

KENYA - Improving the lives of diabetics in Nairobi's slum through access to quality health care

Report generated on: February 5, 2015

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Overview

Identification

ID NUMBER

APHRC-WDF-2014-1.0

Version

VERSION DESCRIPTION
PRODUCTION DATE

2009-04

NOTES

Version 1.0, February 2015. With anonymised datasets and study materials added.

Overview

ABSTRACT

The objectives of the study were as follows:

- Improve the capacity of primary health care level facilities serving three Nairobi slums to offer services for chronic diseases which are in line with the level of expertise available at these facilities.
- Improve the skills of health providers in the management of diabetes and other comorbidities with emphasis on the use of integrated guidelines and patient empowerment.
- Strengthen the linkages between the public and private sectors in health by harnessing resources from both sectors and complimenting each other's strengths in providing care for diabetes and its co-morbidities.
- Enhance community capacity to respond to diabetes through creation of patient and family support groups.
- Generate evidence to support the allocation of resources (especially drugs) to primary level health facilities for the management of chronic diseases while providing hands-on training opportunities for undergraduate medical, nursing and clinical students in diabetes care that emphasizes use of integrated guidelines and patient empowerment.

These objectives were to be achieved by the following activities:

- Setting up and running outreach clinics for patients with DM & HPT in three slums (Korogocho, Viwandani, Dandora).
- Building capacity of health workers in 15 HF to screen, diagnose and manage DM & HPT. This was to involve training of health workers and provision of equipment.
- Generating evidence of the impact on the quality of life and lifestyles of clinic attendees.
- Community sensitization via free medical camps, distribution of IEC materials and media programs.

Results:

- 17 health facilities (11 public and 5 private) were equipped with basic but essential diagnostic equipment for diabetes and hypertension.
- 27 clinical officers trained; 54 nursing staff trained and 36 community health workers and paramedics trained.
- Partnership established which brought together; DMI, NWB, Provide International and CAFKID (private) and CCN, Mbagathi district hospital (public).
- Patients support groups formed and 30 members trained as expert patients and as trainers of trainers on self-monitoring and management of diabetes and hypertension.

· 11 medical camps in total conducted (5 in Korogocho; 5 in Viwandani and 1 in Dandora).

1 dissemination with policy makers held plus numerous media coverage in both print and electronic media.

UNITS OF ANALYSIS

Individual

Scope

NOTES

This was an implementation project.

Coverage

GEOGRAPHIC COVERAGE

Korogocho and Viwandani informal settlements in Nairobi

Producers and Sponsors

PRIMARY INVESTIGATOR(S)

Name	Affiliation
African Population and Health Research Center	APHRC

OTHER PRODUCER(S)

Name	Affiliation	Role
Catherine Kyobutungi	APHRC	Primary Investigator
Samuel Oti	APHRC	
Moses Mwithiga	APHRC	

FUNDING

Name	Abbreviation	Role
World Diabetes Foundation	WDF	Funder

OTHER ACKNOWLEDGEMENTS

Name	Affiliation	Role
The study communities (Korogocho and Viwandani)		
Staff of APHRC		
Provide International, Nutritionists Without Borders (NWB)		
Care and Advocacy for Kidney Disease (CAFKID)		
City Council of Nairobi (CCN)		
Diabetes Management and Information Center (DMI)		
Mbagathi District Hospital		

Metadata Production

METADATA PRODUCED BY

Name	Abbreviation	Affiliation	Role
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Name	Abbreviation	Affiliation	Role
African Population and Health Research Center	APHRC	APHRC	Metadata Producer

DATE OF METADATA PRODUCTION

2015-02-05

DDI DOCUMENT VERSION

Version 1.0

DDI DOCUMENT ID

APHRC-WDF-2014-1.0

Sampling

No content available

Questionnaires

Overview

For each questionnaire, provide a summary on the main sections, target population (population and clinic)

Baseline questionnaire: all patients attending clinics. It list patients' demographic identifiers (respondentID, age and sex), history of medical conditions and treatment, lifestyle history as well as clinical and anthropometric measurements.

6 months follow up: all patients attending clinics. As above.

One year follow up: all patients attending clinics. As above.

Clinic cards: all patients attending clinics. Routine recording of patients clinical and anthropometric measurements.

Data Collection

Data Collection Dates

Start	End	Cycle
2009-02-27	2010-10-23	Baseline
2010-04-24	2011-05-28	Follow-up

Data Collection Mode

Face-to-face [f2f]

Questionnaires

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Supervision

Research assistant was responsible for data quality control through spot-checks, sit-ins and office editing of questionnaires. Research assistance reported to research officer.

Data Processing

No content available

Data Appraisal

No content available

File Description

Variable List

wdfbaseline

Content

Cases 351

Variable(s) 195

Structure
Type:
Keys: ()

Version

Producer

Missing Data

Variables

ID	Name	Label	Type	Format	Question
V374	wdf_id	Unique identification	discrete	character	
V375	wdf_q1_2	Date of interview	discrete	character	
V376	wdf_q1_4	Respondent's date of birth	discrete	character	
V377	wdf_q1_5	Respondent's sex	discrete	numeric	
V378	wdf_q1_7	Village where respondent lives	discrete	character	
V379	wdf_q1_9	Data collection round	discrete	character	
V380	wdf_q1_10	Do you accept to participate in the study?	discrete	numeric	Do you accept to participate in the study?
V381	wdf_q1_11	Respondent signs?	discrete	numeric	
V382	wdf_q1_12	Final result of interview	discrete	numeric	
V383	wdf_q2_1	Are you diabetic?	discrete	numeric	Are you Diabetic?
V384	wdf_q2_2	When were you diagnosed with diabetes	discrete	character	When were you diagnosed with Diabetes?
V385	wdf_q2_3a	For how long have you had diabetes (units-D, W, M, Y)?	discrete	numeric	For how long have you had Diabetes (since you were diagnosed) ? (UNITS: D=Days, W=Weeks, M=Months, Y=Years)
V386	wdf_q2_3b	For how long have you had diabetes (# of units)?	contin	numeric	For how long have you had Diabetes (since you were diagnosed) ? (UNITS: D=Days, W=Weeks, M=Months, Y=Years)
V387	wdf_q2_4	Where was the diagnosis of diabetes made?	discrete	numeric	Where was the diagnosis of Diabetes made?
V388	wdf_q2_5	When did you start attending this clinic?	discrete	character	When did you start attending this clinic?
V389	wdf_q2_6	How would you describe your treatment for diabetes?	discrete	numeric	Looking back over the last 3 months, how would you describe your treatment for Diabetes?
V390	wdf_q2_7a	Tablets prescribed by a health worker	discrete	numeric	What kind of medication were you taking to treat the Diabetes?
V391	wdf_q2_7b	Tablets i got from a drug store without a prescription	discrete	numeric	What kind of medication were you taking to treat the Diabetes?
V392	wdf_q2_7c	Tablets i got from relatives/friends w/o prescription	discrete	numeric	What kind of medication were you taking to treat the Diabetes?
V393	wdf_q2_7d	Injections (insulin)	discrete	numeric	What kind of medication were you taking to treat the Diabetes?
V394	wdf_q2_7e	Herbal medicine together with tabs/insulin	discrete	numeric	What kind of medication were you taking to treat the Diabetes?

ID	Name	Label	Type	Format	Question
V395	wdf_q2_7f	Herbal medicine only	discrete	numeric	What kind of medication were you taking to treat the Diabetes?
V396	wdf_q2_7g	Other	discrete	numeric	What kind of medication were you taking to treat the Diabetes?
V397	wdf_q2_7sp	Other specified	discrete	character	What kind of medication were you taking to treat the Diabetes?
V398	wdf_q2_8a	Kenyatta national hospital	discrete	numeric	Where were you getting treatment for Diabetes before you started attending this clinic?
V399	wdf_q2_8b	Govt district hospital	discrete	numeric	Where were you getting treatment for Diabetes before you started attending this clinic?
V400	wdf_q2_8bsp	Govt district hospital specified	discrete	character	Where were you getting treatment for Diabetes before you started attending this clinic?
V401	wdf_q2_8c	Govt health centre	discrete	numeric	Where were you getting treatment for Diabetes before you started attending this clinic?
V402	wdf_q2_8csp	Govt health centre specified	discrete	character	Where were you getting treatment for Diabetes before you started attending this clinic?
V403	wdf_q2_8d	Private hospital	discrete	numeric	Where were you getting treatment for Diabetes before you started attending this clinic?
V404	wdf_q2_8dsp	Private hospital specified	discrete	character	Where were you getting treatment for Diabetes before you started attending this clinic?
V405	wdf_q2_8e	Other hospital	discrete	numeric	Where were you getting treatment for Diabetes before you started attending this clinic?
V406	wdf_q2_8esp	Other hospital specified	discrete	character	Where were you getting treatment for Diabetes before you started attending this clinic?
V407	wdf_q2_8f	Other health facility	discrete	numeric	Where were you getting treatment for Diabetes before you started attending this clinic?
V408	wdf_q2_8fsp	Other health facility specified	discrete	character	Where were you getting treatment for Diabetes before you started attending this clinic?
V409	wdf_q2_8g	I started treatment from here	discrete	numeric	Where were you getting treatment for Diabetes before you started attending this clinic?
V410	wdf_q2_8h	I don't remember	discrete	numeric	Where were you getting treatment for Diabetes before you started attending this clinic?
V411	wdf_q2_8i	Other	discrete	numeric	Where were you getting treatment for Diabetes before you started attending this clinic?
V412	wdf_q2_8isp	Other specified	discrete	character	Where were you getting treatment for Diabetes before you started attending this clinic?
V413	wdf_q2_9	Are you hypertensive?	discrete	numeric	Are you Hypertensive?
V414	wdf_q2_10	When were you diagnosed with high blood pressure?	discrete	character	When were you diagnosed with High Blood Pressure?
V415	wdf_q2_11a	How long have you had high BP (# of units)?	discrete	numeric	For how long have you had High Blood Pressure (since you were diagnosed) ? (UNITS: D=Days, W=Weeks, M=Months, Y=Years)
V416	wdf_q2_11b		contin	numeric	For how long have you had High Blood Pressure (since you were diagnosed) ? (UNITS: D=Days, W=Weeks, M=Months, Y=Years)
V417	wdf_q2_12	Where was the diagnosis of high bp made?	discrete	numeric	Where was the diagnosis of High BP made?
V418	wdf_q2_13	When did you start attending this clinic for high bp?	discrete	character	When did you start attending this clinic for High BP?
V419	wdf_q2_14	How would you describe your treatment for high bp?	discrete	numeric	Looking back over the last 3 months, how would you describe your treatment for High BP?

ID	Name	Label	Type	Format	Question
V420	wdf_q2_15a	Tablets prescribed by a health worker	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V421	wdf_q2_15b	Tablets I got from a drug store without a prescription	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V422	wdf_q2_15c	Tablets I got from relatives/friends w/o prescription	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V423	wdf_q2_15d	Herbal medicine together with tabs/insulin	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V424	wdf_q2_15e	Herbal medicine only	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V425	wdf_q2_15f	Other	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V426	wdf_q2_15fsp	Other specified	discrete	character	What kind of medication were you taking to treat the Hypertension?
V427	wdf_q2_16a	Kenyatta national hospital	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V428	wdf_q2_16b	Govt district hospital	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V429	wdf_q2_16bsp	Govt hospital specified	discrete	character	Where were you getting treatment for High BP before you started attending this clinic?
V430	wdf_q2_16c	Govt health centre	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V431	wdf_q2_16csp	Govt health centre specified	discrete	character	Where were you getting treatment for High BP before you started attending this clinic?
V432	wdf_q2_16d	Private hospital	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V433	wdf_q2_16dsp	Private hospital specified	discrete	character	Where were you getting treatment for High BP before you started attending this clinic?
V434	wdf_q2_16e	Other hospital	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V435	wdf_q2_16esp	Other hospital specified	discrete	character	Where were you getting treatment for High BP before you started attending this clinic?
V436	wdf_q2_16f	Other health facility	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V437	wdf_q2_16fsp	Other health facility specified	discrete	character	Where were you getting treatment for High BP before you started attending this clinic?
V438	wdf_q2_16g	I started treatment from here	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V439	wdf_q2_16h	I don't remember	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V440	wdf_q2_16i	Other	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V441	wdf_q2_16isp	Other specified	discrete	character	Where were you getting treatment for High BP before you started attending this clinic?
V442	wdf_q2_17a	Ever been diagnosed with high BP	discrete	numeric	Have you ever been diagnosed with any of the following
V443	wdf_q2_18a	Year diagnosed with high BP	contin	numeric	If YES, when were you diagnosed (Year)?
V444	wdf_q2_17b	Ever been diagnosed with heart attack	discrete	numeric	Have you ever been diagnosed with any of the following
V445	wdf_q2_18b	Year diagnosed with Heart attack	discrete	numeric	If YES, when were you diagnosed (Year)?

ID	Name	Label	Type	Format	Question
V446	wdf_q2_17c	Ever been diagnosed with angina	discrete	numeric	Have you ever been diagnosed with any of the following
V447	wdf_q2_18c	Year diagnosed with Angina	discrete	numeric	If YES, when were you diagnosed (Year)?
V448	wdf_q2_17d	Ever been diagnosed with any other heart disease	discrete	numeric	Have you ever been diagnosed with any of the following
V449	wdf_q2_18d	Year diagnosed with any other heart disease	contin	numeric	If YES, when were you diagnosed (Year)?
V450	wdf_q2_17e	Ever been diagnosed with kidney disease	discrete	numeric	Have you ever been diagnosed with any of the following
V451	wdf_q2_18e	Year diagnosed with kidney	contin	numeric	If YES, when were you diagnosed (Year)?
V452	wdf_q2_17f	Ever been diagnosed with stroke	discrete	numeric	Have you ever been diagnosed with any of the following
V453	wdf_q2_18f	Year diagnosed with stroke	discrete	numeric	If YES, when were you diagnosed (Year)?
V454	wdf_q2_17g	Ever been diagnosed with liver disease	discrete	numeric	Have you ever been diagnosed with any of the following
V455	wdf_q2_18g	Year diagnosed with liver disease	contin	numeric	If YES, when were you diagnosed (Year)?
V456	wdf_q2_17h	Ever been diagnosed with cancer of any type	discrete	numeric	Have you ever been diagnosed with any of the following
V457	wdf_q2_18h	Year diagnosed with cancer	discrete	numeric	If YES, when were you diagnosed (Year)?
V458	wdf_q2_17i	Ever been diagnosed with TB	discrete	numeric	Have you ever been diagnosed with any of the following
V459	wdf_q2_18i	Year diagnosed with TB	contin	numeric	If YES, when were you diagnosed (Year)?
V460	wdf_q2_19a	Have peripheral neuropathy	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V461	wdf_q2_19b	Have poor vision	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V462	wdf_q2_19c	Had amputation	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V463	wdf_q2_19d	Have kidney problems	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V464	wdf_q2_19e	Have chest pain	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V465	wdf_q2_19f	Have body swelling (abdominal or pedal oedema)	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V466	wdf_q2_19g	Have other complication	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V467	wdf_q2_19sp	other complication specified	discrete	character	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V468	wdf_q3_1	Have you ever smoked tobacco?	discrete	numeric	Have you ever smoked tobacco?
V469	wdf_q3_2	Do you currently smoke any tobacco products?	discrete	numeric	Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes?
V470	wdf_q3_3	Do you currently smoke tobacco products daily?	discrete	numeric	Do you currently smoke tobacco products daily?

ID	Name	Label	Type	Format	Question
V471	wdf_q3_4	In the past, did you ever smoke daily?	discrete	numeric	In the past, did you ever smoke daily?
V472	wdf_q3_5a	How long ago did you stop smoking daily (units-D, W, M, Y)?	discrete	numeric	How long ago did you stop smoking daily?
V473	wdf_q3_5b	How long ago did you stop smoking daily (# of units)?	discrete	numeric	How long ago did you stop smoking daily?
V474	wdf_q3_6	Have you ever used smokeless tobacco?	discrete	numeric	Have you ever used smokeless tobacco such as [snuff, chewing tobacco, betel]?
V475	wdf_q3_7	Do you currently use any smokeless tobacco?	discrete	numeric	Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
V476	wdf_q3_8	Do you currently use smokeless tobacco products daily?	discrete	numeric	Do you currently use smokeless tobacco products daily?
V477	wdf_q3_9	In the past, did you ever use smokeless tobacco?	discrete	numeric	In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, or betel] daily?
V478	wdf_q3_10	Have you consumed alcohol within the past 12 months?	discrete	numeric	Have you consumed alcohol (such as beer, spirits, chang'aa, busa, muratina, kumi-kumi or other alcoholic drink within the past 12 months?
V479	wdf_q3_11	How frequently have you had at least one alcoholic drink?	discrete	numeric	In the past 12 months, how frequently have you had at least one alcoholic drink?
V480	wdf_q3_12a	What type of alcoholic drink do you take-Name?	discrete	character	When you drink alcohol, in a typical day, what type of alcoholic drink do you take?
V481	wdf_q3_12b	What type of alcoholic drink do you take-Code?	contin	numeric	When you drink alcohol, in a typical day, what type of alcoholic drink do you take?
V482	wdf_q3_13	How many drinks do you have during one day?	discrete	numeric	When you drink alcohol, on average, how many drinks of (_____) - drink mentioned in 3.12 - do you have during one day?
V483	wdf_q3_14	Have you consumed alcohol within the past 30 days?	discrete	numeric	Have you consumed alcohol (such as beer, wine, spirits, fermented cider or chaag'a) within the past 30 days?
V484	wdf_q3_15	Have you ever consumed alcohol?	discrete	numeric	Have you ever consumed alcohol (such as beer, spirits, chang'aa, busa, muratina, kumi-kumi or other alcoholic drink)?
V485	wdf_q3_16	When did you last take an alcoholic drink?	contin	numeric	When did you last take an alcoholic drink?
V486	wdf_q3_17a	Stopped taking alcohol because of religious/moral reasons	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V487	wdf_q3_17b	Stopped taking alcohol because of advice by doctor/health worker	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V488	wdf_q3_17c	Stopped taking alcohol because of health reasons - to be healthy	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V489	wdf_q3_17d	Stopped taking alcohol because of health reasons - bcoz of illness	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V490	wdf_q3_17e	Stopped taking alcohol because of family/social reasons	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V491	wdf_q3_17f	Stopped taking alcohol because of economic reasons	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V492	wdf_q3_18	On how many days do you eat fruit?	discrete	numeric	In a typical week, on how many days do you eat fruit?
V493	wdf_q3_19	How many servings of fruit do you eat ?	discrete	numeric	How many servings of fruit do you eat in one of those days?
V494	wdf_q3_20	On how many days do you eat vegetables?	discrete	numeric	In a typical week, on how many days do you eat vegetables?

ID	Name	Label	Type	Format	Question
V495	wdf_q3_21	How many servings of vegetables do you eat?	contin	numeric	How many servings of vegetables do you eat in one of those days?
V496	wdf_q3_22	Do you add salt to vegetables while cooking?	discrete	numeric	Do you add salt to vegetables while cooking/ Do the vegetables you eat usually have salt in them?
V497	wdf_q3_23	Do you add salt to your food when you are eating?	discrete	numeric	Do you add salt to your food when you are eating?
V498	wdf_q3_24	How often do you eat red meat?	discrete	numeric	How often do you eat red meat (beef, pork, lamb, goat, game)?
V499	wdf_q3_25a	How often do you eat chips?	discrete	numeric	How often do you eat the following? Codes: A=More than once daily B= Once daily C=5-6 times a week D=3-4 times a week E=1-2 times a week F= 2-3 times a month G=Once a month H= Less than once a month I = Never
V500	wdf_q3_25b	How often do you eat mandazi?	discrete	numeric	How often do you eat the following? Codes: A=More than once daily B= Once daily C=5-6 times a week D=3-4 times a week E=1-2 times a week F= 2-3 times a month G=Once a month H= Less than once a month I = Never
V501	wdf_q3_25c	How often do you eat samosa?	discrete	numeric	How often do you eat the following? Codes: A=More than once daily B= Once daily C=5-6 times a week D=3-4 times a week E=1-2 times a week F= 2-3 times a month G=Once a month H= Less than once a month I = Never
V502	wdf_q3_25d	How often do you eat fried chicken?	discrete	numeric	How often do you eat the following? Codes: A=More than once daily B= Once daily C=5-6 times a week D=3-4 times a week E=1-2 times a week F= 2-3 times a month G=Once a month H= Less than once a month I = Never
V503	wdf_q3_25e	How often do you eat fried fish?	discrete	numeric	How often do you eat the following? Codes: A=More than once daily B= Once daily C=5-6 times a week D=3-4 times a week E=1-2 times a week F= 2-3 times a month G=Once a month H= Less than once a month I = Never
V504	wdf_q3_26	Do you add sugar to your beverages ?	discrete	numeric	Do you add sugar to your beverages such as tea, coffee or cocoa?
V505	wdf_q3_27	How many spoons of sugar do you usually add?	discrete	numeric	How many spoons of sugar do you usually add?
V506	wdf_q3_28	How many spoons of sugar do you take on an average day?	discrete	numeric	Taking into account the amount of tea/coffee/cocoa that you drink, how many spoons of sugar do you take on an average day?
V507	wdf_q3_29	In the past 12 months have you ever taken a soft drink?	discrete	numeric	In the past 12 months have you ever taken a soft drink (e.g. CoCa, Sprite, Fanta, Pespi etc..)?
V508	wdf_q3_29a	In the past 12 months, how frequently have you had a soft drink?	discrete	numeric	In the past 12 months, how frequently have you had at least one soft drink?
V509	wdf_q3_29asp	Other specified	discrete	character	In the past 12 months, how frequently have you had at least one soft drink?
V510	wdf_q3_30	How often do you take plain water in a day?	discrete	numeric	How often do you take plain water in a day?
V511	wdf_q3_31a	How many small glasses of water do you take?	contin	numeric	Whenever you take water, how much, on average do you take?
V512	wdf_q3_31b	How many big glasses of water do you take?	contin	numeric	Whenever you take water, how much, on average do you take?
V513	wdf_q3_31c	How many cups of water do you take?	contin	numeric	Whenever you take water, how much, on average do you take?
V514	wdf_q3_31d	Size of the cup	discrete	character	Whenever you take water, how much, on average do you take?

ID	Name	Label	Type	Format	Question
V515	wdf_q3_31e	How many 1/2 litre bottle of water do you take?	contin	numeric	Whenever you take water, how much, on average do you take?
V516	wdf_q3_31f	How many 1 litre bottle of water do you take?	contin	numeric	Whenever you take water, how much, on average do you take?
V517	wdf_q3_32	Involved in vigorous-intensity activity	discrete	numeric	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?
V518	wdf_q3_33	How many days do you do vigorous-intensity activities	discrete	numeric	In a typical week, on how many days do you do vigorous-intensity activities as part of your work?
V519	wdf_q3_34a	How much time do you spend doing vigorous-intensity activities (hours)	discrete	numeric	How much time do you spend doing vigorous-intensity activities at work on a typical day?
V520	wdf_q3_34b	How much time do you spend doing vigorous-intensity activities (Min)	contin	numeric	How much time do you spend doing vigorous-intensity activities at work on a typical day?
V521	wdf_q3_35	Involve moderate-intensity activity	discrete	numeric	Does your work involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking, carrying light loads, for at least 10 minutes continuously?
V522	wdf_q3_36	How many days do you do moderate-intensity activities	discrete	numeric	In a typical week, on how many days do you do moderate-intensity activities as part of your work?
V523	wdf_q3_37a	How much time do you spend doing moderate-intensity activities (Hours)	discrete	numeric	How much time do you spend doing moderate-intensity activities at work on a typical day?
V524	wdf_q3_37b	How much time do you spend doing moderate-intensity activities (Min)	contin	numeric	How much time do you spend doing moderate-intensity activities at work on a typical day?
V525	wdf_q3_38	Do you walk or ride a bicycle for at least 10 minutes	discrete	numeric	Do you walk or ride a bicycle for at least 10 minutes continuously to get to and from places?
V526	wdf_q3_39	On how many days do you walk or use a bicycle	discrete	numeric	In a typical week, on how many days do you walk or use a bicycle for at least 10 minutes continuously to get to and from places?
V527	wdf_q3_40a	How much time do you spend walking or cycling(Hours)?	discrete	numeric	How much time do you spend walking or cycling on a typical day?
V528	wdf_q3_40b	How much time do you spend walking or cycling(Min)?	contin	numeric	How much time do you spend walking or cycling on a typical day?
V529	wdf_q3_41	Do any vigorous-intensity sports, fitness or recreational?	discrete	numeric	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?
V530	wdf_q3_42	How many days do you do vigorous-intensity sports	discrete	numeric	In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities?
V531	wdf_q3_43a	How much time do you spend on vigorous-intensity sports(Hours)?	discrete	numeric	How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?
V532	wdf_q3_43b	How much time do you spend on vigorous-intensity sports (Min)?	contin	numeric	How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?
V533	wdf_q3_44	Do any moderate-intensity sports, fitness or recreational ?	discrete	numeric	Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing/heart rate like [cycling or swimming] for at least 10 min. continuously?

ID	Name	Label	Type	Format	Question
V534	wdf_q3_45	How many days do you do moderate-intensity sports?	discrete	numeric	In a typical week, on how many days do you do moderate- intensity sports, fitness or recreational (leisure) activities?
V535	wdf_q3_46a	How much time do you spend doing moderate-intensity sports(Hours)?	discrete	numeric	How much time do you spend doing moderate-intensity sports, fitness or recreational activities on a typical day?
V536	wdf_q3_46b	How much time do you spend doing moderate-intensity sports(Min)?	contin	numeric	How much time do you spend doing moderate-intensity sports, fitness or recreational activities on a typical day?
V537	wdf_q3_47a	How much time do you usually spend sitting or reclining (Hours)?	discrete	numeric	How much time do you usually spend sitting or reclining on a typical day (not including sleeping)?
V538	wdf_q3_47b	How much time do you usually spend sitting or reclining (Min)?	contin	numeric	How much time do you usually spend sitting or reclining on a typical day (not including sleeping)?
V539	wdf_q3_48	How many hours do you usually spend sleeping?	discrete	numeric	How many hours do you usually spend sleeping in a typical 24 hour day?
V540	wdf_q4_1	Do you have enough energy for everyday life?	discrete	numeric	Do you have enough energy for everyday life?
V541	wdf_q4_2	Do you have enough money to meet your basic needs?	discrete	numeric	Do you have enough money to meet your basic needs?
V542	wdf_q4_3	How satisfied are you with your health?	discrete	numeric	How satisfied are you with your health?
V543	wdf_q4_4	How satisfied are you with yourself?	discrete	numeric	How satisfied are you with yourself?
V544	wdf_q4_5	How satisfied are you with your daily living activities?	discrete	numeric	How satisfied are you with your ability to perform your daily living activities?
V545	wdf_q4_6	How satisfied are you with your personal relationships?	discrete	numeric	How satisfied are you with your personal relationships?
V546	wdf_q4_7	How satisfied are you with the conditions of your living place?	discrete	numeric	How satisfied are you with the conditions of your living place?
V547	wdf_q4_8	How satisfied are you with your life as a whole?	discrete	numeric	Taking all things together, how satisfied are you with your life as a whole these days?
V548	wdf_q4_9	How would you rate your overall quality of life?	discrete	numeric	How would you rate your overall quality of life? Is it Very Good (1), Good (2), Moderate (3), Bad (4), or Very Bad (5)? Don't Know (8).
V549	wdf_q4_10	How would you say you are these days?	discrete	numeric	Taking all things together, how would you say you are these days? Are you Very happy (1), Happy (2), Neither happy nor unhappy (3), Unhappy (4), or Very unhappy (5)? IF DON'T KNOW (8)
V550	wdf_q5_0a	Is the patients anaemic?	discrete	numeric	Is the patients anaemic? (CHECK PALMS, EYES, TONGUE)
V551	wdf_q5_0b	Is the patient dehydrated?	discrete	numeric	Is the patient dehydrated? (CHECK EYES, SKIN, LIPS, TONGUE)
V552	wdf_q5_0c	Does the patient have pedal oedema?	discrete	numeric	Does the patient have pedal oedema?
V553	wdf_q5_0d	What is the level of oedema?	discrete	numeric	What is the level of oedema?
V554	wdf_q5_1a	Blood pressure on first visit-Systolic	contin	numeric	
V555	wdf_q5_1b	Blood pressure on first visit-Diastolic	contin	numeric	
V556	wdf_q5_2a	Blood pressure on last visit-Systolic	contin	numeric	
V557	wdf_q5_2b	Blood pressure on last visit-Diastolic	contin	numeric	
V558	wdf_q5_3a	Blood pressure on last visit-Systolic	contin	numeric	
V559	wdf_q5_3b	Blood pressure on last visit-Diastolic	contin	numeric	

ID	Name	Label	Type	Format	Question
V560	wdf_q5_4	Can respondent stand up?	discrete	numeric	Can respondent stand up?
V561	wdf_q5_5a	A measured height in cm - 1st Reading	contin	numeric	
V562	wdf_q5_5b	B measured height in cm - 2nd Reading	contin	numeric	
V563	wdf_q5_6	Weight at first visit in kg	contin	numeric	
V564	wdf_q5_7	Weight today in kg	contin	numeric	
V565	wdf_q5_8a	Waist circumference	contin	numeric	
V566	wdf_q5_8b	Hip circumference	contin	numeric	
V567	wdf_q5_10	Blood glucose	contin	numeric	
V568	wdf_q5_11	Hba1c measurement	discrete	numeric	

wdffollowup

Content

Cases 174

Variable(s) 174

Structure
Type:
Keys: ()

Version

Producer

Missing Data

Variables

ID	Name	Label	Type	Format	Question
V925	wdf_id	Unique identification	discrete	character	
V926	wdf_q1_2	Date of interview	discrete	character	
V927	wdf_q1_4	Respondent's date of birth	discrete	character	
V928	wdf_q1_5	Respondent's sex	discrete	numeric	
V929	wdf_q1_7	Village where respondent lives	discrete	character	
V930	wdf_q1_9	Data collection round	discrete	numeric	
V931	wdf_q1_10	Do you accept to participate in the study?	discrete	numeric	Do you accept to participate in the study?
V932	wdf_q1_11	Respondent signs?	discrete	numeric	
V933	wdf_q1_12	Final result of interview	discrete	numeric	
V934	wdf_q2_1	Are you diabetic?	discrete	numeric	Are you Diabetic?
V935	wdf_q2_2	When were you diagnosed with diabetes	discrete	character	When were you diagnosed with Diabetes?
V936	wdf_q2_3a	For how long have you had diabetes (units-D, W, M, Y)?	discrete	numeric	For how long have you had Diabetes (since you were diagnosed) ? (UNITS: D=Days, W=Weeks, M=Months, Y=Years)
V937	wdf_q2_3b	For how long have you had diabetes (# of units)?	discrete	numeric	For how long have you had Diabetes (since you were diagnosed) ? (UNITS: D=Days, W=Weeks, M=Months, Y=Years)
V938	wdf_q2_4	Where was the diagnosis of diabetes made?	discrete	numeric	Where was the diagnosis of Diabetes made?
V939	wdf_q2_9	Are you hypertensive?	discrete	numeric	Are you Hypertensive?
V940	wdf_q2_10	When were you diagnosed with high blood pressure?	discrete	character	When were you diagnosed with High Blood Pressure?
V941	wdf_q2_10a		discrete	character	
V942	wdf_q2_11a	How long have you had high BP (units-D, W, M, Y)?	discrete	numeric	For how long have you had High Blood Pressure (since you were diagnosed) ? (UNITS: D=Days, W=Weeks, M=Months, Y=Years)
V943	wdf_q2_11b	How long have you had high BP (# of units)?	discrete	numeric	For how long have you had High Blood Pressure (since you were diagnosed) ? (UNITS: D=Days, W=Weeks, M=Months, Y=Years)
V944	wdf_q2_12	Where was the diagnosis of high bp made?	discrete	numeric	Where was the diagnosis of High BP made?
V945	wdf_q2_13	When did you start attending this clinic for high bp?	discrete	character	When did you start attending this clinic for High BP?

ID	Name	Label	Type	Format	Question
V946	wdf_q2_13a		discrete	character	
V947	wdf_q2_14	How would you describe your treatment for high bp?	discrete	numeric	Looking back over the last 3 months, how would you describe your treatment for High BP?
V948	wdf_q2_15a	Tablets prescribed by a health worker	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V949	wdf_q2_15b	Tablets I got from a drug store without a prescription	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V950	wdf_q2_15c	Tablets I got from relatives/friends w/o prescription	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V951	wdf_q2_15d	Herbal medicine together with tabs/insulin	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V952	wdf_q2_15e	Herbal medicine only	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V953	wdf_q2_15f	Other	discrete	numeric	What kind of medication were you taking to treat the Hypertension?
V954	wdf_q2_16a	Kenyatta national hospital	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V955	wdf_q2_16b	Govt district hospital	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V956	wdf_q2_16c	Govt health centre	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V957	wdf_q2_16d	Private hospital	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V958	wdf_q2_16e	Other hospital	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V959	wdf_q2_16f	Other health facility	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V960	wdf_q2_16g	I started treatment from here	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V961	wdf_q2_16h	I don't remember	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V962	wdf_q2_16i	Other	discrete	numeric	Where were you getting treatment for High BP before you started attending this clinic?
V963	wdf_q2_17b	Ever been diagnosed with heart attack	discrete	numeric	Have you ever been diagnosed with any of the following
V964	wdf_q2_18b	Year diagnosed with Heart attack	discrete	numeric	If YES, when were you diagnosed (Year)?
V965	wdf_q2_17c	Ever been diagnosed with angina	discrete	numeric	Have you ever been diagnosed with any of the following
V966	wdf_q2_18c	Year diagnosed with Angina	discrete	numeric	If YES, when were you diagnosed (Year)?
V967	wdf_q2_17d	Ever been diagnosed with any other heart disease	discrete	numeric	Have you ever been diagnosed with any of the following
V968	wdf_q2_18d	Year diagnosed with any other heart disease	discrete	numeric	If YES, when were you diagnosed (Year)?
V969	wdf_q2_17e	Ever been diagnosed with kidney disease	discrete	numeric	Have you ever been diagnosed with any of the following
V970	wdf_q2_18e	Year diagnosed with kidney	discrete	numeric	If YES, when were you diagnosed (Year)?
V971	wdf_q2_17f	Ever been diagnosed with stroke	discrete	numeric	Have you ever been diagnosed with any of the following
V972	wdf_q2_18f	Year diagnosed with stroke	discrete	numeric	If YES, when were you diagnosed (Year)?

ID	Name	Label	Type	Format	Question
V973	wdf_q2_17g	Ever been diagnosed with liver disease	discrete	numeric	Have you ever been diagnosed with any of the following
V974	wdf_q2_18g	Year diagnosed with liver disease	discrete	numeric	If YES, when were you diagnosed (Year)?
V975	wdf_q2_17h	Ever been diagnosed with cancer of any type	discrete	numeric	Have you ever been diagnosed with any of the following
V976	wdf_q2_18h	Year diagnosed with cancer	discrete	numeric	If YES, when were you diagnosed (Year)?
V977	wdf_q2_17i	Ever been diagnosed with TB	discrete	numeric	Have you ever been diagnosed with any of the following
V978	wdf_q2_18i	Year diagnosed with TB	contin	numeric	If YES, when were you diagnosed (Year)?
V979	wdf_q2_19a	Have peripheral neuropathy	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V980	wdf_q2_19b	Have poor vision	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V981	wdf_q2_19c	Had amputation	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V982	wdf_q2_19d	Have kidney problems	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V983	wdf_q2_19e	Have chest pain	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V984	wdf_q2_19f	Have body swelling (abdominal or pedal oedema)	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V985	wdf_q2_19g	Have other complication	discrete	numeric	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V986	wdf_q2_19sp	other complication specified	discrete	character	FW: Does the patient currently have any of the following? DOES THE PATIENT CURRENTLY HAVE ANY OF THE FOLLOWING COMPLICATIONS?
V987	wdf_q3_1	Have you ever smoked tobacco?	discrete	numeric	Have you ever smoked tobacco?
V988	wdf_q3_2	Do you currently smoke any tobacco products?	discrete	numeric	Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes?
V989	wdf_q3_3	Do you currently smoke tobacco products daily?	discrete	numeric	Do you currently smoke tobacco products daily?
V990	wdf_q3_5a	How long ago did you stop smoking daily (units-D, W, M, Y)?	discrete	numeric	How long ago did you stop smoking daily?
V991	wdf_q3_5b	How long ago did you stop smoking daily (# of units)?	discrete	numeric	How long ago did you stop smoking daily?
V992	wdf_q3_6	Have you ever used smokeless tobacco?	discrete	numeric	Have you ever used smokeless tobacco such as [snuff, chewing tobacco, betel]?
V993	wdf_q3_7	Do you currently use any smokeless tobacco?	discrete	numeric	Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

ID	Name	Label	Type	Format	Question
V994	wdf_q3_8	Do you currently use smokeless tobacco products daily?	discrete	numeric	Do you currently use smokeless tobacco products daily?
V995	wdf_q3_10	Have you consumed alcohol within the past 12 months?	discrete	numeric	Have you consumed alcohol (such as beer, spirits, chang'aa, busa, muratina, kumi-kumi or other alcoholic drink within the past 12 months?
V996	wdf_q3_14	Have you consumed alcohol within the past 30 days?	discrete	numeric	Have you consumed alcohol (such as beer, wine, spirits, fermented cider or chaag'a) within the past 30 days?
V997	wdf_q3_16	When did you last take an alcoholic drink?	discrete	numeric	When did you last take an alcoholic drink?
V998	wdf_q3_17a	Stopped taking alcohol because of religious/moral reasons	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V999	wdf_q3_17b	Stopped taking alcohol because of advice by doctor/health worker	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V1000	wdf_q3_17c	Stopped taking alcohol because of health reasons - to be healthy	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V1001	wdf_q3_17d	Stopped taking alcohol because of health reasons - bcoz of illness	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V1002	wdf_q3_17e	Stopped taking alcohol because of family/social reasons	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V1003	wdf_q3_17f	Stopped taking alcohol because of economic reasons	discrete	numeric	What was the reason(s) why you stopped taking alcohol
V1004	wdf_q3_17g	Still drinking	discrete	numeric	
V1005	wdf_q3_32	Changed anything about fruit consumption?	discrete	numeric	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?
V1006	wdf_q3_33a	Increased number of days on which I eat fruit	discrete	numeric	
V1007	wdf_q3_33b	Decreased number of days on which I eat fruit	discrete	numeric	
V1008	wdf_q3_33c	Increased number of fruit servings per day	discrete	numeric	
V1009	wdf_q3_33d	Decreased number of fruit servings per day	discrete	numeric	
V1010	wdf_q3_33e	Made no changes in number of days on which I eat fruit	discrete	numeric	
V1011	wdf_q3_33f	Made no changes in number of fruit servings per day	discrete	numeric	
V1012	wdf_q3_33g	Made other changes (specify)	discrete	numeric	
V1013	wdf_q3_33sp	Other specified	discrete	character	
V1014	wdf_q3_34	Changed anything about vegetable consumption?	discrete	numeric	
V1015	wdf_q3_35a	Increased number of days on which I eat vegetables	discrete	numeric	
V1016	wdf_q3_35b	Decreased number of days on which I eat vegetables	discrete	numeric	
V1017	wdf_q3_35c	Increased number of veg servings per day	discrete	numeric	
V1018	wdf_q3_35d	Decreased number of veg servings per day	discrete	numeric	

ID	Name	Label	Type	Format	Question
V1019	wdf_q3_35e	Made no changes in number of days on which I eat veg	discrete	numeric	
V1020	wdf_q3_35f	Made no changes in number of veg servings per day	discrete	numeric	
V1021	wdf_q3_35g	Made other changes	discrete	numeric	
V1022	wdf_q3_35sp	Other specified	discrete	character	
V1023	wdf_q3_36	Changed anything about salt consumption?	discrete	numeric	In a typical week, on how many days do you do moderate- intensity activities as part of your work?
V1024	wdf_q3_37a	Increased number of times I add salt when eating	discrete	numeric	How much time do you spend doing moderate-intensity activities at work on a typical day?
V1025	wdf_q3_37b	Decreased number of times I add salt when eating	discrete	numeric	How much time do you spend doing moderate-intensity activities at work on a typical day?
V1026	wdf_q3_37c	Stopped adding salt to food when eating	discrete	numeric	
V1027	wdf_q3_37d	Increased amount of salt for cooking	discrete	numeric	
V1028	wdf_q3_37e	Decreased amount of salt for cooking	discrete	numeric	
V1029	wdf_q3_37f	Stopped adding salt to food when cooking	discrete	numeric	
V1030	wdf_q3_37g	Made other changes	discrete	numeric	
V1031	wdf_q3_38	Changed anything about red meat consumption?	discrete	numeric	Do you walk or ride a bicycle for at least 10 minutes continuously to get to and from places?
V1032	wdf_q3_39a	Increased number of times I eat red meat	discrete	numeric	
V1033	wdf_q3_39b	Decreased number of times I eat red meat	discrete	numeric	
V1034	wdf_q3_39c	Stopped eating red meat	discrete	numeric	
V1035	wdf_q3_39d	Increased amount of red meat I eat	discrete	numeric	
V1036	wdf_q3_39e	Decreased amount of red meat I eat	discrete	numeric	
V1037	wdf_q3_39f	Made other changes	discrete	numeric	
V1038	wdf_q3_39sp	Other specified	discrete	character	
V1039	wdf_q3_40	Changed anything about sugar consumption?	discrete	numeric	
V1040	wdf_q3_41a	Increased number of times I use sugar in beverages	discrete	numeric	
V1041	wdf_q3_41b	Decreased number of times I use sugar in beverages	discrete	numeric	
V1042	wdf_q3_41c	Stopped using sugar	discrete	numeric	
V1043	wdf_q3_41d	Increased amount of sugar I use in beverages	discrete	numeric	
V1044	wdf_q3_41e	Decreased amount of sugar I use in beverages	discrete	numeric	
V1045	wdf_q3_41f	Increased the amount of soft drinks I drink per day	discrete	numeric	
V1046	wdf_q3_41g	Decreased the amount of soft drinks I drink per day	discrete	numeric	
V1047	wdf_q3_41h	Made other changes	discrete	numeric	

ID	Name	Label	Type	Format	Question
V1048	wdf_q3_41sp	Other specified	discrete	character	
V1049	wdf_q3_42	Changed anything about water consumption?	discrete	numeric	In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities?
V1050	wdf_q3_43a	Increased number of times I use drink water in a day	discrete	numeric	How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?
V1051	wdf_q3_43b	Decreased number of times I drink water in a day	discrete	numeric	How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?
V1052	wdf_q3_43c	Increased amount of water I drink each time	discrete	numeric	
V1053	wdf_q3_43d	Decreased amount of water I drink each time	discrete	numeric	
V1054	wdf_q3_43e	Made no changes in number of times I drink water	discrete	numeric	
V1055	wdf_q3_43f	Made no changes in amount of water I drink each time	discrete	numeric	
V1056	wdf_q3_43g	Made other changes	discrete	numeric	
V1057	wdf_q3_43sp	Other specified	discrete	character	
V1058	wdf_q3_44	Changed anything about eating/drinking habits?	discrete	numeric	Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing/heart rate like [cycling or swimming] for at least 10 min. continuously?
V1059	wdf_q3_45a	Increased the amount of food I eat	discrete	numeric	
V1060	wdf_q3_45b	Decreased the amount of food I eat	discrete	numeric	
V1061	wdf_q3_45c	Reduced the amount of fat I use in my food	discrete	numeric	
V1062	wdf_q3_45d	Increased the amount of fat I use in my food	discrete	numeric	
V1063	wdf_q3_45e	Changed the type of fat used in my house	discrete	numeric	
V1064	wdf_q3_45f	Stopped/reduced eating outside the home	discrete	numeric	
V1065	wdf_q3_45g	Reduced the amount of Mandazi I eat	discrete	numeric	
V1066	wdf_q3_45h	Reduced the amount of samosas I eat	discrete	numeric	
V1067	wdf_q3_45i	Reduced the amount of fried chicken I eat	discrete	numeric	
V1068	wdf_q3_45j	Reduced the amount of fried fish I eat	discrete	numeric	
V1069	wdf_q3_45k	Other changes	discrete	numeric	
V1070	wdf_q3_45sp	Other specified	discrete	character	
V1071	wdf_q3_46	Changed anything about physical activity?	discrete	numeric	
V1072	wdf_q3_47a	Increased number of times I walk/cycle to places	discrete	numeric	How much time do you usually spend sitting or reclining on a typical day (not including sleeping)?
V1073	wdf_q3_47b	Decreased number of times I walk/cycle to places	discrete	numeric	How much time do you usually spend sitting or reclining on a typical day (not including sleeping)?
V1074	wdf_q3_47c	Increased number of times I take a leisure walk	discrete	numeric	

ID	Name	Label	Type	Format	Question
V1075	wdf_q3_47d	Decreased number of times I take a leisure walk	discrete	numeric	
V1076	wdf_q3_47e	Increased number of times I cycle/jog for leisure	discrete	numeric	
V1077	wdf_q3_47f	Decreased number of times I cycle/jog for leisure	discrete	numeric	
V1078	wdf_q3_47g	Increased the number of times I do exercises	discrete	numeric	
V1079	wdf_q3_47h	Decreased the number of times I do exercises	discrete	numeric	
V1080	wdf_q3_47i	Made other changes	discrete	numeric	
V1081	wdf_q3_47sp	Other specified	discrete	character	
V1082	wdf_q5_0a	Is the patients anaemic?	discrete	numeric	Is the patients anaemic? (CHECK PALMS, EYES, TONGUE)
V1083	wdf_q5_0b	Is the patient dehydrated?	discrete	numeric	Is the patient dehydrated? (CHECK EYES, SKIN, LIPS, TONGUE)
V1084	wdf_q5_0c	Does the patient have pedal oedema?	discrete	numeric	Does the patient have pedal oedema?
V1085	wdf_q5_0d	What is the level of oedema?	discrete	numeric	What is the level of oedema?
V1086	wdf_q5_1a	Blood pressure on first visit-Systolic	contin	numeric	
V1087	wdf_q5_1b	Blood pressure on first visit-Diastolic	contin	numeric	
V1088	wdf_q5_2a	Blood pressure on last visit-Systolic	contin	numeric	
V1089	wdf_q5_2b	Blood pressure on last visit-Diastolic	contin	numeric	
V1090	wdf_q5_3a	Blood pressure on last visit-Systolic	contin	numeric	
V1091	wdf_q5_3b	Blood pressure on last visit-Diastolic	contin	numeric	
V1092	wdf_q5_4	Can respondent stand up?	discrete	numeric	Can respondent stand up?
V1093	wdf_q5_61	Weight at first visit in kg	contin	numeric	
V1094	wdf_q5_7	Weight today in kg	contin	numeric	
V1095	wdf_q5_8a	Waist circumference	contin	numeric	
V1096	wdf_q5_8b	Hip circumference	contin	numeric	
V1097	wdf_q5_10	Blood glucose	contin	numeric	
V1098	wdf_q5_11	Hba1c measurement	contin	numeric	