

## Question guideline

1. How do you cook for daily food?
2. Anyone of your family member use substance?
3. Can you please explain the daily life activities to those who are aged 30 years and over in your family?
4. Can you explain the problem of human body lipid?
5. Do you have any problem in your life? what and how?
6. How do you receive health information?

## Questionnaire of the project of assessing abnormal triglycerides

### Part I general information

1. Sex  
Male    Female
2. Age.....Year
3. Education  
No-education  
Primary school  
High school  
University degree
4. Tribe  
Akha  
Lahu  
Hmong  
Yao  
Karen  
Lisu
5. Religion  
Buddhist  
Christian  
Other
6. Occupation  
Unemployed  
Agriculturalist  
Trader or other
7. Annual income.....baht
8. Marital status  
Single  
Married  
Ever married
9. Having debt  
Yes  
No

### Part II Health behaviors and substance use

1. Exercise  
No

- Sometimes
- Regular
- 2. Amount of salt use for cooking
  - Low
  - Moderate
  - High
- 3. Amount of monosodium glutamate use for cooking
  - Low
  - Moderate
  - High
- 4. Amount of cooking oil used for cooking
  - Low
  - Moderate
  - High
- 5. Alcohol use
  - Yes
  - No
- 6. Smoking
  - Yes
  - No
- 7. Amphetamine use
  - Yes
  - No
- 8. Opium use
  - Yes
  - No
- 9. Glue use
  - Yes
  - No
- 10. Marijuana use
  - Yes
  - No

**Part III ST-5 and PHQ-9**

The questions asking stress and depression please follow the original form in references no.26, and 27, respectively.

**Part IV Physical examination**

Weight.....kg  
 Height.....cm  
 Waist circumference .....cm  
 LDL ..... mg/dL  
 HDL.....mg/DL  
 Triglycerides.....mg/DL  
 HbA1c.....

