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Using the INDEPTH HDSS to build capacity for chronic non-communicable disease risk factor surveillance in low and middle-income countries

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Objective

This paper presents the conceptual framework and research design of the chronic NCD risk factor surveillance within nine rural INDEPTH HDSS settings in Asia.

Methods

This multi-site study was designed as a baseline cross-sectional survey with sufficient sample size to measure trends over time. In each of nine HDSS sites in five Asian countries, a sample of 2,000 men and women aged 25–64 years, using the WHO STEPwise approach to Surveillance (<http://who.int/chp/steps>), was selected using stratified random sampling (in each 10-year interval) from the HDSS sampling frame.

Results

A total of 18,494 men and women from the nine sites were interviewed with an overall response rate of 98%. The major NCDs risk factors included self-reported information on tobacco and alcohol consumption, fruit and vegetable intake, physical activity patterns, and measured body weight, height, waist circumference, and blood pressure. A series of training sessions were conducted for research scientists, supervisors, and surveyors in each site. Data quality was ensured through spot check, re-check, and data validation procedures, including accuracy and completeness of data obtained.

Standardized data management and analysis software was used to ensure consistency across sites. Data analysis were done using STATA.

Conclusion

This multi-site study provides a baseline of chronic NCD risk factor surveillance in rural settings in five Asian countries. This study will be useful for developing countries.

chronic non-communicable diseases

WHO STEPwise approach to Surveillance

some countries



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