

Supplementary File: Data Collection Questionnaire

Title: Hypertension among flour mill workers in Goma, DRC

SECTION A: IDENTIFICATION

- Participant ID: _____
- Date of interview: ____ / ____ / 2024
- Health area: _____
- Name of interviewer: _____

SECTION B: SOCIO-DEMOGRAPHIC CHARACTERISTICS

1. Age (years): _____
 - ☐ 18–30
 - ☐ 31–40
 - ☐ >40
2. Sex:
 - ☐ Male
 - ☐ Female
3. Marital status:
 - ☐ Single
 - ☐ Married
 - ☐ Widowed/Divorced
4. Education level:
 - ☐ No formal education
 - ☐ Primary
 - ☐ Secondary
 - ☐ University

SECTION C: LIFESTYLE FACTORS

5. Do you currently smoke tobacco (cigarettes or chicha)?
 - ☐ Yes
 - ☐ NoIf yes:
 - Number of cigarettes/chicha sessions per day: _____
 - Duration of smoking (years): _____
6. Do you consume alcohol?
 - ☐ Yes
 - ☐ NoIf yes (frequency):
 - ☐ Occasional
 - ☐ Regular
7. Physical activity (based on WHO recommendations):
Do you engage in at least:
 - 150 minutes of moderate activity per week OR

- 75 minutes of vigorous activity per week?
 - ☐ Yes (Active)
 - ☐ No (Inactive)

Main type of activity:

- ☐ Work-related
- ☐ Transport
- ☐ Leisure

8. Fruit consumption:
 - ☐ Adequate (≥ 5 servings/day)
 - ☐ Low (< 5 servings/day)
9. Vegetable consumption:
 - ☐ Adequate (≥ 5 servings/day)
 - ☐ Low (< 5 servings/day)
10. Do you add salt at the table?
 - ☐ Yes
 - ☐ No

SECTION D: CLINICAL AND FAMILY HISTORY

11. Do any of your first-degree relatives (mother, father, brother, or sister) have a history of hypertension diagnosed before the age of 60 years?
 - ☐ Yes, who? _____
 - ☐ No
 - ☐ Don't know

SECTION E: OCCUPATIONAL CHARACTERISTICS

12. How many years have you been working as a flour mill worker? _____ years
 Work seniority category:
 - ☐ < 5 years
 - ☐ ≥ 5 years
13. On average, how many hours per day do you work? _____ hours
 Working hours category:
 - ☐ < 8 hours
 - ☐ 8–10 hours
 - ☐ > 10 hours
14. Do you regularly use hearing protection (earplugs or earmuffs) when exposed to noise at work?
 - ☐ Yes
 - ☐ No
 If yes:

Frequency of use:

 - ☐ Always
 - ☐ Often
 - ☐ Sometimes
15. Do you regularly use respiratory protection (mask or respirator) when exposed to dust at work?

- ☐ Yes
☐ No

If yes:

Frequency of use:

- ☐ Always
☐ Often
☐ Sometimes

16. Perceived stress (self-reported):

Do you feel stressed due to work or life conditions?

- ☐ Yes
☐ No

If yes, main source of stress:

- ☐ Work
☐ Financial
☐ Family
☐ Other: _____

SECTION F: NOISE EXPOSURE

17. Measured noise level (LEX,8h): _____ dBA

18. Noise exposure category:

- ☐ Low (<80 dBA)
☐ High (≥ 80 dBA)

SECTION G: ANTHROPOMETRIC MEASUREMENTS

19. Weight (kg): _____

20. Height (m): _____

21. BMI (kg/m²): _____

- ☐ Underweight (<18.5)
☐ Normal (18.5–24.9)
☐ Overweight (25.0–29.9)
☐ Obese (≥ 30.0)

SECTION H: BLOOD PRESSURE MEASUREMENTS

Ensure participant rested ≥ 15 minutes before measurement

22. BP Measurement 1:

SBP: _____ mmHg
 DBP: _____ mmHg

23. BP Measurement 2:

SBP: _____ mmHg
 DBP: _____ mmHg

24. BP Measurement 3:

SBP: _____ mmHg
 DBP: _____ mmHg

25. Mean BP:

SBP: _____ mmHg
 DBP: _____ mmHg

26. Is the participant currently on antihypertensive treatment?

- ☐ Yes
☐ No

27. Hypertension status (to be completed by investigator):

- ☐ Yes
☐ No