applied sciences

MDPI

OUESTIONNAIRE

PROJECT TITLE

Metabolic syndrome and its components among Taxi drivers in the City of Tshwane, South Africa

Greetings to taxi drivers,

”Thank you for agreeing to participate in this study. This study is about metabolic syndrome and its component among taxi drivers in Tshwane. The questionnaire is divided into demographics, family health history, lifestyle factors and measurements of metabolic syndrome components. We will first measure anthropometry, thereafter we request that you fill the questionnaire. If there is a question you do not understand, please feel free to ask Ms Eaglet Mabetwa and Research Assistants. They are available to guide you when you need help”.

SECTION A

DEMOGRAPHIC QUESTIONS

1. How old are you?_____

2. Marital status: tick what is appropriate.

Never married	married	divorced	co-habiting	widowed

3. Are you a breadwinner?

Yes	
No	

4. Education Level

No formal schooling	Primary school	High school	College/university

5. Duration in the taxi industry

How long have been working as a taxi driver?	

SECTION B

QUESTION ON INDIVIDUAL AND FAMILY HEALTH HISTORY

1.	Have you ever been screened for blood pressure? (Yes/No)
2.	Are you taking blood pressure medication? (Yes/No)
3.	Have you ever been tested for diabetes? (Yes/No)
4.	Are you taking diabetes medication? (Yes/No)
5.	Has any member of your family been diagnosed with high blood pressure? (Yes/No)
6.	Has any member of your family been diagnosed with diabetes? Yes/no
7.	Have you ever been told by a health professional that you are overweight or obese? (Yes/ No)

SECTION C

QUESTIONS ON LIFESTYLE FACTORS

1. How many hours do you sleep a night?		
2. Do you drink alcohol?	Yes	
	No	
3. Do you smoke cigarettes?	Yes	
	No	
4. Do you usually eat at least one fruit a day?	Yes	
	No	
5. Do you usually eat at least one vegetable a day?	Yes	
	No	
6. What does your lunch mainly consist of?	Pap and protein	
	Bread and relish	
	Dumpling	
	Rice and veggies	
7.	Other	
8. Do you exercise regularly? (Physical activity)	Yes	
	No	

SECTION D

METABOLIC SYNDROME COMPONENTS

1. Blood pressure

BP: 1st reading	BP: 2nd reading	BP: 3rd reading	BP: Average

2. Anthropometry

Weight (kg): (1)…… (2)…… (3)……..

Height (cm): (1)……(2) …… (3) …….

Waist (cm) (1) …… (2)…….(3) ……..

Calculated BMI (kg/m^2) …….

3. Fasting glucose level (assessment of diabetes)

Fasting blood glucose (mmo/L): (1) …… (2)

THANK YOU FOR PARTICIPATING IN THE STUDY!!!