Table of Contents

1 Background 1

2 Justification for an Integrated Programme 3

3 CINDI Protocol 7

3.1 Objectives 7
3.2 Main Programme Components 8
3.3 Plan of Action 9
3.4 Evaluation 10
3.5 Management 10

4 Guidelines for Monitoring and Evaluation 17

4.1 Data Base and Indicators 17
4.1.1 Essential Indicators 18
4.1.2 Recommended Indicators 21
4.2 Population Survey 24
4.2.1 Sample Size 24
4.2.2 Sample Selection 26
4.3 Data Management 27
4.3.1 Data Collection Format 27
4.3.2 Time Schedules 29
4.4 Annual Reporting Format on Country Programmes 30

Annexes 1–12

Annex 1. Activities in Various Sectors at Different Levels of Action 33
Annex 2. Format of National Protocol 35
Annex 3. Objectives for Monitoring and Evaluation Procedures 37
Annex 4. Blood Pressure Measurement 40
Annex 5. Smoking Habits 42
Annex 6. Height/Weight 45

Annex 7. Dietary Surveillance 46
Annex 8. Alcohol Questionnaire 53
Annex 9. Physical Activity 54
Annex 10. Sample Sizes for Risk Factor Determinations 56
Annex 11. Data Transfer Format 57
Annex 12. Annual Reporting Format 59