No. Questionnaire ID.............

**Part 1: Demographic and Socioeconomic Characteristics**

Please mark √ in ( ) or fill in the blanks for explanation the truth

|  |  |
| --- | --- |
| **Information** | **For Researchers** |
| 1. Sex  ( ) 1.Male ( ) 2.Female | s1 ( ) |
| 2. Age..................................................... Years (Full Years) | s2 ( ) ( ) |
| 3. Marital Status  ( ) 1. Single ( ) 2. Married  ( ) 3. Divorced /Widowed/ Separate | s3 ( ) |
| 4. Educational attainment  ( ) 1. No formal education ( ) 2. Primary school  ( ) 3. Secondary school or equivalent  ( ) 4. High school or equivalent  ( ) 5. Associated degree or equivalent  ( ) 6. Bachelor degree ( ) 7. Master degree and higher | s4 ( ) |
| 5. Occupation  ( ) 1. Unemployed ( ) 2. Housewife  ( ) 3. Students ( ) 4. Farmer ( ) 5. Self-employed  ( ) 6. Unskilled worker ( ) 7. Private company workers  ( ) 8. NGO employee ( ) 9. Government employee  ( ) 10. Other (please specify) ……………… | s5 ( ) |
| 6. Members in household………………….members | s6 ( ) |
| 7. Whom you stay with  ( ) 1. Parents ( ) 2. Spouse ( ) 3. Relatives  ( ) 4. Alone ( ) 5. Friend ( ) 4. Others…… | s7 ( ) |
| 8. Average income per month...........................................Riels | s8 ( )( )( )( ) |
| 9. Average expense per month..........................................Riels | s9 ( )( )( )( ) |
| 10. Average family income per month.............................Riels | s10 ( )( )( )( ) |
| 11. Average family expense per month............................Riels | s11 ( )( )( )( ) |

**Part 2: Lifestyle and Behavior Characteristics**

Please mark √ in ( ) or fill in the blanks for explanation the truth

|  |  |
| --- | --- |
| **Information** | **For Researchers** |
| **Tobacco Uses** |  |
| 1. Have you ever smoked?  ( ) 1.Yes ( ) 2. No *if no, go to T7* | t1 ( ) |
| 2. Do you still smoke currently?  ( ) 1.Yes ( ) 2. No *if no, go to T6* | t2 ( ) |
| 3. How old were you when you **first started** smoking? ..............age. | t3 ( ) ( ) |
| 4. How many cigarettes do you smoke per day?............................pcs | t4 ( ) |
| 5. How much do you spend for smoking per day? ...................... riels | t5 ( ) ( ) |
| 6. How long did you stop smoking? ........................month(s) | t6 ( ) ( ) |
| 7. Do you **currently** use any **smokeless tobacco**?  ( ) 1.Yes ( ) 2. No | t7 ( ) |
| **Alcohol Consumption** |  |
| 8. Have you **ever** consumed an alcoholic drink in the last 12 month?  ( ) 1.Yes ( ) 2. No *if no, go to D1* | a1 ( ) |
| 9. How old were you when you **started** drinking alcohol? ...age (year). | a2 ( ) |
| 10. How often do you drink alcohol per week? ............day(s)/week | a3 ( ) |
| 11. **Type of alcohol** that you usually drink  ( ) 1. Beer ( ) 2. Brandy  ( ) 3. Wine ( ) 4. Rice alcohol  ( ) 5. Whisky ( ) 6. Others……..(Please specify) | a4 ( ) |
| 12. **Volume of alcohol** that you drank in one occasion last month | a5 |
| 1. Beer………..bottle(s)/can(s) (330ml of alcohol 5%=1.3SD) | a5a ( ) |
| 2. Wine………..glass(s) (140ml of alcohol 12%=1.3SD) | a5b ( ) |
| 3. Whisky……….glass(s) (30ml of alcohol 40%=1SD) | a5c ( ) |
| 4. Alcohol pop………..bottle (1 bottle=1SD) | a5d ( ) |
| 13. How much do you spend for alcohol drinking per time ?..........riels | a6 ( ) ( ) |
| **Diet** |  |
| 14. How many rice-serving spoons of vegetables do you eat each day?     |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **rice-serving spoons** | | | | | | | | | | | | | **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **>10** | | d1 ( ) |
| 15. How many portions of fruits do you eat each day? | d2 ( ) |
| 16. How many table spoons of meat or protein do you eat each day? | d3 ( ) |
| 17. What type of **oil or fat is most often** used for meal preparation in your household?  ( ) 1. Vegetable oil ( ) 2. Lard or suet  ( ) 3. Butter or ghee ( ) 4. No Use  ( ) 5. Other………………… (please specify) | d4 ( ) |
| 18. Sugar-sweetened beverage consumption in the previous week? | d5 ( ) |
| **Physical Activities and Sedentary Behavior** |  |
| 19. Do you do exercise?  ( ) 1.Yes ( ) 2. No *if no, go to P5* | p1 ( ) |
| 20. What type of exercise do you usually do?  ( ) 1.Walking ( ) 2. Swimming ( ) 3. Aerobics  ( ) 4. Badminton ( ) 5.Cycling ( ) 6. Gym  ( ) 7. Jogging ( ) 8.Other (please specify)…… | p2 ( ) |
| 21. How long do you spend for exercise per time?...............minute(s) | p3 ( ) ( ) |
| 22. How many times per week do you exercise?...................time(s) | p4 ( ) ( ) |
| 23. Screen time (TV viewing/computer use/internet use) ---hours/day | p5 ( ) ( ) |
| 24. Time spending for sleeping hours/day…….hours | p6 ( ) ( ) |

**Part 3: Knowledge**

Please mark √ in ( ) or fill in the blanks for explanation the truth

|  |  |  |  |
| --- | --- | --- | --- |
| **Information**  **(True; F:False)** | **Answer** | | **For Researchers** |
| **Yes** | **No** |  |
| 1. Bread and Bakery is not good for hypertension patients because it contains high salt from the yeast. (True) |  |  | K1( ) |
| 2. Fast food such as pizza and fried chicken could relate to constipation because of less in vegetable. (True) |  |  | K2 ( ) |
| 3. Fast food such as hamburger and pizza contain much fiber which is good for your digesting system. (False) |  |  | K3 ( ) |
| 4. Milk tea such as pearl tea is good for health because it contains both carbohydrate and dairy milk**. ( False)** |  |  | K4 ( ) |
| 5. Fried chicken and French fried are filled with trans fats which could relate to cardiovascular disease (True) |  |  | K5 ( ) |
| 6. Soda and cola drinks containing high carbohydrates could help digestion. (False) |  |  | K6 ( ) |
| 7. Carbohydrate drinks such as Coca Cola, Pepsi and Fanta contains high sugar which could relate to overweight and obesity. (True) |  |  | K7 ( ) |