**Socio-demographic characteristics**

|  |  |
| --- | --- |
| Questions | Response |
| Sex | 1 male2 female |
| Age | The respondents reported their age in completed years and we categorized it as it is reported in the tables  |
| Family size | The respondents reported their family size and we categorized it for the analysis |
| Religion | 1 Orthodox 2 Muslim3 protestant4 Catholic5 Others |
| Ethnicity | We listed the common ethnic groups of the city |
| Marital status | 1 Single2 Married3 Divorced4 Widowed |
| Education completed | 1 illiterate2 write and read3 primary school 4 secondary school5 higher level |
| Average monthly income | The respondents reported their income and we categorized it for the analysis |
| Occupation? | 1 Governmental2 Non-governmental3 Self employed4 Farmer5 Daily laborer6 Housewife7 others |

**Physical activity questionnaire (WHO, 2007)**

|  |  |  |
| --- | --- | --- |
| P1 | Do you engaged in any work (including house hold activities) ? | 1 yes2 no If 2, go to P8 |
| P2 | Does your work involves vigorous-intensity activity that causes large increase in breathing or heart rate like ( carrying or lifting heavy loads, digging or construction work) for at least 10 minutes continuously?  | 1 yes2 NoIf 2, go to p5 |
| P3 | In a typical week, on how many days do you do vigorous-intensity activities as part of your work? | --------- day |
| P4 | How much do you spend doing vigorous– intensity activities at work on a typical day? | Hrs : min |
| P5 | Does your work involve moderate-intensity activity that causes small increase in breathing or heart rate such as brisk walking (or carrying light loads) for at least 10 minutes continuously? | 1 yes2 NoIf 2 , go to P 8 |
| P6 | In a typical week, on how many days do you do moderate-intensity activities as part of your work? | ---------- days |
| P7 | How much time do you spend doing moderate-intensity activities at work on a typical day? | Hrs:min--------- |
| P8 | Do you walk or use a bicycle for at least 10 minutes continuously to get to and from places?  | 1 yes2 NoIf 2 , go to p11 |
| P9 | In a typical week on how many days do you walk or use bicycle for at least 10 minutes continuously?  | ---------- days |
| P10 | How much time do you spend walking or bicycling for travel on a typical day? | -------- days |
| P11 | Do you do any vigorous-intensity sport that causes large increase in breathing or heart rate for at least 10 minutes continuously? | 1 yes2 NoIf 2, go to P14 |
| P12 | In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure)activities like lifting heavy loads, football and etc | --------- days |
| P13 | How much time do you spend doing vigorous-intensity sports, fitness and recreational activities (leisure) on a typical day? | Hrs:min-------- |
| P14 | Do you do any moderate-intensity sports, fitness and recreational activities that cause a small increase in breathing or heart rate such as brisk walking, cycling, and volleyball for at least 10 minutes continuously? | 1 yes2 NoIf 2 , go to P17 |
| P15 | In a typical week, on how many days do you do moderate-intensity sports, fitness and recreational activities? | -------- days |
| P16 | How much time do you spend doing moderate-intensity sports, fitness and recreational activities on typical day? | Hrs:min------------ |
| P17 | How much time do you usually spend sitting or reclining on a typical day? | Hrs:min------- |

**Knowledge about chronic diseases**

|  |  |
| --- | --- |
| Have you ever heard about chronic diseases? | 1 yes2 No |
| If yes, do you know the causes of chronic diseases? | 1 yes2 No |
| If yes, please mention at least two causes? |  |

**Food frequency**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| S. no | Food groups | >1x/day | 1x/day | 3-6x/ week | 1-2x/week | 1-2x/Week | Never |
| 1 | Any food made from cereals, grains (e.g made of maize, sorghum, millet, wheat, barley, teff) |  |  |  |  |  |  |
| 2 | Any food made from root and tubers (potatoes, sweet potatoes…) |  |  |  |  |  |  |
| 3 | Any vegetable? |  |  |  |  |  |  |
| 4 | Any fruits? |  |  |  |  |  |  |
| 5 | Any beef lamb, goat, chicken, or other meat? |  |  |  |  |  |  |
| 6 | Any eggs? |  |  |  |  |  |  |
| 7 | Any fish? |  |  |  |  |  |  |
| 8 | Any food made from beans (e.g kidney beans, haricot beans, field peas, cow peas, chickpeas or others |  |  |  |  |  |  |
| 9 | Milk and its products? |  |  |  |  |  |  |
| 10 | Any food with oil, fat, or butter? |  |  |  |  |  |  |
| 11 | Any sugar, sweet/soft drinks? |  |  |  |  |  |  |
| 12 | Tea or coffee |  |  |  |  |  |  |

**Selected dietary practices**

|  |  |
| --- | --- |
| On average, how many meals do you have per a day? |  |
| Do you have a habit of having snacks between meals? | 1 yes2 No |
| If yes, on average how many times per a day? |  |
| Do you have a habit of skipping breakfast? | 1 yes2 No |
| If yes, on average how many times do you skip your breakfast per a week? |  |
| Do you have a habit of eating away from home? | 1 yes2 No |
| If yes, on average how many times per week do you eat away from home?  |  |
| Do you have a habit of eating fast foods? | 1 yes2 No |
| If yes, in the last one month, how many times did you eat fast foods | They were further probed to remember by recalling the type of fast foods available in the city  |
| Do you have a habit of taking alcohol? | 1 yes2 No |
| If yes, in the last one month, how many times did you take alcohol  |  |