

Behavioural Risk Factor Survey 2008 (April) - Coding Manual

Variable	Question	Code / Code Description
Identifier	Case number	-
Sex	Record the gender	1 Male 2 Female
Height	What is your height without wearing shoes? (cm)	777 Outlier (<100cm or >190cm) / pregnant 998 Don't know 999 Refuse to answer
Weight	What is your weight wearing simple clothes? (kg)	777 Outlier (<37kg or >120kg) / pregnant 998 Don't know 999 Refuse to answer
Waist	What is your waist circumference? (cm)	777 Outlier (<50cm or >120cm) / pregnant 998 Don't know 999 Refuse to answer
v7_r	Does your weight now differ by more than 10 pounds (about 4.5Kg) from your weight one year ago?	1 Yes 2 No 3 Don't know 777 Outlier (of Height or Weight) / pregnant
v8_r	Did it increase or decrease?	0 Not applicable (for v7_r ≠ 1) 1 Increase 2 Decrease 777 Outlier (of Height or Weight) / pregnant
v9_r	What do you think about your current weight?	1 Overweight 2 Just right 3 Underweight 98 Don't know 777 Outlier (of Height or Weight) / pregnant
v10_r	During the past 12 months, did you try to do something deliberately to control your weight for example increasing weight, decreasing weight or maintaining weight?	1 Yes 2 No 777 Outlier (of Height or Weight) / pregnant
v11_r	Was it for increasing weight, losing weight or maintaining weight?	0 Not applicable (for v10_r ≠ 1) 1 Losing weight 2 Increasing weight 3 Maintaining weight 777 Outlier (of Height or Weight) / pregnant

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v12_r	Taking the drugs or products including health food for controlling your weight?	0 Not applicable (for v10_r≠1) 1 Yes 2 No 777 Outlier (of Height or Weight) / pregnant
v13_r	Consulting doctors or dieticians?	0 Not applicable (for v10_r≠1) 1 Yes 2 No 777 Outlier (of Height or Weight) / pregnant
v14_r	Going to weight control or beauty parlours?	0 Not applicable (for v10_r≠1) 1 Yes 2 No 777 Outlier (of Height or Weight) / pregnant
v15_r	Doing physical exercises?	0 Not applicable (for v10_r≠1) 1 Yes 2 No 777 Outlier (of Height or Weight) / pregnant
v16_r	Changing dietary habit?	0 Not applicable (for v10_r≠1) 1 Yes 2 No 777 Outlier (of Height or Weight) / pregnant
v17_r	Any other methods?	0 Not applicable (for v10_r≠1) 1 Yes 2 No 777 Outlier (of Height or Weight) / pregnant
v19	During the last 7 days, on how many days did you do vigorous physical activities?	0 0 day 1 1 day 2 2 days 3 3 days 4 4 days 5 5 days 6 6 days 7 7 days
v20	On those days that you have performed vigorous physical activity for at least 10 minutes, how much time on average per day did you usually spend on doing	0 Not applicable (for v19=0) 9998 Don't know

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	vigorous physical activities? (minutes)	
v21	During the last 7 days, on how many days did you do moderate physical activities?	0 0 day 1 1 day 2 2 days 3 3 days 4 4 days 5 5 days 6 6 days 7 7 days
v22	On those days that you have performed moderate physical activity for at least 10 minutes, how much time on average per day did you usually spend on doing moderate physical activities? (minutes)	0 Not applicable (for v21=0) 9998 Don't know
v23	During the last 7 days, on how many days did you walk for at least 10 minutes at a time?	0 0 day 1 1 day 2 2 days 3 3 days 4 4 days 5 5 days 6 6 days 7 7 days
v24	On those days that you have walked for at least 10 minutes, how much time on average did you usually spend on walking in one of those days? (minutes)	0 Not applicable (for v23=0) 9998 Don't know
v25	During the past 7 days, how much time on average did you usually spend on sitting on a weekday? (minutes)	777 Outlier (<10 mins or >900 mins) 9998 Don't know
v26	During the past 30 days, how often do you exercise in your leisure time, which at least made you breathe somewhat harder than	1 Once or more a day 2 4-6 times / week 3 2-3 times / week 4 Once a week

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	normal and sweat?	5 2-3 times a month 6 Once a month 7 Less than once a month 98 Don't know
v27	During weekdays (i.e. Monday to Friday), how much leisure time per day did you usually spend on watching television, including videos, VCDs or DVDs? (minutes)	9998 Don't know
v28	During weekdays (i.e. Monday to Friday), how much leisure time per day did you usually spend on surfing the internet or engaging in related activities? (minutes)	9998 Don't know
v29	During weekdays (i.e. Monday to Friday), how much leisure time per day did you usually spend on other sedentary activities, such as reading books, newspapers and magazines, playing video or computer games (excluding motion games, for example "wii"), drawing, listening to music or playing music instruments? (minutes)	9998 Don't know
v30	During weekends and public holidays, how much leisure time per day did you usually spend on watching television, including videos, VCDs or DVDs? (minutes)	9998 Don't know 9999 Refuse to answer
v31	During weekends and public holidays, how much leisure time per day did you usually spend on surfing the internet or engaging in related activities? (minutes)	9998 Don't know 9999 Refuse to answer
v32	During weekends and public holidays, how much leisure time per day did you usually spend on other sedentary activities, such as	9998 Don't know

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	reading books, newspapers and magazines, playing video or computer games (excluding motion games, for example “wii”), drawing, listening to music or playing music instruments? (minutes)	
v33	On average, how many days do you eat fruit each week (not including fruit juice)?	0 None 1 1 day 2 2 days 3 3 days 4 4 days 5 5 days 6 6 days 7 7 days 98 Don't know
v34	On average, how many fruit did you eat on one of those days?	0 Not applicable (for v33=0) 98 Don't know
v35	On average, how many days do you eat vegetables each week? (not including vegetable juice)	0 None 1 1 day 2 2 days 3 3 days 4 4 days 5 5 days 6 6 days 7 7 days 98 Don't know
v36	On average, how many bowls of cooked vegetables did you eat on one of those days?	0 Not applicable (for v35=0) 98 Don't know
v37	On average, how many days do you drink at least one cup of fruit or vegetable juice each week?	0 None 1 1 day 2 2 days 3 3 days 4 4 days 5 5 days 6 6 days 7 7 days

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		98 Don't know
v38	Have you ever had at least one alcoholic drink?	1 Yes, during the last month 2 Yes, during the previous 2-12 months 3 Yes, more than 12 months ago 4 No
v39	On how many days per week during the last month, on average, did you drink at least one alcoholic drink?	0 Not applicable (for v38 ≠ 1) 1 Daily 2 6 days per week 3 5 days per week 4 4 days per week 5 3 days per week 6 2 days per week 7 1 day per week 8 Less than 1 day per week 98 Don't know
v40	How many standard drinks on average did you drink on those days?	0 Not applicable (for v38 ≠ 1) 98 Don't know 99 Refuse to answer
v41	In the last month, did you drink at least 5 glasses or cans of alcohol on one occasion?	0 Not applicable (for v38 ≠ 1) 1 Yes 2 No
v42	How many times did you do this in the last month?	0 Not applicable (for v38 ≠ 1 or v41=2) 1 Once 2 Twice 3 Three times or more 98 Don't know
v43	Have you smoked before?	1 Yes, but not now 2 Yes, and still smoking 3 Never
v44	How long have you abstained from smoking?	0 Not applicable (for v43 ≠ 1) 1 Had abstained for less than 1 month 2 Had abstained for 1 month to 1 year 3 Had abstained for more than 1 year
v45	How many cigarettes do you smoke on average per day?	0 Not applicable (for v43 ≠ 2) 1 Less than 1 cigarette per day now 2 1-10 cigarettes per day now 3 11-20 cigarettes per day now

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		4 More than 20 cigarettes per day now
age	What is your age?	99 Refuse to answer
v74	What is your highest educational attainment?	1 Primary or below 2 Had not completed secondary 3 Completed secondary (F5) 4 Matriculation 5 Tertiary (Non-degree / degree or above) 99 Refuse to answer
v75	What is your marital status?	1 Never married 2 Married and with child (ren) 3 Married and without child (ren) 4 Divorced or Separated 5 Widowed 6 Refuse to answer
v76	Are you currently engaged in a job?	1 Yes 2 No
v77	What is your occupation?	0 Not applicable (for v76 ≠ 1) 1 Employers / Managers / Administrator 2 Professional 3 Associate Professional 4 Clerk 5 Service worker 6 Shop sales worker 7 Skilled agricultural / fishery worker 8 Craft and related worker 9 Plant and machine operator and assembler 10 Un-skilled worker 11 Other 99 Refuse to answer
v78	Are you a ... (if not employed)	0 Not applicable (for v76 ≠ 2) 1 Student 2 Home-maker 3 Unemployed person 4 Retired person 5 Others 99 Refuse to answer

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v79	How much is your monthly personal income including all the income?	0 Not applicable (for v76 ≠ 1) 1 None 2 \$1-1,999 3 \$2,000-3,999 4 \$4,000-5,999 5 \$6,000-7,999 6 \$8,000-9,999 7 \$10,000-11,999 8 \$12,000-13,999 9 \$14,000-15,999 10 \$16,000-17,999 11 \$18,000-19,999 12 \$20,000-24,999 13 \$25,000-29,999 14 \$30,000-34,999 15 \$35,000-39,999 16 \$40,000-44,999 17 \$45,000-49,999 18 \$50,000 or above 19 Refuse to answer 98 Don't know
v80	How much is your monthly household income including all the income?	1 Less than \$2,000 2 \$2,000-3,999 3 \$4,000-5,999 4 \$6,000-7,999 5 \$8,000-9,999 6 \$10,000-11,999 7 \$12,000-13,999 8 \$14,000-15,999 9 \$16,000-17,999 10 \$18,000-19,999 11 \$20,000-24,999 12 \$25,000-29,999 13 \$30,000-34,999 14 \$35,000-39,999 15 \$40,000-44,999 16 \$45,000-49,999 17 \$50,000-54,999

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		18 \$55,000-59,999 19 \$60,000 or above 20 Don't know 21 Refuse to answer
v81	How many people are living in this household, including yourself but excluding live-in maids?	99 Refuse to answer
v82	What is your type of living quarter?	1 Public rental flats 2 Housing Authority subsidized sale flats 3 Housing Society subsidized sale flats 4 Private residential flats 5 Villas / Bungalows / Modern village houses 6 Simple stone structures / Traditional village houses 7 Staff quarters 8 Non-domestic quarters 98 Don't know 99 Refuse to answer
Weighting	Weighting applied in the survey	