



HIVNCD STUDY CHRONIC DISEASE RISK FACTOR SURVEILLANCE

R24-STEPS-V2
2010-08-12

Study no:
Fieldworker:
Visit Date:

Manghenelelo ya ndzavisiso: Hikwalaho ke hi ku hambana hambana ka vavanuna na vavasati va nghenelelaka eka ndzavisiso, swivutiso swi n'wana eka mbulavurisano lowu aswi ku khumbi. Hikwalaho hi vutisa swivutiso swo fana eka hinkwavo lava nga swiphemu swa ndzavisiso lowu. Tinhlamulo ta wena I xihundla hi ku hetiseka. Naswona tifambisana ntsena na nomboro ya xihundla xa ndzavisiso, ku ngari vito ra wena.

Introduction to the study: The following questions ask about different life style risk factors associated with diseases like hypertension, diabetes and other chronic diseases. Because a broad range of men and women are participating in the study, some questions in this interview may not apply to you. However we ask the same questions to all participants. Your answers are completely confidential. Your responses are linked only to confidential study number, not to your name.

0a Mbuyelo wa mbhurisano
Interview outcome

1 = Interview complete
2 = Person not found
3 = Person dead
4 = Refusal
5 = Sample not used/ Ineligible

0a

STEP 1 Behavioural Measurements

FOLE / TOBACCO USE

Kutani sweswi ndzi ta ku vutisa swivutiso swo karhi mayelana na mahanyelo ya rihanyu. Leswi swi katsa swilo swo fana na kunwa byala, kudya mihandzuni matsavu na vutiolori.

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

1 Xana u tshame u dzaha fole ku fana na sikireti, sigara kumbe fole ra ku koka hi phayiphi (nqawu)?
Have you ever smoked any tobacco product such as cigarettes, cigars or pipes?

1 = Yes
2 = No → Q8

T6 **1**

2 Xana sweswi wa ndzhaha (a wu ta dzaha loko u kuma nkarhi wo endla tano) mixaka ya mafole yo fana na sikireti, sigara kumbe nqawu?
Do you currently smoke (you will smoke if you have the possibility) any tobacco products, such as cigarettes, cigars, or pipes?

1 = Yes
2 = No → Q7

T1 **2**

3 Mi nga va mi dzahe ka ngani fole eka masiku ya makume- nharhu lawa ya nga hundza?
During the past 30 days, how frequently have you smoked any tobacco products?

1 = Daily/ Masiku;
2 = 5-6 days per week/5-6 ya masiku e vhiki;
3 = 1-4 days per week/1-4 ya masiku e vhikini;
4 = 1-3 days per month/3 ya masiku e nhwetini;

A2 **3**

4 Xana a wuri na malembe mangani loko u sungula ku dzaha?
How old were you when you first started smoking?

Answer in years → Q6
Nhlamulo himalembe → Q6
88 = Unknown

T3 **4**

5 Xana u nga va wa ha tsundzuka leswaku I khale rini?
Do you remember how long ago it was?

(Use only one answer)

T4a **5a**
T4b **5b**
T4c **5c**

Years
Months
Weeks

6 Hi mpimanyeto ana I swi ngani swa swilo leswi landzelaka leswi u swi dzahaka siku rin'wana na rin'wana?
On average, how many of the following do you smoke each day?

→ Q8
(88 = Unknown)

T5a **6a** Manufactured cigarettes/fole leri u ri xaveke
T5b **6b** Hand-rolled cigarettes/fole ro tsondzela
T5c **6c** Pipes full of tobacco/qawu yi tele hi fole
T5d **6d** Cigars, cheroots/cigara
T5e **6e** Other/swinwana
T5other **6f**

7 Xana u nga va u tshike rini ku dzaha?
How long ago did you stop smoking?

(Use only one answer)

T8a **7a**
T8b **7b**
T8c **7c**

Years
Months
Weeks

MATEKELO/MANWELO YA BYALA / ALCOHOL CONSUMPTION

Eka swivutiso lswi landzelaka swivutisa hi manwele ya byala. *The next questions ask about the consumption of alcohol.*

8	Xana u nga va u tshama u n'wa byala byo fana na biya, wayini, xipiritsi, thothotho kumbe byala bya xintu? <i>Have you ever consumed an alcoholic drink such as beer, wine, spirits, fermented cider, thothotho or traditional beer?</i>	1 = Yes 2 = No → Q14	A1a	8	<input type="text"/>
9	Xana u nga va wile byaa ekhue-mbirhi wa tinhweti leti nga hundza? <i>Have you consumed an alcoholic drink within the past 12 months?</i>	1 = Yes 2 = No → Q14	A1b	9	<input type="text"/>
10	Xana u nga ve u nwile byala eka makume manharhu ya masiku lawa ya nga hundza? <i>Have you consumed an alcoholic drink within the past 30 days?</i>	1 = Yes 2 = No → Q14	A3	10	<input type="text"/>
11	Eka makume-nharhu wa masiku lawa ya nga hundza, u nga va u nwile kan'we byala? <i>During the past 30 days, how frequently have you had at least one alcoholic drink?</i>	1 = Daily/ Masiku; 2 = 5-6 days per week/5-6 ya masiku e vhiki; 3 = 1-4 days per week/1-4 ya masiku e vhikini; 4 = 1-3 days per month/3 ya masiku e nhwetini;	A2	11	<input type="text"/>
12	Ka masiku ya nkombo lama nga hundza, i swo n'wa swo fika kwihi kumbe swin'wi leswi nga na xihoko leswi u swi nweke siku rin'wana na rin'wana? <i>During the past 7 days, how many drinks of any alcoholic beverage did you have each day?</i> FIELD WORKER: Use the cards to show standard drinks.				
12a	Musumbunuku Monday	88 = Don't know		12	<input type="text"/>
12b	Wavumbirhi Tuesday	88 = Don't know		12	<input type="text"/>
12c	Wavunarhu Wednesday	88 = Don't know		12	<input type="text"/>
12d	Wavumune Thursday	88 = Don't know		12	<input type="text"/>
12e	Wavunthlanu Friday	88 = Don't know		12	<input type="text"/>
12f	Muqhivela Saturday	88 = Don't know		12	<input type="text"/>
12g	Sonto Sunday	88 = Don't know		12	<input type="text"/>
13	Eka makume-nharhu wa masiku lawa ya nga hundza, loko u nwa byala, unga va u nwile kangani u dyile swakudya? <i>During the past 30 days, when you consumed an alcoholic drink, how often was it with meals? Do not count snacks.</i>	1 = Usually with meals; 2 = Sometimes with meals; 3 = Rarely with meals; 4 = Never with meals 1=Nkarhi hinkwawo na swakudya;2= Nkarhi u nwana na swakudya;3= Swa pfumaleka;4=Na ka tsongo	A8	13	<input type="text"/>

MADYELO / DIET

Swivutiso leswi landzelaka swi vutisa hi mihandzu ni matsavu lawa u wa dyaka nkarhi na nkarhi. Eka makariti lawa ndzi ya khomeke ya timele mpimo wa madyelo ya kona. Hleketa hi vhiki rinwna eka lembe leri nga hundza loko uri karhi u hlamula swivutiso leswi.

The next questions ask about the fruits and vegetable that you usually eat. Each of the nutrition cards I have represents the size of a serving. As you answer these questions please think of a typical week in the last year.

14	U nga va u dyile mihandzu ku ringana masiku mangani? <i>In a typical week on how many days do you eat fruit?</i>	0 → Q16 88 = Don't know/ A ndzi switivi	D1	14	<input type="text"/>
15	Xana a wu dya mpimo wo fika kwihi wa mihandzu eka masiku ya lawa? <i>How many servings of fruit do you eat on one of those days?</i>	88 = Don't know/ A ndzi switivi	D2	15	<input type="text"/>
16	Xana ung va u dya kangani matsavu? <i>In a typical week on how many days do you eat vegetables?</i>	0 → Q18 88 = Don't know/ A ndzi switivi	D3	16	<input type="text"/>
17	Xana I mpimo wo fika kwihi wa matsavu lowu u nga madya eka rinwe ra masiku lawa? <i>How many servings of vegetables do you eat on one of those days?</i>	88 = Don't know / A ndzi switivi	D4	17	<input type="text"/>
18	Xana mi nga va mitirhise muxaka wihi wa mafurha loko mi ri karhi mi lulamisa swakudya wsa ndyangu? <i>What type of oil or fat is most often used for meal preparation in your household?</i>	1 = Vegetable oil; 2 = Lard or suet; 3 = Butter or ghee; 4 = Margarine; 5 = Other → Q18b ; 6 = None in particular; 7 = None used; 88 = Don't know	D5	18a	<input type="text"/>
		D5other	18b		<input type="text"/>
19	Xana u chela swipunu swi ngani leswi ntsongo swa chukela e tiyeni kumbe e kofini? <i>How many tea-spoons of sugar do you usually add to your tea or coffee?</i>			19	<input type="text"/>

20 Hi ku ya hi mpimo wo karhi, xana mi nga va mi dya kangani swakudya leswi nga lulamisiwangiki ekaya? Swa kudya leswi ndzi vula swa na mixo, nhlikanhi (swo fihlula) na na madyambu (swolalela). 88 = Don't know D6 20

On average, how many meals per week do you eat that were not prepared at a home? By meal, I mean breakfast, lunch and dinner.

VUTIOLORI / PHYSICAL ACTIVITY

Eka nkarhi wa sweswi ndzi ta mi vutisa leswaku minga va mi teka nkarhi wo fika kwihi ku endla vutiolori byo hambanahambana. Hi kombela u hlamula swivutiso leswi hambani loko u nga tivuli munhu loyi a endlaka swa vutiolori. Hleketa hi nkarhi wo sungula lowu u endlaka ntirho wo karhi. Hleketa hi ntirho tanihi swilo leswi u swi endlaka u hakeriwa kumbe u nga hakeriwa, ku dyondza mintrho ya le kaya, ku rima matsavu, ku phasa tinhlaphi kumbe ku hlota, ku lava ntirho, eku hlamuleni ka wena swivutiso lswi, mintirho leyi lavaka matimba na ku tlhela yi endla ku tlakuka lokukulu eka ku hefemula kumbe mabelo ya mbilu; mintirho leyi lavaka matimba lama ntsongo lawa ya nga endlaka mabelo ya mbilu ya tlakuka ka ntsongo.

Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. Think first about the time you spend doing work. Think of work as things you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. In answering the following questions "vigorous / intensity activities" are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate activities' require moderate physical effort and cause small increases in breathing or heart rate.

Mintirho yo tika swinene/ Vigorous activities

21 Xana ntirho wa wena wu nga va wu ri na mintirho leyi vangaka ku tlakuka lokukulu eka ku hefemula kumbe mabelo ya mbilu ku fana na ku tlakula swilo swo tika, ku cela kumbe ntirho wo aka ku fika kwalomu ka khume ra timinete hi kulandzelana? 1 = Yes
2 = No → Q24 P1 21
Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging or construction work for at least 10 minutes continuously?

22 Xana unga va u endlaka mintirho yo fana na leyi ka ngani hi vhiki tani hi xiphemu xa ntirho wa wena? (Number of days)
(Nhlayo ya masiku) P2 22
In a typical week, on how many days do you do vigorous/intensity activities as part of your work?

23 Xana u nga va u teka nkarhi wo fika kwihi hi siku ku endlaka ntirho wo fana na lowu? (Hours : Minutes)
(Tiawara: Timineti) P3 (a-b) 23 :
How much time do you spend doing vigorous-intensity activities at work on a typical day?

Mintirho yo olova/ Moderate activities

24 Xana ntirho wa wena wu katsa tirho wo vevuka lowu vangaka ku tlakuka ka ntsongo ka mahefemulelo kumbe ku ba ka mbilu ku fana na kufamba hi ku hantlisa, ku rhwala ndzhwalo wo vevuka, ku basisa, ku sweka, kumbe ku hlantsa tinguvu kwalomu ka timinete ta khume ku ya mahleweni? 1 = Yes
2 = No → Q27 P1 24
Does your work involve moderate-intensity activity that causes small increases in breathing or heart rate like brisk walking, carrying light loads, cleaning, cooking, washing clothes for at least 10 minutes continuously?

25 Hi vhiki ro karhi u masiku mangani lawa u endlaka mintirho ya le xikarhi yo vevuka tana hi xiphemu xa ntirho wa wena? (Number of days)
(Nhlayo ya masiku) P2 25
In a typical week, on how many days do you do moderate-intensity activities as part of your work?

26 I nkarhi wo fika kwihi lowu u wu firhisaka ku endlaka mintirho yo vevuka etirhweni hi siku ro karhi? (Hours : Minutes)
(Tiawara: Timineti) P3 (a-b) 26 :
How much time do you spend doing moderate-intensity activities at work on a typical day?

Ku vhaka na ku vhakela tindhawu / Travel to and from places

Eka swivutiso lswi landzelaka, ung ha vuli vutiolori lebyi u byi endlaka entirhweni hi ku va u vulvurile hi byona. Swewswi ndzi lava ku ku vutisa lswi u fambisaka swona na le ka tindhawu. xikombiso firhweni, ku xaveni, timaketini, e ndhawini yo khongela.

The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship.

27 Xana wo famba kumbe u tirhisa xikanyakanya ku ringana khume ra timinetsi ku fikelela na ku suka ka tindzawu? 1 = Yes
2 = No → Q30 P7 27
Do you walk or use a bicycle for at least 10 minutes continuously to get to and from places?

28 Xana l vhekini l masiku angani lawa u kumekaka u famba kumbe u tirhisa xikanyakanya ku ringana khume ra timinetsi hi ku landzelelana ku va u fikelela no suka ka tindzawu? (Number of days)
(Nhlayo ya masiku) P8 28
In a typical week, on how many days do you walk or cycle for at least 10 minutes continuously to get to and from places?

29 Xana u teka karhi wo fikela kwihi wo famba kumbe ku famba hi xikanyakanya? (Hours : Minutes)
(Tiawara: Timinetsi) P9 (a-b) 29 :
How much time do you spend walking or cycling for travel on a typical day?

Swa mintlango / Recreational activities

Swivutiso lswi landzelaka unga ha vuli hi ntirho na swo famba ha swona leswi unga swi vula. Sweswi ndzi lava ku ku vutisa hi mitlango, kutiyelela na mintlangu yinwana ya vutiolori. The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure).

30 Xana wa endla vuti olori byi nwana bya swipotso, kutiyelerisa na mintlangu yinwana ya vuti olori lebyi byi engetelaka ku hefemula kumbe ku mba ka mbilu ku fana na ku tsutsuma kumbe ku tlanga bolo swa tiawara to mpimanyeta khume hi ku landzela? 1 = Yes
2 = No → Q33 P10 30
Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like running or football for at least 10 minutes continuously?

31 Xana e vhekini l masiku ma ngani lama u kumekaka u tlanga bolo, vutiolori kumbe mi ntlangu yinwana? (Number of days) P11 31
In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities?

32 Xana u teka nkarhi wo fika kwihi u eku tlangeni ka mintlango ya bolo, vutiolori kumbe mintlango yinwana? (Hours : Minutes) P12 (a-b) 32 :
How much time do you spend doing vigorous-intensity sports, fitness or recreational (leisure) activities in a typical day?

Mi khuva yo tshama unga endli nchumu / Sedentary behaviour

Xivutiso lexi landzelaka xi ma yelana na ku tshama kumbe kutshama u tiitshengeterile entirhweni, ekaya, kuya no vuyae ti ndzhawini, kumbe na vanghana ku katsa na nkarhi lowu u kumekaka u tshamile edesikini, ku tshama na vanghana, ku famba hi movha, bazi, hlaya, ku tlanga makarata kumbe ku languta televixini, kambe unga ghenisi nkarhi lowu u kumekaka u etlele.

The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, travelling in car, bus, reading, playing cards or watching television, but do not include time spent sleeping.

33 Xana l nkarhi wo tani hikwihi e sikwini lowu u kumekaka u tshamile? (Hours : Minutes) P16 (a-b) 33 :
How much time do you usually spend sitting or reclining on a typical day?

Ntirho / Work

34 Xana u nga va u tirha ntirho lowu wu ku hakelaka mali? 1 = Yes → Q36
2 = No P17 34
Are you working for cash payment at present?

35 Xana u li ku laveni ka ntirho lowu wu hakelaka? 1 = Yes
2 = No P18 35
Are you looking for a paid job?

STEP 2 DISEASE HISTORY

NHLAMUSELA HI TA XIYIMO XA RIHANYO / HEALTH STATE DESCRIPTION

36	Xana rihanyu ra wena hi ku angarela namuntlha u ti twa jani? <i>How would you rate your health today?</i>	1 = Very good / Ngopfu swinene 2 = Good / winene 3 = Bad / Kahle 4 = Very bad /A swi kahle ngopfu	SAGE 2000	36	<input type="checkbox"/>
37	Hi ku katsakanya ka masiku ya makume-narhu lama nga hundza, i ku tikeriwa ka njhani loku u nga va na kona hi ntirho kumbe hi mintirho yi n'wana ya laha kaya? <i>Overall in the last 30 days, how much difficulty did you have with work or household activities?</i>	1 = None/Ku hava 2 = Mild/Kahle 3 = Severe/Ngopfu 4 = Extreme/ Ngopfu ngopfu	SAGE 2001	37	<input type="checkbox"/>

MATIMU YA MA TLAKUKELO YA NGATI / HISTORY OF RAISED BLOOD PRESSURE.

38	U tshama u kamberiwa mapopelo ya ngati hi dokodela, muongori kumbe unwana wa mutirhela ri hanyu? <i>Have you ever had your blood pressure measured by a doctor, nurse or other health worker?</i>	1 = Yes 2 = No → Q42	H1	38	<input type="checkbox"/>
39	Xana utshama u byeriwa hi dokodela, muongori kumbe unwana wa mutirhela rihanyu leswo ngati ya wena yi le henhla kumbe high blood? <i>Have you ever been told by a doctor, nurse or other health worker that you have raised blood pressure or hypertension?</i>	1 = Yes 2 = No → Q42	H2a	39	<input type="checkbox"/>
40	Xana u byeriwile ka tinhweti ta khume-mbirhi leti nga hundza ro sungula? <i>Have you been told in the past 12 months for the first time?</i>	1 = Yes 2 = No	H2b	40	<input type="checkbox"/>
41	Xana u tshama u nyikiwa vutshunguri lebyi landzelaka kumbe vuleteri hi high blood pressure laha unga byeriwa hi dokodela, muongori kumbe unwana wa mutirhela rihanyu? <i>Have you received any of the following treatments or advice for high blood pressure prescribed by a doctor, nurse or other health worker?</i>				
41a	Swi dzidziharisi swa high blood pressure(murhi)lowu unga wu tirhisa ka mavhiki mambirhi lama nga hundza <i>Drugs for high blood pressure (medication) that you have taken during the last two weeks</i>	1 = Yes 2 = No	H3a	41a	<input type="checkbox"/>
41b	Swi dzidziharisi swa high blood pressure(murhi)lowu unga wu tirhisa ka khume mbirhi wa tinhweti leti nga hundza <i>Drugs for high blood pressure (medication) that you have taken during the last twelve months</i>	1 = Yes 2 = No	H3a	41b	<input type="checkbox"/>
41c	U byeriwile ku hunguta munyu eka masiku ya makume-nharhu lama nga hundza <i>Advice to reduce salt intake in the past 30 days.</i>	1 = Yes 2 = No	H3b	41c	<input type="checkbox"/>
41d	U byeriwile ku hunguta tiko wa wena eka masiku ya makume-nharhu la ma nga hundza <i>Advice to lose weight in the past 30 days.</i>	1 = Yes 2 = No	H3c	41d	<input type="checkbox"/>
41e	Ubyeriwile ku tshika ku dzaha eka masiku ya makume-nharhu lama nga hundza <i>Advice to stop smoking in the past 30 days.</i>	1 = Yes 2 = No	H3d	41e	<input type="checkbox"/>
41f	U byeriwile ku sungula vutiolori eka masiku ya makume-nharhu lama nga hundza <i>Advice to start or do more exercise in the past 30 days.</i>	1 = Yes 2 = No	H3e	41f	<input type="checkbox"/>
42	Xana u tshama uya e n'angeni hi mhaka ya ku tlakuka ka ngati? <i>Have you ever seen a traditional healer/herbalist for raised blood pressure / hypertension?</i>	1 = Yes 2 = No	H4	42	<input type="checkbox"/>
43	Xana eka nkarhi wasweswi u le ku tekeni ka murhi, kumbe mirhi ya xinto eka high blood pressure ya wena? <i>Are you currently taking any herbal or traditional remedy for your hypertension?</i>	1 = Yes 2 = No	H5	43	<input type="checkbox"/>

MATIMU YA VUVABYI BYA CHUKELA / HISTORY OF DIABETES

44	Xana u tshema u kamberiwa chukela ra le ngatini ya wena hi dokodela, muongori kumbe u nwana wa mutirhi wa swa rihanyu? <i>Have you ever had your blood sugar measured by a doctor, nurse or other health workers?</i>	1 = Yes 2 = No → Q48	H6	44	<input type="checkbox"/>
45	Xana u tshama u byeriwa hi dokodela leswaku chukele ra wena e ngatini ri tlakukile? <i>Have you ever been told by a doctor, nurse or other health worker that you have raised blood sugar or diabetes?</i>	1 = Yes 2 = No → Q48	H7a	45	<input type="checkbox"/>

46	Xana u byeriwile ro sungula eka ti nhweti ta khume-mbirhi leti nga hundza? <i>Have you been told in the past 12 months for the first time?</i>	1 = Yes 2 = No	H7b	46	<input type="checkbox"/>
47	Xana eka nkarhi wa sweswi byi kona vutshunguri u byi kumaka eka lebyi landzelaka/swi tsundzuxo swa chukela leri unga byeriwa hi dokodela, muongori kumbe muntirhi wa swa rihanyu? <i>Are you currently receiving any of the following treatments/advice for diabetes prescribed by a doctor, nurse or other health worker?</i>				
47a	Vutshungri bya ma vabyi ya chukela lama u nga ma teka eka mavhiki ma mbirhi lama hundzeke hi nomo? <i>Drugs for diabetes (medication) that you have taken by mouth during the last two weeks?</i>	1 = Yes 2 = No	H8b	47a	<input type="checkbox"/>
47b	Vutshungri bya ma vabyi ya chukela lama u nga ma teka eka khume mbirhi wa tinhweti leti hundzeke hi nomo? <i>Drugs for diabetes (medication) that you have taken by mouth during the last twelve months?</i>	1 = Yes 2 = No	H8b	47b	<input type="checkbox"/>
47c	Insulin e ka mavhiki mambirhi lama nga hundza <i>Insulin during the last two weeks.</i>	1 = Yes 2 = No	H8a	47c	<input type="checkbox"/>
47d	Insulin e ka khume mbirhi wa tinhweti leti nga hundza <i>Insulin during the last twelve months.</i>	1 = Yes 2 = No	H8a	47d	<input type="checkbox"/>
47e	Swodya swo hlawuleka leswi ubyeriweke hi dokodela e ka khume mbirhi wa tinhweti leti nga hundza. <i>Special prescribed diet during the last twelve months.</i>	1 = Yes 2 = No	H8c	47e	<input type="checkbox"/>
47f	Swi tsundzuxo kumbe vutshunguri byo hunguta tikelo ka khume mbirhi wa tinhweti leti nga hundza. <i>Advice or treatment to lose weight during the last twelve months.</i>	1 = Yes 2 = No	H8d	47f	<input type="checkbox"/>
47g	Switsundzuxo kumbe vutshunguri hiku tshika ku dzaha ka khume mbirhi wa tinhweti leti nga hundza. <i>Advice or treatment to stop smoking during the last twelve months.</i>	1 = Yes 2 = No	H8e	47g	<input type="checkbox"/>
47h	Switsundzuxo ku sungula ku endla vutiolori ngopfu ka khume mbirhi wa tinhweti leti nga hundza. <i>Advice to start or do more exercise during the last twelve months.</i>	1 = Yes 2 = No	H8f	47h	<input type="checkbox"/>
48	Xana u tshama u ya e n'angeni hi ku tlakuka ka chukela e ngatini kumbe chukela <i>Have you ever seen a traditional healer/herbalist for raised blood sugar or diabetes?</i>	1 = Yes 2 = No	H9	48	<input type="checkbox"/>
49	Eka nkarhi wa sweswi teka murhi kumbemirhi ya xito eka ma vabyi ya chukela? <i>Are you currently taking any herbal or traditional remedy for your diabetes?</i>	1 = Yes 2 = No	H10	49	<input type="checkbox"/>
MATIMU YA XITOROKU / HISTORY OF STROKE					
50	Xana u tshama u byeriwa hi dokodela, muongori kumbe mu tirhela wa swa rihanyu leswo una xitoroki? <i>Have you ever been told by a doctor, nurse or other health worker that you have had a stroke?</i>	1 = Yes 2 = No → Q58	H10	50	<input type="checkbox"/>
51	Xana u tshama u nyikiwa murhi wo tshungula xitoroki? <i>Did you ever receive medical treatment for this stroke?</i>	1 = Yes 2 = No	H11	51	<input type="checkbox"/>
52	Xana u tshama u tirhisa murhi kumbe vutshungulo byi nwana eka mavhiki mambirhi lama nga hundzeke? <i>Have you been taking any medications or other treatment for it during the last 2 weeks?</i>	1 = Yes 2 = No	H12	52	<input type="checkbox"/>
53	Xana u tshama u tirhisa murhi kumbe vutshungulo byi nwana eka khume mbirhi wa tinhweti leti nga hundza? <i>Have you been taking any medications or other treatment for it during the last 12 months?</i>	1 = Yes 2 = No	H12	53	<input type="checkbox"/>
54	Eka lembe rini leri unga sungula ku va na xitoroki? <i>In what year was your first stroke?</i>		H14	54	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
55	Xana l xitoroki kumbe l ku hlanganahlangana ka swi nwana, switsongo kumbe l mintirho ya masiku hinkwawo? <i>Does this stroke or its complications interfere not at all, a little, or a lot with your daily activities?</i>	1 = Not at all /Na katsongo 2 = A little / Switsongo 3 = A lot / Ngopfu	H15	55	<input type="checkbox"/>
56	Xana u tshama u xaniseka hi ku oma kumbe u nga tiyeleri eka ri hlanguki kumbe milenge eka tlhelo rinwe ra miri ku tlula tiawara ta makume mbirhi-mune? <i>Have you ever suffered from sudden onset of paralysis or weakness in your arms or legs on one side of your body for more than 24 hours?</i>	1 = Yes 2 = No	H16	56	<input type="checkbox"/>

57 U tshame u twa ka makume –mbirhi mune wa tiawara leti nga hundza ku vava ka xihatla u nga twi nchumu ka tlhelo rin'we ra miri wa wena, ku nga ri na lexi nga humelela ka wena hi ku hatlisa? 1 = Yes
2 = No H16 57

Have you ever had, for more than 24 hours, sudden onset of loss of feeling on one side of your body, without anything having happened to you immediately before?

HISTORY OF ANGINA MATIMU YA VUVABYI BYA MBILU

58 Xana u tshame u kumeka u ri na mavabyi ya mbilu? 1 = Yes
2 = No → Q68 H19 58

Have you ever been diagnosed with angina or angina pectoris (a heart disease)?

59 Xana u tshama u tshunguriwa wona? 1 = Yes
2 = No H20 59

Have you ever been treated for it?

60 Xana u tshame u tekamurhi u nwana wa swa vutshunguri wa mavabyi lawa eka mavhiki mambirhi lama hundzeke? 1 = Yes
2 = No H21 60

Have you been taking any medications or other treatment for it during the last 2 weeks?

61 Xana u tshame u tekamurhi u nwana wa swa vutshunguri wa mavabyi lawa eka khume mbirhi wa tinhweti leti nga hundza? 1 = Yes
2 = No H21 61

Have you been taking any medication or other treatment for it during the last 12 months?

62 Eka tinhweti ta khume-mbirhi leti nga hundza, Xana kuna ku vava loku u kutwaka kumbe swin'wana e xifuveni loku u ri eku fambeni uri karhi u ghonya kumbe ku hatlisa? 1 = Yes
2 = No
3 = Never walk uphill or hurry /
A ndzi se tshama ndzi famba
ndzi ngonya kumbe kuhatlisa H22 62

During the last 12 months, have you experienced any pain or discomfort in your chest when you walk uphill or hurry?

63 Eka tinhweti ta khume- mbirhi leti nga hundza, xana u tshame u twa ku vava kumbe swin'wana e xifuveni xa wena loku u fmba hi mafambelo ya tolovelo e ndzawini yo ringanana? 1 = Yes
2 = No H23 63

During the last 12 months, have you experienced any pain or discomfort in your chest when you walk at an ordinary pace on level ground?

64 U endla yini loku u twa xitlavi kumbe u nga titwi kahle loku uri ku fambeni? 1 = Stop or slow down. Wa yima kumbe u famba ka ntsongo
2 = Carry on after taking a pain relieving medicine that dissolves in your mouth.
U ya mahlweni endzhaku ko teka miri wo miyeta xitlavi lexi n'wo'kisiwaka enon'wini wa wena
3 = Carry on walking. U ya mahlweni na ku famba. H23 64

What do you do if you get the pain or discomfort when you are walking?

Read choices

65 Loku u yima unga endli nchumu ku humelela yini hi xitlavi kumbe ku ka u nga titwi kahle? 1 = Relieved. Ku titwa kahle
2 = Not relieved. Ku ka u nga tiwti kahle H23 65

If you stand still, what happens to the pain or discomfort?

Read choices

66 U nga ndzi komba laha hi xitalo u vaka na xitlavi kumbe ku ka u nga titwi kahle? 1 = Yes
2 = No H23 66

Will you show me where you usually experience the pain or discomfort?

Upper or middle chest
Lower chest
Left arm
Other

Record all areas of body mentioned or showed

67 Swikombiso swa mavabyi leswi u swi vuleke ka tinhw'eti ta khume-mbirhi leti nga hundza, u tit we u ri na swona eka mavhiki mambirhi lama nga hundza? 1 = Yes
2 = No H23 67

These symptoms that you have said you experienced in the last 12 months, have you experienced them in the last 2 weeks?

STEP 3 Physical Measurement

BLOOD PRESSURE & PULSE

68	Reading 1: Systolic (SYS)	(Answer in mm Hg)	M11a	68a	<input type="text"/>
	Reading 1: Diastolic (DIA)	(Answer in mm Hg)	M11b	68b	<input type="text"/>
	Reading 1: Pulse	(Beats per minute)	M16a	68c	<input type="text"/>
69	Reading 2: Systolic (SYS)	(Answer in mm Hg)	M12a	69a	<input type="text"/>
	Reading 2: Diastolic (DIA)	(Answer in mm Hg)	M12b	69b	<input type="text"/>
	Reading 2: Pulse	(Beats per minute)	M16b	69c	<input type="text"/>
70	Reading 3: Systolic (SYS)	(Answer in mm Hg)	M13a	70a	<input type="text"/>
	Reading 3: Diastolic (DIA)	(Answer in mm Hg)	M13b	70b	<input type="text"/>
	Reading 3: Pulse	(Beats per minute)	M16c	70c	<input type="text"/>

HEIGHT

71	Height	(Answer in centimeters (cm))	M3	71	<input type="text"/>
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WEIGHT

72	Are you pregnant? (Ask ONLY to women between 15 and 49 years of age)	1 = Yes → Q76 2 = No	M5	72	<input type="text"/>
73	Weight	(Answer in kilograms (kg)) 666.6 = Too large for scale	M4	73	<input type="text"/>

WAIST

74	Waist circumference	(Answer in centimeters (cm))	M7	74	<input type="text"/>
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HIP

75	Hip circumference	(Answer in centimeters (cm))	M15	75	<input type="text"/>
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STEP 4 Biochemical Measurements

76	Eka tiawara takhume-mbirhi leti nga hundza xana xi kona lexi unga xidya kumbe ku n'wa? <i>During the past 12 hours have you had anything to eat or drink</i>	1 = Yes 2 = No	B1	76	<input type="text"/>		
77	Xana ku na murhi lowu u nga wu nwa eka tiawara ta khume –mbirhi leti hundzeke? <i>Have you taken any medication in the last 12 hours?</i>	1 = Yes 2 = No → Q79		77	<input type="text"/>		
78	Xana l murhi wa njani? <i>What is this medication?</i>	78			<input type="text"/>		
79	Nkarhi lowu ngati yi nga tekiwa ha wona(24 hours clock) <i>Time of day blood specimen taken (24 hour clock)</i>	(Hours : Minutes)	B4	79	<input type="text"/>	:	<input type="text"/>

BLOOD GLUCOSE / CHUKELA RA LE NGATINI

80	Namuntlha u tekile insulin kumbe murhi lowu unga nyikiwa hi dokodela, muongori kumbe mtirhi wa swa rihanyu hi ku tlakuka thukele ra lengatini? <i>Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor, a nurse or other health worker for raised blood glucose?</i>	1 = Yes 2 = No	B6	80	<input type="text"/>
81	Glucose in blood			81	<input type="text"/>

BLOOD LIPIDS / MAFURHA YA LE NGATINI

82	Eka mavhiki mambirhi lama hundzeke, xana u tshunguriwile hi murhi lowu nga nyikiwa hi dokodela, muongori kumbe hi mutirhi wa swa rihanyo hi kwalaho ka ku tlakuka ka mafurha? <i>During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor, a nurse or other health worker?</i>	1 = Yes 2 = No	B9	82	<input type="text"/>		
83	Cholesterol			83	<input type="text"/>	.	<input type="text"/>
84	HDL cholesterol			84	<input type="text"/>	.	<input type="text"/>
85	Triglycerides			85	<input type="text"/>	.	<input type="text"/>
86	LDL cholesterol			86	<input type="text"/>	.	<input type="text"/>
87	Total cholesterol/HDL			87	<input type="text"/>	.	<input type="text"/>