		
YES	1	Ask Q18
NO	3	Ask Q19
REFUSED	#	Ask Q19

#### Definitions

- Total number of respondents surveyed excludes "Refused" answer responses.

#### Indicator H1—Percentage diagnosed with raised blood pressure or hypertension by a doctor or other health worker

- Numerator: Number of respondents who answered "Yes" to ever being told by a doctor or other health worker that they have raised blood pressure or hypertension.
- Denominator: Total number of respondents surveyed.

### 12.2 Current Raised Blood Pressure Treatment Prescribed by a Doctor or Health Worker to Those Diagnosed with Hypertension

**Q18.**

In the last 2 weeks, have you taken any drugs or medication for raised blood pressure that was prescribed for you by a doctor or other health worker?		
YES	1	Ask Q19
NO	3	Ask Q19
REFUSED	#	Ask Q19

#### Indicator H2—Percentage currently taking medication for raised blood pressure prescribed by a doctor or other health worker among those diagnosed with raised blood pressure or hypertension

- Numerator: Respondents who answered "Yes" to currently taking medication for raised blood pressure prescribed by a doctor or other health worker.
- Denominator: Respondents who reported "Yes" to ever being told by a doctor or other health worker that they have raised blood pressure or hypertension.

## 13. RAISED BLOOD SUGAR OR DIABETES

### 13.1 Lifetime Raised Blood Sugar or Diabetes Diagnosis

**Q19.**

Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?		
YES	1	Ask Q20
NO	3	END SURVEY
REFUSED	#	END SURVEY

#### Definitions

- Total number of respondents surveyed excludes "Refused" answer responses.

#### Indicator S1—Percentage diagnosed with diabetes or raised blood sugar by a doctor or other health worker

- Numerator: Number of respondents who answered "Yes" to ever being told by a doctor or other health worker that they have raised blood sugar or that they have diabetes.
- Denominator: Total number of respondents surveyed.

### 13.2 Current Treatment Prescribed by a Doctor or Health Worker for Diagnosed Diabetics

**Q20.**

In the last 2 weeks, have you taken any drugs or medications for diabetes prescribed to you by a doctor or other health worker?		
YES	1	END SURVEY
NO	3	END SURVEY
REFUSED	#	END SURVEY

#### Indicator S2—Percentage currently taking medication for diabetes prescribed by a doctor or other health worker among those diagnosed with diabetes

- Numerator: Respondents who answered "Yes" to currently taking drugs or medication for diabetes prescribed by a doctor or other health worker.
- Denominator: Respondents who answered "Yes" to ever being told by a doctor or other health worker that they have raised blood sugar or that they have diabetes.

#### END SURVEY

The survey is now complete. Thank you very much for your time in answering these questions for the [Administering Authority]. It will help us understand the health of [INSERT COUNTRY NAME]. [Insert instructions about remuneration, if any.]



## **14. NCD MOBILE PHONE SURVEY—CORE QUESTION ORIGINATION**

<b>Module</b>	<b>Question Number</b>	<b>Source</b>
Demographics	2	STEPS C1
Demographics	3	STEPS C3
Tobacco	6	TQS Q1
Tobacco	7	TQS Q4
Alcohol	8	STEPS A5
Alcohol	9	STEPS A9
Diet	10	STEPS D1
Diet	11	STEPS D2
Diet	12	STEPS D3
Diet	13	STEPS D4
Diet	14	STEPS D5
Diet	15	STEPS D6
Diet	16	STEPS D7
Blood Pressure	17	STEPS H2a
Blood Pressure	18	STEPS H3
Diabetes	19	STEPS H7a
Diabetes	20	STEPS H8

## 15. NCD MOBILE PHONE SURVEY—OPTIONAL MODULES/QUESTIONS

The following Modules/Questions are provided for countries conducting the NCD Mobile Phone to adapt the questionnaire to inform country specific NCD priorities. Additional questions are provided for module/topics that are included in the core questionnaire as well as questions for other NCD topics.

### 15.1 Demographics

#### Urbanization.

Do you live in a rural area of [ <i>requires country adaptation</i> ], or do you live in an urban area?		
RURAL	1	No Skip
URBAN	3	No Skip
REFUSED	#	No Skip

#### Educational Status.

Not including preschool, how many years of school and full-time study have you completed? [ <i>requires country adaptation</i> ]		
YEARS	0–25	No Skip
REFUSED	#	No Skip

### 15.2 Alcohol

#### Lifetime Alcohol use.

Have you ever drunk any alcohol such as beer, wine, spirits, or [ <i>requires country adaptation</i> ]?		
YES	1	No Skip
NO	3	Ask Next Module
REFUSED	#	Ask Next Module

### 15.3 Physical Activity

*The physical activity questions align with the General Physical Activity Questions that are administered as a set of 15 questions.*

**PA1 -- Percentage Whose Work Involves Vigorous-Intensity Activities**

**Physical activity PREAMBLE:** I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.

First, think about the time you spend doing work. Think of work as the things that you have to do, such as paid or unpaid work, study or training, household chores, harvesting food or crops, fishing or hunting for food, and seeking employment. [Insert other examples if needed.]

Now think about all the vigorous-intensity activities. Vigorous-intensity activities are activities that require hard physical effort and cause large increases in breathing or heart rate [*requires country adaptation*].

<b>Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate for at least 10 minutes continuously, such as [carrying or lifting heavy loads, digging, or construction work]?</b>		
YES	1	Ask PA2
NO	3	Ask PA4
REFUSED	#	Ask PA4

**PA2 -- Number of Days Engaged in Vigorous-Intensity Activities at Work during the week**

<b>In a typical week, how many days do you do vigorous-intensity activities as part of your work?</b>		
DAYS	1–7	Ask PA3
REFUSED	#	Ask PA3

**PA3 -- Time Spent Doing Vigorous-Intensity Activities at Work per Day**

How much time do you spend doing vigorous-intensity activities at work on a typical day? I will ask you to enter hours followed by minutes.

<b>PA3A. Please enter between 16 and 0 hours now.</b>		
HOURS	0–16	Ask PA3B
REFUSED	#	Ask PA3B

<b>PA3B. Now enter between 59 and 0 minutes.</b>		
MINUTES	0–59	Ask PA4
REFUSED	#	Ask PA4

**PA4 -- Percentage Whose Work Involves Moderate-Intensity Activities**

Now think about all the moderate-intensity activities. Moderate-intensity activities are activities that require moderate physical effort and cause small increases in breathing or heart rate.

<b>Does your work involve moderate-intensity activities that causes small increases in breathing or heart rate for at least 10 minutes continuously, such as brisk walking [or carrying light loads]?</b>		
YES	1	Ask PA5
NO	3	Ask PA7
REFUSED	#	Ask PA7

**PA5 -- Days Engaged in Moderate-Intensity Activities at Work during the Week**

<b>In a typical week, how many days do you do moderate-intensity activities as part of your work?</b>		
DAYS	1–7	Ask PA6
REFUSED	#	Ask PA6

**PA6. -- Time Spent Doing Moderate-Intensity Activities at Work per Day**

How much time do you spend doing moderate-intensity activities at work on a typical day?  
I will ask you to enter hours followed by minutes.

<b>PA6A. Please enter between 16 and 0 hours now.</b>		
HOURS	0–16	Ask PA6B
REFUSED	#	Ask PA6B

<b>PA6B. Now enter between 59 and 0 minutes.</b>		
MINUTES	0–59	Ask PA7
REFUSED	#	Ask PA7

**PA7. -- Percentage Who Usually Walk or Use a Bicycle (Pedal Cycle) to Travel to and from Places**

**Physical activity PREAMBLE:** The next questions exclude the physical activities at work that you have already mentioned.

Now I would like to ask you about the usual way you travel to and from places, for example to work, to shop, to market, and to places of worship [*requires country adaptation*].

<b>Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?</b>		
YES	1	Ask PA8
NO	3	Ask PA10
REFUSED	#	Ask PA10

**PA8. -- Days Walked or Used a Bicycle to Travel to and from Places during a Typical Week**

In a typical week, how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?		
DAYS	1–7	Ask PA9
REFUSED	#	Ask PA9

**PA9. -- Time Spent Walking or Bicycling for Travel on a Typical Day**

How much time do you spend walking or bicycling for travel on a typical day? I will ask you to enter hours followed by minutes.

PA9A. Please enter between 16 and 0 hours now.		
HOURS	0–16	Ask PA9B
REFUSED	#	Ask PA9B

PA9B. Now enter between 59 and 0 minutes.		
MINUTES	0–59	Ask PA10
REFUSED	#	Ask PA10

**PA10. -- Percentage Who Engage in Vigorous-Intensity Sports, Fitness, or Recreational Activities**

**Physical activity PREAMBLE:** The next questions exclude the work and travel activities that you have already mentioned.

Now I would like to ask you about sports, fitness, and recreational (leisure) activities [*requires country adaptation*].

Do you do any vigorous-intensity sports, fitness, or recreational (leisure) activities that cause large increases in breathing or heart rate for at least 10 minutes continuously, like [running or football]? [ <i>requires country adaptation</i> ]		
YES	1	Ask PA11
NO	3	Ask PA13
REFUSED	#	Ask PA13

**PA11. -- Number of Days Engaged in Vigorous-Intensity Sports, Fitness, or Recreational Activities during the Week**

In a typical week, how many days do you do vigorous-intensity sports, fitness, or recreational (leisure) activities?		
DAYS	1–7	Ask PA12
REFUSED	#	Ask PA12

**PA12. -- Time Spent Doing Vigorous-Intensity Sports, or Recreational Activities on a Typical Day.**

How much time do you spend doing vigorous-intensity sports, fitness, or recreational activities on a typical day? I will ask you to enter hours followed by minutes.

<b>PA12A. Please enter between 16 and 0 hours now.</b>		
HOURS	0–16	Ask PA12B
REFUSED	#	Ask PA12B

<b>PA12B. Now enter between 59 and 0 minutes.</b>		
MINUTES	0–59	Ask PA13
REFUSED	#	Ask PA13

**PA13. -- Percentage Who Engage in Moderate-Intensity Sports, Fitness, or Recreational Activities**

<b>Do you do any moderate-intensity sports, fitness, or recreational (leisure) activities that cause a small increase in breathing or heart rate for at least 10 minutes continuously, such as brisk walking, [cycling, swimming, volleyball]? [requires country adaptation]</b>		
YES	1	Ask PA14
NO	3	Ask Next Module
REFUSED	#	Ask Next Module

**PA14. – Number of Days Engaged in Moderate-Intensity Sports, Fitness, or Recreational Activities during the Week**

<b>In a typical week, how many days do you do moderate-intensity sports, fitness, or recreational (leisure) activities?</b>		
DAYS	1–7	Ask PA15
REFUSED	#	Ask PA15

**PA15. -- Time Spent Doing Moderate-Intensity Sports, Fitness, or Recreational Activities on a Typical Day.**

How much time do you spend doing moderate-intensity sports, fitness, or recreational (leisure) activities on a typical day? I will ask you to enter hours followed by minutes.

<b>PA15A. Please enter between 16 and 0 hours now.</b>		
HOURS	0–16	Ask PA15B
REFUSED	#	Ask PA15B

<b>PA15B. Now enter between 59 and 0 minutes.</b>		
MINUTES	0–59	Ask Next Module
REFUSED	#	Ask Next Module

## 16. APPENDIX B - IVR-ADAPTED CORE QUESTIONNAIRE

SN	Module	Question Wording	Response Options	Skip	Survey Mapping	Indicator
0.1	Error	This answer is not an available response to the question. I will now repeat the question for you.				
0.2	Out of Range	Your response indicates that you are not eligible to participate in this survey. Thank you for your time.				
1	Language	{Multi-Lingual Countries} Hello. This is an automated questionnaire you were informed about earlier from the Ministry of Health. To continue in English press 1, to continue in [XXX] press 2, to continue in [YYY] press 3 etc. [Requires country adaptation]	1, 2, 3 CONTINUE			
0.3	Introduction & Consent	<p>This interview will take no more than 10 minutes of your time and your answers will only be used to understand more about the health of our country's population. Any information you share will be kept confidential and private, and will never be connected to your name or any other personal information. To answer each question, I will ask you to press a number - for example, 1 for YES, and 3 for NO, or to answer a question with a number - like 12 or 22. You can hear a question again at any time by pressing the STAR button (*) - located to the left of the ZERO at the bottom of your phone. If you would prefer to not answer a question you can press the POUND button (#) - located to the RIGHT of the ZERO at the bottom of your phone [Requires country-adaptation - Insert instructions about remuneration, if any.]</p> <p>If you would like to participate in this survey please press 1 to continue the interview and move to a quiet location. If you do not wish to participate in this survey please press 3 to refuse.</p>	1 = CONTINUE 3 = END SURVEY			
	Introduction & Consent	<p>{COUNTRIES WHERE ONLY 1 LANGUAGE WILL BE USED}</p> <p>Hello. This is an automated questionnaire you were informed about earlier from the Ministry of Health. This interview will take no more than 10 minutes of your time and your answers will only be used to understand more about the health of our country's population. Any information you share will be kept confidential and private, and will never be connected to your name or any other personal information. To answer each question, I will ask you to press a number - for example, 1 for YES, and 3 for NO, or to answer a question with a number - like 12 or 22. You can hear a question again at any time by pressing the STAR</p>	1 = CONTINUE 3 = END SURVEY			

		<p>button (*) - located to the left of the ZERO at the bottom of your phone. If you would prefer to not answer a question you can press the POUND button (#) - located to the RIGHT of the ZERO at the bottom of your phone [Requires country-adaptation - Insert instructions about remuneration, if any.]</p> <p>If you would like to participate in this survey please press 1 to continue the interview and move to a quiet location. If you do not wish to participate in this survey please press 3 to refuse.</p>				
2	Demog	Are you MALE or FEMALE? If you are male, press 1. If you are female, press 3. If you would like to hear the question repeated press *.	1 = MALE 3 = FEMALE # = REFUSED OTHER = (Error 0.1)	IF # END SURVEY (0.8)	STEPS C1	
3	Demog	How old are you? Please enter your age. If you don't know exactly, please provide your best guess. If you can't provide an answer, press #.	NUM (3), (RANGE 0 - 120) # = REFUSED OTHER = (Error 0.1)	IF # END SURVEY (0.8) IF 18< NUM (3) >120 (Out of Range 0.2)	STEPS C3	
4	Sampling	How many mobile phone numbers do you use on a regular basis?	NUM(3), (RANGE 1-99) # = REFUSED OTHER = (Error 0.1)		NEW	
5	Sampling	How many people aged 18 years or older regularly use this mobile phone number?	NUM(2), (RANGE 1-99) # = REFUSED OTHER = (Error 0.1)		NEW	
0.4a	Tobacco Preamble	I would now like to ask you about smoking tobacco, including cigarettes, cigars and pipes [add local examples]. Please do not include smokeless tobacco or e-cigarettes at this time.				
6	Tobacco	Do you currently smoke tobacco? If you smoke tobacco DAILY, press 1. If you smoke tobacco LESS THAN DAILY, press 2. If you don't smoke tobacco AT ALL, press 3.	1 = DAILY 2 = LESS THAN DAILY		TQS Q1	T1 - % who currently smoke tobacco (STEPS, TQS)



			3 = NOT AT ALL # = REFUSED OTHER = (Error 0.1)			T2 - % who currently smoke tobacco daily (STEPS, TQS)
0.4b	Tobacco Preamble	The next question is about using smokeless tobacco, such as [FILL APPROPRIATE COUNTRY EXAMPLES: snuff, chewing tobacco, and dip]. Smokeless tobacco is tobacco that is not smoked, but is sniffed through the nose, held in the mouth, or chewed. [ req. country-adaptation]				
7	Tobacco	Do you currently use smokeless tobacco? If you use smokeless tobacco DAILY, press 1. If you use smokeless tobacco LESS THAN DAILY, press 2. If you don't use smokeless tobacco AT ALL, press 3.	1 = DAILY 2 = LESS THAN DAILY 3 = NOT AT ALL # = REFUSED OTHER = (Error 0.1)		TQS Q4	T3 - % who currently use smokeless tobacco (TQS)  T4 - % who currently use smokeless tobacco daily (TQS)  T5 – (Q7+Q8) - % currently using tobacco (smoked & smokeless) (GMF)
0.5	Alcohol Preamble	Now, I would like to ask you some questions about alcohol use.				
8	Alcohol	During the past 30 days, did you drink any alcohol? If YES, press 1. If NO, press 3.	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)	IF 3 OR #, GO TO 0.6	STEPS A5	A1 - % who currently drink alcohol (drank alcohol in the last 30 days) (STEPS)
9	Alcohol	One standard drink is equivalent to [req. country-adaptation]. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 6 or more standard drinks in a single drinking occasion?	NUM (2), RANGE (0-75) # = REFUSED OTHER = (Error 0.1)		STEPS A9	A2 - % who engage in heavy episodic drinking (6+ drinks on any occasion in the past 30 days) (STEPS) & (GMF)
0.6	Diet Preamble	With the next questions, I would like to learn more about the foods that you eat.				
10	Diet	In a typical week, on how many days do you eat fruit [add local examples]?	NUM (1), RANGE (0-7)	IF 0 OR #, GO TO 12	STEPS D1	D1 - Mean # of days fruit consumed in a typical week (STEPS)

			# = REFUSED OTHER = (Error 0.1)			
11	Diet	A serving of fruit is a medium sized apple, banana or orange [add local examples] or half a cup of cooked or chopped fruit. How many servings of fruit do you eat on one of those days?	NUM (2), RANGE (1–50) # = REFUSED OTHER = (Error 0.1)		STEPS D2	D2 - Mean # of servings of fruit consumed on average per day (STEPS)
12	Diet	In a typical week, on how many days do you eat vegetables [add local examples]?	NUM (1), RANGE (0-7) # = REFUSED OTHER = (Error 0.1)	IF 0 OR #, GO TO 0.7	STEPS D3	D3 - Mean # of days vegetables consumed in a typical week (STEPS)
13	Diet	A serving of vegetables is about a cup of green leafy vegetables or salad or half a cup of cooked or chopped vegetables. How many of these servings of vegetables do you eat on one of those days?	NUM (2), RANGE (1 - 50) # = REFUSED OTHER = (Error 0.1)		STEPS D4	D4 - Mean # of servings of vegetables consumed on average per day (STEPS)  D5 - (Q12+Q13+Q14+Q15) - % who consumed less than 5 servings of fruit and/or vegetables on average per day (STEPS) & (GMF)
0.7	Diet preamble	With the next questions, I would like to learn more about the salt you eat. I would like you to think about all the sources of salt, including ordinary table salt, unrefined salt such as sea salt, iodized salt, salty stock cubes and powders, and salty sauces such as soya sauce or fish sauce. [Req. country-adaptation]				
14	Diet	How often do you add salt or a salty sauce such as soya sauce [req. country-adaptation] to your food right before you eat it or as you are eating it? If ALWAYS, press 1. If OFTEN, press 2. If SOMETIMES, press 3. If RARELY, press 4. If NEVER, press 5.	1 = ALWAYS 2 = OFTEN 3 = SOMETIMES 4 = RARELY 5 = NEVER # = REFUSED OTHER = (Error 0.1)		STEPS D5	D6 - % who always or often add salt or salty sauce to their food before eating or as they are eating (STEPS)

15	Diet	How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household? If ALWAYS, press 1. If OFTEN, press 2. If SOMETIMES, press 3. If RARELY, press 4. If NEVER, press 5. If you DON'T KNOW, press 7.	1 = ALWAYS 2 = OFTEN 3 = SOMETIMES 4 = RARELY 5 = NEVER 7= DON'T KNOW # = REFUSED OTHER = (Error 0.1)		STEPS D6	D7 - % who always or often add salt or salty seasoning when cooking or preparing foods in the household (STEPS)
16	Diet	How often do you eat processed food high in salt? By processed food high in salt, I mean foods that have been altered from their natural state, such as packaged salty snacks, canned salty food such as pickles, salty food prepared at a fast food restaurant, cheese, bacon and processed meat [add local examples]? If ALWAYS, press 1. If OFTEN, press 2. If SOMETIMES, press 3. If RARELY, press 4. If NEVER, press 5.	1 = ALWAYS 2 = OFTEN 3 = SOMETIMES 4 = RARELY 5 = NEVER # = REFUSED OTHER= (Error 0.1)		STEPS D7	D8 - % who always or often eat processed foods high in salt (STEPS)
17	Blood Pressure	Have you ever been told by a doctor or other health worker that you have raised or high blood pressure or hypertension? If YES, press 1. If NO, press 3.	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)	IF 3 OR #, GO TO 19	STEPS H2a	H1 - % previously diagnosed with raised blood pressure or hypertension by a doctor or other health worker (STEPS)
18	Blood Pressure	In the last two weeks, have you taken any drugs or medication for raised blood pressure that was prescribed for you by a doctor or other health worker? If YES, press 1. If NO, press 3.	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)		STEPS H3	H2- % currently taking medication for raised blood pressure prescribed by a doctor or health worker among those diagnosed with previously diagnosed raised blood pressure (STEPS)
19	Diabetes	Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes? If YES, press 1. If NO, press 3.	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)	IF 3 OR #, GO TO END SURVEY (0.8)	STEPS H7a	S1 - % previously diagnosed with diabetes or raised blood glucose by a doctor or health worker (STEPS)

20	Diabetes	In the last two weeks, have you taken any drugs or medications for diabetes prescribed to you by a doctor or other health worker? If YES, press 1. If NO, press 3.	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)		STEPS H8	S2 - % currently taking medication for diabetes prescribed by a doctor or health worker among those previously diagnosed with diabetes (STEPS)
0.8	End of Survey Closing	The survey is now complete. Thank you very much for your time in answering these questions for the [Administering Authority], it will help us understand the health of [Country]. [Insert instructions about remuneration, if any.]				

## 17. APPENDIX C - SMS-ADAPTED CORE QUESTIONNAIRE

SN	Module	Question Wording	Response Options	Skip	Survey Mapping	Indicator
0.1	Error	This answer is not an available response to the question. Please text # to refuse any question.				
0.2	Out of Range	Your response indicates that you are not eligible to participate in this survey. Thank you for your time.				
1	Language	{MULTI-LINGUAL COUNTRIES} Hi. This is the SMS survey from the Ministry of Health. Text 1-to continue in English , Text 2- to continue in [XXX] , Text 3 to continue in [YYY] ...[Requires country adaptation]	1, 2, 3 = CONTINUE			

0.3	Introduction & Consent	[1/2]This survey contains up to 20 questions on information that will be used to understand the health of the population. [Requires country adaptation- add text on info about remuneration if any] [2/2] Info shared will be kept private and will never be connected to your name or any other personal information, Text 1-to participate.				
	Introduction & Consent	{COUNTRIES WHERE ONLY 1 LANGUAGE WILL BE USED} [1/2] Hi. This is the SMS survey from the Ministry of Health. This survey contains up to 20 questions on information that will be used to understand the health of the population. [Requires country adaptation - add text on info about remuneration if any] [2/2] Info shared will be kept private and will never be connected to your name or any other personal information. Text 1 to participate.	1 = CONTINUE			
2	Demog	To refuse any question, text #. Are you MALE or FEMALE? Text 1- MALE, 3- FEMALE	1 = MALE 3 = FEMALE # = REFUSED OTHER = (Error 0.1)	IF # END SURVEY (0.8)	STEPS C1	
3	Demog	How old are you? If you don't know exactly, please provide your best guess. To refuse to answer text #.	NUM (3), (RANGE 0 - 120) # = REFUSED OTHER = (Error 0.1)	IF # END SURVEY (0.8) IF 18< NUM (3) >120 (Out of Range 0.2)	STEPS C3	
4	Sampling	How many mobile phone numbers do you use on a regular basis?	NUM(2), (RANGE 1-99) # = REFUSED OTHER = (Error 0.1)		NEW	
5	Sampling	How many people aged 18 years or older regularly use this mobile phone number?	NUM(2), (RANGE 1-99) # = REFUSED OTHER = (Error 0.1)		NEW	

6	Tobacco	Do you currently smoke tobacco? Include cigarettes, cigars, and pipes. Text 1-you smoke tobacco DAILY, 2-LESS THAN DAILY, 3-NOT AT ALL	1 = DAILY 2 = LESS THAN DAILY 3 = NOT AT ALL # = REFUSED OTHER = (Error 0.1)		TQS Q1	T1 - % who currently smoke tobacco (STEPS, TQS)  T2 - % who currently smoke tobacco daily (STEPS, TQS)
7	Tobacco	[1/2] Next is about smokeless tobacco - snuff, chewing tobacco, or dip. They aren't smoked but are sniffed, held in the mouth, or chewed. [2/2] Do you currently use smokeless tobacco? Text 1-you use smokeless tobacco DAILY, 2-LESS THAN DAILY, 3-NOT AT ALL	1 = DAILY 2 = LESS THAN DAILY 3 = NOT AT ALL # = REFUSED OTHER = (Error 0.1)		TQS Q4	T3 - % who currently use smokeless tobacco (TQS)  T4 - % who currently use smokeless tobacco daily (TQS)  T5 – (Q7+Q8) - % currently using tobacco (smoked & smokeless) (GMF)
8	Alcohol	During the past 30 days did you drink any alcohol? Text 1-YES, 3-NO	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)	IF 3 OR #, GO TO 10	STEPS A5	A1 - % who currently drink alcohol (drank alcohol in the last 30 days) (STEPS)
9	Alcohol	A drink is [REQ. COUNTRY ADAPTATION]. How many times in the past 30 days did you have 6+ drinks at a time?	NUM (2), RANGE (0-75) # = REFUSED OTHER = (Error 0.1)		STEPS A9	A2 - % who engage in heavy episodic drinking (6+ drinks on any occasion in the past 30 days) (STEPS) & (GMF)
10	Diet	In a typical week, on how many days do you eat fruit (ADD LOCAL EXAMPLES.)?	NUM (1), RANGE (0-7) # = REFUSED OTHER = (Error 0.1)	IF 0 OR #, GO TO 12	STEPS D1	D1 - Mean # of days fruit consumed in a typical week (STEPS)
11	Diet	A serving of fruit is a medium sized apple or banana or half a cup of cooked/chopped fruit [REQ. COUNTRY ADAPTATION]. How many servings do you eat on 1 of those days?	NUM (2), RANGE (1-50) # = REFUSED OTHER = (Error 0.1)		STEPS D2	D2 - Mean # of servings of fruit consumed on average per day (STEPS)

12	Diet	In a typical week, on how many days do you eat vegetables?	NUM (1), RANGE (0-7) # = REFUSED OTHER = (Error 0.1)	IF 0 OR #, GO TO 14	STEPS D3	D3 - Mean # of days vegetables consumed in a typical week (STEPS)
13	Diet	A vegetable serving is a cup of green vegetables or half a cup cooked/chopped vegetables [REQ. COUNTRY ADAPTATION]. How many servings do you eat on 1 of those days?	NUM (2), RANGE (1 - 50) # = REFUSED OTHER = (Error 0.1)		STEPS D4	D4 - Mean # of servings of vegetables consumed on average per day (STEPS)  D5 - (Q12+Q13+Q14+Q15) - % who consumed less than 5 servings of fruit and/or vegetables on average per day (STEPS) & (GMF)
14	Diet	[1/2] Think about all salt - table salt, unrefined salt, sea salt, iodized salt, stock cubes/powders, & salty sauces like soya/fish sauce. [REQ. COUNTRY ADAPTATION] [2/2] How often do you add salt or salty sauce to food right before or as you eat it? Text 1-ALWAYS, 2-OFTEN, 3-SOMETIMES, 4-RARELY, 5-NEVER	1 = ALWAYS 2 = OFTEN 3 = SOMETIMES 4 = RARELY 5 = NEVER # = REFUSED OTHER= (Error 0.1)		STEPS D5	D6 - % who always or often add salt or salty sauce to their food before eating or as they are eating (STEPS)
15	Diet	How often is salt added in cooking or preparing foods at home? Text 1-ALWAYS, 2-OFTEN, 3-SOMETIMES, 4-RARELY, 5-NEVER, 7-DONT KNOW	1 = ALWAYS 2 = OFTEN 3 = SOMETIMES 4 = RARELY 5 = NEVER 7= DON'T KNOW # = REFUSED OTHER= (Error 0.1)		STEPS D6	D7 - % who always or often add salt or salty seasoning when cooking or preparing foods in the household (STEPS)
16	Diet	[1/2] Salty processed foods include salty snacks, canned salty food, pickles, fast food, cheese, bacon & processed meat [add local examples].  [2/2] How often do you eat processed food high in salt? Text 1-ALWAYS, 2-OFTEN, 3-SOMETIMES, 4-RARELY, 5-NEVER	1 = ALWAYS 2 = OFTEN 3 = SOMETIMES 4 = RARELY 5 = NEVER # = REFUSED		STEPS D7	D8 - % who always or often eat processed foods high in salt (STEPS)

			OTHER = (Error 0.1)			
17	Blood Pressure	Have you ever been told by a doctor or other health worker that you have raised or high blood pressure or hypertension? Text 1-YES, 3-NO	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)	IF 3 OR #, GO TO 19	STEPS H2a	H1 - % previously diagnosed with raised blood pressure or hypertension by a doctor or other health worker (STEPS)
18	Blood Pressure	In the last 2 weeks, did you take any drugs for raised blood pressure that was prescribed by a doctor or health worker? Text 1- YES, 3- NO	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)		STEPS H3	H2- % currently taking medication for raised blood pressure prescribed by a doctor or health worker among those diagnosed with previously diagnosed raised blood pressure (STEPS)
19	Diabetes	Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes? Text 1-YES, 3-NO	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)	IF 3 OR #, GO TO END SURVEY (0.8)	STEPS H7a	S1 - % previously diagnosed with diabetes or raised blood glucose by a doctor or health worker (STEPS)
20	Diabetes	In the last 2 weeks, did you take any drugs for diabetes prescribed to you by a doctor or other health worker? Text 1-YES, 3-NO	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)		STEPS H8	S2 - % currently taking medication for diabetes prescribed by a doctor or health worker among those previously diagnosed with diabetes (STEPS)
0.8	End of Survey Closing	The survey is now complete. Thank you!				



## 18. APPENDIX D – CATI-ADAPTED CORE QUESTIONNAIRE

SN	Module	Question Wording	Response Options	Skip	Survey Mapping	Indicator
0.1	Error	This answer is not an available response to the question. I will now repeat the question for you.				
0.2	Out of Range	Your response indicates that you are not eligible to participate in this survey. Thank you for your time.				
1	Language	{Multi-Lingual Countries} (INTERVIEWER INSTRUCTION: TAKE NOTE OF HOW THE RESPONDENT ANSWERS, PLEASE CHOOSE THE APPROPRIATE LANGUAGE AND START SURVEY.)				
0.3	Introduction	<p>Hello, my name is [XXXXXXX] and I'm calling on behalf of the Ministry of Health to complete the survey you were previously informed about.</p> <p>(INTERVIEWER INSTRUCTION: ENTER 1= CONTINUE IN [LANGUAGE 1]; [ADD OPTIONS TO CONTINUE IN OTHER LANGUAGES]; [ADD OTHER CALL OUTCOME CODES])</p>	<p>1= CONTINUE IN [LANGUAGE 1] [ADD OPTIONS TO CONTINUE IN OTHER LANGUAGES] [ADD OTHER CALL OUTCOME CODES]</p>			
	Consent	<p>Before we start, I'd like you to know that this interview will take no more than 10 minutes of your time. Any information you share will only be used to understand more about the health of our country's population, your information will be kept confidential and private and will never be connected to your name or any other personal information. All questions are voluntary. [Insert instructions about remuneration, if any.]. I'd like to continue unless you have any questions.</p> <p>(INTERVIEWER INSTRUCTION: ENTER 1= RESPONDENT CONSENTED; 3= RESPONDENT REFUSED)</p>	<p>1= RESPONDENT CONSENTED 3= RESPONDENT REFUSED</p>			

2	Demog	The first questions ask about your background. Are you male or female?  (INTERVIEWER INSTRUCTION: ENTER 1 = MALE; 3 = FEMALE; # = REFUSED)	1 = MALE 3 = FEMALE # = REFUSED OTHER = (Error 0.1)	IF # END SURVEY (0.8)	STEPS C1	
3	Demog	How old are you? If you don't know exactly, please provide your best guess.  (INTERVIEWER INSTRUCTION: ENTER A NUMBER 0-120; # = REFUSED/ DON'T KNOW)	NUM (3), (RANGE 0 - 120) # = REFUSED OTHER = (Error 0.1)	IF # END SURVEY (0.8) IF 18< NUM (3) >120 (Out of Range 0.2)	STEPS C3	
4	Sampling	How many mobile phone numbers do you use on a regular basis?  (INTERVIEWER INSTRUCTION: ENTER A NUMBER 1-99; # = REFUSED/ DON'T KNOW )	NUM(3), (RANGE 1-99) # = REFUSED OTHER = (Error 0.1)		NEW	
5	Sampling	How many people aged 18 years or older regularly use this mobile phone number?  (INTERVIEWER INSTRUCTION: ENTER A NUMBER 1-99; # = REFUSED/ DON'T KNOW)	NUM(2), (RANGE 1-99) # = REFUSED OTHER = (Error 0.1)		NEW	
0.4a	Tobacco Preamble	I would now like to ask you about smoking tobacco, including cigarettes, cigars and pipes [add local examples].Please do not include smokeless tobacco or e-cigarettes at this time.				
6	Tobacco	Do you currently smoke tobacco daily, less than daily, or not at all? (INTERVIEWER INSTRUCTION: ENTER 1= DAILY; 2= LESS THAN DAILY; 3= NOT AT ALL; # = REFUSED/ DON'T KNOW)	1 = DAILY 2 = LESS THAN DAILY 3 = NOT AT ALL # = REFUSED OTHER = (Error 0.1)		TQS Q1	T1 - % who currently smoke tobacco (STEPS, TQS)  T2 - % who currently smoke tobacco daily (STEPS, TQS)

0.4b	Tobacco Preamble	The next question is about using smokeless tobacco, such as [fill appropriate country examples: snuff, chewing tobacco, and dip]. Smokeless tobacco is tobacco that is not smoked, but is sniffed through the nose, held in the mouth, or chewed. [ req. country-adaptation]				
7	Tobacco	Do you currently use smokeless tobacco daily, less than daily, or not at all? (INTERVIEWER INSTRUCTION: ENTER 1= DAILY; 2= LESS THAN DAILY; 3= NOT AT ALL; # = REFUSED/ DON'T KNOW)	1 = DAILY 2 = LESS THAN DAILY 3 = NOT AT ALL # = REFUSED OTHER = (Error 0.1)		TQS Q4	T3 - % who currently use smokeless tobacco (TQS)  T4 - % who currently use smokeless tobacco daily (TQS)  T5 – (Q7+Q8) - % currently using tobacco (smoked & smokeless) (GMF)
0.5	Alcohol Preamble	Now, I would like to ask you some questions about alcohol use.				
8	Alcohol	During the past 30 days, did you drink any alcohol? (INTERVIEWER: ENTER 1= YES; 3= NO; # = REFUSED/ DON'T KNOW)	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)	IF 3 OR #, GO TO 0.6	STEPS A5	A1 - % who currently drink alcohol (drank alcohol in the last 30 days) (STEPS)
9	Alcohol	One standard drink is equivalent to [req. country-adaptation]. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 6 or more standard drinks in a single drinking occasion?  (INTERVIEWER INSTRUCTION: ENTER A NUMBER 0-75; # = REFUSED/ DON'T KNOW)	NUM (2), RANGE (0-75) # = REFUSED OTHER = (Error 0.1)		STEPS A9	A2 - % who engage in heavy episodic drinking (6+ drinks on any occasion in the past 30 days) (STEPS) & (GMF)
0.6	Diet Preamble	With the next questions, I would like to learn more about the foods that you eat.				
10	Diet	In a typical week, on how many days do you eat fruit [add local examples]?	NUM (1), RANGE (0-7) # = REFUSED	IF 0 OR #, GO TO 12	STEPS D1	D1 - Mean # of days fruit consumed in a typical week (STEPS)

		(INTERVIEWER INSTRUCTION: ENTER A NUMBER 0-7; # = REFUSED/ DON'T KNOW)	OTHER = (Error 0.1)			
11	Diet	A serving of fruit is a medium sized apple, banana or orange [add local examples] or half a cup of cooked or chopped fruit. How many servings of fruit do you eat on one of those days?  (INTERVIEWER INSTRUCTION: ENTER A NUMBER 1-50; # = REFUSED/ DON'T KNOW)	NUM (2), RANGE (1-50) # = REFUSED OTHER = (Error 0.1)		STEPS D2	D2 - Mean # of servings of fruit consumed on average per day (STEPS)
12	Diet	In a typical week, on how many days do you eat vegetables [add local examples]?  (INTERVIEWER INSTRUCTION: ENTER A NUMBER 0-7; # = REFUSED/ DON'T KNOW)	NUM (1), RANGE (0-7) # = REFUSED OTHER = (Error 0.1)	IF 0 OR #, GO TO 0.7	STEPS D3	D3 - Mean # of days vegetables consumed in a typical week (STEPS)
13	Diet	A serving of vegetables is about a cup of green leafy vegetables or salad or half a cup of cooked or chopped vegetables. How many of these servings of vegetables do you eat on one of those days?  (INTERVIEWER INSTRUCTION: ENTER A NUMBER 1-50; # = REFUSED/ DON'T KNOW)	NUM (2), RANGE (1 - 50) # = REFUSED OTHER = (Error 0.1)		STEPS D4	D4 - Mean # of servings of vegetables consumed on average per day (STEPS)  D5 - (Q12+Q13+Q14+Q15) - % who consumed less than 5 servings of fruit and/or vegetables on average per day (STEPS) & (GMF)
0.7	Diet preamble	With the next questions, I would like to learn more about the salt you eat. I would like you to think about all the sources of salt, including ordinary table salt, unrefined salt such as sea salt, iodized salt, salty stock cubes and powders, and salty sauces such as soya sauce or fish sauce. [ req. country-adaptation]				
14	Diet	How often do you add salt or a salty sauce such as soya sauce [req. country-adaptation] to your food right before you eat it or as you are eating it? Would you say always, often, sometimes, rarely, or never? (INTERVIEWER INSTRUCTION: ENTER 1= ALWAYS; 2= OFTEN; 3= SOMETIMES; 4= RARELY; 5= NEVER; # = REFUSED/ DON'T KNOW)	1 = ALWAYS 2 = OFTEN 3 = SOMETIMES 4 = RARELY 5 = NEVER # = REFUSED OTHER = (Error 0.1)		STEPS D5	D6 - % who always or often add salt or salty sauce to their food before eating or as they are eating (STEPS)

15	Diet	<p>How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household?</p> <p>Would you say always, often, sometimes, rarely, never, or don't know? (INTERVIEWER INSTRUCTION: ENTER 1= ALWAYS; 2= OFTEN; 3= SOMETIMES; 4= RARELY; 5= NEVER; 7=DON'T KNOW; # = REFUSED)</p>	<p>1 = ALWAYS 2 = OFTEN 3 = SOMETIMES 4 = RARELY 5 = NEVER 7= DON'T KNOW # = REFUSED OTHER = (Error 0.1)</p>		STEPS D6	D7 - % who always or often add salt or salty seasoning when cooking or preparing foods in the household (STEPS)
16	Diet	<p>How often do you eat processed food high in salt? By processed food high in salt, I mean foods that have been altered from their natural state, such as packaged salty snacks, canned salty food such as pickles, salty food prepared at a fast food restaurant, cheese, bacon and processed meat [add local examples]?</p> <p>Would you say always, often, sometimes, rarely, or never? (INTERVIEWER INSTRUCTION: ENTER 1= ALWAYS; 2= OFTEN; 3= SOMETIMES; 4= RARELY; 5= NEVER; # = REFUSED/ DON'T KNOW)</p>	<p>1 = ALWAYS 2 = OFTEN 3 = SOMETIMES 4 = RARELY 5 = NEVER # = REFUSED OTHER = (Error 0.1)</p>		STEPS D7	D8 - % who always or often eat processed foods high in salt (STEPS)
17	Blood Pressure	<p>Have you ever been told by a doctor or other health worker that you have raised or high blood pressure or hypertension?</p> <p>(INTERVIEW INSTRUCTION: ENTER 1= YES; 3= NO; # = REFUSED/ DON'T KNOW)</p>	<p>1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)</p>	IF 3 OR #, GO TO 19	STEPS H2a	H1 - % previously diagnosed with raised blood pressure or hypertension by a doctor or other health worker (STEPS)
18	Blood Pressure	<p>In the last two weeks, have you taken any drugs or medication for raised blood pressure that was prescribed for you by a doctor or other health worker?</p> <p>(INTERVIEW INSTRUCTION: ENTER 1= YES; 3= NO; # = REFUSED/ DON'T KNOW)</p>	<p>1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)</p>		STEPS H3	H2- % currently taking medication for raised blood pressure prescribed by a doctor or health worker among those diagnosed with previously diagnosed raised blood pressure (STEPS)
19	Diabetes	<p>Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?</p> <p>(INTERVIEW INSTRUCTION: ENTER 1= YES; 3= NO; # = REFUSED/ DON'T KNOW)</p>	<p>1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)</p>	IF 3 OR #, GO TO END SURVEY (0.8)	STEPS H7a	S1 - % previously diagnosed with diabetes or raised blood glucose by a doctor or health worker (STEPS)

---

20	Diabetes	In the last two weeks, have you taken any drugs or medications for diabetes prescribed to you by a doctor or other health worker?  (INTERVIEW INSTRUCTION: ENTER 1= YES; 3= NO; # = REFUSED/ DON'T KNOW)	1 = YES 3 = NO # = REFUSED OTHER = (Error 0.1)		STEPS H8	S2 - % currently taking medication for diabetes prescribed by a doctor or health worker among those previously diagnosed with diabetes (STEPS)
0.8	End of Survey Closing	The survey is now complete. Thank you very much for your time in answering these questions for the [Administering Authority], it will help us understand the health of [Country]. [Insert instructions about remuneration, if any.]				