

DATA COLLECTION FORM

TIME AND LOCATION		ANSWER	
I1	Location		
I2	Interviewer		
I3	Time	<div style="display: flex; justify-content: space-around; margin-bottom: 5px;"> _ _ _ _ _ _ _ _ </div> <div style="display: flex; justify-content: space-around; font-size: small;"> Date month year </div>	
I4	Sign inform consent	Yes	1
		No	2 (If No, finish)
I5	Full name		
I6	Telephone number	<div style="display: flex; justify-content: space-around; font-size: small;"> _ _ _ _ _ _ _ _ _ </div>	

STAGE 1: GENERAL INFORMATION			
C1	Gender	Male	1
		Female	2
C2	How old are you?	Year	□□
D1	Duration of diabetic diagnosis (year)		
D2	Hieght (m)	□,□□	
D3	Weight (kg)	□□,□	
D4	BMI (kg/m ²)	□□,□	
D5	Waist circumference (cm)	□□,□	
D6	Hip circumference (cm)	□□,□	
D7	WHR	□□,□	
D8	Systolic blood pressure (mmHg)	□□□	
D9	Diatolic blood pressure (mmHg)	□□□	
D10	Fasting plasma glucose (mmol/l)	□□,□	

STAGE 2: PHYSICAL ACTIVITY

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 the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. *[Insert other examples if needed]*. 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-intensity activities’ are activities that require moderate physical effort and cause small increases in breathing or heart rate.

Questions	Response	Code
Activity at work		
1	<p>Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like <i>[carrying or lifting heavy loads, digging or construction work]</i> for at least 10 minutes continuously? <i>[INSERT EXAMPLES]</i> <i>(USE SHOWCARD)</i></p> <p>Yes 1</p> <p>No 2 <i>If No, go to P 4</i></p>	P1
2	<p>In a typical week, on how many days do you do vigorous-intensity activities as part of your work?</p> <p>Number of days <input type="text"/></p>	P2
3	<p>How much time do you spend doing vigorous-intensity activities at work on a typical day?</p> <p>Hours : minutes <input type="text"/> : <input type="text"/> hrs mins</p>	P3 (a-b)
4	Does your work	

	involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously? <i>[INSERT EXAMPLES]</i> <i>(USE SHOWCARD)</i>	Yes No	1 2	<i>If No, go to P 7</i>	P4
5	In a typical week, on how many days do you do moderate-intensity activities as part of your work?	Number of days	<input type="text"/>		P5
6	How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes hrs	<input type="text"/> : <input type="text"/> mins		P6 (a-b)
Travel to and from places					
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. [insert other examples if needed]					
7	Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?	Yes No	1 2	<i>If No, go to P 10</i>	P7
8	In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?	Number of days	<input type="text"/>		P8
9	How much time do you spend walking	Hours : minutes hrs	<input type="text"/> : <input type="text"/> mins		P9 (a-b)

	walking,(cycling, swimming, volleyball)for at least 10 minutes continuously? [INSERT EXAMPLES] (USE SHOWCARD)		
14	In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities?	Number of days □□	P14
15	How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?	Hours : minutes □□□ : □□□ hrs mins	P15 (a-b)
Sedentary behaviour			
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, train, reading, playing cards or watching television], but do not include time spent sleeping. [INSERT EXAMPLES] (USE SHOWCARD)			
16	How much time do you usually spend sitting or reclining on a typical day?	Hours : minutes □□□ : □□□ hrs min s	P16 (a-b)