Questionnaire

Title:

Prevalence of Diabetes Mellitus among Adult Rural Population at Jertoude Village, Northern State, Sudan, 2026–2027

Section A: Socio-demographic data

1. Serial Number: _____

2. Age: _____ years

3. Gender:

■ Male

■ Female

4. Occupation:

■ Farmer

■ Government employee

■ Private sector employee

■ Self-employed

■ Housewife

■ Student

■ Unemployed

■ Other: _____

5. Marital Status:

■ Single

■ Married

■ Divorced

■ Widowed

6. Educational Level:

■ No formal education

■ Primary

■ Secondary

■ University

■ Postgraduate

7. Monthly Income: _____ SDG

■

Section B: Medical and Diabetes-related information

8. Have you ever been diagnosed with diabetes mellitus by a doctor?

■ Yes

■ No

9. If yes, for how long have you had diabetes?

■ Less than 1 year

■ 1–5 years

■ More than 5 years

10. Do you have a family history of diabetes mellitus?

■ Yes

■ No

■ Don’t know

11. Do you have a history of hypertension?

■ Yes

■ No

■ Don’t know

12. Are you currently taking medication for hypertension?

■ Yes

■ No

13. Do you have a history of high blood cholesterol?

■ Yes

■ No

■ Don’t know

14. Have you ever been told that you have prediabetes or high blood sugar?

■ Yes

■ No

■ Don’t know

■

Section C: Lifestyle and risk factors

15. How often do you engage in physical activity for at least 30 minutes?

■ Daily

■ 3–5 days/week

■ 1–2 days/week

■ Rarely

■ Never

16. What is your usual level of physical activity?

■ Low

■ Moderate

■ High

17. How often do you consume sugary drinks (soft drinks, sweetened juices, etc.)?

■ Daily

■ 3–5 times/week

■ 1–2 times/week

■ Rarely

■ Never

18. How often do you consume sweets or other sugary foods?

■ Daily

■ 3–5 times/week

■ 1–2 times/week

■ Rarely

■ Never

19. Do you usually add extra sugar to tea or other drinks?

■ Yes

■ No

20. Do you currently smoke tobacco?

■ Yes

■ No

21. If yes, how frequently?

■ Daily

■ Occasionally

22. Do you consume alcohol?

■ Yes

■ No

■

Section D: Anthropometric and clinical measurements

23. Weight: _____ kg

24. Height: _____ cm

25. Body Mass Index (BMI): _____ kg/m²

26. Waist Circumference: _____ cm

27. Blood Pressure:

Systolic: _____ mmHg

Diastolic: _____ mmHg

■

Section E: Blood glucose measurements

28. Postprandial Blood Sugar (PPBS): _____ mg/dL

29. Diabetes status according to study criteria:

■ Diabetes mellitus

■ No diabetes mellitus

■ Prediabetes / impaired glucose regulation

■ Not classified