



धुलिखेल नगरपालिका
Dhulikhel Municipality



HEALTH CENSUS OF DHULIKHEL MUNICIPALITY

Healthy City Program



JUNE 24, 2022
SUBMITTED BY:
DHULIKHEL HOSPITAL

ACKNOWLEDGMENTS

This report is the end product of collaborative work of the Dhulikhel Municipality and Dhulikhel Hospital. We would like to thank all those who have directly and indirectly contributed throughout the project which will be used as a health profile of people and further plan for the health program in Dhulikhel Municipality. It would not have been possible without the kind support and contributions from many individuals and organizations. We would like to extend our sincere thanks to all of them. Our special thanks to Mr. Ashok Kumar Byanju Shrestha (Mayor, Dhulikhel Municipality) and Dr. Ramesh Makaju (Administrative Director, Dhulikhel Hospital) for their continuous support and guidance throughout the project. We would like to thank Dirgha Raj Shrestha, Dr. Archana Shrestha, Mr. Sudip Shrestha for the technical support who contributed as a consultant for the project.

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ABBREVIATION

FCHV: Female Community Health Volunteer

FHP: Family Health Profile

GPS: Global Positioning System

MWRA: Married Women Reproductive Age

SDGs: Sustainable Development Goals

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Foreword from Mayor



One of the key principles of the SDGs is the principle of “Leaving No One Behind”. The Government of Nepal explicitly included the principles of equality, equity, non-discrimination and participation in the Constitution of 2015. Dhulikhel Municipality developed by-laws, policies and programs to promote equality, equity, non-discrimination and participation. In addition Municipality has adopted the The policy of Healthy city Dhulikhel as creative work in Health sector first time in Nepal by Local Government. After the establishment of Dhulikhel Hospital in 1994, the city became very popular in Nepal for affordable and quality health services.

The hospital serves a population of approximately 1.9 million from Kavrepalanchowk, Sindhu-palchowk, Dolakha, Sindhuli, Ramechhap, Bhaktapur and other surrounding districts. To improve the overall status of the health sector the city implemented initiatives like constructing health posts in each ward. Now three new basic Health centers were constructed in ward 4, 6, and 7 one in each wards, and three health posts in Ward 1, 2 and 11 are under construction. To provide quality health services from lab service in Ward 9, Kavre Health Post and ward 12 Shankhu Health Post are providing services. A Health Information Center in ward 8 was established and functioning. Besides the regular governmental health services the city that provide additional services such as emergency service, primary treatment, maternity test and counseling etc.. The City's health system was restructured with the objective of increasing bed capacity 24 beds in out-of-hospital facilities for different stakeholders within the 12 wards in municipal territory added minor patients to the system.

The city is already in process of updating its collection system for health related data to feed into the health management information system at national level. To improve the overall status of the health sector the city implemented initiatives like making Health profile in collaboration of Kathmandu University Hospital / Dhulikhel Hospital. In addition, the city's health care facilities cater to patients from other parts of the country. Till now, the data was not disaggregated by city residents and non-residents. Therefore, the data presented in this report is very clear and useful for Making Health plans and programs. This can support generation of data in the national and international indicator format for future use. It is very glad to inform all readers that after getting preliminary finding of this data Dhulikhel Municipality has already Implemented the program like TB Free municipality and Nutrition friendly government health program as well as covid-19 vaccination and national immunization fully immunized municipality Programs. In future, our health related program will depend upon these facts in the sector of mental health, environment health, maternal and child health and so on with coordination of different national and international organizations.

Ashok Kumar Byanju Shrestha

.....
Mayor

Ashok Kumar Byanju Shrestha



Dhulikhel Hospital

FOREWORD

Since its inception Dhulikhel Hospital has firmly held to the principle of 'reaching to the unreached' in terms of quality health care. Engagement with the community is indispensable in this endeavor. Our partnership with Dhulikhel Municipality since the beginning has been instrumental in our relationship with the local community.

This effort of reaching every household in Dhulikhel Municipality as a part of the Health City Initiative is an exemplary task of redefining the community-based health care in Nepal focusing on the pertinent and emerging health issues. I firmly believe that this is the beginning of a thousand mile journey we are set for. Based on the information we have gathered we will be initiating focused, customized health programs leaving no one behind. I am also confident that this will be a model of success for replication in other settings within and outside our country as well. I wish the team all success and assure that Dhulikhel Hospital will continue to lead and collaborate on these innovative approaches of health care delivery.



Dr. Ram KM Shrestha
Executive Director and Founder
Dhulikhel Hospital

INTRODUCTION

Health Census of Dhulikhel Municipality

Introduction

Healthcare services are in general designed for the acute conditions but the non-communicable diseases are in rising trend. The least developed countries like Nepal are in a double burden of disease for both communicable disease and non-communicable disease. Health seeking practice is also very poor. The only fraction of people manages to visit health care services generally in the late stage of the disease progression which increases the cost of the care, disability, and preventable mortality. So, most of the problems are still hidden and unrecognized. This condition shows the necessity of integrating primary health care with the preventive program and developing a structured health system, especially in rural areas.

Different international treaties have considered health is one of fundamental human rights. Healthy people are the foundation of development of family, community and country. United Nation has also included separate health goal (SDG 3: Good Health and Well Being: Ensure healthy lives and promote well-being for all at all ages) in Sustainable Goals and set different targets to fulfill the goal. The newly develop Constitution of Nepal has also endorsed health as basic rights of people of Nepal. In addition, this constitution has given responsibility for local government to manage and fulfill the basic health services to all individuals.

Family Health Profile (FHP) is one of the preventive programs where health screening is done to identify the high-risk people for timely intervention and detect any kind of problems and treat it as early as possible. During the screening (anthropometric measurement), if the any abnormality is detected, they will be referred to the health institutions for the treatment, health education will be done at the same time and suggestion will be provided to concerned stakeholders if other interventions are necessary.

Dhulikhel Municipality:

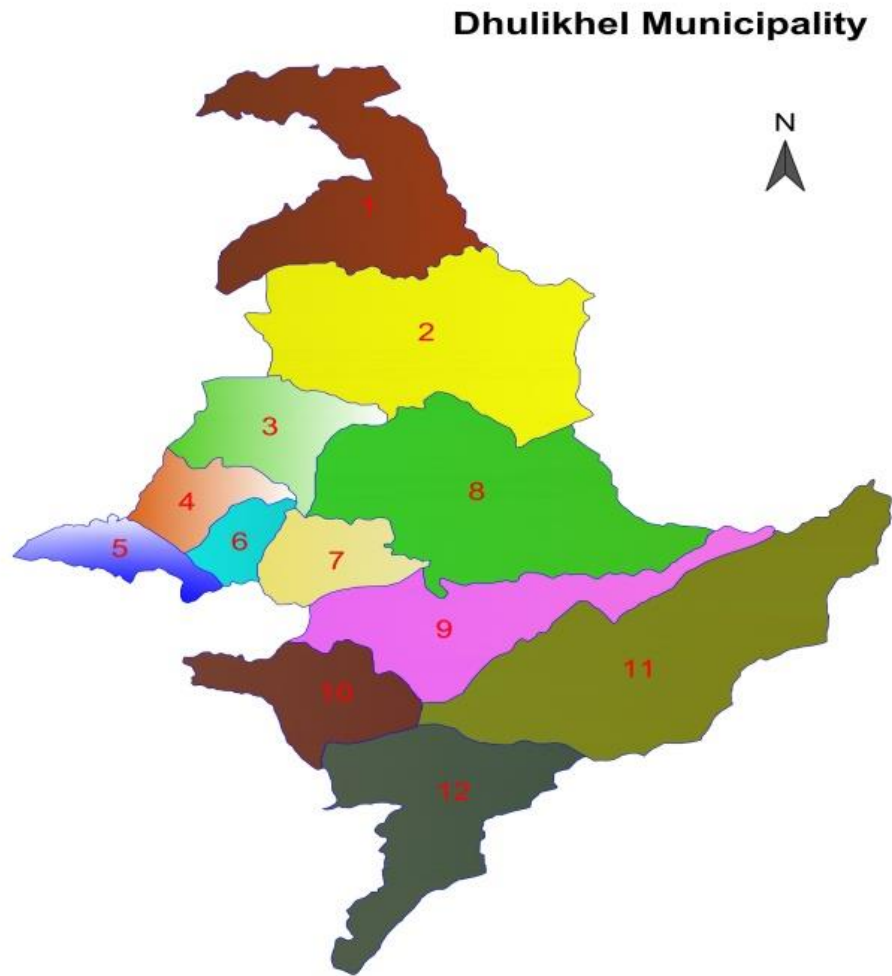
Dhulikhel was known to be the smallest municipality in Nepal, however after promulgation of new Constitution of Nepal, the area of all the government structure changed and expanded new territory to fit as per the needs. Dhulikhel is headquarter of Kavre District and located 30 KM east from Kathmandu. Dhulikhel Municipality has facilities such as Kathmandu University, Dhulikhel Hospital, community managed Drinking Water System and other basic services. The newly elected local government has committed to develop this city as center of excellence in the area of Education, Tourism, Heritage and Health. As part of this commitment, the local government has announced to develop Dhulikhel as “Healthy City/Municipality”.

Generally, a healthy city is defined as “one that is continually creating and improving these physical and social environments and expanding those community resources which enable people

to mutually support each other in performing all the functions of life and in developing to their maximum potential”. However, for our purpose, we want to define Dhulikhel as a healthy city where at least ninety percent of all the targets set as part of SDG by government of Nepal is fulfilled by 2025.

Details of the population of Dhulikhel Municipality

- Total Area: 55 Km²
- Total Population: 33,681
- Male: 16,956 (50.34 %) Female: 16,723 (49.65 %) Other: 2 (0.01 %)
- Total households: 6,973
- Average family members: 4.83



Rationale:

As part of this commitment, Dhulikhel Municipality is planning to conduct a census of all the households related to health, sanitation, and drinking water so that we can identify the existing situation. The findings of this census will set as baseline and develop long term and short term plan to achieve the targets by 2025. In addition, Dhulikhel Municipality is also moving toward the smart city and doing various activities to digitalize all its information and services. So, to support this aim, the survey also aims to develop electronic health profile of each households of the municipality so that it can be linked with information like mapping of house, integrated taxing system, drinking water etc.

Overall Objective:

To improve the health status of people living in Dhulikhel Municipality through a home based health screening program.

Specific Objectives:

1. To identify the existing situation of health of all the family members of Dhulikhel Municipality.
2. To prepare electronic health profile of each households, with GPS and unique ID number, so that the data can be used for developing short term and long term plan.

IMPLEMENTATION

Implementation Strategies

1. Development of Forms

The proforma was developed which included screening questionnaires, detailed health assessment, socio-demographic and environmental assessment. There was separate proforma for household head and married women's reproductive age. The general practitioner, community medicine physician, public health expert and concerned field expert played a vital role in the development of forms. Consultations was done with a practitioner of related areas as well. (Annex 1)

2. Develop Electronic Data Collection System

Electronic data collection form was developed (KoboTool box app). The staffs were trained to use the app. In the test period, only the software solutions were used.

Healthy City Survey

PERSONALIZED HEALTH PROGRAM QUESTIONNAIRE

RECORD THE GEOGRAPHIC CO-ORDINATES

latitude (x,y °)

longitude (x,y °)

altitude (m)

accuracy (m)

search for place or address

DATE OF INTERVIEW
yyyy-mm-dd

HOUSEHOLD NUMBER

A. Socio demographic Information

A4.1 PROVINCE
Bagmati

A4.2 NAME OF DISTRICT
Kavre

A4.3 NAME OF MUNICIPALITY/RURAL MUNICIPALITY
Dhulikhel

A4.4 WARD NUMBER
none selected

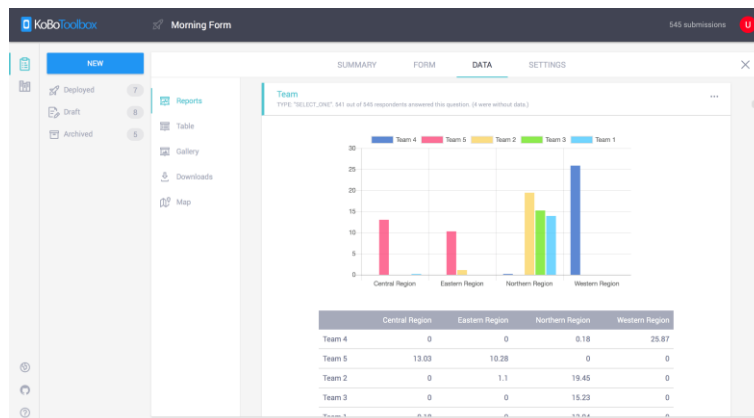
A4.5 TOLL NAME/ STREET NAME

YOUR ID IS /

A5. RELIGION
 Hindu
 Buddhist
 Christian
 Muslim
 Others

A6. ETHNICITY
 Brahmin
 Chhetri
 Newar
 Tamang
 Dalit
 Others

A7. FAMILY TYPE
 Nuclear
 Joint



3. Target population

The study population was all the household of the Dhulikhel Municipality.

4. Orientation

Orientation to the enumerators

The orientation on the program was given to the enumerators to help them know about the importance of the program and its goal, objectives and overall activities. Orientation was also given on the proforma regarding its use, terminologies, and certain procedures on which the staff is confused on.

Orientation to the community people

The community people were oriented through the respective ward office, health post and concerned stakeholders about the program and its objective.

5. Plan the activities

The strategies related to home visit were planned in presence of enumerators.

6. Home visit

Each enumerator visited the home and visit were planned according to the geographic areas.

7. Design and implement an intervention program

As per the analyzed data and observation of the health condition, the intervention program will be designed in close consultation with concerned stakeholders.

8. Monitoring and evaluation

Monitoring and evaluation was done by the respective supervisors regarding the program.

Implementation Plan:

The management committee was formed in two sections as follows:

Executive Management Committee:

- | | |
|--|------------------|
| 1. Mayor of Dhulikhel Municipality | Chairperson |
| 2. Deputy Mayor of Dhulikhel Municipality | Vice-chairperson |
| 3. Executive Chief Officer | Member |
| 4. Ward Chairpersons | Member |
| 5. Director, Department of Public Health
and Community Programs, DH | Member |
| 6. Dirgha Raj Shrestha | Member |
| 7. Chief, Health Section, Dhulikhel Municipality | Member Secretary |

Technical Management Committee

- | | |
|--|------------------|
| Mr. Dirgha Raj Shrestha | Chairperson |
| Dr. Biraj Karmacharya | Vice-chairperson |
| Mr. Sandip KC | Member Secretary |
| Community Department, Dhulikhel Hospital | Member |

Roles and Responsibilities:

Roles of Dhulikhel Hospital:

- Design and prepare data collection tool
- Conduct training for enumerators for data collection and management
- Ensure the data server in hospital
- Ensure quality of data collection procedure and data
- Analyze the data and prepare report and recommendation

Roles of Dhulikhel Municipality

- Facilitate the regular meeting with concerned stakeholders
- Hire enumerators
- Coordinate and collaborate with ward chairperson and household members
- Organize the workshop/ meetings to prepare the report and disseminate the findings to concerned stakeholders
- Plan (short and long term)

Activities for the implementation:

a. List the household and plan for identification number: (Responsible: Municipality Office)

A list of all household of the Dhulikhel Municipality were prepared as per the ward wise and tole wise/ street wise.

- Collect list of the household and identification number (if available) from the Municipality or ward office or census office.
- Mobilize FCHVs and ward secretary to finalize the list of the household.
- The household number was planned for the unique identification.

b. Preparation and finalize the questionnaires: (Responsible: Dhulikhel Hospital)

The technical committee finalized the questionnaire for the interview with the review from the experts and literature reviews. This questionnaire was prepared as per the SDG's indicators.

c. Develop data collection platform: (Responsible: Dhulikhel Hospital)

The finalized questionnaires' was incorporated in the software by the software developer and pretested for the validity.

d. Recruitment of a Coordinator and enumerators: (Dhulikhel Municipality and Dhulikhel Hospital)

A coordinator was hired for three months to manage all the required activities. The coordinator should have experience in conducting and managing the survey and familiar with electronic data collection methods.

Recruitment of supervisors and enumerators:

Enumerators were hired who were from health background such as health assistant/ staff nurse or other health sciences background. Similarly, supervisors were assigned from health post of the municipality to supervise the interview process and ensure quality of data collection.

e. Budget management

Technical team prepared and submit the budget plan to Municipality. The municipality hand over the required budget to Dhulikhel Hospital to manage the health census of Dhulikhel Municipality. Dhulikhel hospital managed the budget as per the agreed plan and following financial rules and regulations.

GUIDELINE

Guideline for a survey

“Healthy City Project”

Preparation of survey

Hire supervisor and interviewers for the study:

Enumerators were hired and appointed the respective wards for the data collection. The enumerators were hired evaluating the curriculum vitae and work experience (priority was given for enumerators having health backgrounds). Similarly, health post in-charge from the municipality were appointed as supervisors to check the interview process and for quality assurance of data collection. Each supervisor monitored their respective wards.

Pre-tested survey instruments:

The translated instruments were pretested in the community that was not included in the main survey. The survey was pretested among the staffs in the Dhulikhel Hospital and other nearby municipality as required. The trained enumerators under the supervision of field supervisors conducted a pretest. Permission with the local government was taken before conducting the pre-testing. The purpose of the pretest was to:

- Check the clarity of the questions and modify the wording of questions if necessary.
- Check the comprehension of the translated questions and modify if necessary.
- Check that the questions accurately reflect local conditions and make corrections if required.
- Check the design of the form to ensure that there is enough space for answers to be written and that the format is not confusing or difficult to manage.

The corrections were made to the survey tools. Further, enumerators were given the necessary instructions on the modification.

Prepare the schedule for the home visits

Using the household lists of the Dhulikhel Municipality, the whole population of the municipality were enumerated. The census of the whole population was conducted.

Preparing for the training

There are a number of preparatory tasks required to prepare for the training and these are summarized here:

i) Select a venue:

The venue for training activities was managed to hold all participants and to allow group works. Lighting and ventilation should be adequate and the venue should be accessible for participants.

ii) Procure materials:

Enumerators and supervisors were provided with a copy of the manuals for the questionnaire. Further, for the survey, enumerators were provided with paper, pens, pencils, erasers, pencil sharpeners, and clipboards. The enumerators used electronic devices for the electronic profile of the Dhulikhel municipality. Android phones for the data collection were used.

Train enumerators:

Training of enumerators was organized the week before the survey fieldwork. Five days of training was provided to all the enumerators.

Training objectives

The objectives of the training are to prepare enumerators to:

1. Perform all survey tasks, including using the survey instruments, managing survey activities in the community, and identifying solutions to problems.
2. Establish rules with enumerators on how to interpret questions or words in the survey instruments.
3. Reach agreement and consistency with enumerators in following the survey procedures and completing the survey forms (inter-researcher reliability).

Training and rigorous practice in the use of survey forms was necessary in order to increase reliability, reduce errors, and increase efficiency in doing survey tasks. A five-days training schedule was recommended in order to have enough time to make enumerators comfortable with the survey procedures and instruments. Further, the selected supervisors will ensure the quality assurance of the survey.

Key training tasks:

Training was critical to obtain valid and reliable survey results and for this reason, a great deal of emphasis was placed on the training process. The key tasks that were accomplished during the training days include:

- Finalization of the survey itinerary.
- Agreement on how to conduct the survey at each household by each enumerator in a way that is consistent.
- Inter- and intra-researcher reliability for completing all key survey instruments of at least 85–90% so that there is reasonable confidence that all enumerators are asking or interpreting the questions in the same way.
- Enumerators have an understanding of how to solve common problems encountered.
- Practical arrangements are made for data security.

Guidelines for Data Collection:

While conducting an interview:

- 1) Enumerators may suggest an ideal interview setting; s/he must comply with the participant's wishes. Ideally, the setting should enable the participant to feel comfortable discussing any concerns about the study or in responding to the questions in the interview.
- 2) Generally, it is preferred that the enumerators talk with the participant alone so that the participant's responses are not influenced by the presence of other people.
- 3) If a participant insists that someone else be present, the enumerators should accept the request.
- 4) Sometimes, it may be necessary for the participant to take a short break during the interview. However, if it becomes obvious that s/he cannot complete the interview and s/he is willing to continue the interview at another time, the enumerators should schedule another appointment within a few days. The enumerators must document the situation fully and indicate if the participant will continue with the interview or not.
- 5) If the participant does not want to take part in the interview or wants to withdraw from the interview at any time, enumerators should accept the request.
- 6) The enumerators should probe the participant for some of the questions. Also, please repeat the questions in any means so that the participant understands fully.

Ground rules:

1. Be polite
2. Be attentive
3. Respect everyone
4. Always smile

PLEASE MAKE SURE TO WRITE IN CAPITAL LETTERS

SURVEY

Before the beginning of the survey:

Please ask if the household head or family member who is well aware of the house is available. If not, please ask anyone available in the house for a convenient date and time for the interview. Please note the date and time for the next visit. Please make sure to repeat the visit 3 times.

A) Household Registration Form:

i) Geo-Location: Please make sure that the location is on a device. The device should be placed in the exact location of the house of data collection.

ii) Registration Number:

- The district code is already embedded in the application. Please specify the ward number.
- Please give the household number starting from 001, 002, 003, (The number starts in the same format for each ward)
- The final household registration number will be **District code/Ward Number/Household Number.**

Note: Please also check for the household number given by Municipality (Plate), if not found then mention “000”

iii) Family Unit Information:

Family Unit is only for the owner's family NOT the rented family. Mention the number of family units (1) Who stay regularly in Dhulikhel, (2) Stay outside of Dhulikhel regularly.

If the family stays outside regularly then please fill in the details such as how often they visit, where they stay regularly, and the number of family members.

We have a separate section for rented families: “Those who live with family such as husband/ wife, father/mother, children, etc. for more than 6 months and plan to stay more than 6 months.” Please only specify the number of units.

iv) Main material of the house: Please ask and observe the materials during the survey.

IN CASE YOU DON'T FIND ANYONE IN THE HOUSE or NO ONE LIVES IN THE HOUSE.

v) Are there any family members in the house? If no, ask when they will come

Visit occasionally (festivals/ religious function)	Register the house and end the survey for this house
Once in a month	Do not register the house. Revisit the house. (Ask a neighbor about the information such as probable date and time of their visit, phone number, etc.) Please take a note in Register
2-3 times a year	Register the house and end the survey for this house
Never	Register the house and end the survey for this house

Note: Please find someone (neighbor / ward office), who are well known about the particular household and their family.

B) Family Registration Form:

Note: There might be two different types of family (1) Owner Family and (2) Rented Family. There are two separate forms and will have to fill them up accordingly.

i) Is this your own house?

- If owner,
 - Then write the household registration number from the Household Registration Form
 - Add family number: If the first or only family write F1 and if the second family write F2 and so on.
- If Rented,
 - Mention the duration of stay and reason.
 - Then, write the household registration number from the Household registration form
 - Add family number: if the first or only family write R1 and if the second family write R2 and so on.

- The final **family registration number** will be the **household registration number/Family Number**.

ii) Number of family members will decide the repetition of the family details section. E.g. if 5 members in your family, the family details section will repeat 5 times. Please make sure to fill in the details of the family members who are outside of the Dhulikhel and country as well.

If there are families outside the country, please fill the purpose section with the name of the country/countries.

iii) Information about land:

- If the family has land they might have three cases, (1) Only own land, (2) Landlords own land and (3) Both owner and landlord.
- If the family mentions e.g. 5 Ropani and 2 Aana then write 5.2 and select the unit.

iv) Facilities:

- a) Water Facility: Please specify the main source of drinking water and time to get water and return back to your home? (In minutes) and if it is inside or on the periphery please write “000”.
 - i) Purification method if yes, please specify different methods
- b) Kitchen Facility: Please specify if they have a separate room for a kitchen and main and alternative type of energy source for cooking.
- c) Toilet Facility: Please specify the toilet facility usually used.
- d) Waste Disposal: Please specify the different methods of waste disposal.

v) Assets:

- a) Please indicate information on the household assets and livestock.

vi) Income / Health Insurance:

- a) Please ask the average monthly income (Please probe for the amount if they don't want to reveal it).
- b) If the family has insurance, please specify it and also ask if the family has to spend extra money other than insurance and specify “000” if all the health expenditures are covered.
- c) If not enrolled, ask the reasons (probe) and average monthly expenditure for health care.

vii) Health seeking behavior:

- a) Please ask for the information on the nearest healthcare facilities and one where a family visit often to seek the health care and time to reach those facilities. Also, ask their view on health care facility and opinion to improve its service.

viii) Internet use:

- a) Please ask the information on the use of mobile banking for payments, transfers, or any other services.

ix) Food security:

- a) Please make sure they have enough time to think (Have to recall for a year)
- b) Indicate the family on the frequency of taking fruits, vegetables, meat, and egg.
- c) Please probe on the use of noodles/crackers serve to the children in the family.

x) Disability Information:

- a) Please mention the number of people who will help to repeat the section.
- b) Select the type of disability where you will have to fill the duration of the disability. Please select all kinds of disabilities one to have.
- c) Ask if the person has sought any treatment and receive any equipment (if applicable)
- d) Check if the person has any kind of disability card.

xi) Chronic Illness:

- a) Operational Definition: “Person suffering from a health problem more than one month continuously (eg. Hypertension, Diabetes, Cholesterol, Cancer)
- b) Please mention the number of people who will help to repeat the section.
- c) Select the type of illness and mention the age of diagnosis and first place of diagnosis.
- d) Please mention the types of healthcare facilities receiving treatment and any kinds of medicines.

xii) Morbidity Information:

- a) Morbidity includes diseases like COVID-19, diarrhea, headache, common cold, etc., and excludes chronic disease.
- b) Mention the number of family members who were sick in the **last 3 months** and fill up the details such as the name of a person, type of illness, treatment.

xiii) Oral Health:

- a) Please fill up the details accordingly.

xiv) Accident details:

- a) In the **past 12 months**, if anyone from the household has been in a road accident that prevented them from not carrying out their normal daily activities even for a day then mention the number of family members and fill up further details of each person.

xv) Mortality Information:

- a) In the **last 5 years**, if anyone has passed away in the household, then mention the number of family members and fill up further details of each person.

xvi) Smoking

- a) Please probe the questions (say that the information will not be revealed, which is confidential)
- b) Please ask the average number of sticks (per day in daily) and (per week).
- c) Ask to remember the age (ask them to take reference points to remember the date).
- d) Please ask the times taken in terms of chewing tobacco.

xvii) Alcohol

- a) Please probe the questions (say that the information will not be revealed, which is confidential)
- b) Standard drink: “A typical drink such as a glass of wine/beer/whiskey / raksi etc.

xviii) Pollution and Green areas

- a) Please indicate the level of pollution (air and noise) in your area.
- b) Ask if they feel they have enough open spaces (means spaces such as grounds, chowks which seems important in disasters like earthquakes, etc.)

C) MWRA Registration

MWRA: Married Women of Reproductive Age: Include only the women who were **married** and from the **age group 15-49**.

- Register each married woman of reproductive age in this form

i) Socio-Demographic Information

- a) Household registration number: Mention the household registration number which you have entered before (Noted in hardcopy).
- b) Family registration number: Mention the family registration number which you have entered before (Noted in hardcopy).
- c) Individual number: Give number by I1, I2, I3, and so on for each MWRA of that family.

ii) Reproductive Health

- a) Mention the age when she got married
- b) Have you ever given birth?
 - If yes, ask the woman's age when she gave birth to her first child.
 - Ask if she has a child less than 5 years
 - If yes, please go through questions on pregnancy status, postnatal, and antenatal (Note: If she has more than one child less than 5 years, please ask for her last child.
 - If not, then ask if she is currently pregnant.
 - If yes, please go through questions on antenatal, smoking, and drinking questions.
- c) Antenatal questions:
 - If the woman is pregnant and in the certain months some of the points in antenatal check-up might not be applied e.g 5 months pregnant then points on 6, 8 and 9 months are not applicable.
 - Charge for service: If the time is check-up has not reached yet, please write not applicable.

iii) Self-Reported Diseases

- a) Indicate the reported diseases and specify any other diseases.
- b) Please probe the questions on health check-ups and screening and specify if performed any other screenings were.
 - i) If any of the screenings are done, whether the treatment has been received. Note if the screening and check-ups have been done where no treatments are needed (negative results) then indicate “Not applicable”.

iv) Family planning method:

- a) If the woman or her partner is currently using any family planning methods then specify the type of methods and place of receiving service.

v) Child Immunization:

- a) If the child is less than 2 years then ask about the immunization status, vitamin A, deworming supplement, and nutrition status.
- b) If the child is more than 2 and less than 5 years then only ask about vitamin A and deworming supplements.

NOTE: Please observe the card (One side with information on immunization and another side with the information on nutrition)

FINDINGS

Section A: Household Registration

Household Characteristics:

During the survey, 7412 houses has been recorded from Dhulikhel Municipality. Out of them, there was family member in 6189 (83.5%) houses during the visit of the enumerators, there was no any family member present in 1223 (16.5%) houses. (Figure 1)

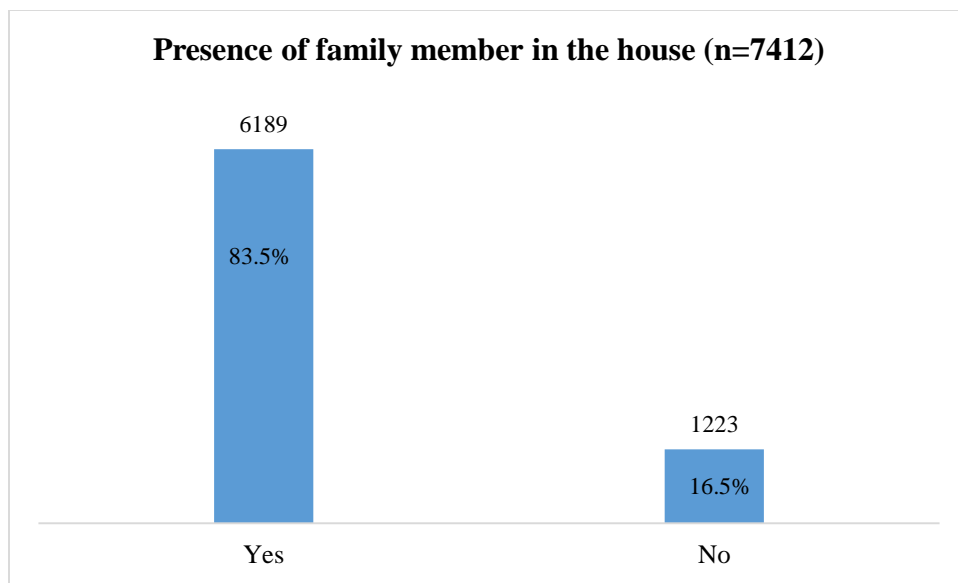


Figure 1: Presence of family member in the house

Among the houses, where no any family present during the visit of the enumerators, the neighbor was asked about the frequency of the visit of the family member in the house. Among those houses, in 151 (12.3%) houses, the family member never visited where they might have migrated to another place. In 693 (56.7%) houses, the family member visited occasionally for festivals or religious functions and in 379 (31.0%) houses, the family member visited 2-3 times in a year.

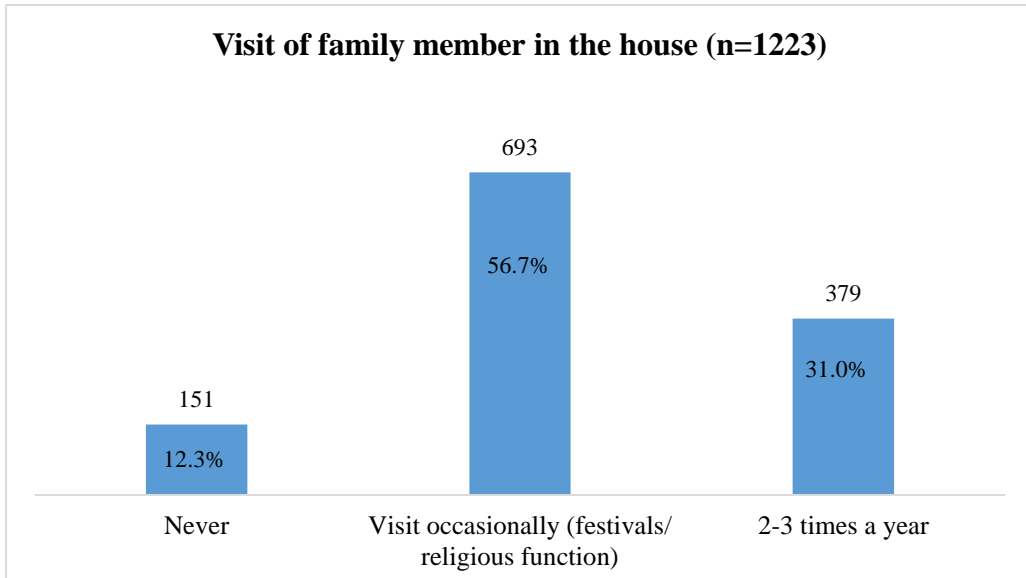


Figure 1. 1 : Percentage distribution of family member visiting in the house

Figure 2 shows the percentage of the house where family/individual are rented in the house. In 13.7% of the houses, either family or individual are staying in rent.

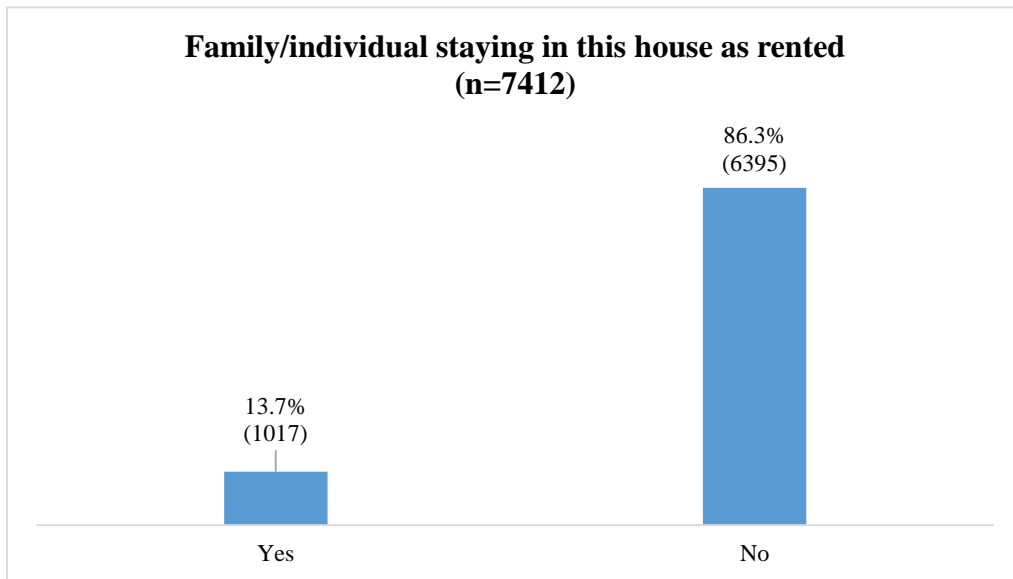


Figure 2: Percentage distribution of house with family/individual staying as rented

Figure 2.1 shows the percentage of rented family units by ward. Looking at the figure below, ward 7 had the highest percentage of rented family unit with 30.3 % (292 family) followed by ward 4 with 27.3% (263 family), ward 6 with 16.4% (158 family), and ward 5 with 12.7% (122 family). In ward 1, there is no rented family unit.

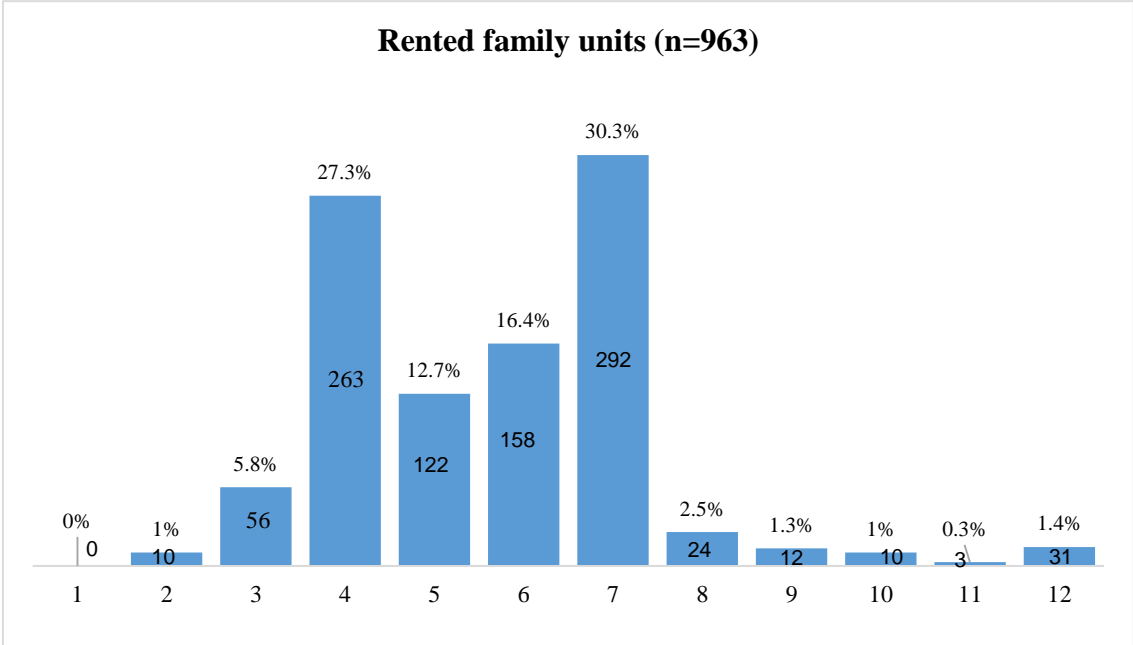


Figure 2. 1: Percentage distribution of rented family units by ward

Figure 2.2 shows the percentage of individual rented units by ward. Ward 4 had the highest percentage (44.9%) of individual rented i.e. 1659 individuals are staying as rented in the house followed by ward 6 with 732 individuals rented in the house. And ward 1 had the lowest percentage (0.1%) of individual rented unit i.e. 4 individuals are rented in the house.

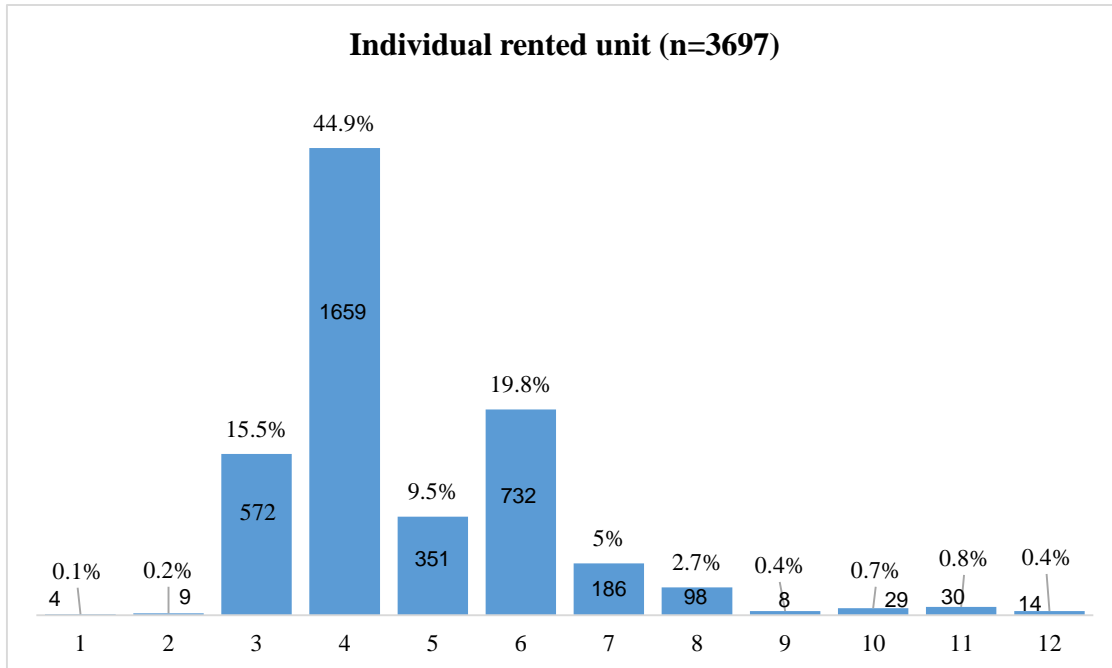


Figure 2. 2: Percentage distribution of individual rented units by ward

Materials of Houses:

Figure 3 shows the percentage of the main materials of the roof of the 7412 households. Though in 1223 houses, there was no any family member during the visit, the roof, the exterior wall, and the flooring of the households were observed. 92.2 % of the households had galvanized iron or concrete/cement made roof, 5.8% of the households had straw/thatch, wood/planks, earth/mud made roof and 2% of the households had tiles or slate made roof.

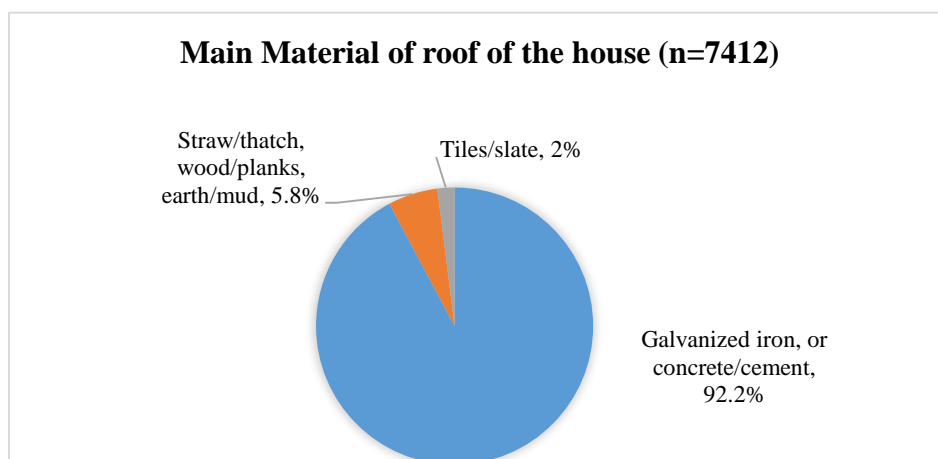


Figure 3: Percentage distribution of households by the main material of the roof

Figure 3.1 shows the percentage of the main materials used for the exterior wall of the 7412 households. 70.4 % of the households had furnished wall made from cement/stone/bricks/cement

blocks/wood/planks/shingles, 24.1% of the households had natural walls made from cane/palm/trunks/mud/stone and soil, 4.7% of the households had rudimentary walls made from bamboo/stone/plywood/cardboard/refused wood. Only 0.8% of the households had walls made from galvanized iron or straw.

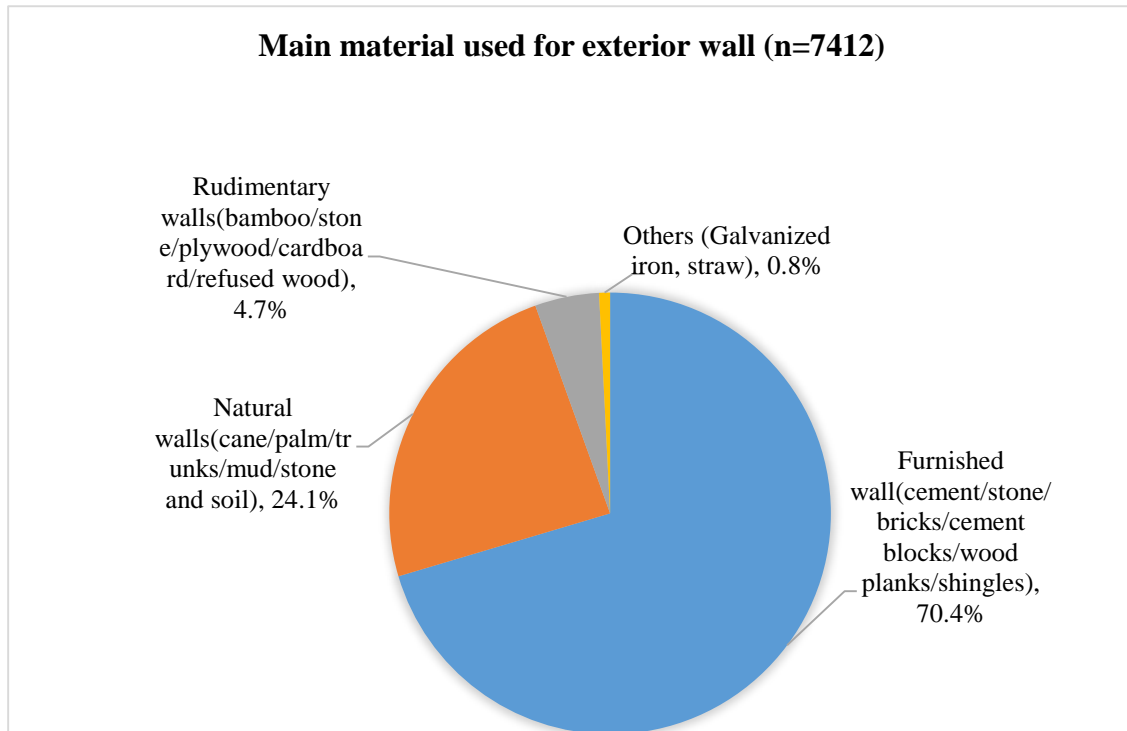


Figure 3.1: Percentage distribution of households by the main material used for exterior wall

Figure 3.2 shows the percentage of the main materials of floor of the 7412 households. 69.7% of the households had finished floor, 29.1% of the households had natural floor, and 1.2% had rudimentary floor.

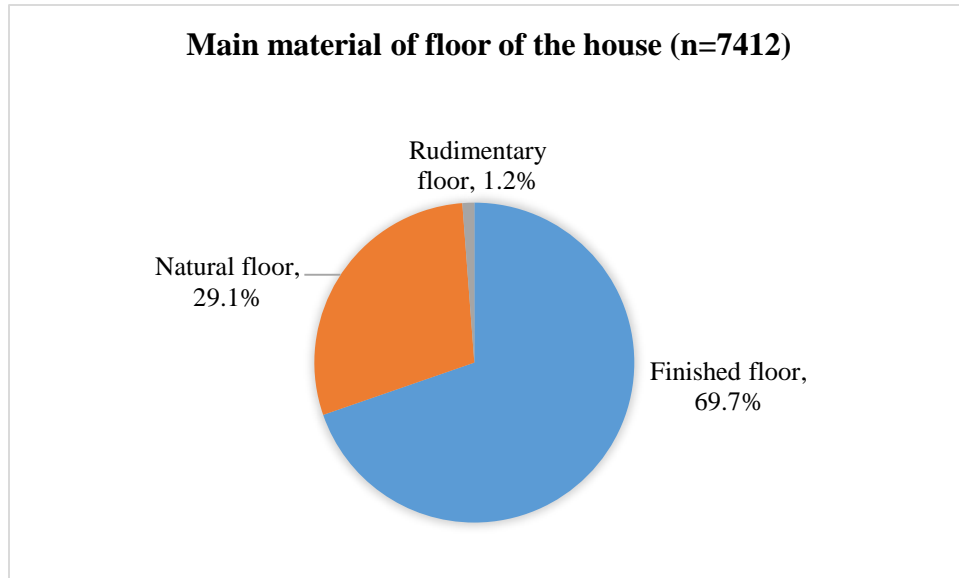


Figure 3.2: Percentage distribution of households by the main material of floor

Drinking Water:

Figure 4 shows the percentage distribution of the source of drinking water of the families. Here, we have used family as a unit of the sample irrespective of the households where the family means the family of households and rented family residing in the households for more than 6 months. Most of the families i.e. 70.9% used piped water supplied by municipality as the source of drinking water followed by 13.1% using surface water which includes water sources from “Kuwa”, river, spring water etc.

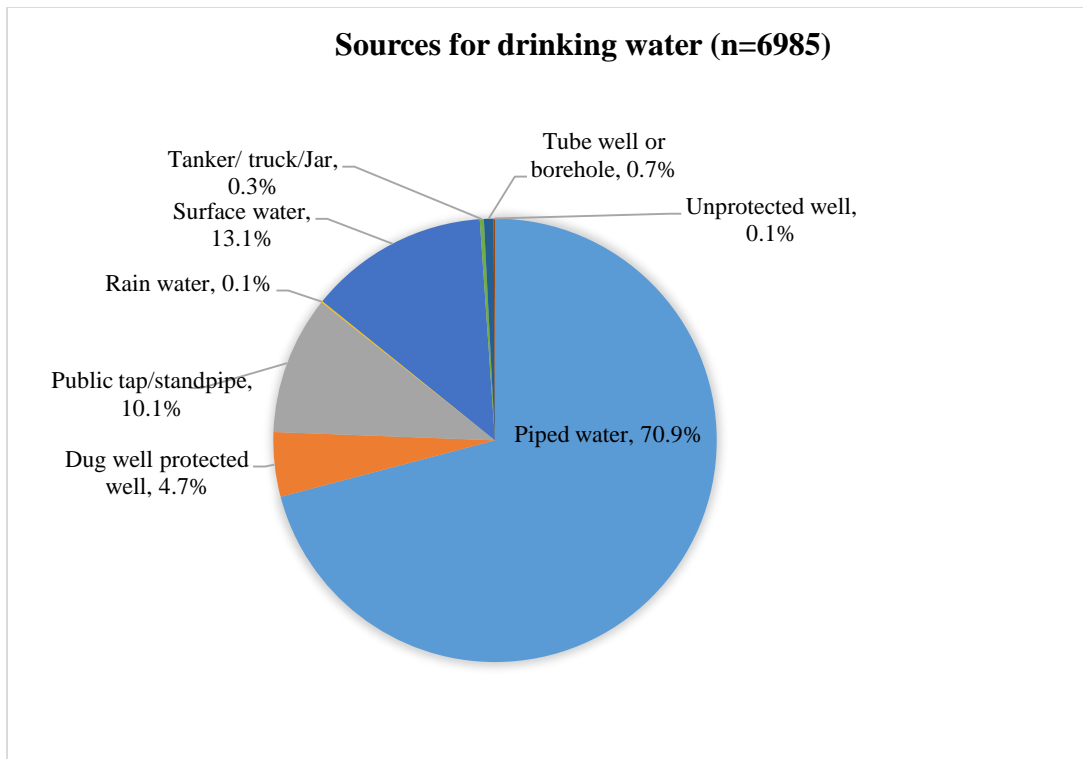


Figure 4: Percentage distribution of the families by the source of drinking water

Figure 4.1 shows the percentage of the quality of drinking water. 82.4% of the families considered that the water is drinkable while 17.6% of the families did not know about the quality of the water.

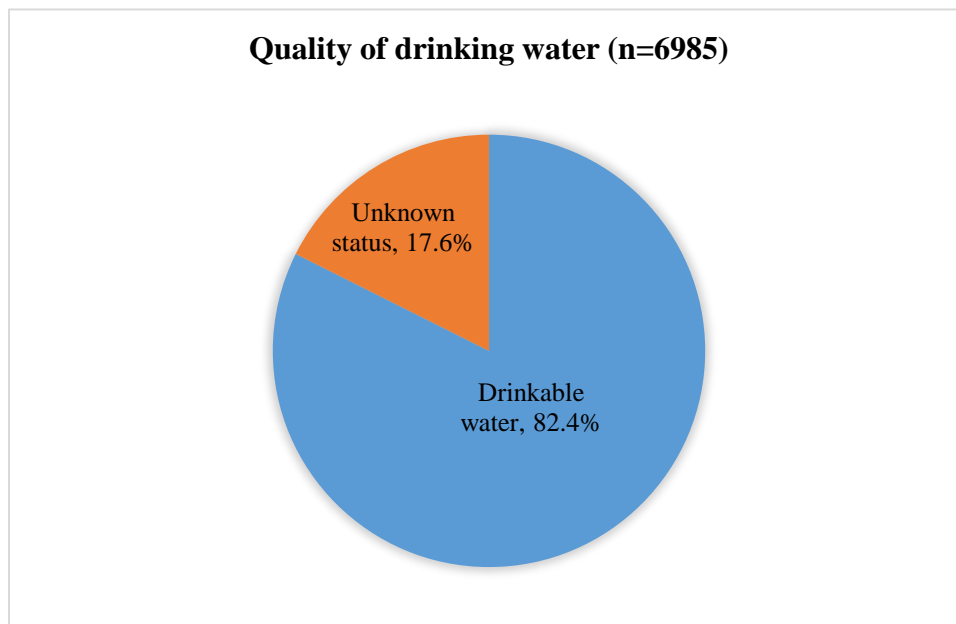


Figure 4.1: Percentage of quality of drinking water

Source of Energy:

Figure 5 shows the percentage distribution of main source of energy used by the families for cooking. Majority of the families i.e. 84.6% used LPG as the main source of energy for cooking, and 13.4% of the families used wood for cooking food. 0.1% of the families did not cook food in their house.

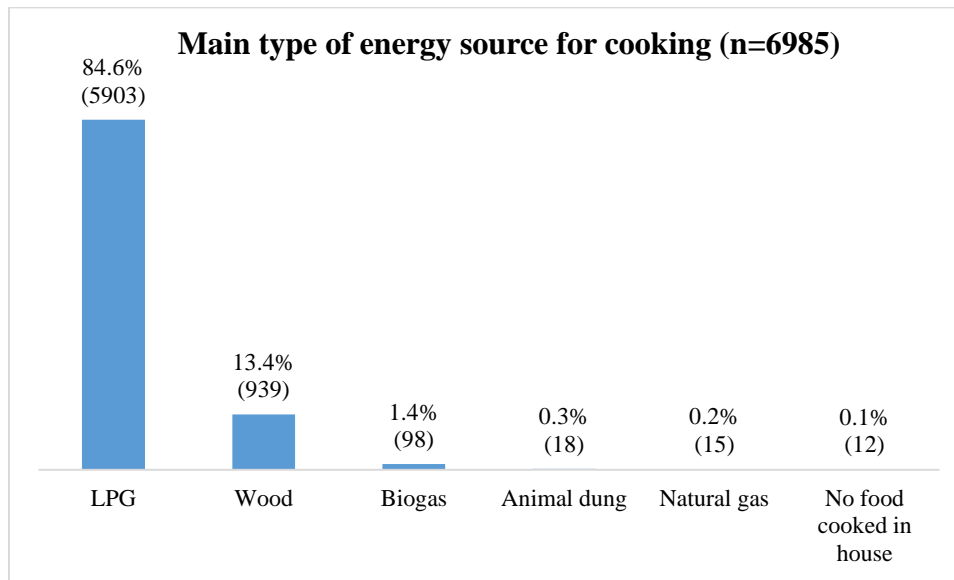


Figure 5: Percentage distribution of families by the main type of source of energy for cooking

Latrine Facility

Figure 6 shows the percentage distribution of toilet facilities of the families. 74.5% of the families had toilet with flush to septic tank, while 0.8% of the families had no facilities or had to go to bush or field which needs to be considered.

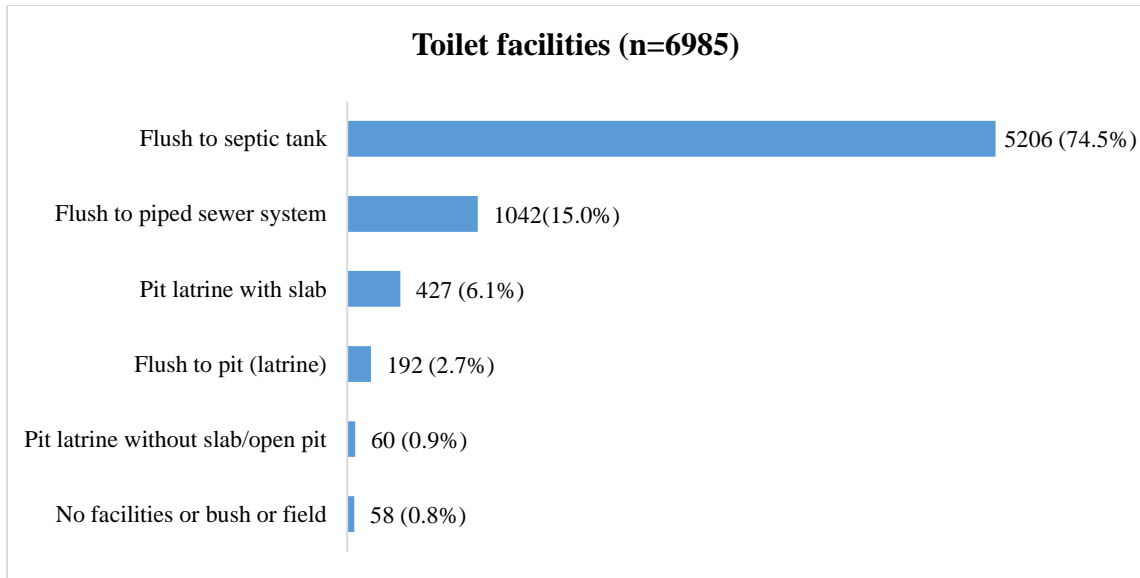


Figure 6: Percentage distribution of families by the toilet facilities

Table 1 shows the ward wise distribution of toilet facilities of the families. Most of the families of all wards had improved toilet facilities. Ward 11 has the majority of the families with flush to septic tank toilets.

Table 1: Ward wise distribution of families by the toilet facilities

Ward	Flush to septic tank	Flush to piped sewer system	Flush to pit (latrine)	Pit latrine with slab	Pit latrine without slab/open pit	No facilities or bush or field	Total
1	417	0	11	0	5	13	446
2	442	1	49	70	5	6	573
3	418	20	15	0	6	8	467
4	753	152	5	18	0	1	929
5	178	283	4	23	0	0	488
6	200	270	0	0	0	1	471
7	164	310	5	39	0	0	518
8	651	2	35	0	14	12	714
9	290	2	14	272	4	0	582
10	312	0	4	0	2	4	322
11	804	2	11	0	7	7	831
12	577	0	39	5	17	6	644
Total	5206	1042	192	427	60	58	6985

Waste disposal methods

Figure 7 shows the percentage distribution of waste disposal methods of the families. Majority of the families i.e. 36.3 burned the waste materials while 7.2% of them threw the waste in the court or backyard 17.1% of the families disposed their waste in the municipal waste where the waste collection vehicle carries the waste from the households. This is managed by the municipality.

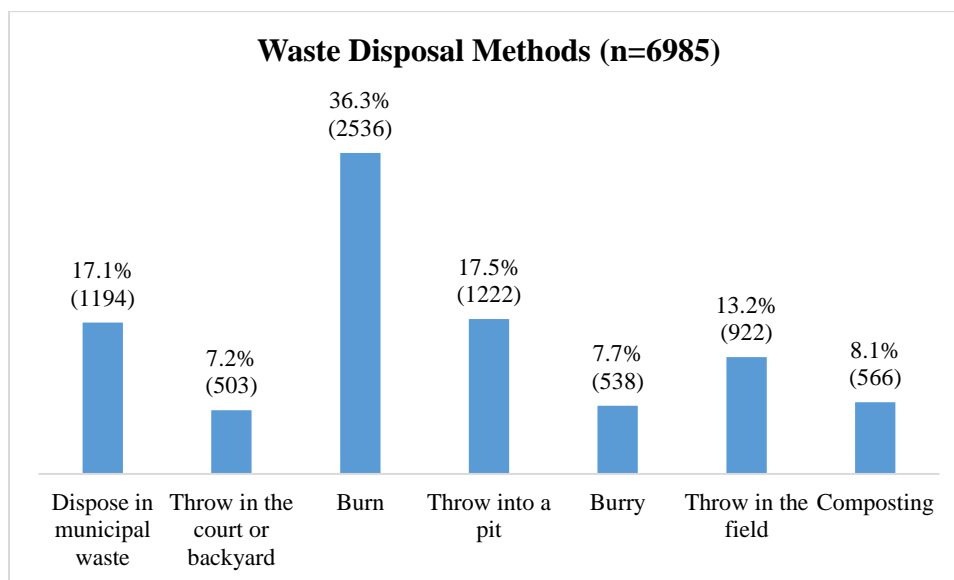


Figure 7: Percentage distribution of families by waste disposal method

Insurance and Health Facility:

Figure 8 shows the percentage distribution of enrollment of the families in insurance scheme. 53.7% of the families had been enrolled in the scheme, 42.9% had not been enrolled, and 3.4% of the families did not know about the insurance scheme.

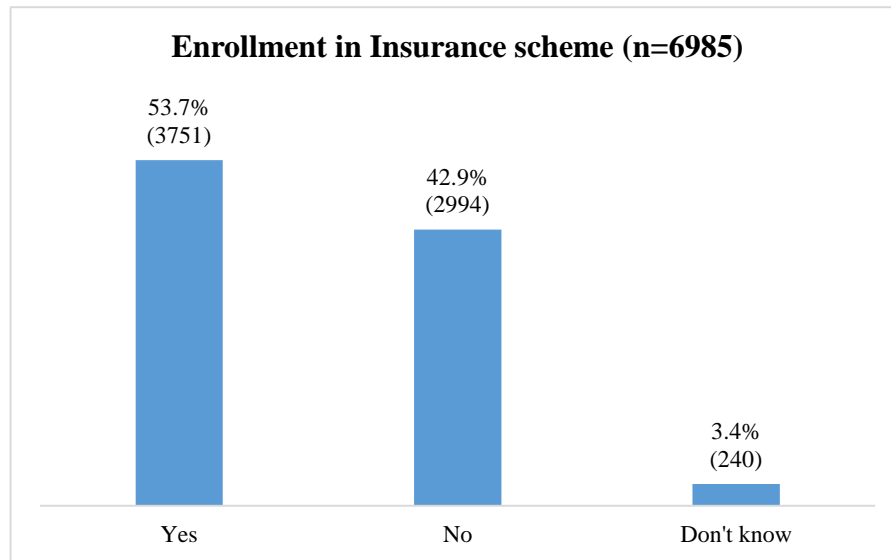


Figure 8: Percentage distribution of the families by the enrollment in insurance scheme

Health seeking behavior

Figure 9 shows the percentage distribution of the families by the nearest health facilities. 51.2 % of the families had the nearest health post facility, and 26% of the families had Dhulikhel Hospital as their nearest health facility.

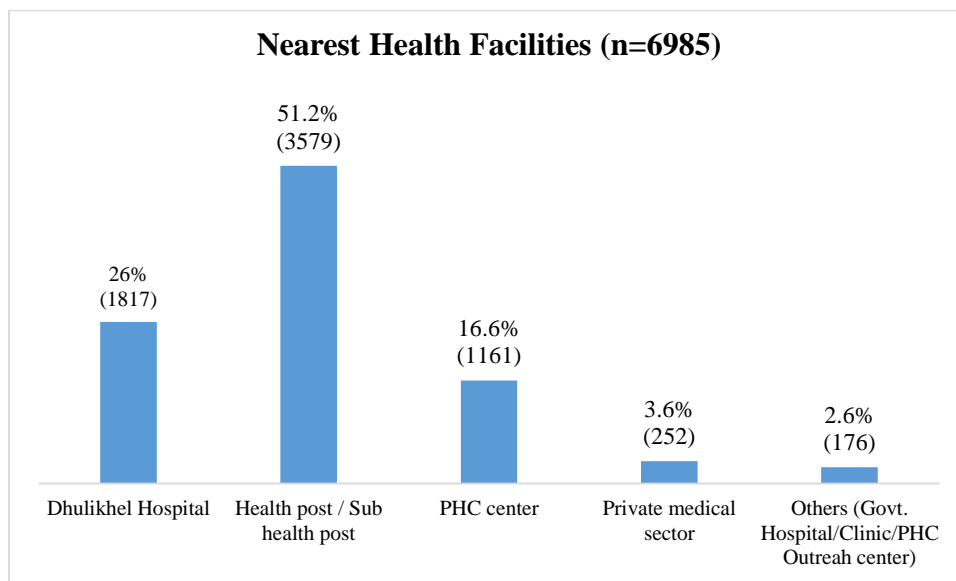


Figure 9: Percentage distribution of families by the nearest health facilities

Figure 10 shows the percentage distribution of the visit of the families to health facilities. Although, most of the families had health-post as their nearest health facility, almost 67.3% of the families usually visited to Dhulikhel Hospital for seeking health care services, and 17.9% seeking the health care services in private medical sector. Only, 2.1% of the families visited government hospital/clinic for health care services. This shows that the quality of the health service of government hospital need to be improved.

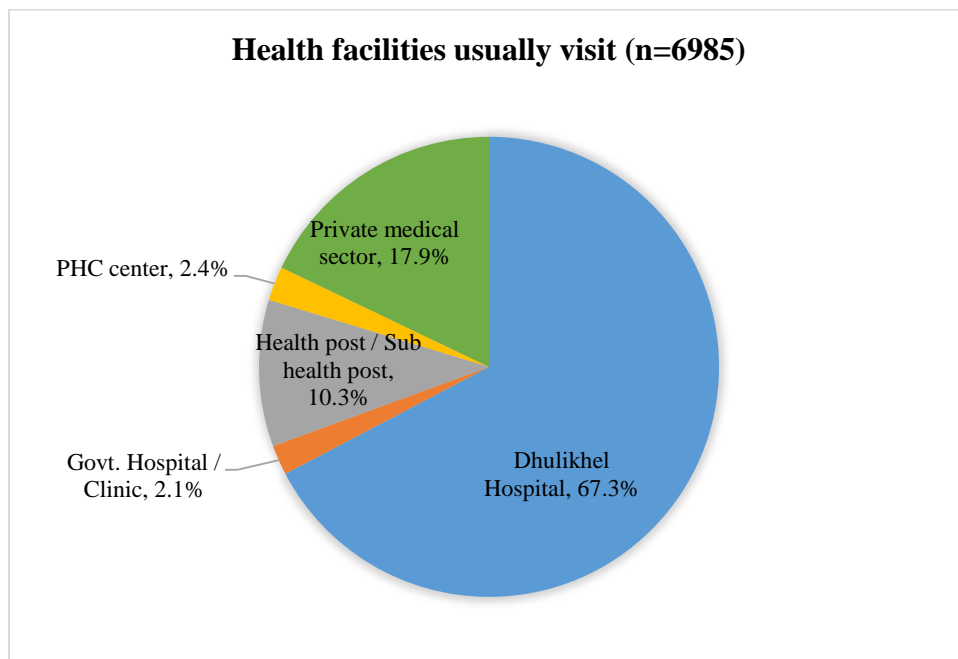


Figure 10: Percentage distribution of families by the visit to health facilities

Diet

Figure 11 shows the percentage distribution of households who consumed fruits. 61.5% of them consumed fruits once a week, while 12.8% of them consumed every day. There is a low intake of fruits.

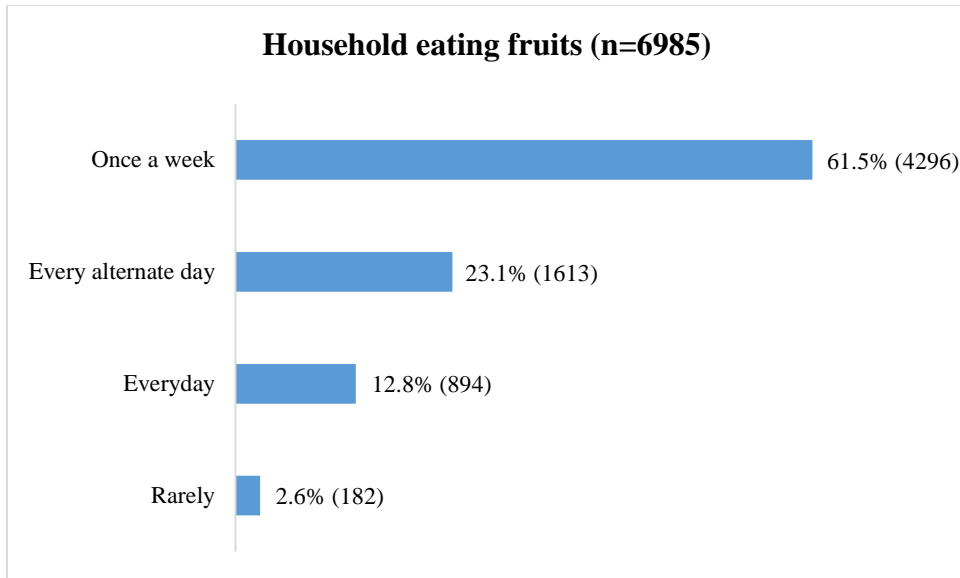


Figure 11: Percentage distribution of the households eating fruits

Figure 12 shows the percentage distribution of households who consumed vegetables. 85% of them consumed vegetables daily while 5.3% of them consumed vegetables once a week. Intake of vegetables is better than fruits.

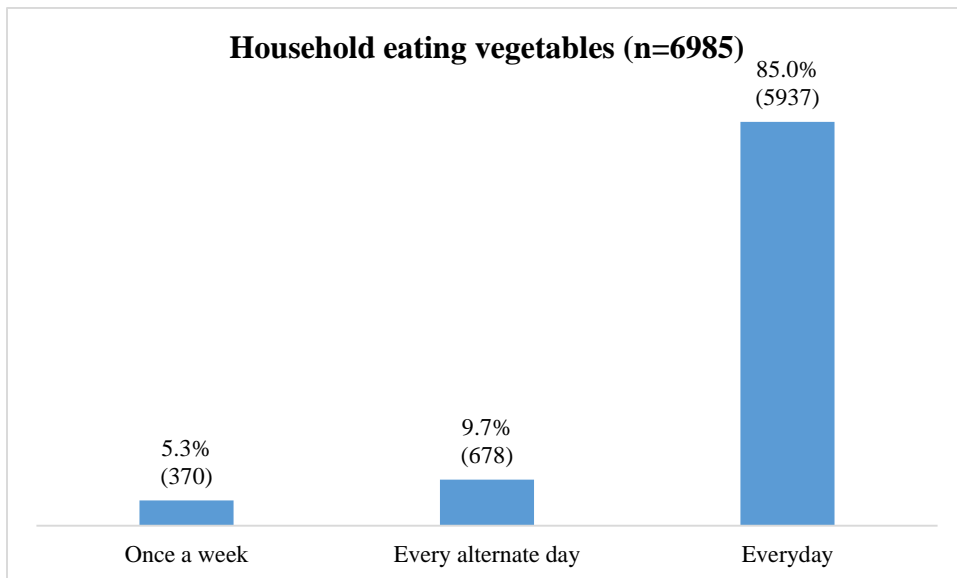


Figure 12: Percentage distribution of the households eating vegetables

Figure 13 shows the percentage distribution of households who fed noodle/crackers to their children. 57.5% of them sometimes fed noodles/crackers to their children. 17.5% of the households rarely fed, while 16.5% of them never fed their children with noodles, crackers.

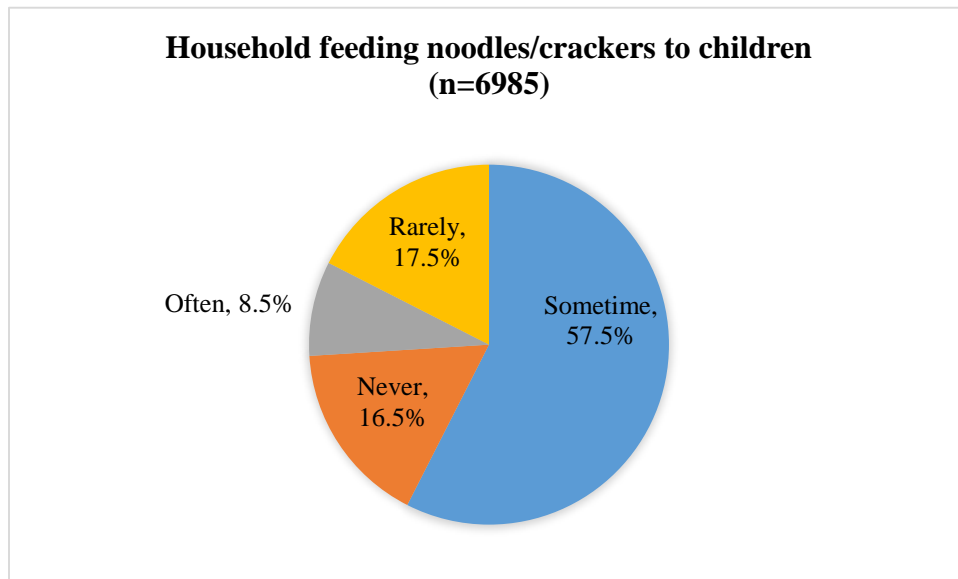


Figure 13: Percent of household feeding noodles/crackers to children (n=6985)

Disability, Chronic Illness and Mortality:

Figure 14 shows the percentage distribution of currently disable member in the family. Only 4.7% of families had disable person in the family.

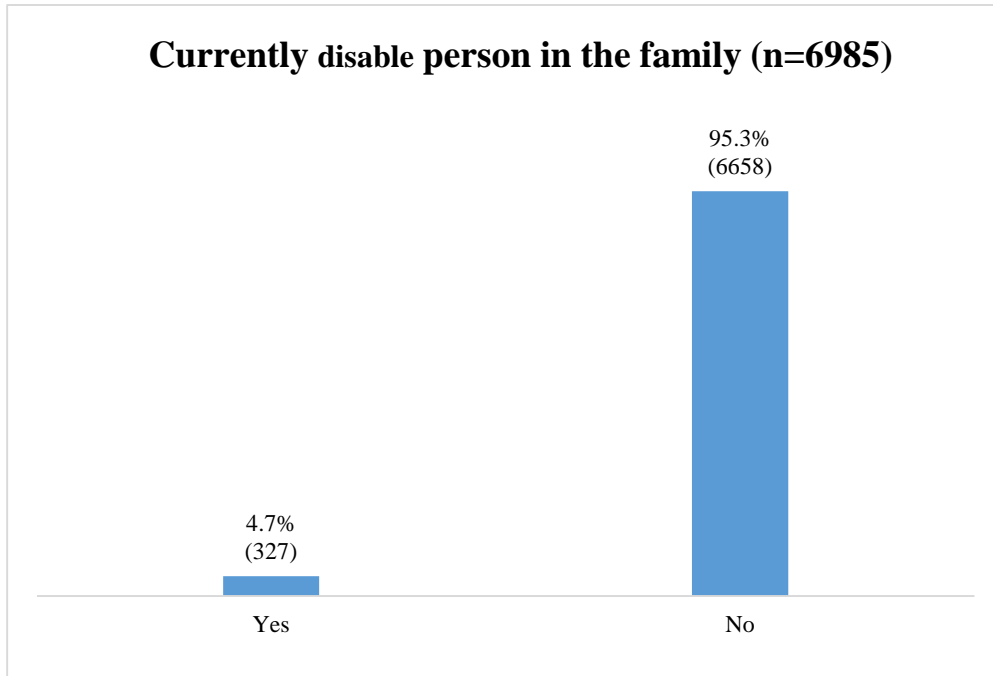


Figure 14: Percentage distribution of currently disable person in the family

Figure 15 shows the percentage distribution of family member with chronic illness in the family. 36.2 % of the families had member with chronic illness in the family.

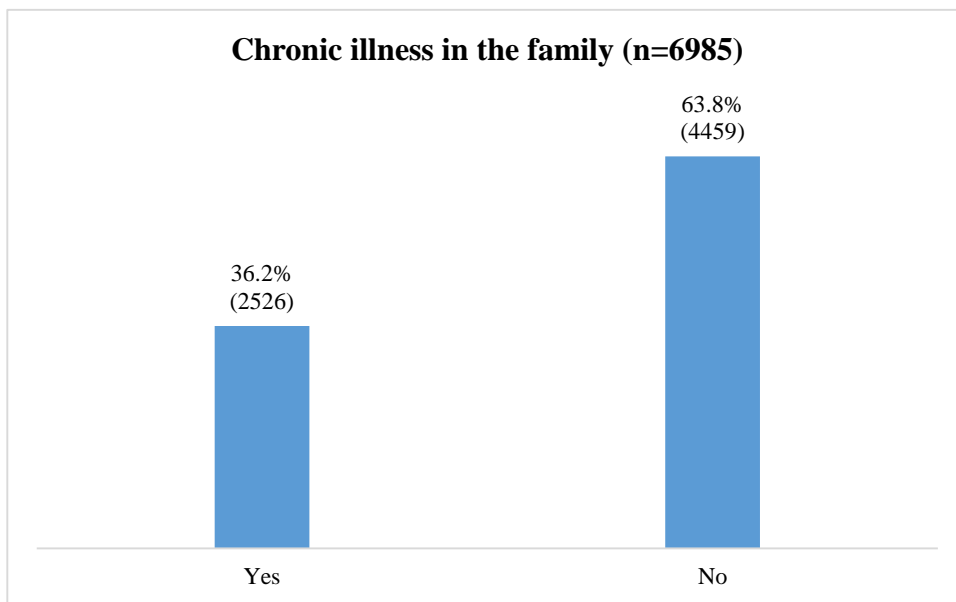


Figure 15: Percentage distribution of member with chronic illness in the family

Figure 16 shows the percentage distribution of deaths in the family in the past years. 12.4% of the families had death of the member in the past 5 years.

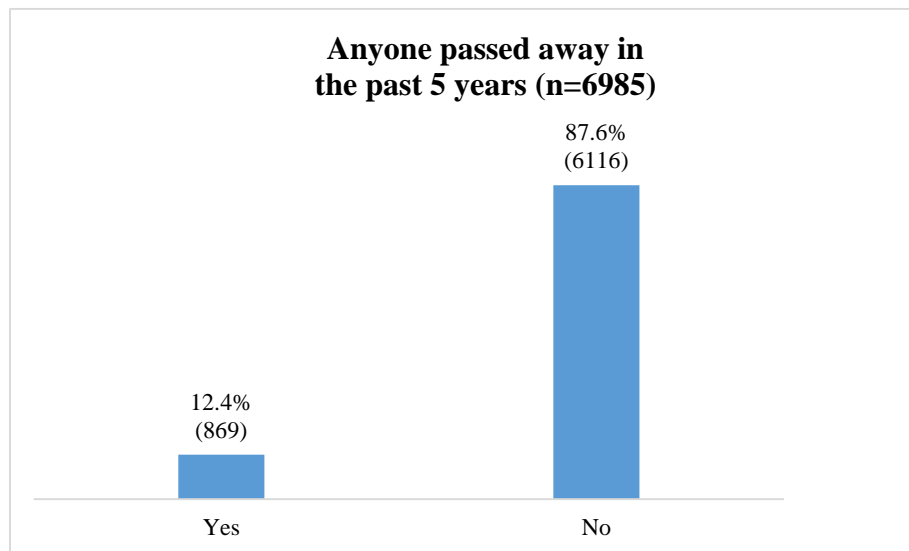


Figure 16: Percentage distribution of death in the family in the past 5 years

Oral health

Figure 17 shows the percentage distribution of people who clean their teeth once or more than once a day. They had good oral hygiene practice. 93.9% of them cleaned their teeth once or more than once a day. 6.1 % of them still had poor oral hygiene practice.

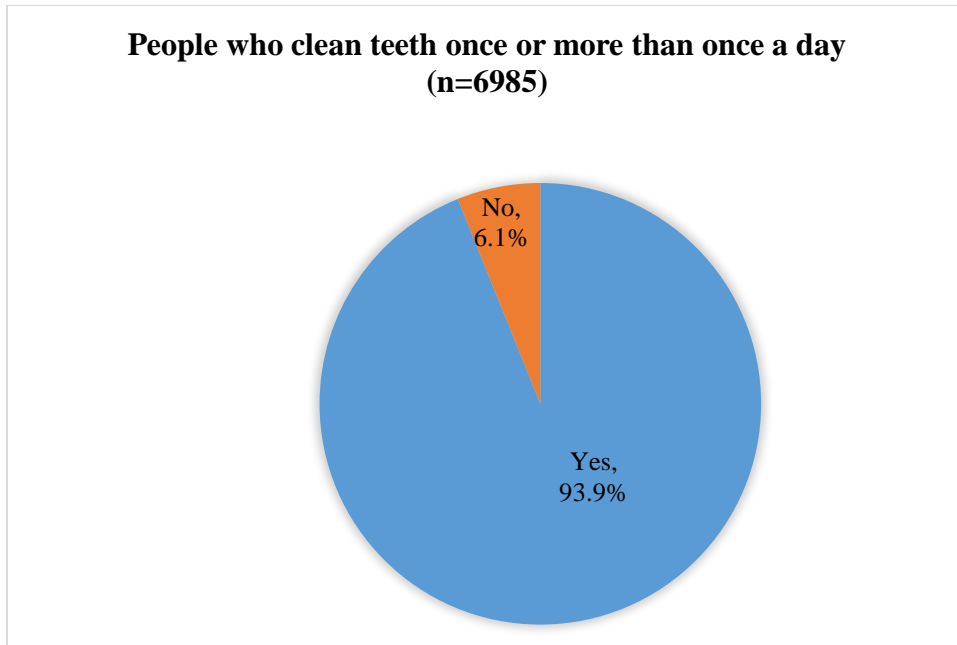


Figure 17: Percentage distribution of people who clean teeth once or more than once a day

Figure 18 shows the percentage distribution of people who ever reported an issue of pain/swelling/bleeding/ discomfort. 27.6% of the people reported an issue in their teeth.

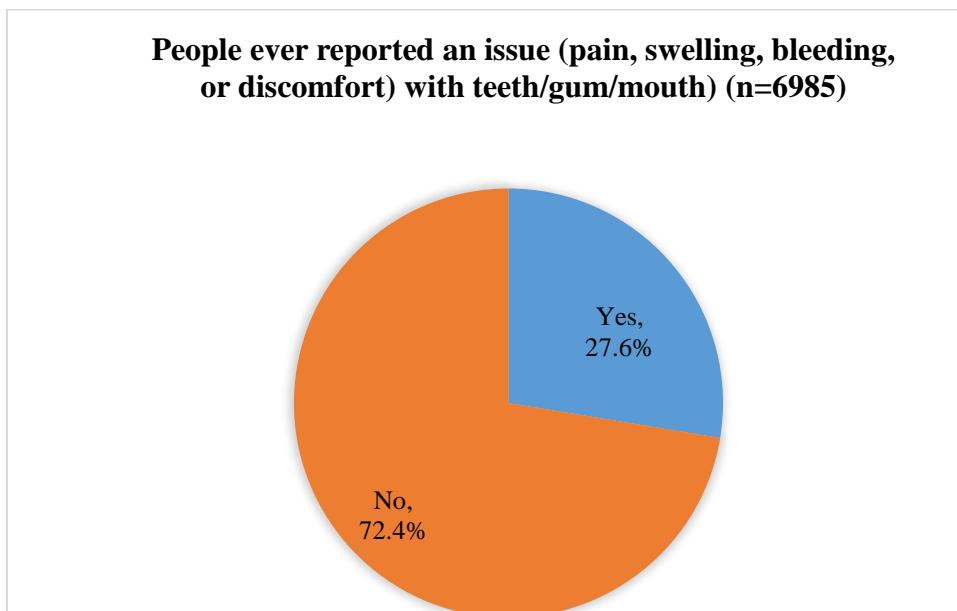


Figure 18: Percentage distribution of people who ever reported an issue (pain, swelling, bleeding, or discomfort) with teeth/gum/mouth)

Figure 19 shows the percentage distribution of people who visited a dentist in last 12 months. 10.8% of them visited a dentist in the last 12 months.

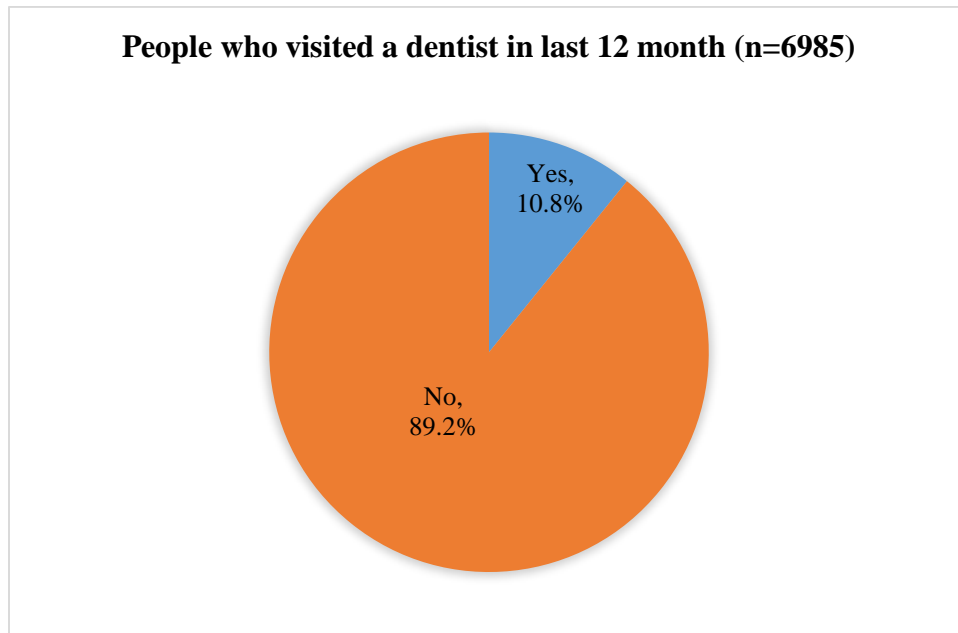


Figure 19: Percentage distribution of people who visited a dentist in last 12 month

Smoking & Drinking behavior

Figure 20 shows the percentage distribution of current smokers. 16.8% of them currently smoke tobacco products, such as cigarettes, cigars or pipes.

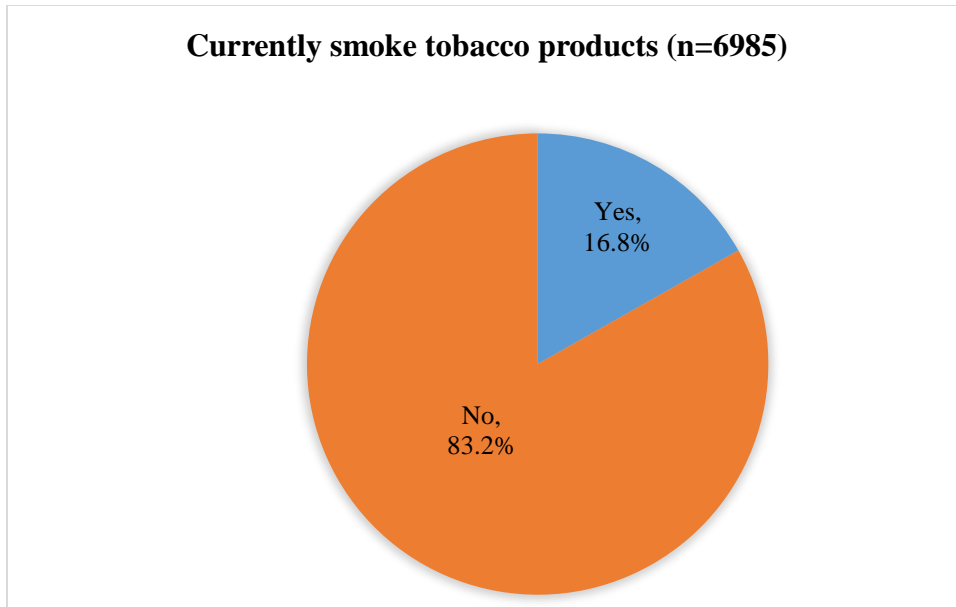


Figure 20: Percentage distribution of people who currently smoke tobacco products

Figure 21 shows the percentage distribution of people who ever consumed an alcoholic drink. 82.5% of them had ever consumed an alcoholic drink such as beer, wine, chhyang, raksi, fermented cider etc.

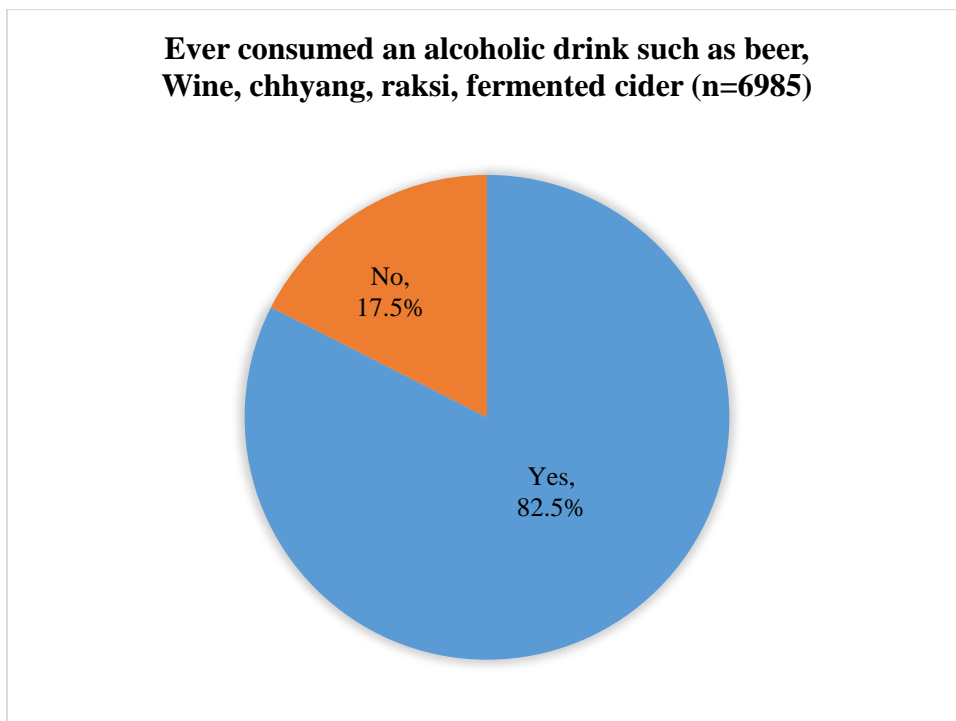


Figure 21: Percentage distribution of people who ever consumed an alcoholic drink such as beer, Wine, chhyang, raksi, fermented cider

Section B: Family Registration

Family Characteristics:

Figure 22 shows the percentage distribution of the real population by the age group. Majority of the respondents i.e. 21.4% of the respondents were of 21-30 years. The under 1-year population was 335, 12 to 23 months' population was 302, and 24 to 59 months' population was 1341 respectively. 1.1 % of the population i.e. 356 was more than 80 years of age.

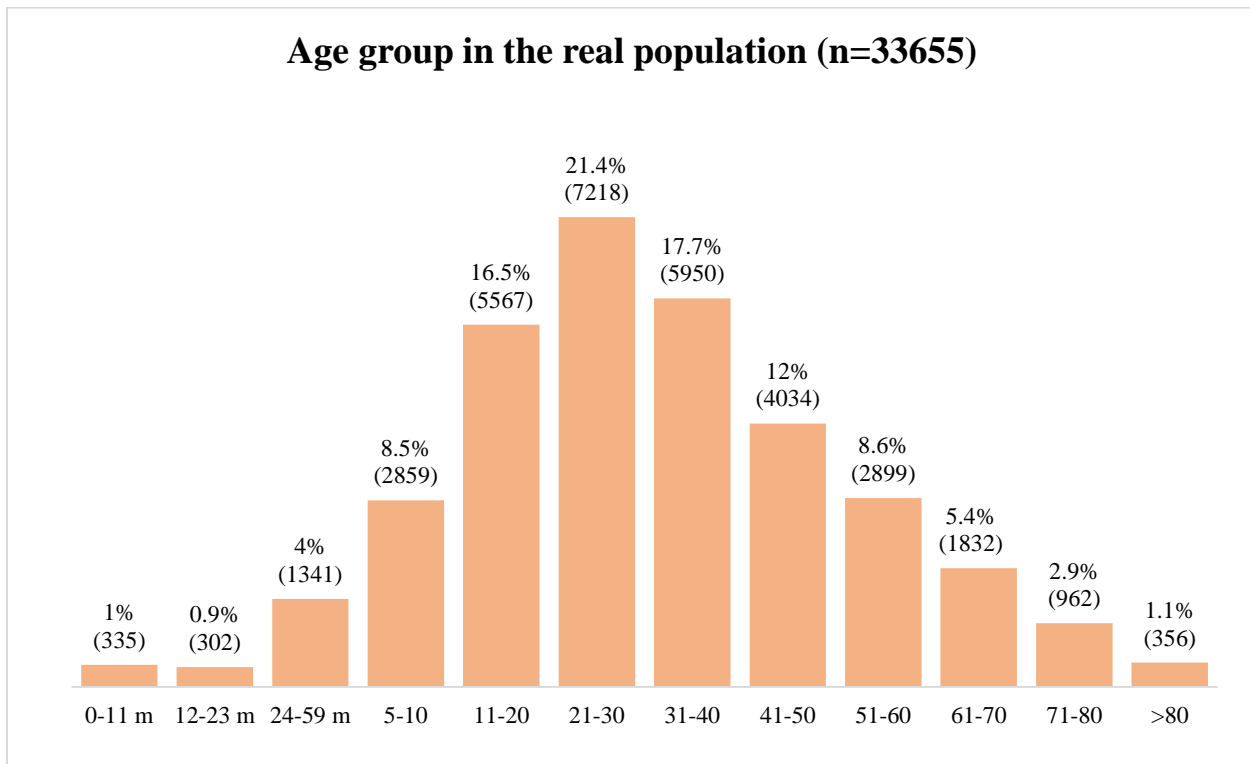


Figure 22: Percentage distribution of the real population by age group

Figure 22.1 shows the percentage distribution of the adjusted population by the age group. The adjusted population is 38820. The under 1-year population was 386, 12 to 23 months' population was 348, and 24 to 59 months' population was 1547 respectively. 1.1 % of the population i.e. 411 was more than 80 years of age.

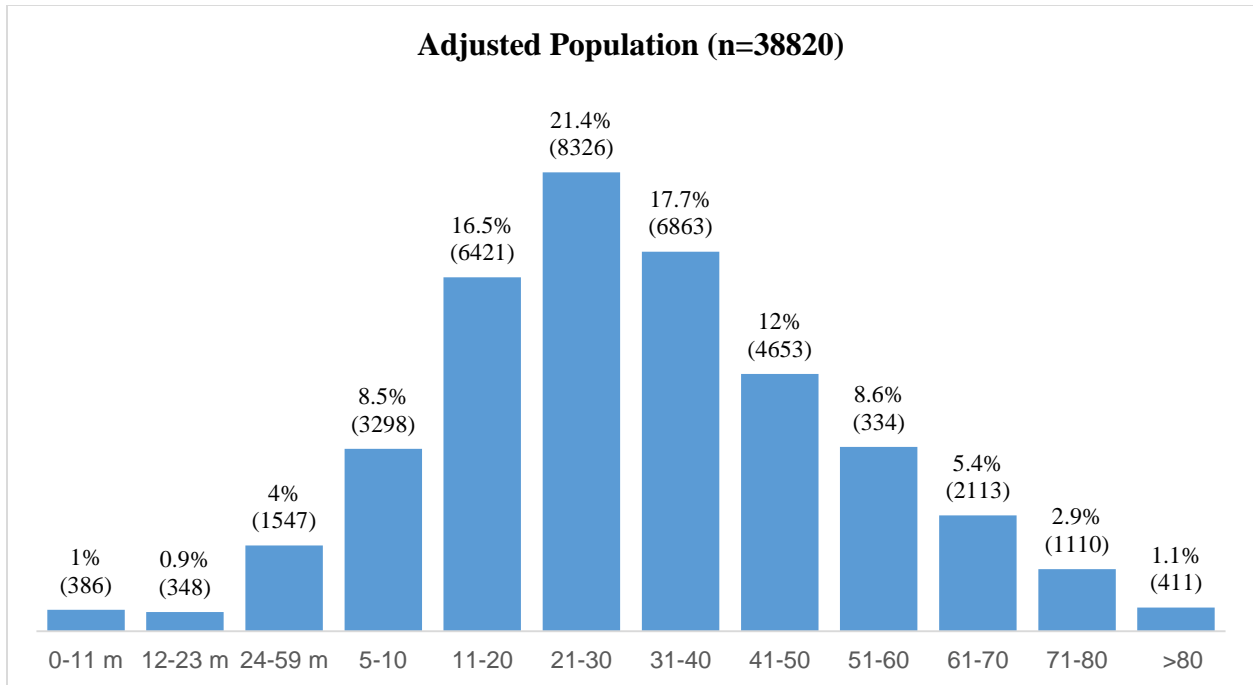


Figure 22.1: Percentage distribution of the adjusted population by age

Figure 23 shows the percentage distribution of gender in the adjusted population. Male and female are almost equal in number. The population of male is 19527, and female is 19293 respectively.

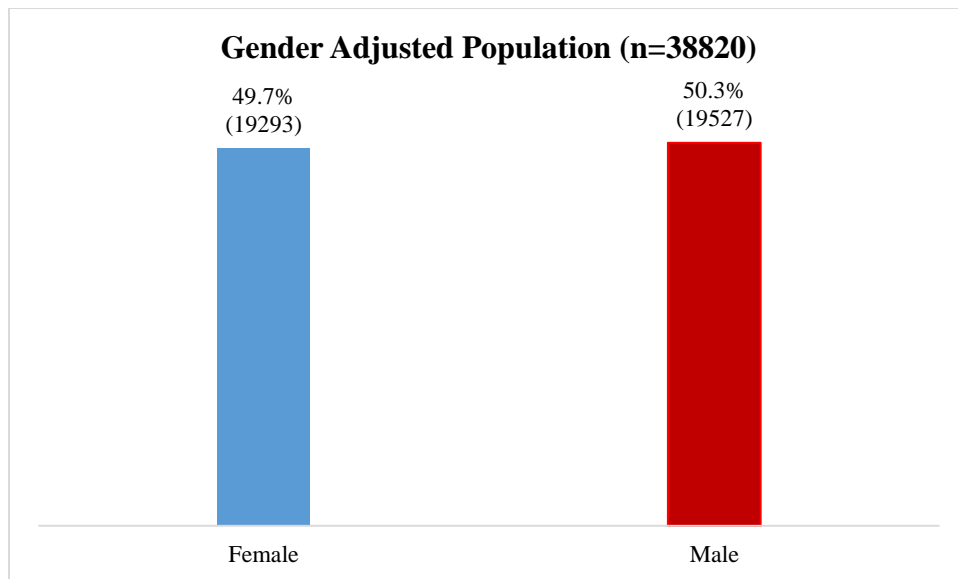


Figure 23: Percentage distribution of gender in the adjusted population

Figure 24 shows the percentage distribution of marital status among the 19770 married respondents. Among them, 91.9% were married, 7.2% were widow, 0.6% were separated, and 0.3% were divorced.

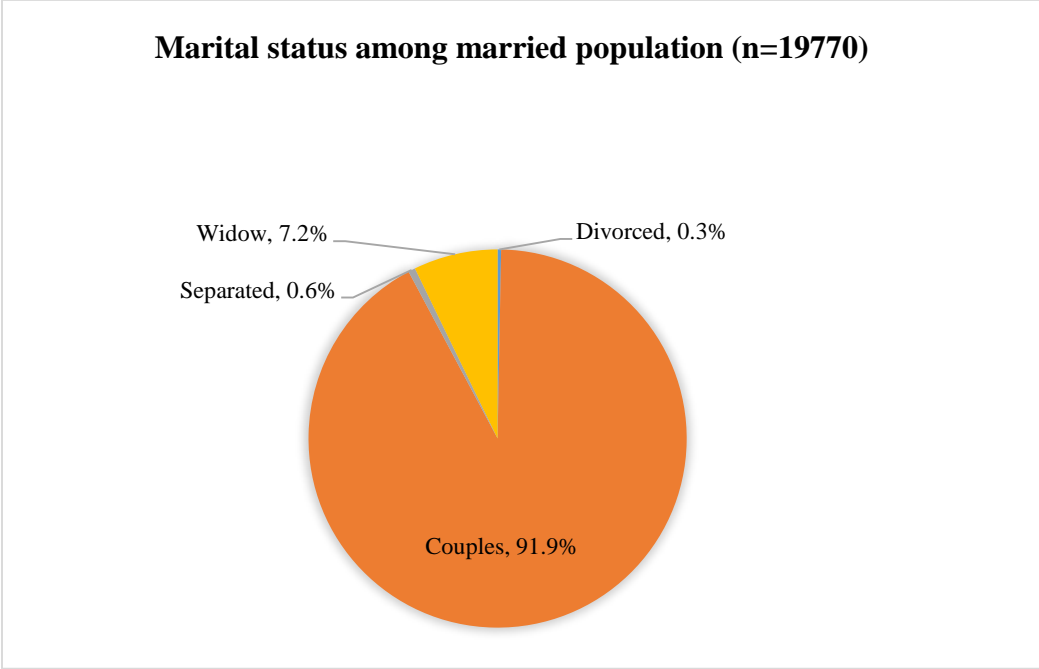
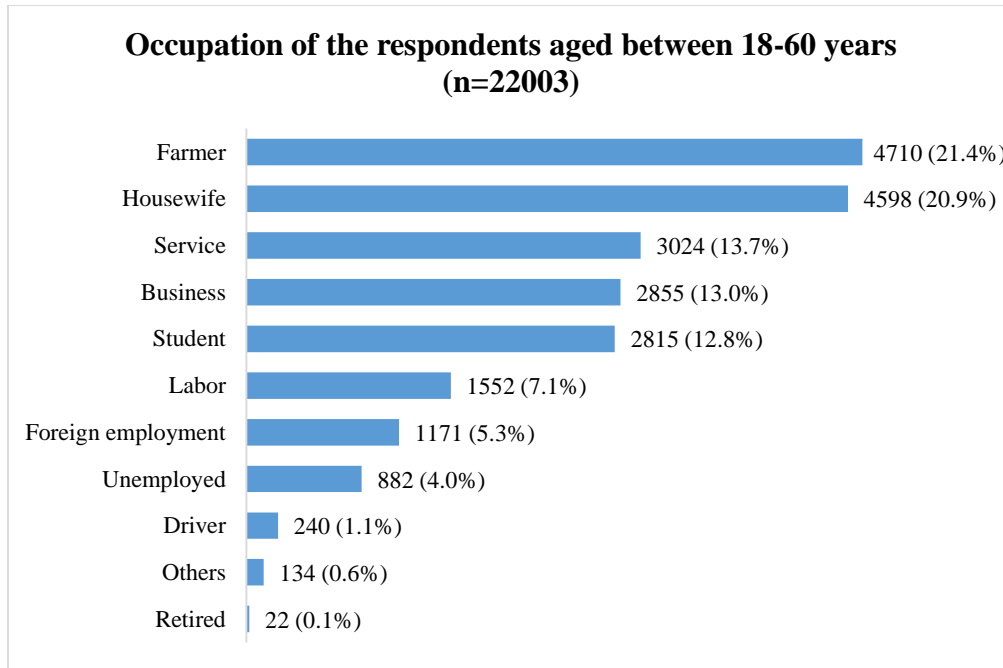


Figure 24: Percentage distribution of marital status among the married population

Figure 25 shows the percentage distribution of the occupation of the respondents aged between 18-60 years. 21.4% of them were farmers, 12.8% were students. Likely, 4% of them were unemployed, and 5.3% of them had foreign employment. 0.1% were retired from their work.



Others: Traditional healers, media person, chef etc.

Figure 25: Percentage distribution of the occupation of the respondents aged between 18-60 years

Figure 26 shows the education of the respondents aged more than 5 years to less than 60 years. 89.4% of the respondents were literate. While, 10.6% of the respondents could not read and write.

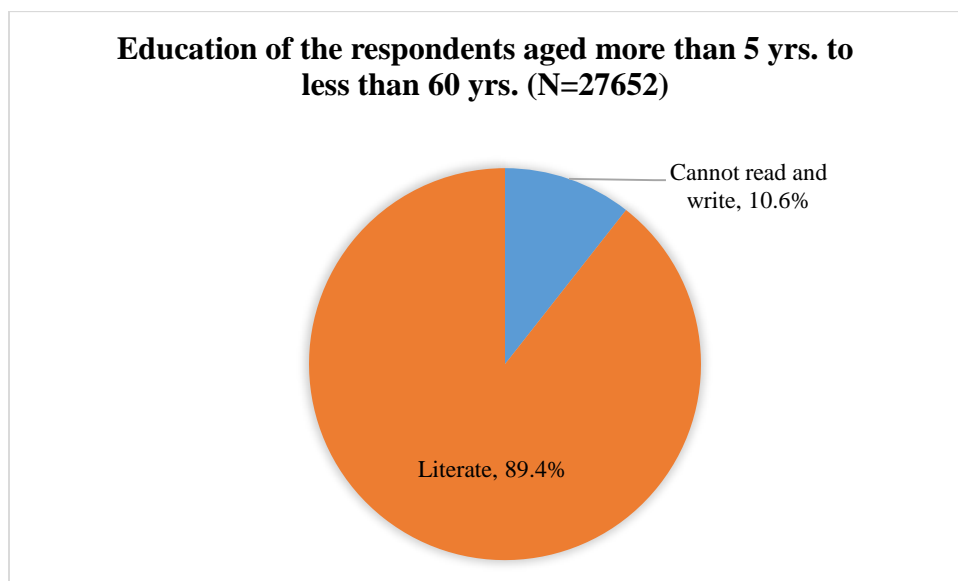


Figure 26: Percentage distribution of education of the respondents aged more than 5 years to less than 60 years

Figure 26.1 shows the percentage distribution of education of the respondents aged more than 5 years to less than 60 years. 32.7% of them had secondary education level, and 20.1% had higher secondary education level. While, 2.5% of the respondents could read/write, and 1.4% of them had literary class.

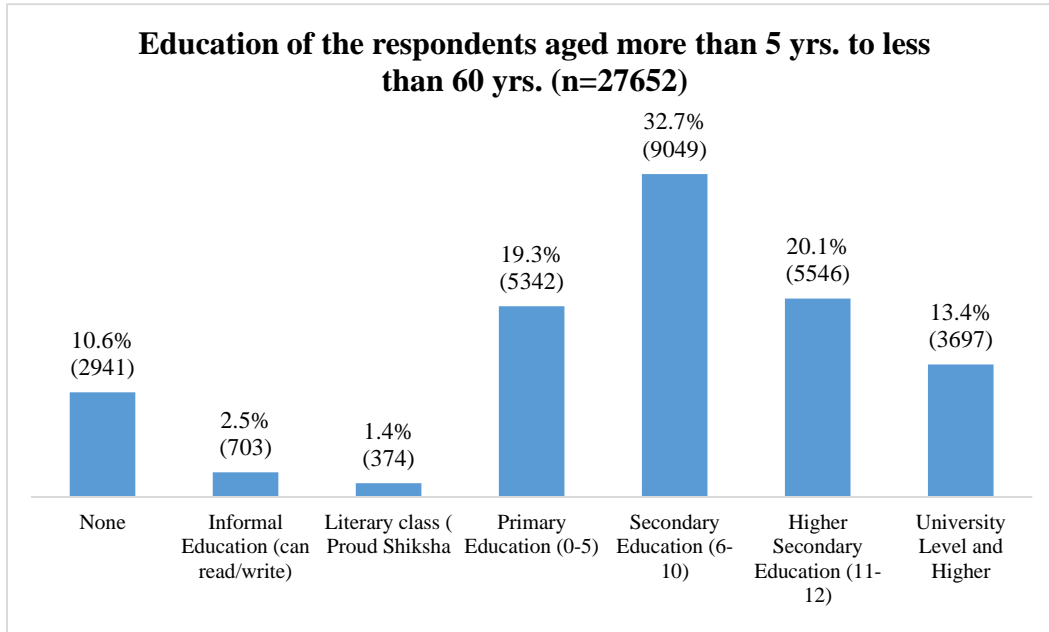


Figure 26.1: Percentage distribution of education of the respondents aged more than 5 years to less than 60 years

Figure 26.2 shows the percentage distribution of education of the respondents aged more than 15 years to less than 60 years. 30.7% of them had secondary education level, and 24.2% had higher secondary education level. While, 3.1% of the respondents could read/write, and 1.6% of them had literary class.

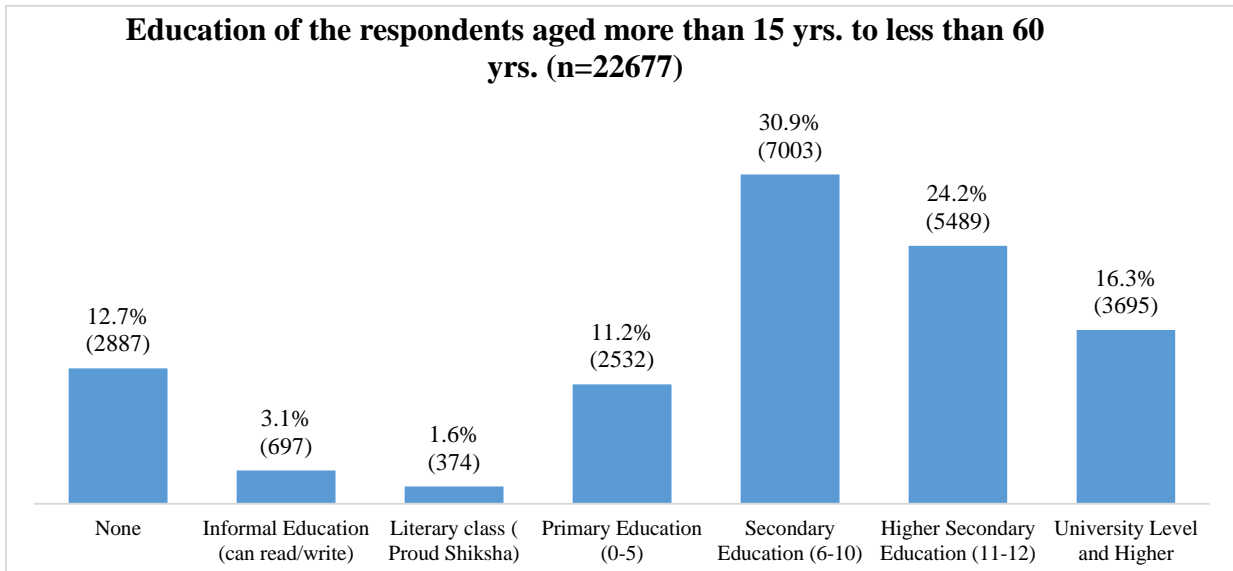


Figure 26.2: Percentage distribution of education of the respondents aged more than 15 years to less than 60 years

Table 2 shows the ward wise distribution of education of the respondents aged more than 15 years to less than 60 years. In all wards, most of the respondents were literate and majority of them had secondary level of education.

Table 2: Ward wise distribution of education of the respondents aged more than 15 years to less than 60 years

Ward	Cannot read and write		Informal Education (can read/write)		Literary class (Proud Shiksha)		Primary Education (0-5)		Secondary Education (6-10)		Higher Secondary Education (11-12)		University Level and Higher		Total
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	
1	295	23.4	28	2.2	38	3.0	224	17.7	480	38.0	165	13.1	32	2.5	1262
2	257	14.4	65	3.6	50	2.8	218	12.2	554	31.0	420	23.5	224	12.5	1788
3	253	16.7	51	3.4	5	0.3	167	11.0	474	31.3	292	19.3	270	17.9	1512
4	285	9.8	49	1.7	16	0.6	249	8.6	770	26.5	760	26.2	772	26.6	2901
5	153	9.2	49	2.9	22	1.3	208	12.5	537	32.2	486	29.2	211	12.7	1666
6	124	8.7	33	2.3	7	0.5	164	11.5	428	29.9	382	26.7	292	20.4	1430
7	149	8.4	51	2.9	8	0.4	147	8.2	498	27.9	451	25.3	480	26.9	1784
8	344	14.9	120	5.2	38	1.6	274	11.9	699	30.2	517	22.4	320	13.8	2312
9	284	14.5	29	1.5	58	3.0	225	11.5	627	31.9	485	24.7	255	13.0	1963
10	133	12.6	28	2.6	3	0.3	98	9.3	351	33.2	300	28.4	144	13.6	1057
11	377	13.3	83	2.9	78	2.7	297	10.4	866	30.5	721	25.4	421	14.8	2843
12	233	10.8	111	5.1	51	2.4	261	12.1	719	33.3	510	23.6	274	12.7	2159
Total	2887	12.7	697	3.1	374	1.6	2532	11.2	7003	30.9	5489	24.2	3695	16.3	22677

Figure 27 shows the percentage distribution of disability status in the population. 4.7% (327) of the respondents had different kind of disability i.e. physical disability, mental disability/mental retardation, blind/blindness, deaf/hard of hearing, speech problem etc.

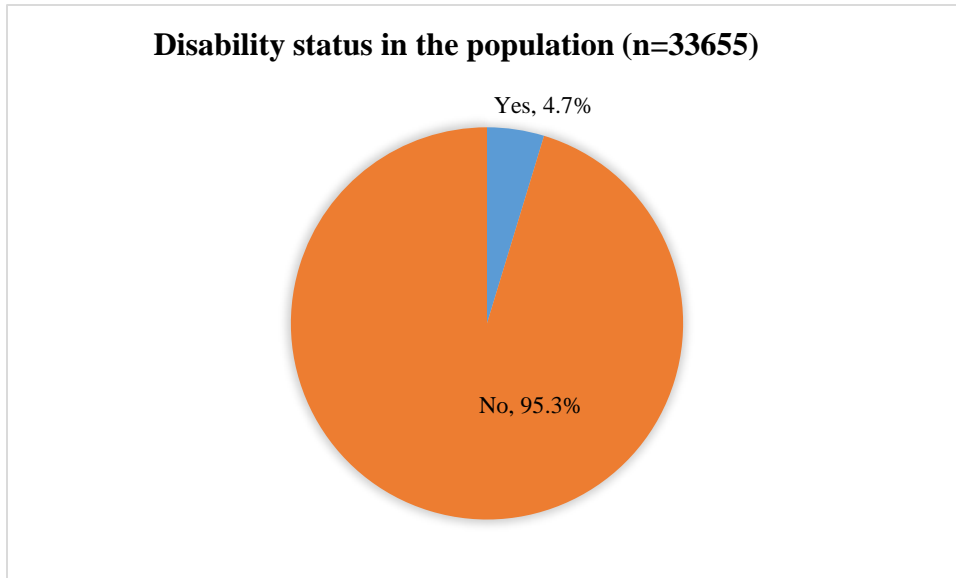


Figure 27: Percentage distribution of disability status

Figure 27.1 shows the percentage distribution of disability status among the 533 disable population. 33.4% of the disable population had physical disability followed by 16.1% with mental disability. 1.1% of them were deaf or blind.

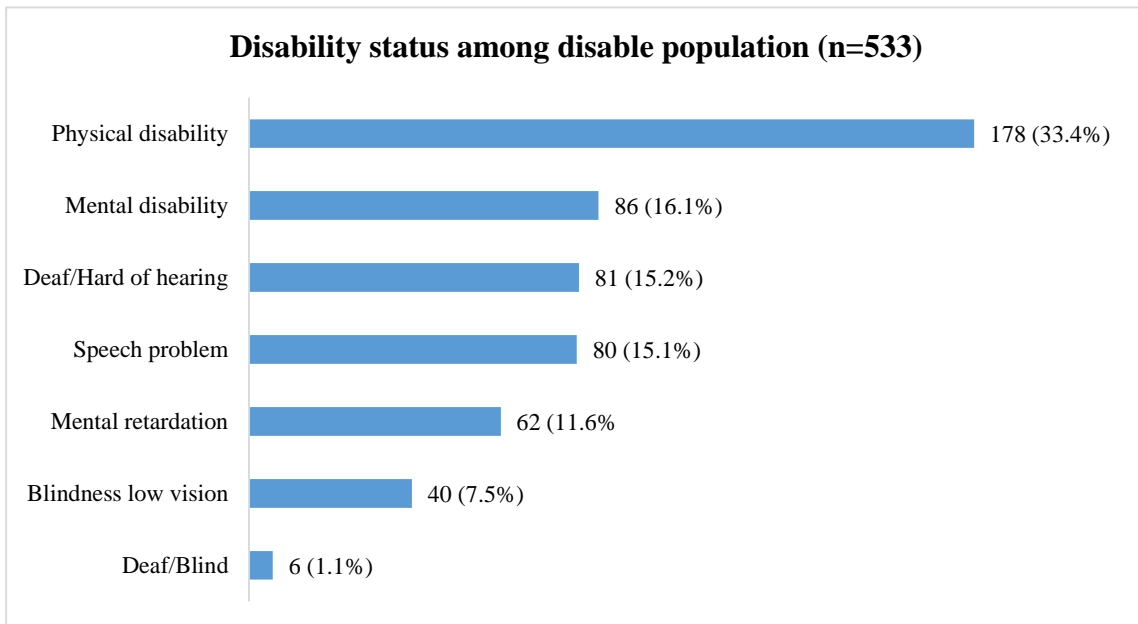


Figure 27.1: Percentage distribution of disability status among the disable population

Figure 28 shows the cause specific mortality. Among the total 944 deaths, 219 deaths (23.2%) were due to old age followed by 153 deaths due to lungs related disease. There were 4 deaths due to COVID-19.

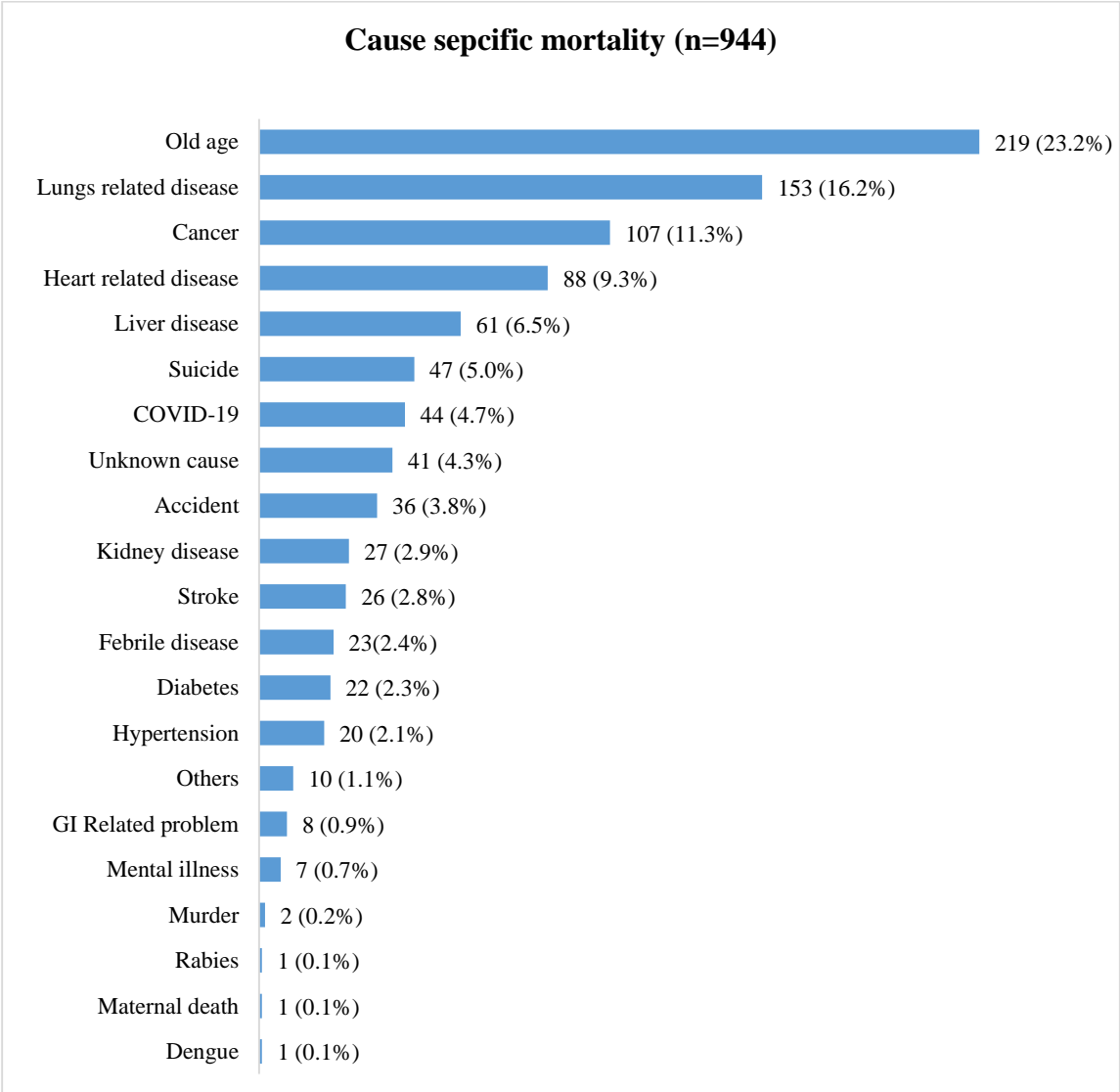


Figure 28: Cause specific mortality

Figure 29 shows the percentage distribution of chronic illness among the population. 36.2% (2526) of the population had chronic illness like hypertension, diabetes, asthma, thyroid problem, rheumatic heart, spinal injury, cancer, TB/Leprosy etc.

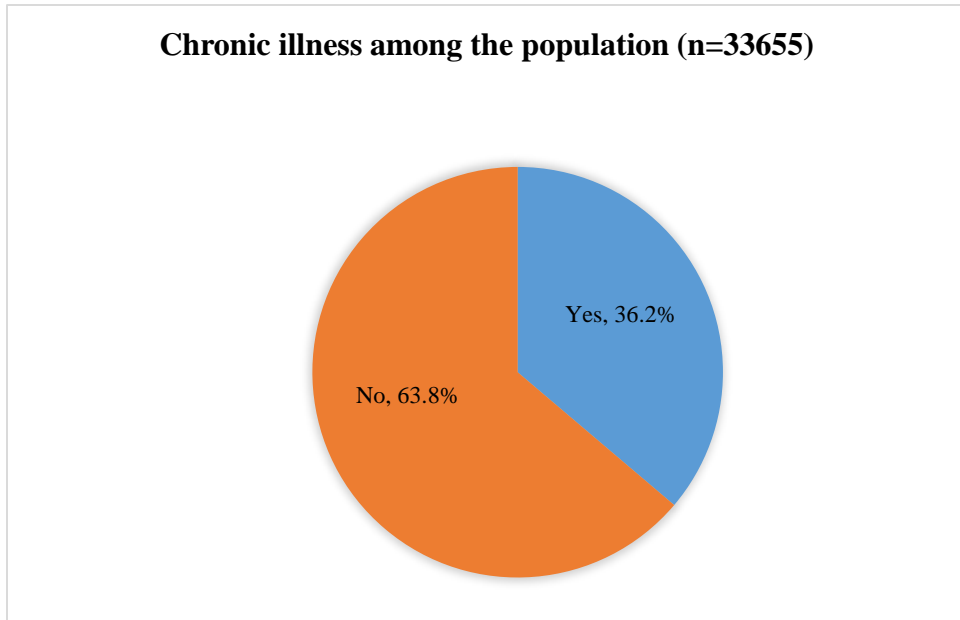


Figure 29: Percentage distribution of chronic illness among the population

Figure 29.1 shows the cause specific chronic illness. Among the total 4598 chronic illness population, hypertension and diabetes were the most common chronic illness i.e. 34.8% and 20.3% respectively. There were 4 cases of chronic illness of Lymphatic filariasis, and Leprosy.

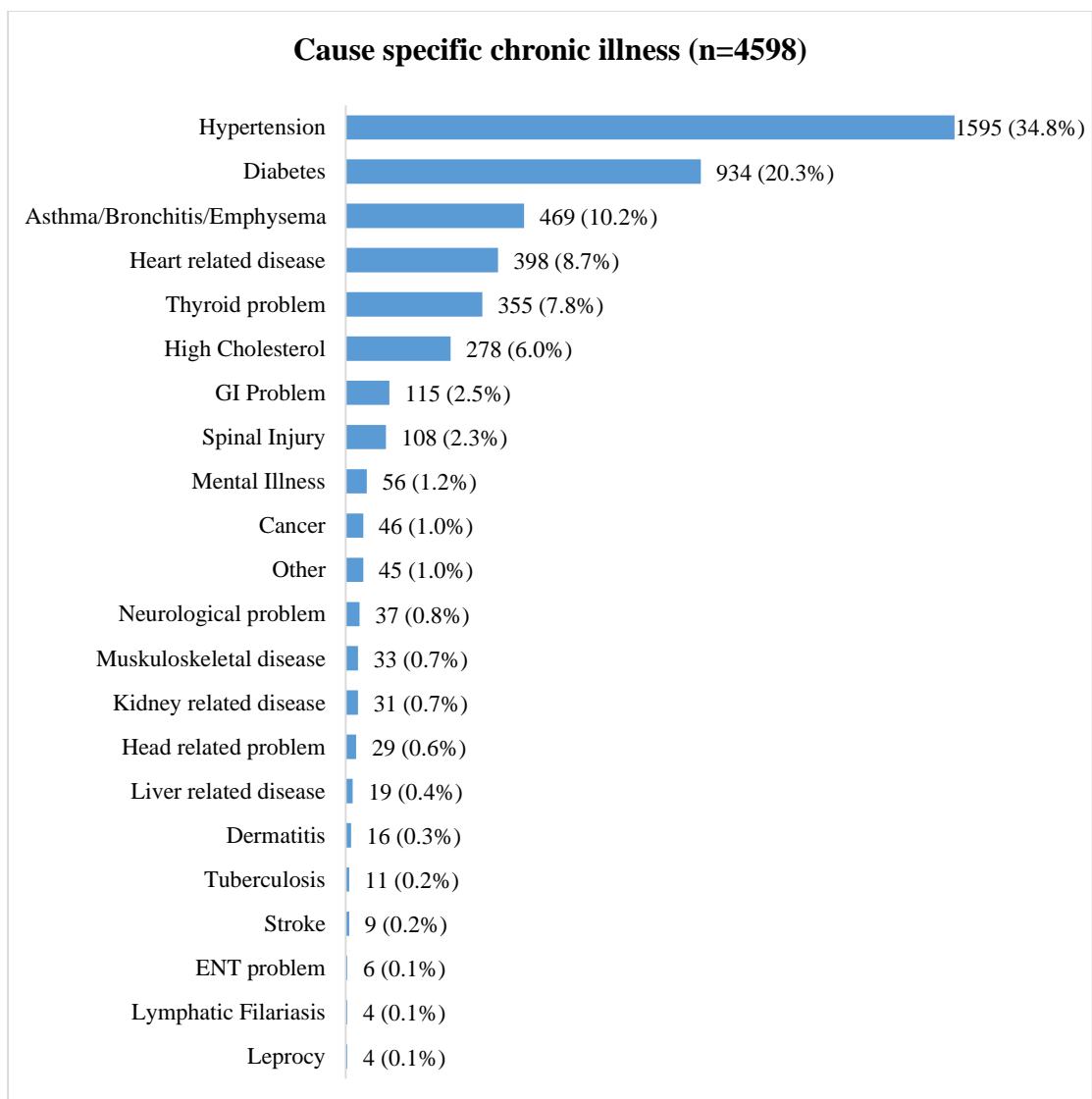


Figure 29.1: Cause specific chronic illness

Table 3 shows the ward wise distribution of chronic illness among the respondents. Ward 4, and ward 7 has the higher number of hypertension i.e. 211 and 288, and diabetes i.e. 131 and 133 respectively.

Table 3: Ward wise distribution of chronic illness among the respondents

Ward	Diabetes	Hypertension	High Cholesterol	Thyroid problem	Heart related disease	TB	Leprosy	Asthma/Bronchitis/Empyema	Lymphatic Filariasis	Cancer	Spinal Injury	GI Problem	Kidney related disease	Liver related disease	Stroke	Musculoskeletal disease	Head related problem	Dermatitis	ENT problem	Mental Illness	Neurological problem	Other	Total
1	15	24	0	6	16	1	0	17	0	1	5	8	1	1	0	1	1	0	0	4	1	2	104
2	44	99	13	22	24	2	1	53	2	6	14	11	1	1	0	5	2	1	2	3	9	8	323
3	54	91	16	20	12	0	1	19	0	2	2	7	1	0	0	0	0	0	0	2	0	1	228
4	131	211	34	50	37	0	0	47	0	5	7	10	3	1	1	0	1	1	0	5	8	0	552
5	88	151	21	20	43	2	0	27	0	1	1	6	2	4	0	6	3	6	0	3	7	1	392
6	94	196	39	45	49	0	0	20	0	4	20	5	4	0	1	1	2	0	0	2	0	4	486
7	133	288	58	36	48	0	1	26	1	3	5	1	3	0	3	1	1	0	0	1	0	1	610
8	73	89	18	31	30	2	0	44	0	7	5	5	4	3	1	3	4	3	0	1	3	6	332
9	73	110	13	32	22	0	0	59	0	7	13	26	4	1	1	12	11	3	0	10	8	7	412
10	34	61	7	15	7	0	0	22	1	1	0	1	1	2	2	0	1	0	0	2	1	1	159
11	117	151	29	54	88	3	0	90	0	4	34	25	5	5	0	1	3	2	3	20	0	5	639
12	78	124	30	24	22	1	1	45	0	5	2	10	2	1	0	3	0	0	1	3	0	9	361
Total	934	1595	278	355	398	11	4	469	4	46	108	115	31	19	9	33	29	16	6	56	37	45	4598

Section C: Reproductive Health

Table 4 shows the distribution of the married women of Reproductive Age (MWRA) population by age group. Most of them belonged to the age groups 30-34 years (20.4%), 35-39 years (19.7%) respectively.

Table 4: Distribution of the Married women of Reproductive Age (MWRA) population by age group

Age Group	Total No	%
15-19	61	1.1%
20-24	580	10.3%
25-29	1088	19.3%
30-34	1146	20.4%
35-39	1106	19.7%
40-44	944	16.8%
45-49	704	12.5%
Total	5629	100.0%

Figure 30 shows the percentage distribution of MWRA population by ever given birth. Among 5629 MWRA, 5107 i.e. 90.7% of them had ever given birth.

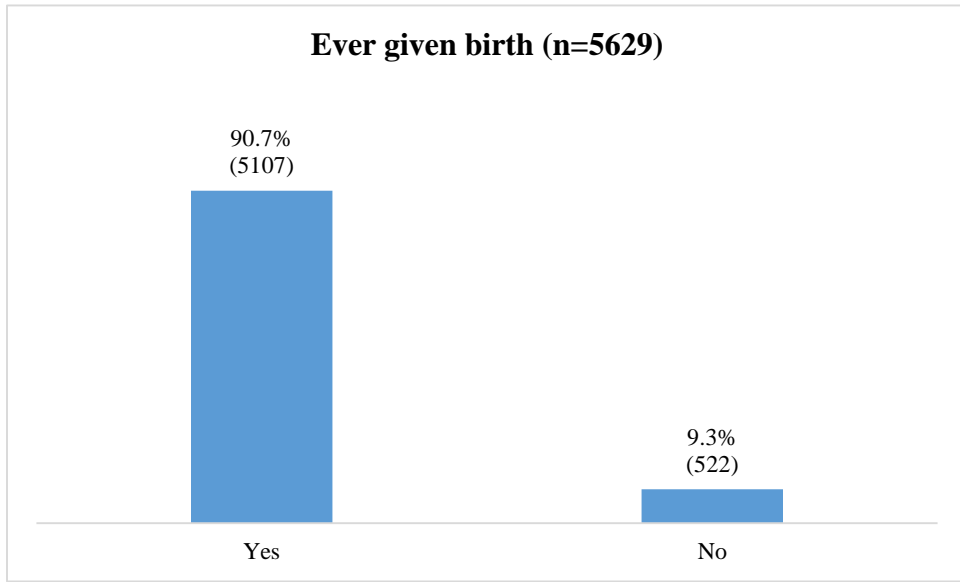


Figure 30: Percentage distribution of MWRA population by ever given birth

Figure 31 shows the percentage distribution of MWRA population by the presence of child less than 5 years. 1570 women had child less than 5 years.

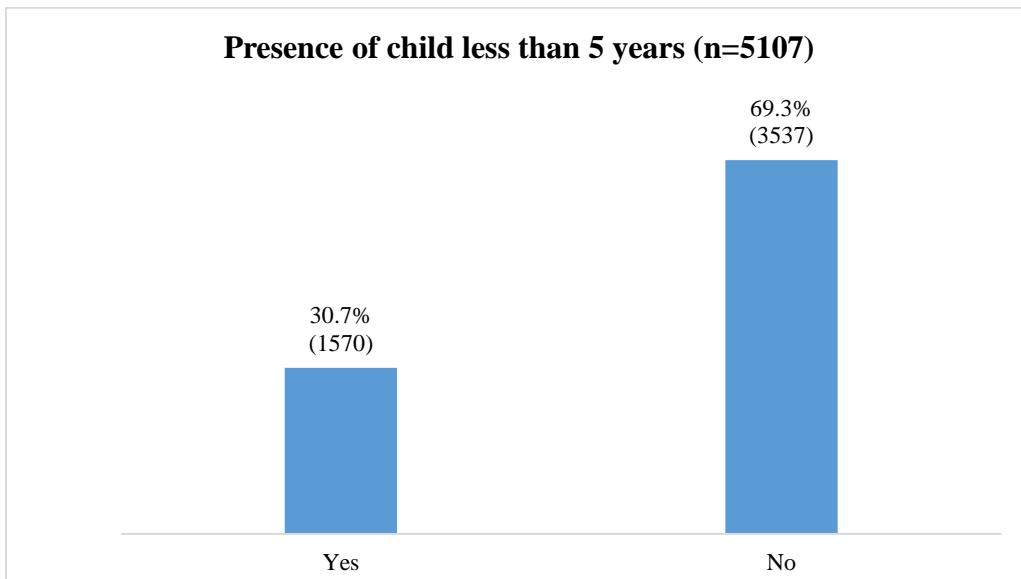


Figure 31: Percentage distribution of MWRA population by the presence of child less than 5 years

Table 5 shows the ward-wise distribution of MWRA population by the presence of child less than 5 years. Ward 4 has the higher number of children aged less than 5 years i.e. 222 (4.35%), and ward 10 has the lesser number of children aged less than 5 years i.e. 86 (1.68%).

Table 5: Ward-wise distribution of MWRA population by the presence of child less than 5 years

Ward	No		Yes		Total	
	n	%	n	%	n	%
1	186	3.64	144	2.82	330	6.46
2	283	5.54	123	2.41	406	7.95
3	266	5.21	108	2.11	374	7.32
4	508	9.95	222	4.35	730	14.29
5	263	5.15	104	2.04	367	7.19
6	272	5.33	98	1.92	370	7.24
7	233	4.56	100	1.96	333	6.52
8	397	7.77	157	3.07	554	10.85
9	296	5.80	137	2.68	433	8.48
10	174	3.41	86	1.68	260	5.09
11	409	8.01	172	3.37	581	11.38
12	250	4.90	119	2.33	369	7.23
Total	3537	69.3	1570	30.7	5107	100.0

Figure 32 shows the percentage distribution of MWRA population by the number of live births. Among 5107 women, nearly half of them i.e. 49% of them had 2 living children, and 29.5% had 1 living children.

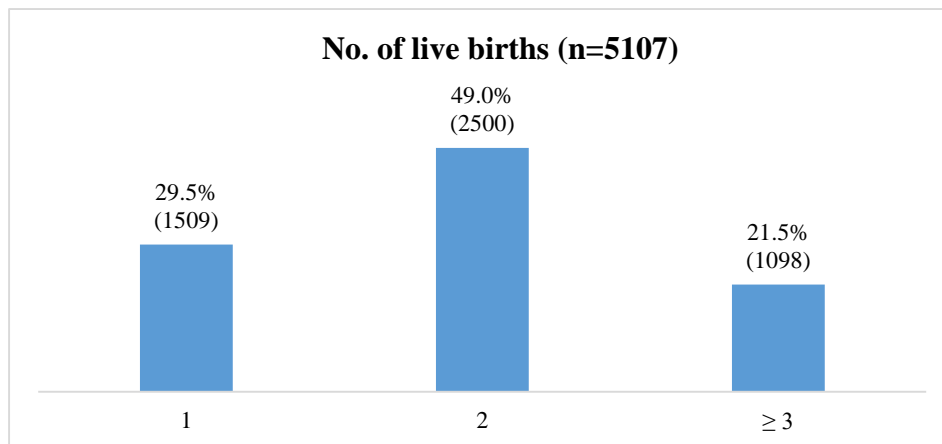


Figure 32: Percentage distribution of MWRA population of those ever given birth by the number of live births

Figure 33 shows the percentage distribution of type of delivery of last child among 5107 MWRA population. Most of them i.e. 82.7% of them had normal vaginal delivery, 14.3% of them with caesarean section, and 3% with vaginal delivery with episiotomy.

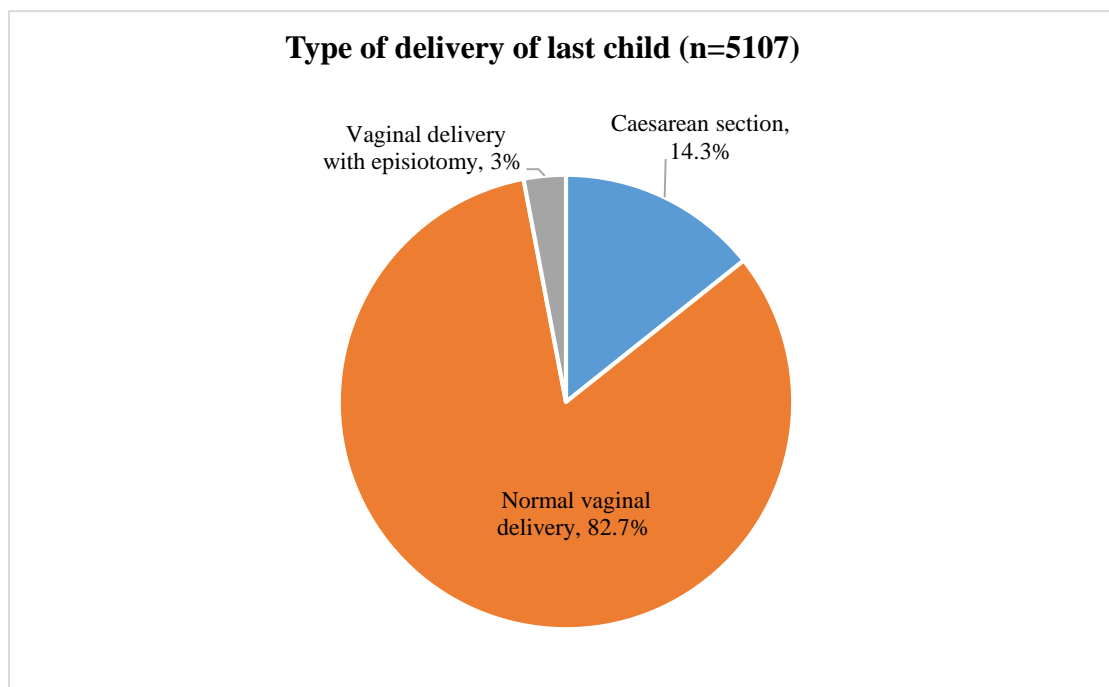


Figure 33: Percentage distribution of type of delivery of last child among MWRA population of those ever given birth

Figure 34 shows the percentage distribution of place of delivery of last child among 5107 MWRA population. 42% of them delivered their last child in Dhulikhel Hospital, followed by 18% in private institutions, and 10% in government health clinics. This shows an evidence for institutional delivery. However, still 30% of them had home delivery.

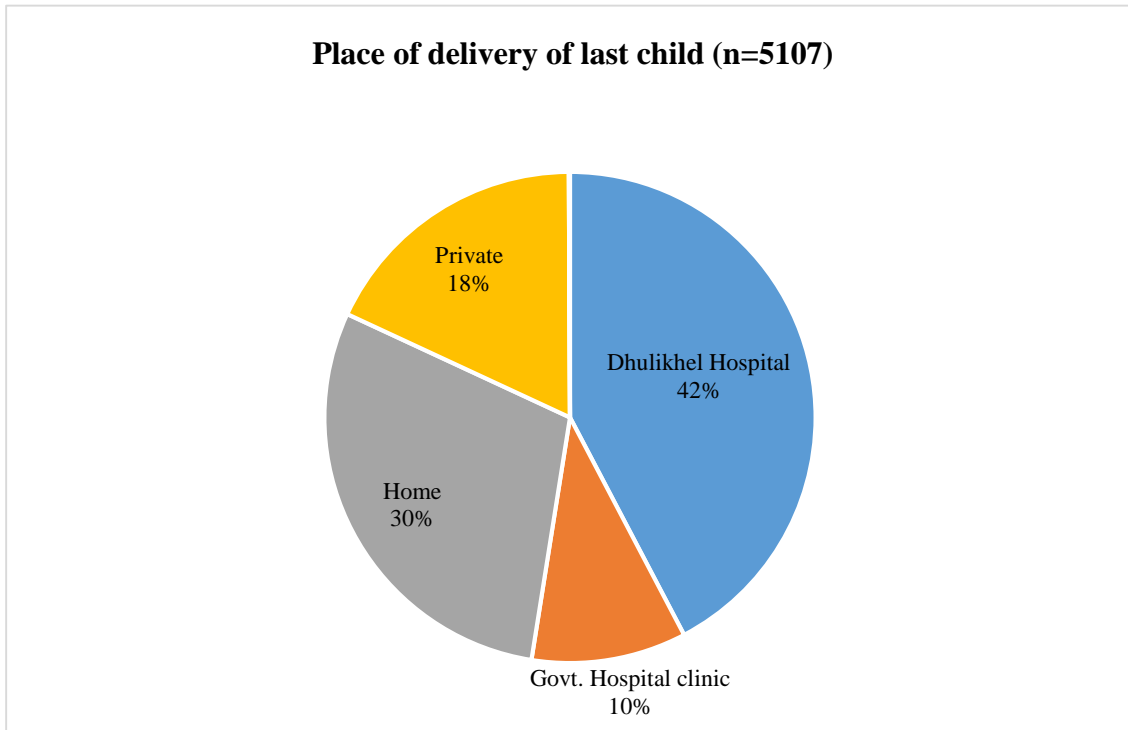


Figure 34: Percentage distribution of place of delivery of last child

Figure 35 shows the percentage distribution of reasons for home delivery. Among 5302 women who had home delivery, 48.7% of them did not think necessary to deliver in the health facility, and 15.7% of them thought it not customary to deliver in the health facilities. 25.3% of them delivered the child before reaching facility, and likely 10.1% had delivered in the home due to lack of transportation or too far health facilities. Too much cost (1.3%), and husband/family not allowed for delivery in health facility (0.6%) were also the reasons for not delivering in health facility.

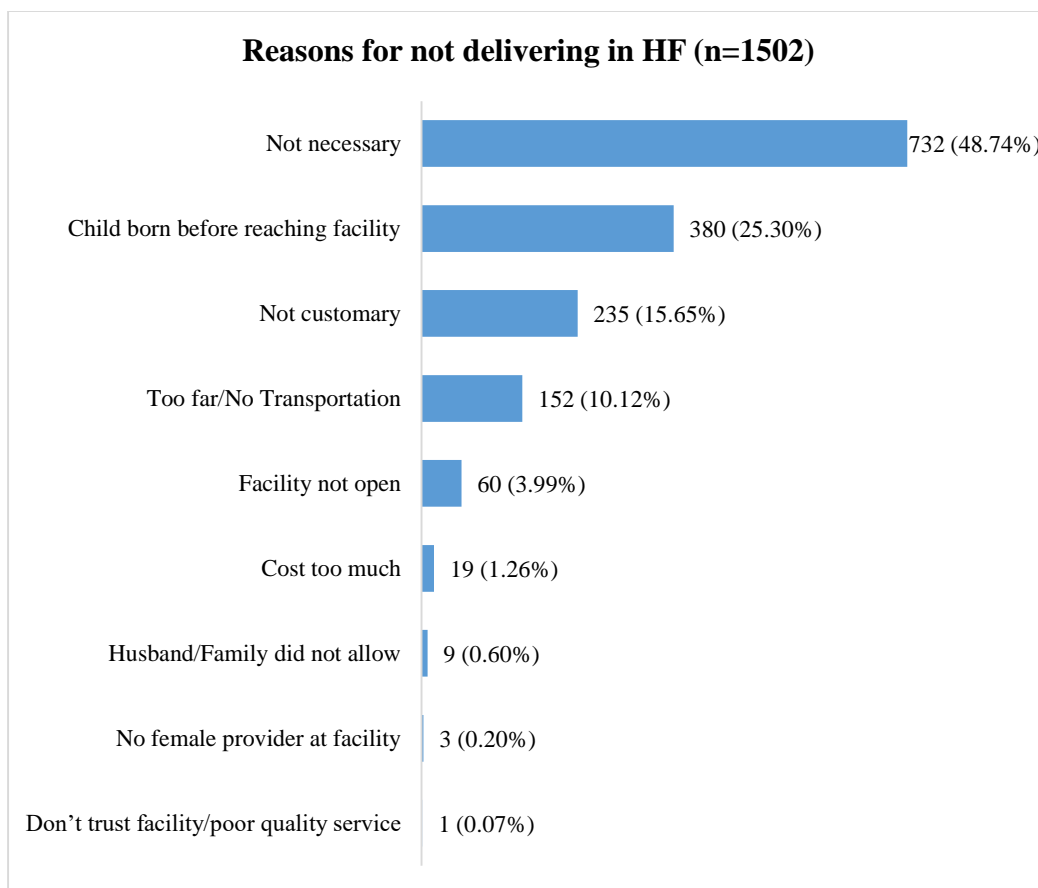


Figure 35: Percentage distribution of reasons for home delivery

Figure 36 shows the percentage distribution of PNC Check-Up among 1570 women who had child less than 5 years. 89.8% of women had their 1st PNC Check-Up within 24 hours, 66.5% of them had their PNC Check-Up after 24 hours but within 72 hours, and only 48.9% of them had their PNC Check-Up after 72 hours but within 7 days. This shows the less utilization of Post-natal care. So, postnatal programs should be developed and scaled up at the national level.

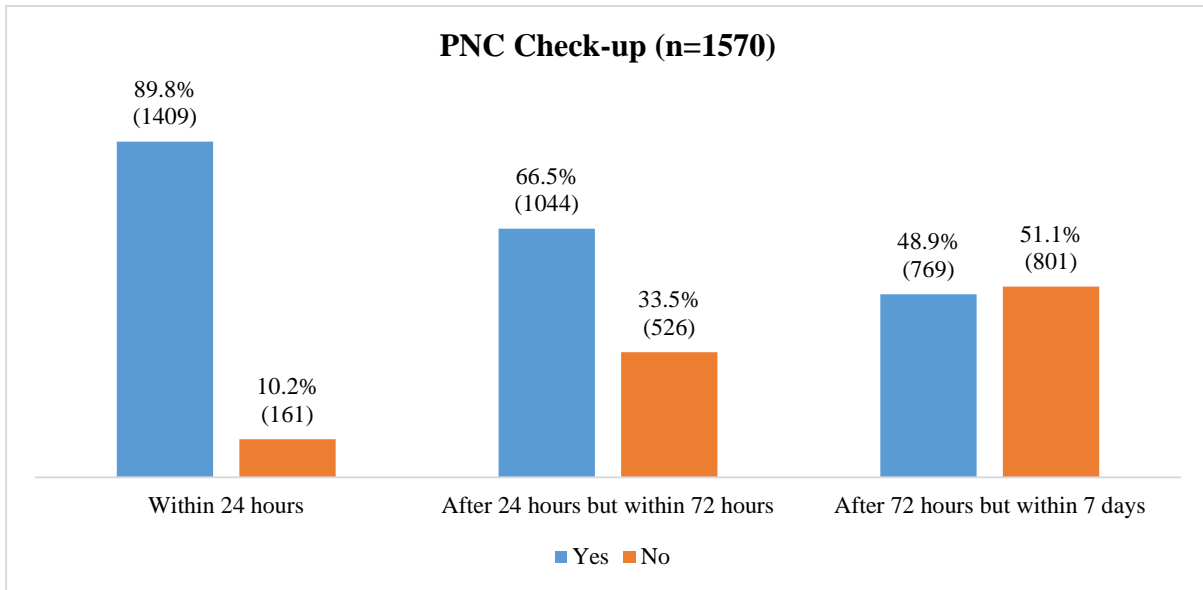


Figure 36: Percentage distribution of MWRA Population of those having child less than 5 years by PNC Check-Up

Figure 37 shows the percentage distribution of MWRA population by their current pregnancy status. Among 5629 MWRA population, 215 women i.e. 3.8% of them are currently pregnant.

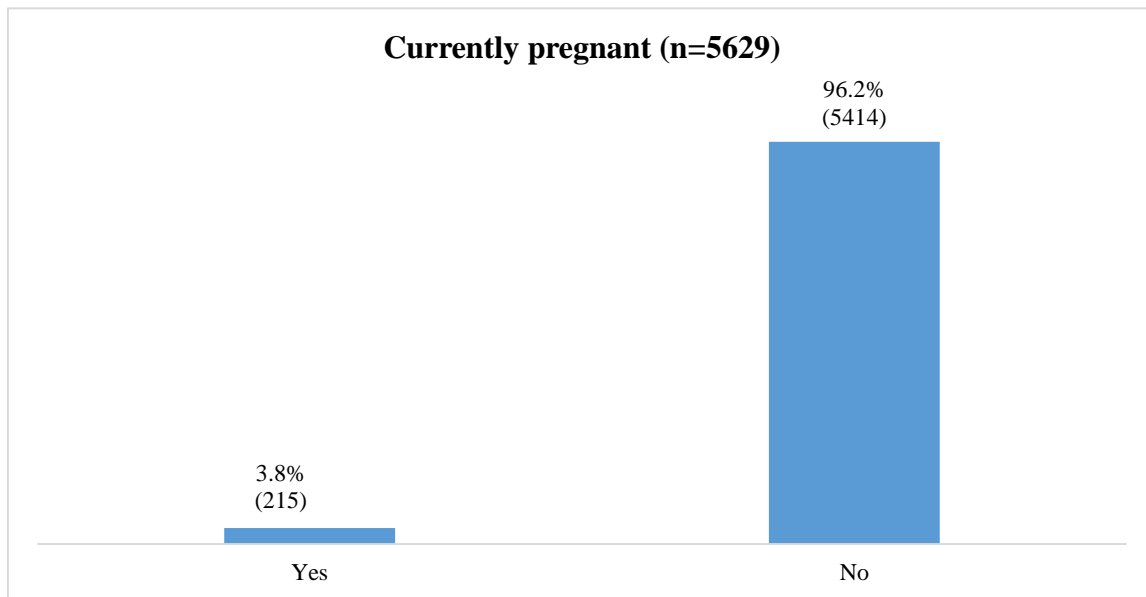


Figure 37: Percentage distribution of MWRA population by their current pregnancy status

Figure 38 shows the percentage distribution of 215 pregnant women receiving ANC Check-Up services as per protocol. At 4 months, 84.7% of them had ANC Check-Up, 5.1% had no Check-

Up, and 10.2% were not applicable. At 6 months, 65.1% had ANC Check-up, 10.2% had no Check-Up, and 24.7% were not applicable. At 8 months, 38.6% of them had ANC Check-Up, 13% had no Check-Up, and 48.4% were not applicable. At 9 months, 26.9% of them had ANC Check-Up, 15.9% had no Check-Up, and 57.2% were not applicable. People are receiving ANC Check-Up services as per protocol.

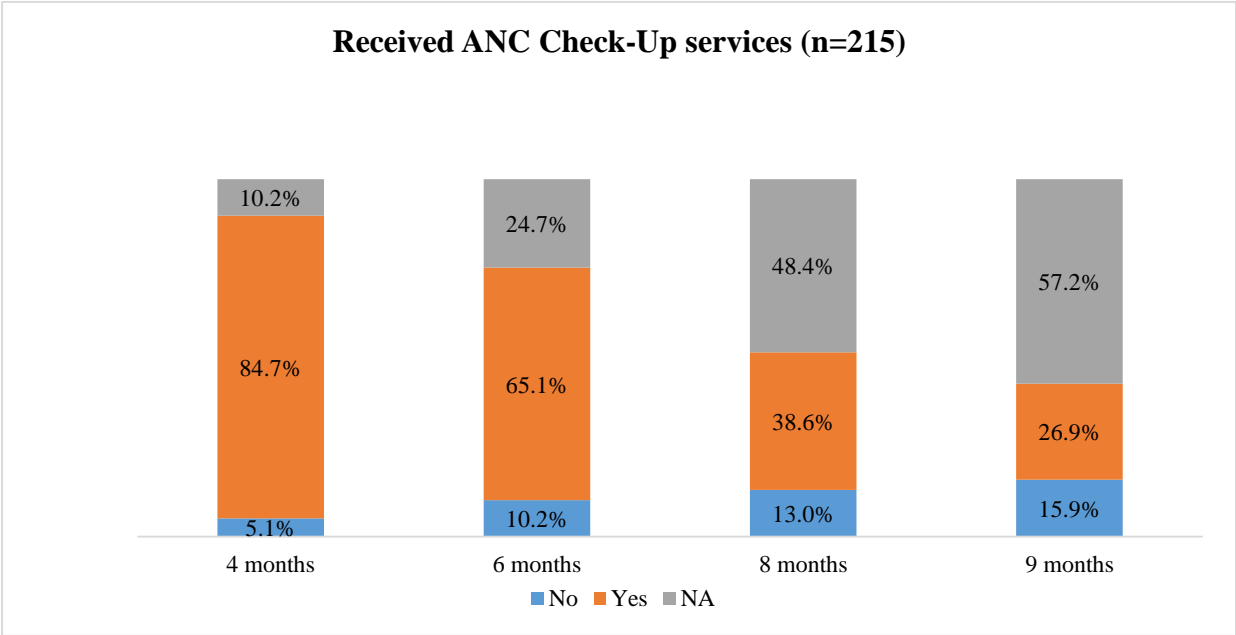


Figure 38: Percentage distribution of pregnant women receiving ANC Check-Up Services as per protocol

Figure 39 shows the percentage distribution of place for ANC Check-up among the pregnant women. Most of them visited Dhulikhel hospital 57.7%, followed by the government hospital/clinic 24.7%, and private medical sector 22.8% respectively.

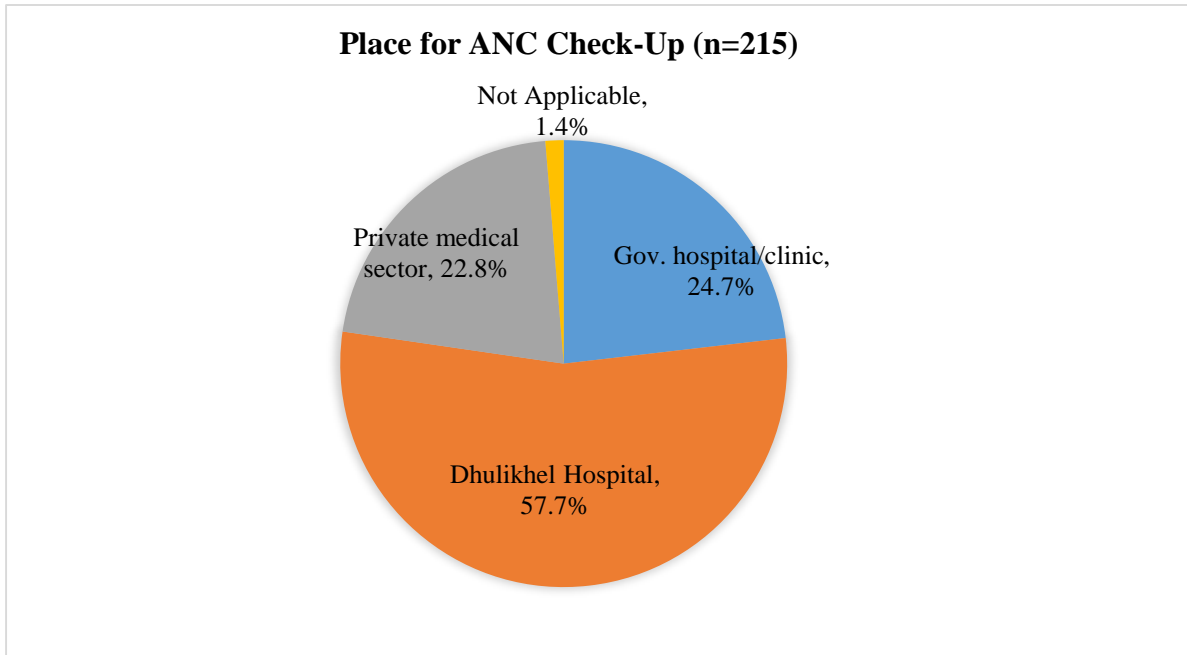


Figure 39: Percentage distribution of place for ANC Check-Up among the pregnant women

Figure 40 shows the percentage distribution of gynecological problems among MWRA Population. 5.9% of the population had problems related to uterus, 1.1% with UV Prolapse disease, 0.6% with urine incontinence, 0.4% with STDs, 0.2 % with cervical cancer, and 0.05% with breast cancer respectively.

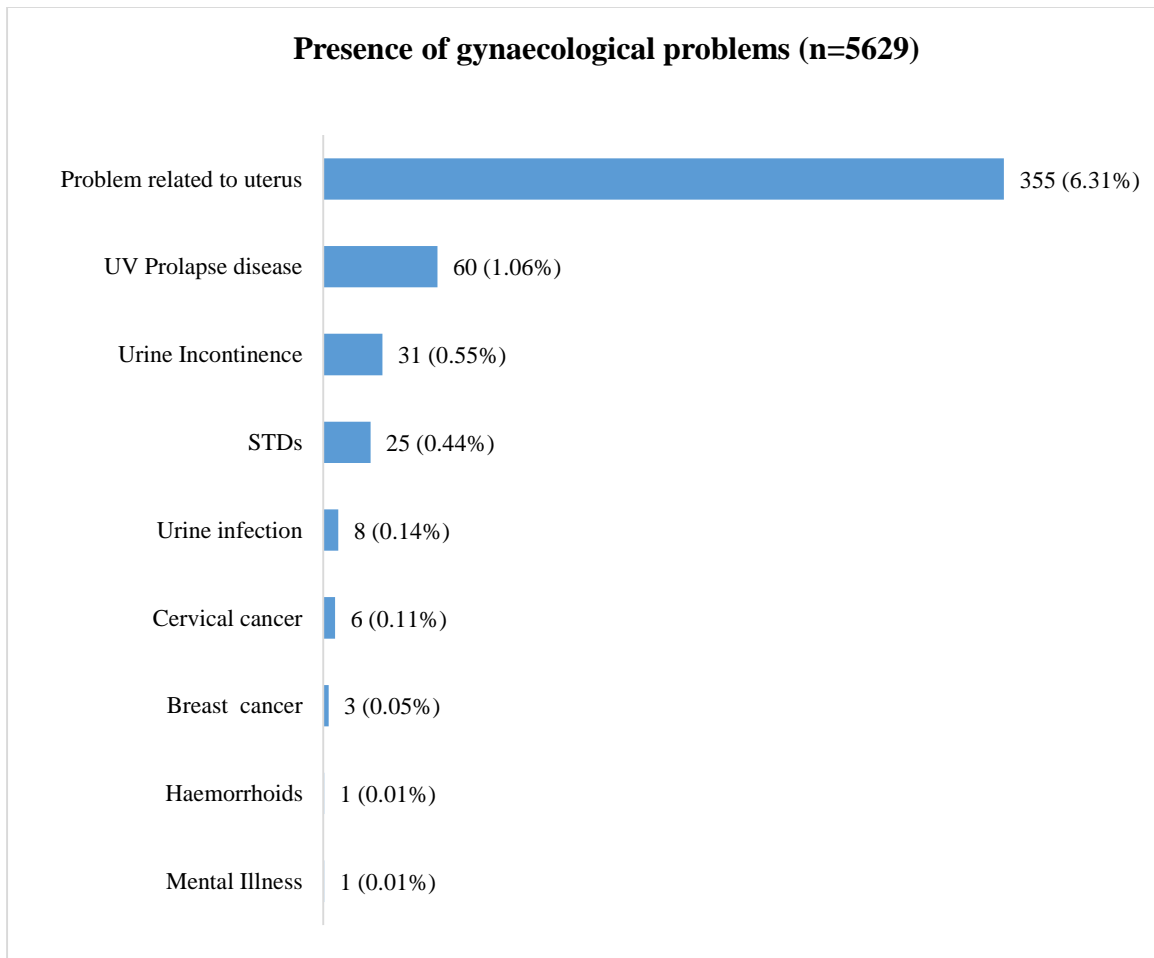


Figure 40: Percentage distribution of gynecological problems among MWRA Population

Table 6 shows the ward-wise distribution of gynecological problems among MWRA population. 355 women have problems related to uterus, and 60 of them have UV Prolapse disease. Ward 4 have more number of women with problems related to uterus i.e. 77 followed by ward 8. Similarly, ward 2, and ward 3 have more number of women with UV Prolapse disease i.e. 9 in both wards.

Table 6: Ward-wise distribution of gynecological problems among MWRA Population

Ward	UV Prolapse disease	STDs	Cervical cancer	Breast cancer	Urine infection	Problem related to uterus	Urine Incontinence	Mental Illness	Hemorrhoids
1	5	2	1	0	0	19	0	0	0
2	9	4	1	0	1	41	1	0	0
3	9	1	2	0	0	20	7	0	0
4	7	1	0	1	0	77	1	0	0
5	6	2	0	0	0	23	0	0	0
6	2	1	0	0	0	9	3	0	0
7	2	2	0	1	0	29	3	0	0
8	6	3	1	0	1	49	5	0	1
9	6	0	0	0	0	19	0	0	0
10	2	0	0	1	0	21	0	0	0
11	4	0	1	0	6	30	6	0	0
12	2	9	0	0	0	18	5	1	0
Total	60	25	6	3	8	355	31	1	1

Figure 41 shows the percentage distribution of MWRA population by the current use of FP Method. 62% of them used FP method currently.

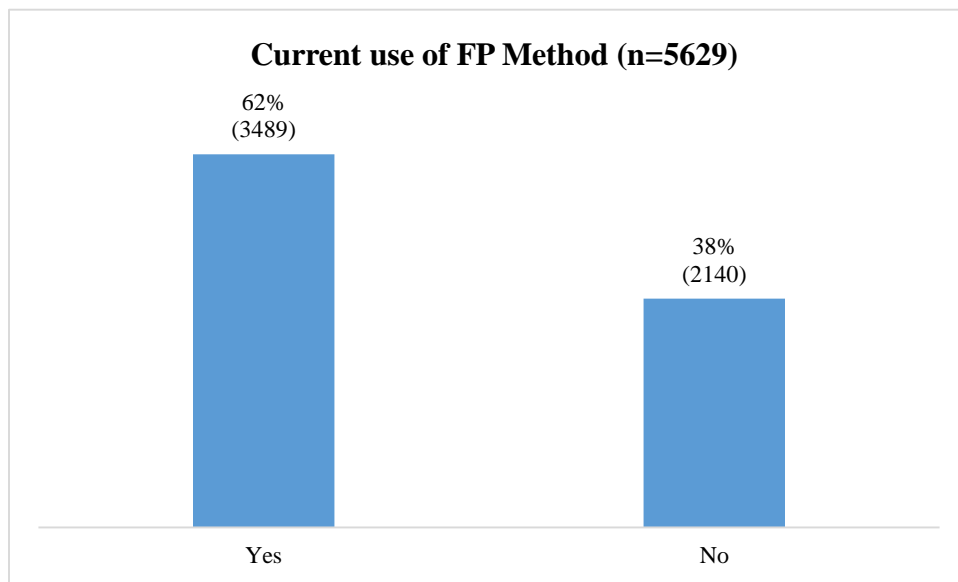


Figure 41: Percentage distribution of MWRA Population by current use of Family Planning (FP) Method

Figure 41.1 shows the percentage distribution of different FP methods. Implant (23.9%), and Depo (23.7%) were the most commonly used FP Methods. 15.3% of them used Natural FP methods. 10.9% and 10.3% of them had minilap and vasectomy respectively. Only 2.4% of them used IUCD.

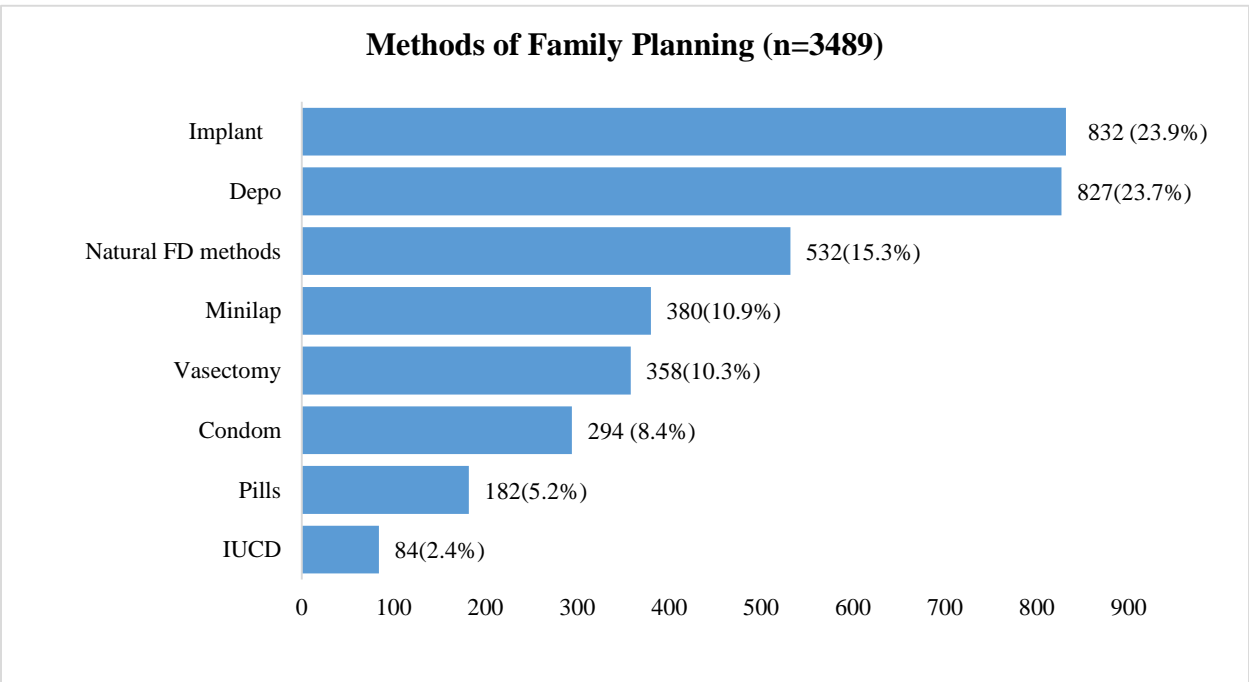


Figure 41.1: Percentage distribution of different FP methods

Figure 42.2 shows the percentage distribution of place for FP services. Most of the population i.e. 58.4% of the women sought the FP services in Government hospital/clinic, and 9.3% in I/NGOs working in the area of Family Planning. 16.8% of the women sought FP services in Private medical sector which is more than Dhulikhel Hospital i.e. 15.5%.

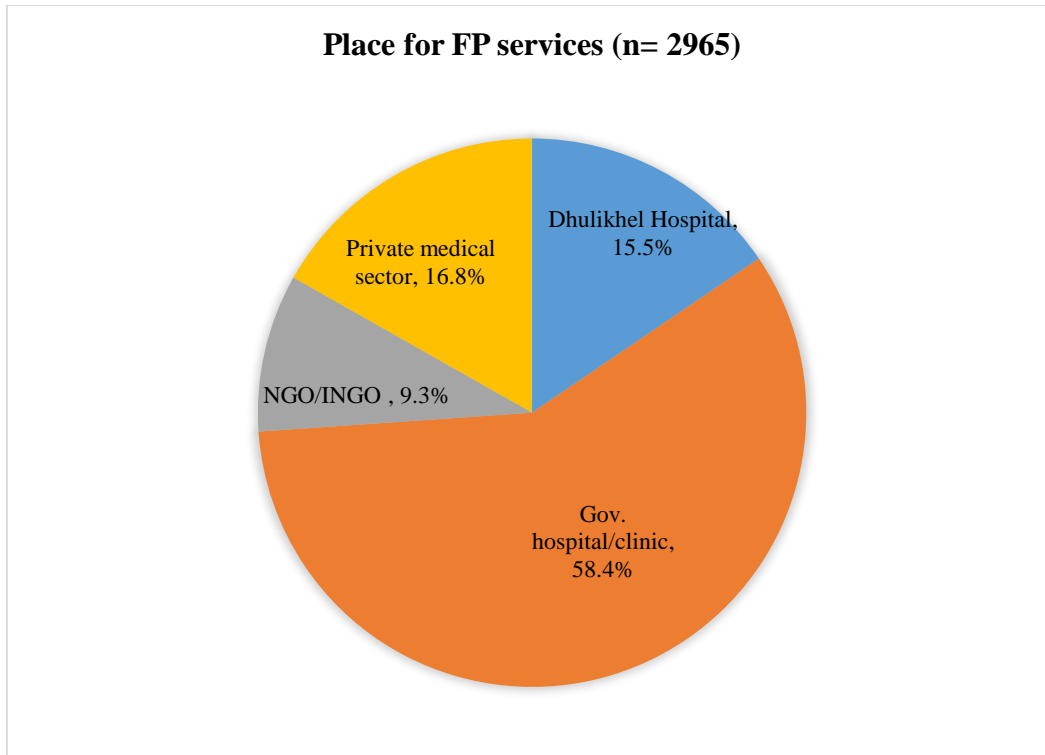


Figure 41.2: Percentage distribution of place for FP services

Figure 42.3 shows the percentage distribution of the reasons for not using FP method among 2140 women. Husband were away from home (26.4%), health problems (19.2%), wanting more children (16.9%), currently pregnant (9.5%) were some of the reasons for not using the method. Marital status i.e. newly married (0.4%), widow (5.6%), and divorce (0.2%) were also the reasons for not using FP method.

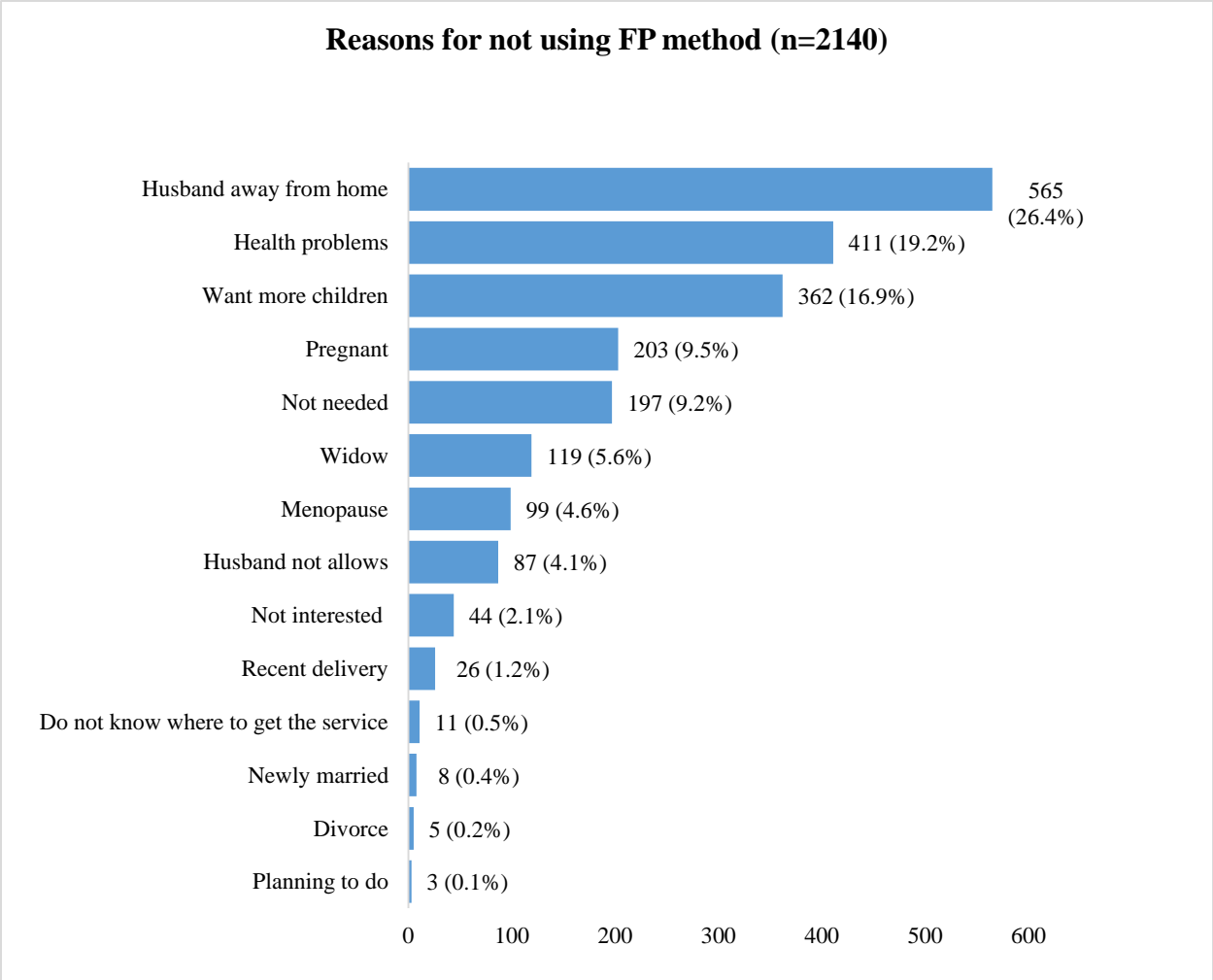


Figure 41.3: Percentage distribution of the reasons for not using FP method

Age of children

Figure 43 shows the percentage distribution of child population by age groups. 40.7% of children were less than 2 years while 59.3% of them belonged to age group of more than 2 years and less than 5 years.

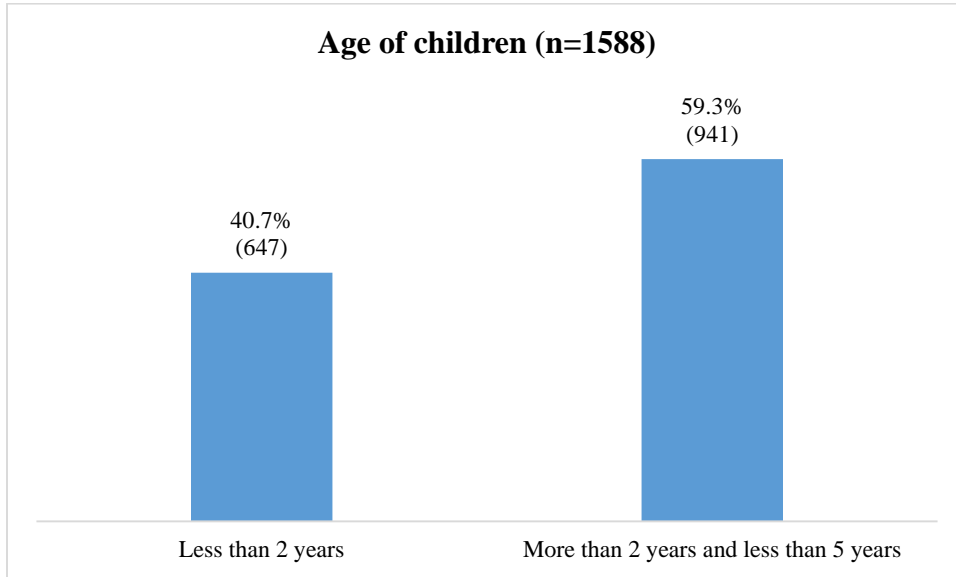


Figure 42: Percentage distribution of the child population by age groups

Immunization card

Figure 44 shows the percentage distribution of having an immunization card of the children. 79% of the children have their immunization card.

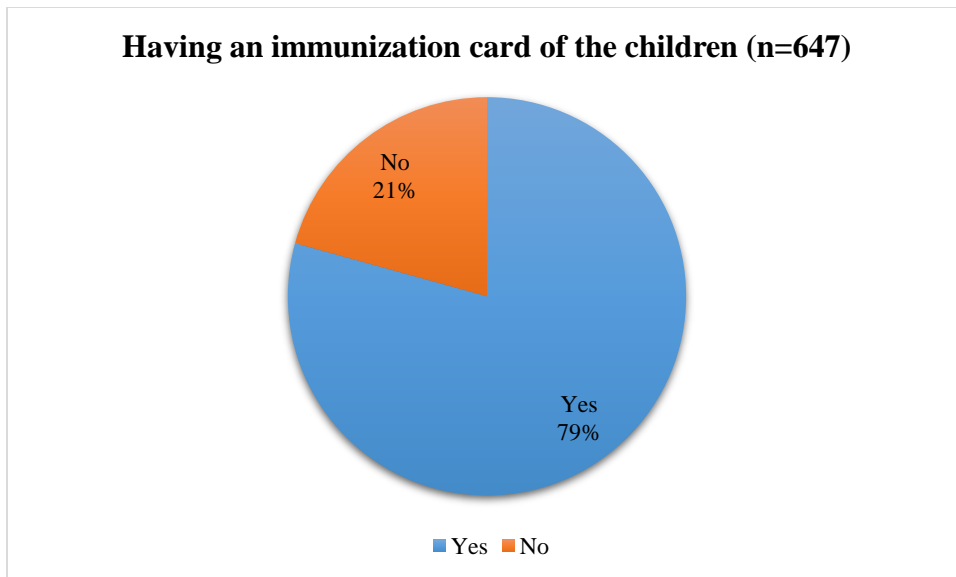


Figure 43: Percentage distribution of having an immunization card of the children

Immunization status

Figure 45 shows the percentage distribution of immunization status of children among 647 less than 2 years of children. 32.1% of them have completed their vaccination while still 67.9% of them have not completed. The reason for incomplete immunization status is that most of the children are under age and are waiting for the time to get vaccinated.

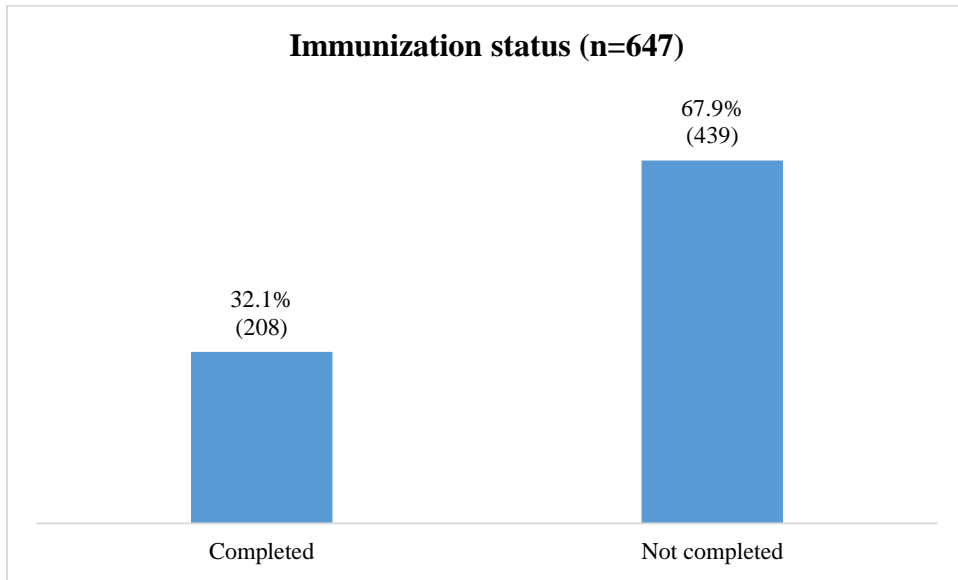


Figure 44: Percentage distribution of immunization status of children

Vitamin A

Figure 46 shows the percentage distribution of children receiving a vitamin A dose in the last six months i.e. Falgun/Kartik. 87.1% of the children received a vitamin A dose in the last six months while 8.1% did not receive. 4.8% of them were not eligible for receiving vitamin A dose.

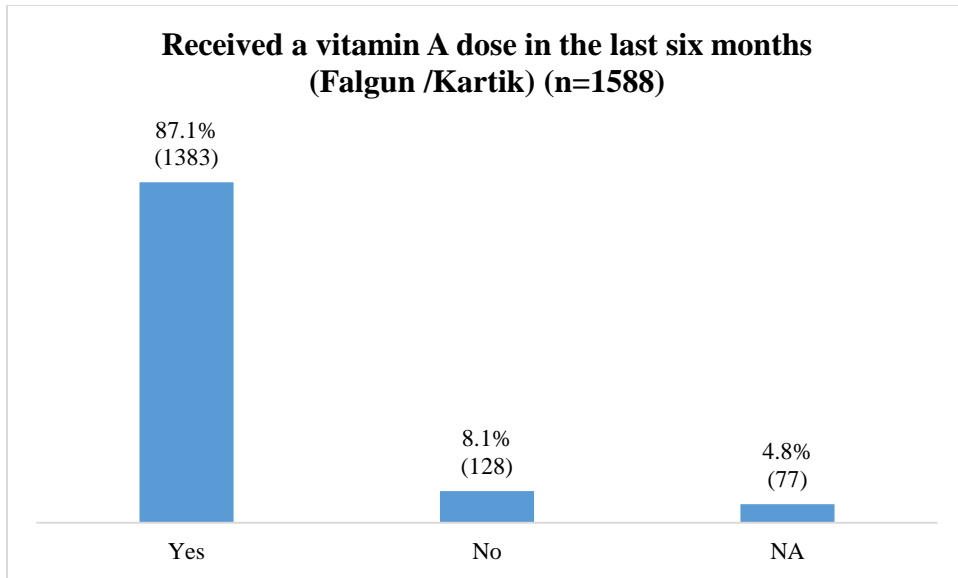


Figure 45: Percentage distribution of children receiving a vitamin A dose in the last six months (Falgun /Kartik)

Albendazole

Figure 47 shows the percentage distribution of children receiving Albendazole in the last six months. 87.1% of the children received Albendazole in the last six months while 8.1% did not receive. 4.8% of them were not eligible for receiving Albendazole.

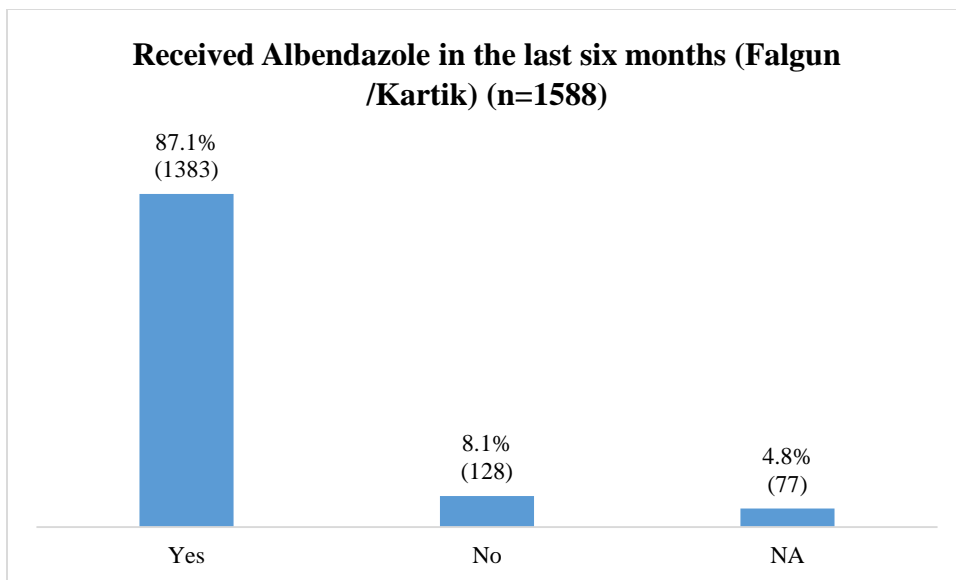


Figure 46: Percentage distribution of children receiving Albendazole in the last six months

Nutrition card

Figure 48 shows the percentage distribution of having a nutrition card of the children. Only 36% of the children have their nutrition card. 64% of them did not have their nutrition card.

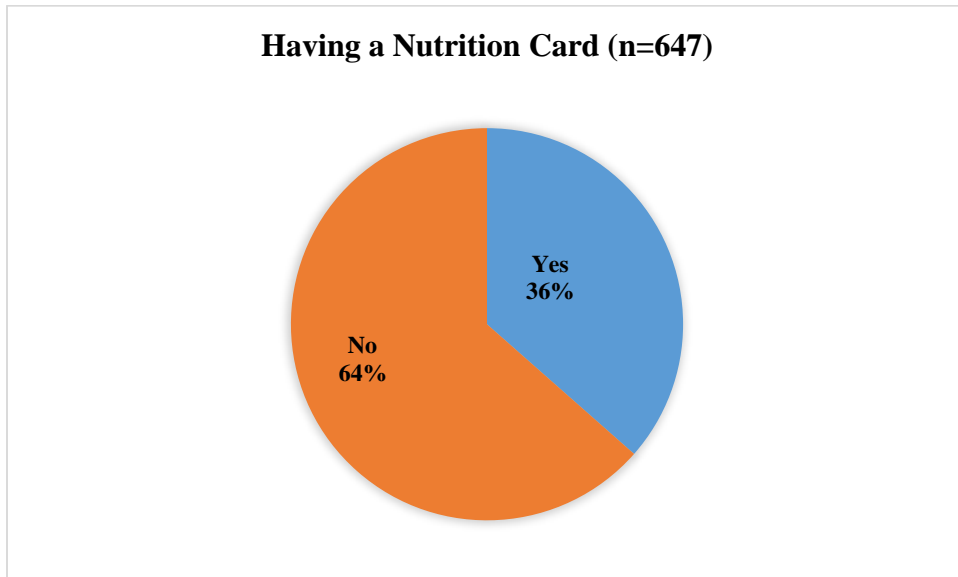


Figure 47: Percentage distribution of having a nutrition card of the children

RECOMMENDATIONS

- Develop action plan to improve health and determinants of health.
- Develop household level targeted intervention.
- Develop family level health profile.
- Integrate the health profile into other electronic system in the municipality.
- Provide basic quality health services at the doorsteps of the community through testing, preliminary diagnosis and linkage, medicine refill for the chronic patients, individual and group counseling services.
- Provide home based nursing care for the debilitating patient who cannot travel to hospital through supporting patients to recover/heal in their comfort area, continuous care to support the patients when at home.

ANNEX

Family member in the house

Ward	Yes		No		Total
	n()	%	n()	%	
1	438	91.6	40	8.4	478
2	547	92.7	43	7.3	590
3	403	73.7	144	26.3	547
4	789	84.9	140	15.1	929
5	397	75.2	131	24.8	528
6	344	71.4	138	28.6	482
7	365	70.3	154	29.7	519
8	705	79.9	177	20.1	882
9	563	91.7	51	8.3	614
10	362	98.1	7	1.9	369
11	630	84.1	119	15.9	749
12	646	89.1	79	10.9	725

Family/individual staying in this house as rented

Ward	Yes		No		Total
	n()	%	n()	%	
1	2	0.4	476	99.6	478
2	12	2.0	578	98.0	590
3	113	20.7	434	79.3	547
4	389	41.9	540	58.1	929
5	71	13.4	457	86.6	528
6	188	39.0	294	61.0	482
7	172	33.1	347	66.9	519
8	31	3.5	851	96.5	882
9	11	1.8	603	98.2	614
10	8	2.2	361	97.8	369
11	7	0.9	742	99.1	749

12	13	1.8	712	98.2	725
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Rented family units

Ward	Rented family units	
	n()	%
1	0	0.0
2	10	1.0
3	56	5.8
4	263	27.3
5	122	12.7
6	158	16.4
7	292	30.3
8	24	2.5
9	12	1.2
10	10	1.0
11	3	0.3
12	13	1.3
Total	963	100

Individual rented units

Ward	Individual rented number	
	n()	%
1	4	0.1
2	9	0.2
3	572	15.5
4	1659	44.9
5	351	9.5
6	732	19.8
7	186	5.0
8	98	2.7
9	13	0.4
10	29	0.8
11	30	0.8
12	14	0.4
Total	3697	

Material of roof

Ward	Galvanized iron, or concrete/cement		Straw/thatch, wood/planks, earth/mud		Tiles/slate		Total
	n()	%	n()	%	n()	%	
1	402	84.1	39	8.2	37	7.7	478
2	570	96.6	19	3.2	1	0.2	590
3	510	93.2	33	6.0	4	0.7	547
4	916	98.6	0	0.0	13	1.4	929
5	527	99.8	0	0.0	1	0.2	528
6	457	94.8	18	3.7	7	1.5	482
7	518	99.8	0	0.0	1	0.2	519
8	782	88.7	91	10.3	9	1.0	882
9	545	88.8	66	10.7	3	0.5	614
10	308	83.5	2	0.5	59	16.0	369
11	696	92.9	47	6.3	6	0.8	749
12	605	83.4	118	16.3	2	0.3	725

Material of exterior wall

Ward	Furnished wall (cement/stone/bricks/cement blocks/wood planks/shingles)		Natural walls(cane/palm/trunks/mud/stone/soil)		Rudimentary walls(bamboo/stone/plywood /cardboard/refused wood)		Others		Total
	n()	%	n()	%	n()	%	n()	%	
1	272	56.9	143	29.9	51	10.7	12	2.5	478
2	458	77.6	108	18.3	23	3.9	1	0.2	590
3	469	85.7	34	6.2	44	8.0	0	0.0	547
4	871	93.8	39	4.2	19	2.0	0	0.0	929
5	492	93.2	17	3.2	18	3.4	1	0.2	528
6	382	79.3	71	14.7	19	3.9	10	2.1	482
7	484	93.3	35	6.7	0	0.0	0	0.0	519
8	591	67.0	242	27.4	48	5.4	1	0.1	882
9	327	53.3	260	42.3	27	4.4	0	0.0	614
10	236	64.0	78	21.1	54	14.6	1	0.3	369
11	377	50.3	312	41.7	35	4.7	25	3.3	749
12	260	35.9	445	61.4	9	1.2	11	1.5	725

Material of floor

Ward	Finished floor (parquet/vinyl/tiles/ cement/carpet)		Natural floor (earth/sand/dung/st one/soil)		Rudimentary floor (wood/palm/bamboo)		Total
	n()	%	n()	%	n()	%	
1	283	59.2	182	38.1	13	2.7	478
2	436	73.9	152	25.8	2	0.3	590
3	425	77.7	118	21.6	4	0.7	547
4	872	93.9	57	6.1	0	0.0	929
5	493	93.4	29	5.5	6	1.1	528
6	402	83.4	61	12.7	19	3.9	482
7	480	92.5	38	7.3	1	0.2	519
8	600	68.0	272	30.8	10	1.1	882
9	315	51.3	297	48.4	2	0.3	614
10	231	62.6	135	36.6	3	0.8	369
11	365	48.7	359	47.9	25	3.3	749
12	267	36.8	454	62.6	4	0.6	725

Age wise population

Ward	<10		11-20		21-30		31-40		41-50		51-60		61-70		71-80		>80		Total
	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	
1	393	20.0	381	19.4	422	21.5	298	15.2	190	9.7	154	7.9	74	3.8	30	1.5	19	1.0	1961
2	409	15.5	473	18.0	561	21.3	423	16.1	326	12.4	205	7.8	138	5.2	76	2.9	21	0.8	2632
3	363	16.6	320	14.6	547	25.0	321	14.6	295	13.5	186	8.5	99	4.5	43	2.0	18	0.8	2192
4	667	15.9	660	15.8	930	22.2	788	18.8	498	11.9	342	8.2	172	4.1	98	2.3	35	0.8	4190
5	379	15.4	446	18.1	460	18.7	484	19.7	279	11.3	211	8.6	124	5.0	62	2.5	14	0.6	2459
6	311	14.5	361	16.9	407	19.0	403	18.8	259	12.1	172	8.0	139	6.5	64	3.0	26	1.2	2142
7	408	15.3	386	14.5	501	18.8	492	18.4	364	13.6	246	9.2	152	5.7	78	2.9	40	1.5	2667
8	554	16.1	626	18.2	721	21.0	579	16.9	396	11.5	276	8.0	158	4.6	99	2.9	26	0.8	3435
9	439	15.2	488	16.9	646	22.3	456	15.8	334	11.5	262	9.1	157	5.4	81	2.8	29	1.0	2892
10	232	14.8	266	17.0	318	20.3	278	17.8	177	11.3	140	9.0	101	6.5	36	2.3	15	1.0	1563

11	662	15.4	722	16.8	889	20.7	771	17.9	457	10.6	361	8.4	264	6.1	130	3.0	44	1.0	4300
12	497	15.4	556	17.3	691	21.4	526	16.3	369	11.5	261	8.1	183	5.7	99	3.1	40	1.2	3222

Gender wise population

Ward	Female		Male		Total
	n()	%	n()	%	
1	998	50.9	963	49.1	1961
2	1298	49.3	1334	50.7	2632
3	1066	48.6	1126	51.4	2192
4	2061	49.2	2129	50.8	4190
5	1222	49.7	1237	50.3	2459
6	1073	50.1	1069	49.9	2142
7	1342	50.3	1325	49.7	2667
8	1712	49.8	1723	50.2	3435
9	1429	49.4	1463	50.6	2892
10	786	50.3	777	49.7	1563
11	2116	49.2	2184	50.8	4300
12	1623	50.4	1599	49.6	3222

Marital status

Ward	Divorced		Married		Separated		Single		Widow		Total
	n()	%	n()	%	n()	%	n()	%	n()	%	
1	2	0.1	998	50.9	5	0.3	859	43.8	97	4.9	1961
2	2	0.1	1430	54.3	9	0.3	1080	41.0	111	4.2	2632
3	4	0.2	1251	57.1	11	0.5	888	40.5	38	1.7	2192
4	5	0.1	2292	54.7	5	0.1	1751	41.8	137	3.3	4190
5	3	0.1	1307	53.2	4	0.2	1057	43.0	88	3.6	2459
6	4	0.2	1152	53.8	13	0.6	890	41.5	83	3.9	2142
7	7	0.3	1456	54.6	12	0.4	1074	40.3	118	4.4	2667
8	3	0.1	1822	53.0	16	0.5	1442	42.0	152	4.4	3435
9	5	0.2	1588	54.9	6	0.2	1148	39.7	145	5.0	2892
10	4	0.3	834	53.4	4	0.3	637	40.8	84	5.4	1563
11	9	0.2	2365	55.0	13	0.3	1741	40.5	172	4.0	4300
12	3	0.1	1685	52.3	14	0.4	1318	40.9	202	6.3	3222

Education

Ward	None		Informal Education (can read/write)		Literary class (Proud Shiksha)		Primary Education (0-5)		Secondary Education (6-10)		Higher Secondary (11-12)		University Level and Higher		Total
	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	
1	572	29.2	32	1.6	41	2.1	490	25.0	622	31.7	171	8.7	33	1.7	1961
2	590	22.4	87	3.3	60	2.3	517	19.6	727	27.6	425	16.1	226	8.6	2632
3	470	21.4	71	3.2	6	0.3	468	21.4	600	27.4	301	13.7	276	12.6	2192
4	703	16.8	78	1.9	20	0.5	763	18.2	1059	25.3	775	18.5	792	18.9	4190
5	397	16.1	74	3.0	34	1.4	528	21.5	716	29.1	493	20.0	217	8.8	2459
6	327	15.3	61	2.8	8	0.4	437	20.4	613	28.6	396	18.5	300	14.0	2142
7	390	14.6	73	2.7	17	0.6	496	18.6	718	26.9	473	17.7	500	18.7	2667
8	755	22.0	144	4.2	51	1.5	693	20.2	939	27.3	530	15.4	323	9.4	3435
9	655	22.6	43	1.5	80	2.8	553	19.1	812	28.1	492	17.0	257	8.9	2892
10	338	21.6	41	2.6	4	0.3	255	16.3	470	30.1	310	19.8	145	9.3	1563
11	971	22.6	130	3.0	100	2.3	799	18.6	1144	26.6	731	17.0	425	9.9	4300
12	607	18.8	183	5.7	65	2.0	637	19.8	928	28.8	523	16.2	279	8.7	3222

Occupation

Ward	Business		Driver		Farmer		Foreign employment		Housewife		Labor		Not applicable		Others		Retired		Service		Student		Unemployed		Total
	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	
1	40	2.0	21	1.1	643	32.8	101	5.2	297	15.1	40	2.0	162	8.3	0	0.0	0	0.0	54	2.8	551	28.1	52	2.7	1961
10	110	7.0	4	0.3	253	16.2	33	2.1	428	27.4	48	3.1	86	5.5	1	0.1	0	0.0	107	6.8	475	30.4	18	1.2	1563
11	325	7.6	71	1.7	872	20.3	163	3.8	685	15.9	84	2.0	274	6.4	9	0.2	9	0.2	400	9.3	1176	27.3	232	5.4	4300
12	239	7.4	7	0.2	753	23.4	127	3.9	359	11.1	139	4.3	314	9.7	5	0.2	0	0.0	310	9.6	839	26.0	130	4.0	3222
2	116	4.4	7	0.3	821	31.2	89	3.4	259	9.8	157	6.0	216	8.2	0	0.0	0	0.0	140	5.3	732	27.8	95	3.6	2632
3	163	7.4	22	1.0	172	7.8	99	4.5	414	18.9	283	12.9	143	6.5	12	0.5	0	0.0	151	6.9	612	27.9	121	5.5	2192
4	473	11.3	18	0.4	258	6.2	125	3.0	821	19.6	157	3.7	226	5.4	3	0.1	14	0.3	516	12.3	1345	32.1	234	5.6	4190
5	288	11.7	24	1.0	164	6.7	95	3.9	434	17.6	117	4.8	152	6.2	0	0.0	0	0.0	299	12.2	744	30.3	142	5.8	2459
6	380	17.7	39	1.8	76	3.5	34	1.6	375	17.5	65	3.0	167	7.8	0	0.0	12	0.6	283	13.2	634	29.6	77	3.6	2142
7	550	20.6	0	0.0	54	2.0	78	2.9	403	15.1	238	8.9	211	7.9	0	0.0	0	0.0	236	8.8	745	27.9	152	5.7	2667
8	168	4.9	25	0.7	702	20.4	128	3.7	480	14.0	175	5.1	244	7.1	4	0.1	6	0.2	362	10.5	992	28.9	149	4.3	3435
9	188	6.5	4	0.1	742	25.7	111	3.8	374	12.9	108	3.7	262	9.1	1	0.0	2	0.1	245	8.5	779	26.9	76	2.6	2892

Living Status

Ward	Always stay in Dhulikhel		Frequently moving in and out of Dhulikhel		Stay away from Dhulikhel (outside country)		Stay away from Dhulikhel (within country)		Total
	n()	%	n()	%	n()	%	n()	%	
1	1796	91.6	28	1.4	87	4.4	50	2.5	1961
2	2239	85.1	108	4.1	97	3.7	188	7.1	2632
3	1962	89.5	63	2.9	108	4.9	59	2.7	2192
4	3906	93.2	25	0.6	139	3.3	120	2.9	4190
5	2220	90.3	85	3.5	70	2.8	84	3.4	2459
6	2048	95.6	24	1.1	28	1.3	42	2.0	2142
7	2400	90.0	52	1.9	75	2.8	140	5.2	2667
8	2994	87.2	26	0.8	120	3.5	295	8.6	3435
9	2311	79.9	251	8.7	111	3.8	219	7.6	2892
10	1295	82.9	77	4.9	39	2.5	152	9.7	1563
11	3190	74.2	292	6.8	192	4.5	626	14.6	4300
12	2379	73.8	183	5.7	139	4.3	521	16.2	3222

Disability Status

Ward	Physical disability		Blindness low vision		Deaf/Hard of hearing		Speech problem		Mental disability		Mental retardation		Deaf/Blind		Total
	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	n()	%	
1	1	50.0	0	0.0	0	0.0	1	50.0	0	0.0	0	0.0	0	0.0	2
3	27	31.4	5	5.8	18	20.9	18	20.9	12	14.0	6	7.0	0	0.0	86
8	22	25.0	8	9.1	17	19.3	14	15.9	12	13.6	12	13.6	3	3.4	88
9	49	32.9	17	11.4	23	15.4	22	14.8	20	13.4	18	12.1	0	0.0	149
10	20	39.2	0	0.0	8	15.7	8	15.7	9	17.6	6	11.8	0	0.0	51
11	29	37.2	7	9.0	6	7.7	8	10.3	16	20.5	10	12.8	2	2.6	78
12	30	38.0	3	3.8	9	11.4	9	11.4	17	21.5	10	12.7	1	1.3	79

Causes of Mortality

Ward		1	2	3	4	5	6	7	8	9	10	11	12
Accident	n()	4	4	3	2	5	2	0	2	0	3	2	8
	%	6.9	4.6	7.9	2.2	11.1	3.6	0.0	2.1	0.0	7.7	1.3	6.0
Asthma	n()	5	5	1	8	3	5	4	10	8	3	20	24
	%	8.6	5.7	2.6	8.9	6.7	8.9	5.7	10.5	10.0	7.7	13.1	18.0
ATE Poisonous Forest Mushroom	n()	0	0	0	0	0	0	0	2	0	0	0	0
	%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1	0.0	0.0	0.0	0.0
Autism	n()	0	0	0	0	0	0	0	0	0	0	1	0
	%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0
Brain Hemorrhage	n()	0	2	0	0	0	0	0	1	1	0	1	1
	%	0.0	2.3	0.0	0.0	0.0	0.0	0.0	1.1	1.3	0.0	0.7	0.8
Brain Tumor	n()	0	1	0	0	0	0	0	2	0	0	0	1
	%	0.0	1.1	0.0	0.0	0.0	0.0	0.0	2.1	0.0	0.0	0.0	0.8
Cancer	n()	4	16	2	14	3	7	9	12	3	5	9	14
	%	6.9	18.4	5.3	15.6	6.7	12.5	12.9	12.6	3.8	12.8	5.9	10.5

Co- morbidity	n()	0	1	1	0	0	0	1	0	2	1	1	4
	%	0.0	1.1	2.6	0.0	0.0	0.0	1.4	0.0	2.5	2.6	0.7	3.0
COVID-19	n()	1	0	7	3	7	4	8	3	4	2	4	1
	%	1.7	0.0	18.4	3.3	15.6	7.1	11.4	3.2	5.0	5.1	2.6	0.8
Dengue	n()	0	0	0	0	0	0	0	1	0	0	0	0
	%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0
Diabetes	n()	2	0	1	2	1	0	1	4	1	1	1	1
	%	3.4	0.0	2.6	2.2	2.2	0.0	1.4	4.2	1.3	2.6	0.7	0.8
Fever	n()	3	2	1	1	6	0	3	2	1	0	3	1
	%	5.2	2.3	2.6	1.1	13.3	0.0	4.3	2.1	1.3	0.0	2.0	0.8
Head Injury	n()	0	0	0	0	0	0	0	0	0	0	1	0
	%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0
Heart Disease	n()	1	4	1	9	0	2	1	1	3	1	2	0
	%	1.7	4.6	2.6	10.0	0.0	3.6	1.4	1.1	3.8	2.6	1.3	0.0
Hemorrhage	n()	0	0	0	0	0	0	1	0	0	0	0	0
	%	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.0	0.0	0.0	0.0	0.0
Hypertension	n()	0	1	4	5	0	1	0	1	1	2	3	1
	%	0.0	1.1	10.5	5.6	0.0	1.8	0.0	1.1	1.3	5.1	2.0	0.8
Jaundice	n()	2	3	1	2	2	1	1	3	5	2	2	12
	%	3.4	3.4	2.6	2.2	4.4	1.8	1.4	3.2	6.3	5.1	1.3	9.0
Kidney Disease	n()	1	0	0	0	0	0	0	2	0	0	0	0
	%	1.7	0.0	0.0	0.0	0.0	0.0	0.0	2.1	0.0	0.0	0.0	0.0
Kidney Failure	n()	2	0	0	2	1	1	3	4	3	1	5	2
	%	3.4	0.0	0.0	2.2	2.2	1.8	4.3	4.2	3.8	2.6	3.3	1.5
Liver Damage	n()	0	0	0	2	0	0	1	1	6	0	2	7
	%	0.0	0.0	0.0	2.2	0.0	0.0	1.4	1.1	7.5	0.0	1.3	5.3
Liver Disease	n()	0	0	1	1	0	0	1	1	0	1	0	1
	%	0.0	0.0	2.6	1.1	0.0	0.0	1.4	1.1	0.0	2.6	0.0	0.8
LRTI	n()	2	4	1	6	1	1	3	8	9	2	2	2
	%	3.4	4.6	2.6	6.7	2.2	1.8	4.3	8.4	11.3	5.1	1.3	1.5

Lungs Cancer	n()	0	1	0	0	0	0	1	0	0	0	0	2
	%	0.0	1.1	0.0	0.0	0.0	0.0	1.4	0.0	0.0	0.0	0.0	1.5
Lungs Disease	n()	0	0	0	0	0	1	0	0	0	0	1	1
	%	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.0	0.0	0.0	0.7	0.8
Mental Illness	n()	0	1	1	0	0	0	0	1	0	1	1	2
	%	0.0	1.1	2.6	0.0	0.0	0.0	0.0	1.1	0.0	2.6	0.7	1.5
Murder	n()	0	1	0	1	0	0	0	0	0	0	0	0
	%	0.0	1.1	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Myocardial Infraction	n()	3	5	3	9	3	3	5	8	3	4	12	5
	%	5.2	5.7	7.9	10.0	6.7	5.4	7.1	8.4	3.8	10.3	7.8	3.8
Neurological Disorder	n()	0	0	0	1	0	0	1	0	1	0	0	0
	%	0.0	0.0	0.0	1.1	0.0	0.0	1.4	0.0	1.3	0.0	0.0	0.0
Old Age	n()	18	25	9	11	8	24	20	14	19	5	38	28
	%	31.0	28.7	23.7	12.2	17.8	42.9	28.6	14.7	23.8	12.8	24.8	21.1
Paralysis	n()	0	2	0	1	1	0	0	4	1	0	4	6
	%	0.0	2.3	0.0	1.1	2.2	0.0	0.0	4.2	1.3	0.0	2.6	4.5
Pregnancy Complication	n()	0	0	0	1	0	0	0	0	0	0	0	0
	%	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Rabies	n()	0	0	0	1	0	0	0	0	0	0	0	0
	%	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Spinal Injury	n()	0	0	0	0	0	1	1	0	0	0	0	0
	%	0.0	0.0	0.0	0.0	0.0	1.8	1.4	0.0	0.0	0.0	0.0	0.0
Stomach Problem	n()	0	0	0	1	0	0	1	0	1	2	1	1
	%	0.0	0.0	0.0	1.1	0.0	0.0	1.4	0.0	1.3	5.1	0.7	0.8
Suicide	n()	6	6	0	4	2	0	1	7	5	3	12	1
	%	10.3	6.9	0.0	4.4	4.4	0.0	1.4	7.4	6.3	7.7	7.8	0.8
Tuberculosis	n()	1	0	0	0	1	0	0	1	1	0	5	2
	%	1.7	0.0	0.0	0.0	2.2	0.0	0.0	1.1	1.3	0.0	3.3	1.5
Ulcer	n()	0	0	0	0	0	0	0	0	0	0	1	0
	%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0

Unknown Cause	n()	3	3	0	2	1	3	3	0	2	0	19	5
	%	5.2	3.4	0.0	2.2	2.2	5.4	4.3	0.0	2.5	0.0	12.4	3.8
URTI	n()	0	0	1	1	0	0	0	0	0	0	0	0
	%	0.0	0.0	2.6	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Total		58	87	38	90	45	56	70	95	80	39	153	133

Chronic Illness

Ward		1	2	3	4	5	6	7	8	9	10	11	12
Diabetes	n()	15	44	54	131	88	94	133	73	73	34	117	78
	%	14.4	13.6	23.7	23.7	22.4	19.3	21.8	22.0	17.7	21.4	18.3	21.7
HTN	n()	24	99	91	211	151	196	288	89	110	61	151	124
	%	23.1	30.7	39.9	38.2	38.5	40.3	47.2	26.8	26.7	38.4	23.6	34.4
Cholesterol	n()	0	13	16	34	21	39	58	18	13	7	29	30
	%	0.0	4.0	7.0	6.2	5.4	8.0	9.5	5.4	3.2	4.4	4.5	8.3
Thyroid problem	n()	6	22	20	50	20	45	36	31	32	15	54	24
	%	5.8	6.8	8.8	9.1	5.1	9.3	5.9	9.3	7.8	9.4	8.4	6.7
Rheumatic Heart Disease	n()	16	12	10	36	43	48	31	30	19	7	88	11
	%	15.4	3.7	4.4	6.5	11.0	9.9	5.1	9.0	4.6	4.4	13.8	3.1
TB	n()	1	2	0	0	2	0	0	2	0	0	3	1
	%	1.0	0.6	0.0	0.0	0.5	0.0	0.0	0.6	0.0	0.0	0.5	0.3
Leprosy	n()	0	1	1	0	0	0	1	0	0	0	0	1
	%	0.0	0.3	0.4	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.3
Asthma/Bronchitis/Emphysema	n()	17	53	19	47	27	20	26	44	56	22	89	45
	%	16.3	16.4	8.3	8.5	6.9	4.1	4.3	13.3	13.6	13.8	13.9	12.5
Lymphatic Filariasis	n()	0	2	0	0	0	0	1	0	0	1	0	0
	%	0.0	0.6	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.6	0.0	0.0
Cancer	n()	0	5	2	4	1	3	3	6	7	1	4	4
	%	0.0	1.5	0.9	0.7	0.3	0.6	0.5	1.8	1.7	0.6	0.6	1.1
Spinal Injury	n()	5	14	2	7	1	20	5	5	13	0	34	2
	%	4.8	4.3	0.9	1.3	0.3	4.1	0.8	1.5	3.2	0.0	5.3	0.6
Other	n()	20	56	13	32	38	21	28	34	89	11	71	40
	%	19.2	17.3	5.7	5.8	9.7	4.3	4.6	10.2	21.6	6.9	11.1	11.1
Total		104	323	228	552	392	486	610	332	412	159	640	360

MWRA

Age of the respondents (n=5629)

Ward	15-19		20-24		25-29		30-34		35-39		40-44		45-49		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	13	3.51	72	19.46	83	22.43	65	17.57	56	15.14	48	12.97	33	8.92	370	6.57
2	6	1.37	55	12.56	84	19.18	77	17.58	89	20.32	79	18.04	48	10.96	438	7.78
3	9	2.14	47	11.16	99	23.52	72	17.10	65	15.44	68	16.15	61	14.49	421	7.48
4	3	0.37	70	8.57	164	20.07	177	21.66	177	21.66	129	15.79	97	11.87	817	14.51
5	1	0.25	23	5.75	78	19.50	106	26.50	84	21.00	68	17.00	40	10.00	400	7.11
6	2	0.49	19	4.68	79	19.46	97	23.89	83	20.44	68	16.75	58	14.29	406	7.21
7	2	0.55	37	10.11	59	16.12	92	25.14	67	18.31	59	16.12	50	13.66	366	6.50
8	8	1.33	50	8.32	108	17.97	113	18.80	131	21.80	96	15.97	95	15.81	601	10.68
9	2	0.42	69	14.35	97	20.17	84	17.46	82	17.05	87	18.09	60	12.47	481	8.55
10	0	0.00	29	9.90	62	21.16	59	20.14	54	18.43	59	20.14	30	10.24	293	5.21
11	4	0.64	67	10.65	110	17.49	115	18.28	131	20.83	114	18.12	88	13.99	629	11.17
12	11	2.70	42	10.32	65	15.97	89	21.87	87	21.38	69	16.95	44	10.81	407	7.23
Total	61	1.08	580	10.30	1088	19.33	1146	20.36	1106	19.65	944	16.77	704	12.51	5629	100.00

Age at marriage

Ward	10-14 years		15-19 years		20-24 years		25-29 years		≥30 years		Total	
	n	%	n	%	n	%	n	%	n	%	n	%
1	13	3.51	190	51.35	131	35.41	27	7.30	9	2.43	370	6.57
2	18	4.11	241	55.02	158	36.07	20	4.57	1	0.23	438	7.78
3	27	6.41	224	53.21	135	32.07	29	6.89	6	1.43	421	7.48
4	36	4.41	354	43.33	320	39.17	98	12.00	9	1.10	817	14.51
5	12	3.00	159	39.75	167	41.75	47	11.75	15	3.75	400	7.11
6	10	2.46	168	41.38	154	37.93	66	16.26	8	1.97	406	7.21
7	17	4.64	154	42.08	138	37.70	47	12.84	10	2.73	366	6.50
8	32	5.32	313	52.08	212	35.27	37	6.16	7	1.16	601	10.68
9	33	6.86	260	54.05	154	32.02	25	5.20	9	1.87	481	8.55
10	10	3.41	120	40.96	120	40.96	35	11.95	8	2.73	293	5.21
11	31	4.93	311	49.44	237	37.68	41	6.52	9	1.43	629	11.17
12	11	2.70	204	50.12	154	37.84	30	7.37	8	1.97	407	7.23
Total	250	4.44	2,698	47.93	2,080	36.95	502	8.92	99	1.76	5,629	100.00

Ever given birth

Ward	No		Yes		Total	
	n	%	n	%	n	%
1	40	10.81	330	89.19	370	6.57
2	32	7.31	406	92.69	438	7.78
3	47	11.16	374	88.84	421	7.48
4	87	10.65	730	89.35	817	14.51
5	33	8.25	367	91.75	400	7.11
6	36	8.87	370	91.13	406	7.21
7	33	9.02	333	90.98	366	6.50
8	47	7.82	554	92.18	601	10.68
9	48	9.98	433	90.02	481	8.55

10	33	11.26	260	88.74	293	5.21
11	48	7.63	581	92.37	629	11.17
12	38	9.34	369	90.66	407	7.23
Total	522	9.27	5107	90.73	5629	100

Age at 1st child birth

Ward	15-19 years		20-24 years		25-29 years		≥ 30 years		Total	
	n	%	n	%	n	%	n	%	n	%
1	103	31.21	182	55.15	35	10.61	10	3.03	330	6.46
2	147	36.21	222	54.68	33	8.13	4	0.99	406	7.95
3	148	39.57	177	47.33	41	10.96	8	2.14	374	7.32
4	202	27.67	359	49.18	141	19.32	28	3.84	730	14.29
5	101	27.52	187	50.95	63	17.17	16	4.36	367	7.19
6	117	31.62	172	46.49	68	18.38	13	3.51	370	7.24
7	101	30.33	160	48.05	58	17.42	14	4.20	333	6.52
8	212	38.27	270	48.74	61	11.01	11	1.99	554	10.85
9	164	37.88	225	51.96	34	7.85	10	2.31	433	8.48
10	71	27.31	146	56.15	38	14.62	5	1.92	260	5.09
11	197	33.91	306	52.67	67	11.53	11	1.89	581	11.38
12	106	28.73	204	55.28	51	13.82	8	2.17	369	7.23
Total	1669	32.68	2610	51.11	690	13.51	138	2.70	5107	100.00

Presence of child less than 5 years

Ward no.	No		Yes		Total	
	n	%	n	%	n	%
1	186	56.36	144	43.64	330	6.46
2	283	69.70	123	30.30	406	7.95
3	266	71.12	108	28.88	374	7.32

4	508	69.59	222	30.41	730	14.29
5	263	71.66	104	28.34	367	7.19
6	272	73.51	98	26.49	370	7.24
7	233	69.97	100	30.03	333	6.52
8	397	71.66	157	28.34	554	10.85
9	296	68.36	137	31.64	433	8.48
10	174	66.92	86	33.08	260	5.09
11	409	70.40	172	29.60	581	11.38
12	250	67.75	119	32.25	369	7.23
Total	3537	69.26	1570	30.74	5107	100.00

No. of live births

Ward	1		2		≥ 3		Total	
	n	%	n	%	n	%	n	%
1	113	34.24	135	40.91	82	24.85	330	6.46
2	110	27.09	200	49.26	96	23.65	406	7.95
3	113	30.21	192	51.34	69	18.45	374	7.32
4	237	32.47	380	52.05	113	15.48	730	14.29
5	121	32.97	178	48.50	68	18.53	367	7.19
6	119	32.16	179	48.38	72	19.46	370	7.24
7	109	32.73	175	52.55	49	14.71	333	6.52
8	128	23.10	276	49.82	150	27.08	554	10.85
9	123	28.41	196	45.27	114	26.33	433	8.48
10	79	30.38	131	50.38	50	19.23	260	5.09
11	154	26.51	283	48.71	144	24.78	581	11.38
12	103	27.91	175	47.43	91	24.66	369	7.23

Total	1509	29.55	2500	48.95	1098	21.50	5107	100.00
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No. of still births

Ward	0		1		≥2		Total	
	n	%	n	%	n	%	n	%
1	302	91.52	22	6.67	6	1.82	330	6.46
2	370	91.13	33	8.13	3	0.74	406	7.95
3	343	91.71	27	7.22	4	1.07	374	7.32
4	683	93.56	30	4.11	17	2.33	730	14.29
5	354	96.46	9	2.45	4	1.09	367	7.19
6	356	96.22	12	3.24	2	0.54	370	7.24
7	316	94.89	14	4.20	3	0.90	333	6.52
8	527	95.13	20	3.61	7	1.26	554	10.85
9	413	95.38	16	3.70	4	0.92	433	8.48
10	251	96.54	7	2.69	2	0.77	260	5.09
11	543	93.46	33	5.68	5	0.86	581	11.38
12	356	96.48	10	2.71	3	0.81	369	7.23
Total	4814	94.26	233	4.56	60	1.17	5107	100.00

No. of abortions

Ward	0		1		≥2		Total	
	n	%	n	%	n	%	n	%
1	319	96.67	8	2.42	3	0.91	330	6.46
2	384	94.58	16	3.94	6	1.48	406	7.95
3	370	98.93	3	0.80	1	0.27	374	7.32
4	698	95.62	20	2.74	12	1.64	730	14.29
5	365	99.46	2	0.54	0	0.00	367	7.19
6	350	94.59	18	4.86	2	0.54	370	7.24
7	311	93.39	19	5.71	3	0.90	333	6.52

8	538	97.11	12	2.17	4	0.72	554	10.85
9	415	95.84	11	2.54	7	1.62	433	8.48
10	259	99.62	1	0.38	0	0.00	260	5.09
11	548	94.32	26	4.48	7	1.20	581	11.38
12	337	91.33	23	6.23	9	2.44	369	7.23
Total	4894	95.83	159	3.11	54	1.06	5107	100.00

Type of delivery of last child

Ward	Caesarean section		Normal vaginal delivery		Vaginal delivery with episiotomy		Total	
	n	%	n	%	n	%	n	%
1	25	7.58	305	92.42	0	0.00	330	6.46
2	41	10.10	344	84.73	21	5.17	406	7.95
3	61	16.31	262	70.05	51	13.64	374	7.32
4	131	17.95	596	81.64	3	0.41	730	14.29
5	51	13.90	315	85.83	1	0.27	367	7.19
6	56	15.14	313	84.59	1	0.27	370	7.24
7	67	20.12	221	66.37	45	13.51	333	6.52
8	70	12.64	476	85.92	8	1.44	554	10.85
9	49	11.32	374	86.37	10	2.31	433	8.48
10	49	18.85	199	76.54	12	4.62	260	5.09
11	84	14.46	497	85.54	0	0.00	581	11.38
12	45	12.20	322	87.26	2	0.54	369	7.23
Total	729	14.27	4224	82.71	154	3.02	5107	100.00

Place of delivery of last child

Ward no.	Dhulikhel Hospital		Govt. Hospital clinic		Home		Private		On the way		India		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	16	4.85	82	24.85	128	38.79	104	31.52	0	0.00	0	0.00	330	6.46
2	50	12.32	21	5.17	151	37.19	184	45.32	0	0.00	0	0.00	406	7.95
3	211	56.42	18	4.81	121	32.35	24	6.42	0	0.00	0	0.00	374	7.32
4	323	44.25	97	13.29	186	25.48	123	16.85	1	0.14	0	0.00	730	14.29
5	134	36.51	32	8.72	77	20.98	124	33.79	0	0.00	0	0.00	367	7.19
6	265	71.62	16	4.32	64	17.30	25	6.76	0	0.00	0	0.00	370	7.24
7	248	74.47	22	6.61	51	15.32	12	3.60	0	0.00	0	0.00	333	6.52
8	293	52.89	31	5.60	207	37.36	22	3.97	0	0.00	1	0.18	554	10.85
9	216	49.88	19	4.39	131	30.25	66	15.24	0	0.00	1	0.23	433	8.48
10	113	43.46	24	9.23	74	28.46	49	18.85	0	0.00	0	0.00	260	5.09
11	205	35.28	58	9.98	211	36.32	107	18.42	0	0.00	0	0.00	581	11.38
12	87	23.58	100	27.10	101	27.37	80	21.68	1	0.27	0	0.00	369	7.23
Total	2161	42.31	520	10.18	1502	29.41	920	18.01	2	0.04	2	0.04	5107	100.00

Reasons for not delivering in Health facility

Ward no.	Cost too much		Facility not open		Too far/No Transportation		Dont trust facility/poor quality service		No female provider at facility		Husband/Family did not allow		Not necessary		Not customary		Child born before reaching facility		Other		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	1	0.78	3	2.34	32	25.00	0	0.00	0	0.00	0	0.00	44	34.38	19	14.84	36	28.13	0	0.00	128	8.52
2	0	0.00	6	3.97	23	15.23	0	0.00	0	0.00	1	0.66	92	60.93	13	8.61	27	17.88	0	0.00	151	10.05
3	1	0.83	11	9.09	25	20.66	0	0.00	1	0.83	0	0.00	76	62.81	4	3.31	20	16.53	0	0.00	121	8.06
4	2	1.08	1	0.54	0	0.00	0	0.00	0	0.00	0	0.00	149	80.11	28	15.05	26	13.98	0	0.00	186	12.38
5	0	0.00	3	3.90	0	0.00	0	0.00	1	1.30	0	0.00	30	38.96	0	0.00	45	58.44	0	0.00	77	5.13
6	0	0.00	1	1.56	5	7.81	1	1.56	0	0.00	2	3.13	30	46.88	2	3.13	26	40.63	0	0.00	64	4.26
7	2	3.92	13	25.49	0	0.00	0	0.00	0	0.00	0	0.00	26	50.98	0	0.00	11	21.57	0	0.00	51	3.40
8	3	1.45	0	0.00	11	5.31	0	0.00	0	0.00	3	1.45	88	42.51	87	42.03	25	12.08	1	0.48	207	13.78
9	4	3.05	2	1.53	9	6.87	0	0.00	0	0.00	0	0.00	50	38.17	42	32.06	34	25.95	0	0.00	131	8.72
10	0	0.00	1	1.35	5	6.76	0	0.00	0	0.00	0	0.00	35	47.30	0	0.00	33	44.59	0	0.00	74	4.93
11	5	2.37	1	0.47	34	16.11	0	0.00	0	0.00	1	0.47	62	29.38	40	18.96	72	34.12	0	0.00	211	14.05
12	1	0.99	18	17.82	8	7.92	0	0.00	1	0.99	2	1.98	49	48.51	0	0.00	25	24.75	0	0.00	101	6.72
Total	19	1.26	60	3.99	152	10.12	1	0.07	3	0.20	9	0.60	731	48.67	235	15.65	380	25.30	1	0.07	1502	100.00

PNC Check-Up

Ward no.	Within 24 hours				Total		After 24 hours but within 72 hours				Total		After 72 hours but within 7 days				Total	
	No		Yes				No		Yes				No		Yes			
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%		
1	33	2.1	111	7.07	144	9.17	73	4.65	71	4.52	144	9.17	100	6.37	44	2.8	144	9.17
2	7	0.45	116	7.39	123	7.83	66	4.2	57	3.63	123	7.83	77	4.9	46	2.93	123	7.83
3	3	0.19	105	6.69	108	6.88	34	2.17	74	4.71	108	6.88	47	2.99	61	3.89	108	6.88
4	4	0.25	218	13.89	222	14.14	47	2.99	175	11.15	222	14.14	92	5.86	130	8.28	222	14.14
5	33	2.1	71	4.52	104	6.62	43	2.74	61	3.89	104	6.62	41	2.61	63	4.01	104	6.62
6	4	0.25	94	5.99	98	6.24	20	1.27	78	4.97	98	6.24	61	3.89	37	2.36	98	6.24
7	5	0.32	95	6.05	100	6.37	29	1.85	71	4.52	100	6.37	47	2.99	53	3.38	100	6.37
8	16	1.02	141	8.98	157	10.00	40	2.55	117	7.45	157	10.00	86	5.48	71	4.52	157	10.00
9	11	0.7	126	8.03	137	8.73	66	4.2	71	4.52	137	8.73	70	4.46	67	4.27	137	8.73
10	6	0.38	80	5.1	86	5.48	11	0.7	75	4.78	86	5.48	13	0.83	73	4.65	86	5.48
11	36	2.29	136	8.66	172	10.96	51	3.25	121	7.71	172	10.96	96	6.11	76	4.84	172	10.96
12	3	0.19	116	7.39	119	7.58	46	2.93	73	4.65	119	7.58	71	4.52	48	3.06	119	7.58
Total	161	10.25	1409	89.75	1570	100.00	526	33.5	1044	66.5	1570	100.00	801	51.02	769	48.98	1570	100.00

Ward no.	No		Yes		Total	
	n	%	n	%	n	%
1	349	94.32	21	5.68	370	6.57
2	421	96.12	17	3.88	438	7.78
3	405	96.20	16	3.80	421	7.48
4	787	96.33	30	3.67	817	14.51
5	391	97.75	9	2.25	400	7.11
6	394	97.04	12	2.96	406	7.21
7	349	95.36	17	4.64	366	6.50
8	582	96.84	19	3.16	601	10.68
9	467	97.09	14	2.91	481	8.55
10	282	96.25	11	3.75	293	5.21
11	605	96.18	24	3.82	629	11.17
12	382	93.86	25	6.14	407	7.23
Total	5414	96.18	215	3.82	5629	100.00

Place for ANC Check-Up

Ward	Gov. hospital/clinic		Dhulikhel Hospital		Private medical sector		Not Applicable		Total	
	n	%	n	%	n	%	n	%	n	%
1	15	71.43	1	4.76	6	28.57	0	0.00	21	9.77
2	3	17.65	4	23.53	12	70.59	0	0.00	17	7.91
3	1	6.25	12	75.00	3	18.75	0	0.00	16	7.44
4	2	6.67	22	73.33	5	16.67	1	3.33	30	13.95
5	1	11.11	7	77.78	1	11.11	0	0.00	9	4.19
6	0	0.00	11	91.67	1	8.33	0	0.00	12	5.58
7	0	0.00	17	100.00	0	0.00	0	0.00	17	7.91
8	2	10.53	15	78.95	2	10.53	1	5.26	19	8.84
9	2	14.29	11	78.57	4	28.57	0	0.00	14	6.51
10	4	36.36	5	45.45	2	18.18	0	0.00	11	5.12
11	5	20.83	14	58.33	6	25.00	1	4.17	24	11.16
12	18	72.00	5	20.00	7	28.00	0	0.00	25	11.63
Total	53	24.65	124	57.67	49	22.79	3	1.40	215	100.00

Received ANC Check-Up services

ward	4 months								6 months							
	No		Yes		NA		Total		No		Yes		NA		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	3	14.29	18	85.71	0	0.00	21	9.77	4	19.05	14	66.67	3	14.29	21	9.77
2	1	5.88	16	94.12	0	0.00	17	7.91	3	17.65	10	58.82	4	23.53	17	7.91
3	1	6.25	15	93.75	0	0.00	16	7.44	2	12.50	9	56.25	5	31.25	16	7.44
4	0	0.00	26	86.67	4	13.33	30	13.95	0	0.00	25	83.33	5	16.67	30	13.95
5	0	0.00	9	100.00	0	0.00	9	4.19	1	11.11	8	88.89	0	0.00	9	4.19
6	0	0.00	12	100.00	0	0.00	12	5.58	2	16.67	8	66.67	2	16.67	12	5.58
7	1	5.88	15	88.24	1	5.88	17	7.91	4	23.53	10	58.82	3	17.65	17	7.91
8	1	5.26	17	89.47	1	5.26	19	8.84	1	5.26	13	68.42	5	26.32	19	8.84
9	0	0.00	12	85.71	2	14.29	14	6.51	0	0.00	12	85.71	2	14.29	14	6.51
10	3	27.27	8	72.73	0	0.00	11	5.12	3	27.27	6	54.55	2	18.18	11	5.12
11	1	4.17	16	66.67	7	29.17	24	11.16	2	8.33	13	54.17	9	37.50	24	11.16
12	0	0.00	18	72.00	7	28.00	25	11.63	0	0.00	12	48.00	13	52.00	25	11.63
Total	11	5.12	182	84.65	22	10.23	215	100.00	22	10.23	140	65.12	53	24.65	215	100.00

Ward	8 months								9 months							
	No		Yes		NA		Total		No		Yes		NA		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	5	23.81	9	42.86	7	33.33	21	9.77	7	33.33	6	28.57	8	38.10	21	9.77
2	4	23.53	4	23.53	9	52.94	17	7.91	4	23.53	3	17.65	10	58.82	17	7.91
3	1	6.25	4	25.00	11	68.75	16	7.44	1	6.25	2	12.50	13	81.25	16	7.44

4	2	6.67	15	50.00	13	43.33	30	13.95	1	3.33	10	33.33	19	63.33	30	13.95
5	1	11.11	6	66.67	2	22.22	9	4.19	4	44.44	3	33.33	2	22.22	9	4.19
6	3	25.00	3	25.00	6	50.00	12	5.58	3	25.00	2	16.67	7	58.33	12	5.58
7	4	23.53	5	29.41	8	47.06	17	7.91	4	23.53	5	29.41	8	47.06	17	7.91
8	0	0.00	9	47.37	10	52.63	19	8.84	0	0.00	6	31.58	13	68.42	19	8.84
9	1	7.14	9	64.29	4	28.57	14	6.51	1	7.14	9	64.29	4	28.57	14	6.51
10	4	36.36	5	45.45	2	18.18	11	5.12	5	45.45	3	27.27	3	27.27	11	5.12
11	2	8.33	9	37.50	13	54.17	24	11.16	2	8.33	5	20.83	17	70.83	24	11.16
12	1	4.00	5	20.00	19	76.00	25	11.63	2	8.00	4	16.00	19	76.00	25	11.63
Total	28	13.02	83	38.60	104	48.37	215	100.00	34	15.81	58	26.98	123	57.21	215	100.00

Charge for ANC Check-Up services

Ward no.	Not applicable		No		Yes		Total	
	n	%	n	%	n	%	n	%
1	1	4.76	10	47.62	10	47.62	21	9.77
2	0	0.00	8	47.06	9	52.94	17	7.91
3	0	0.00	11	68.75	5	31.25	16	7.44
4	3	10.00	10	33.33	17	56.67	30	13.95
5	3	33.33	2	22.22	4	44.44	9	4.19
6	0	0.00	11	91.67	1	8.33	12	5.58
7	1	5.88	15	88.24	1	5.88	17	7.91

8	2	10.53	4	21.05	13	68.42	19	8.84
9	0	0.00	3	21.43	11	78.57	14	6.51
10	0	0.00	9	81.82	2	18.18	11	5.12
11	2	8.33	16	66.67	6	25.00	24	11.16
12	0	0.00	19	76.00	6	24.00	25	11.63
Total	12	5.58	118	54.88	85	39.53	215	100.00

Smoking-currently (Pregnant woman)

Ward	No		Yes		Total	
	n	%	n	%	n	%
1	20	95.24	1	4.76	21	9.77
2	17	100.00	0	0.00	17	7.91
3	16	100.00	0	0.00	16	7.44
4	30	100.00	0	0.00	30	13.95
5	9	100.00	0	0.00	9	4.19
6	12	100.00	0	0.00	12	5.58
7	17	100.00	0	0.00	17	7.91
8	19	100.00	0	0.00	19	8.84
9	14	100.00	0	0.00	14	6.51
10	11	100.00	0	0.00	11	5.12
11	23	95.83	1	4.17	24	11.16
12	24	96.00	1	4.00	25	11.63
Total	212	98.60	3	1.40	215	100.00

Drinking-currently (Pregnant Woman)

Ward	No		Yes		Total	
	n	%	n	%	n	%
1	20	95.24	1	4.76	21	9.77
2	16	94.12	1	5.88	17	7.91
3	16	100.00	0	0.00	16	7.44
4	30	100.00	0	0.00	30	13.95
5	9	100.00	0	0.00	9	4.19
6	12	100.00	0	0.00	12	5.58
7	17	100.00	0	0.00	17	7.91

8	19	100.00	0	0.00	19	8.84
9	14	100.00	0	0.00	14	6.51
10	11	100.00	0	0.00	11	5.12
11	23	95.83	1	4.17	24	11.16
12	24	96.00	1	4.00	25	11.63
Total	211	98.14	4	1.86	215	100.00

Presence of medical conditions

Ward no.	UV Prolapse disease		STDs		Cervical cancer		Breast cancer		Urine infection		Problem related to uterus		Urine Incontinence		Others		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	5	1.35	2	0.54	1	0.3	0	0.00	0	0.00	18	4.86	0	0.00	5	1.35	370	6.57
2	9	2.05	4	0.91	1	0.2	0	0.00	0	0.00	39	8.90	1	0.23	1	0.23	438	7.78
3	9	2.14	1	0.24	2	0.5	0	0.00	0	0.00	19	4.51	7	1.66	0	0.00	421	7.48
4	7	0.86	1	0.12	0	0.0	1	0.12	0	0.00	75	9.18	1	0.12	0	0.00	817	14.51
5	6	1.50	2	0.50	0	0.0	0	0.00	0	0.00	22	5.50	0	0.00	1	0.25	400	7.11
6	2	0.49	1	0.25	0	0.0	0	0.00	0	0.00	7	1.72	3	0.74	0	0.00	406	7.21
7	2	0.55	2	0.55	0	0.0	1	0.27	0	0.00	28	7.65	3	0.82	0	0.00	366	6.50
8	6	1.00	3	0.50	1	0.2	0	0.00	0	0.00	48	7.99	5	0.83	3	0.50	601	10.68
9	6	1.25	0	0.00	0	0.0	0	0.00	0	0.00	17	3.53	0	0.00	2	0.42	481	8.55
10	2	0.68	0	0.00	0	0.0	1	0.34	0	0.00	19	6.48	0	0.00	0	0.00	293	5.21
11	4	0.64	0	0.00	1	0.2	0	0.00	0	0.00	29	4.61	6	0.95	13	2.07	629	11.17
12	2	0.49	9	2.21	0	0.0	0	0.00	0	0.00	15	3.69	5	1.23	4	0.98	407	7.23
Total	60	1.07	25	0.44	6	0.1	3	0.05	0	0.00	336	5.97	31	0.55	29	0.52	5629	100.00

Current use of any types of Family Planning (FP) method

Ward no.	No		Yes		Total	
	n	%	n	%	n	%
1	172	46.49	198	53.51	370	6.57
2	146	33.33	292	66.67	438	7.78
3	104	24.70	317	75.30	421	7.48
4	298	36.47	519	63.53	817	14.51
5	203	50.75	197	49.25	400	7.11
6	196	48.28	210	51.72	406	7.21
7	130	35.52	236	64.48	366	6.50
8	183	30.45	418	69.55	601	10.68
9	159	33.06	322	66.94	481	8.55
10	102	34.81	191	65.19	293	5.21
11	268	42.61	361	57.39	629	11.17
12	179	43.98	228	56.02	407	7.23
Total	2140	38.02	3489	61.98	5629	100.00

Methods of FP

Ward	Condom		Depo		IUCD		Implant		Minilap		Natural FD methods		Pills		Vasectomy		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	3	1.52	90	45.45	2	1.01	60	30.30	7	3.54	14	7.07	11	5.56	11	5.56	198	5.67
2	16	5.48	41	14.04	4	1.37	79	27.05	48	16.44	48	16.44	11	3.77	45	15.41	292	8.37
3	60	18.93	73	23.03	3	0.95	78	24.61	18	5.68	44	13.88	17	5.36	24	7.57	317	9.09
4	23	4.43	107	20.62	12	2.31	60	11.56	53	10.21	188	36.22	12	2.31	64	12.33	519	14.88
5	44	22.34	47	23.86	4	2.03	61	30.96	12	6.09	7	3.55	13	6.60	9	4.57	197	5.65
6	8	3.81	33	15.71	4	1.90	54	25.71	24	11.43	46	21.90	18	8.57	23	10.95	210	6.02
7	32	13.56	44	18.64	8	3.39	36	15.25	20	8.47	61	25.85	17	7.20	18	7.63	236	6.76
8	10	2.39	128	30.62	11	2.63	72	17.22	53	12.68	75	17.94	24	5.74	45	10.77	418	11.98
9	73	22.67	64	19.88	6	1.86	63	19.57	46	14.29	6	1.86	26	8.07	38	11.80	322	9.23
10	10	5.24	67	35.08	1	0.52	36	18.85	21	10.99	13	6.81	13	6.81	30	15.71	191	5.47
11	9	2.49	86	23.82	18	4.99	133	36.84	60	16.62	12	3.32	12	3.32	31	8.59	361	10.35
12	6	2.63	47	20.61	11	4.82	100	43.86	18	7.89	18	7.89	8	3.51	20	8.77	228	6.53
Total	294	8.43	827	23.70	84	2.41	832	23.85	380	10.89	532	15.25	182	5.22	358	10.26	3489	10.0

Place for FP services

Ward	Dhulikhel Hospital		Gov. hospital/clinic		NGO/INGO		Private medical sector		Not Applicable		Total	
	N	%	n	%	n	%	n	%	n	%	n	%
1	0	0.00	140	70.71	18	9.09	25	12.63	15	7.58	198	5.73
2	16	5.52	164	56.55	5	1.72	59	20.34	46	15.86	290	8.40
3	97	30.60	157	49.53	0	0.00	30	9.46	33	10.41	317	9.18
4	49	9.55	127	24.76	90	17.54	72	14.04	175	34.11	513	14.85
5	8	4.06	136	69.04	13	6.60	31	15.74	9	4.57	197	5.70
6	81	38.57	63	30.00	10	4.76	10	4.76	46	21.90	210	6.08
7	63	26.69	61	25.85	0	0.00	51	21.61	61	25.85	236	6.83
8	38	9.13	169	40.63	48	11.54	87	20.91	74	17.79	416	12.04
9	52	16.40	183	57.73	32	10.09	45	14.20	5	1.58	317	9.18
10	17	8.99	126	66.67	19	10.05	17	8.99	10	5.29	189	5.47
11	30	8.38	233	65.08	30	8.38	53	14.80	12	3.35	358	10.36
12	8	3.76	173	81.22	11	5.16	18	8.45	3	1.41	213	6.17
Total	459	13.29	1732	50.14	276	7.99	498	14.42	489	14.16	3454	100.00

Reasons for not using FP method

Ward no.	Want more children		Do not know where to get the service		Husband not allows		Husband away from home		Pregnant		Recent delivery		Not interested		Menopause		Not needed		Widow		Divorce		Newly married		Planning to do		Health problems		Total	
	n	%	N	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	30	17.44	0	0.00	6	3.49	62	36.05	18	10.47	1	0.58	0	0.00	8	4.65	11	6.40	11	6.40	0	0.00	0	0.00	0	0.00	25	14.53	17	8.04
2	24	16.44	1	0.68	3	2.05	30	20.55	20	13.70	1	0.68	1	7.53	6	4.11	1	0.68	10	6.85	0	0.00	0	0.00	2	1.37	37	25.34	14	6.82
3	25	24.04	0	0.00	6	5.77	31	29.81	17	16.35	0	0.00	2	1.92	9	8.65	3	2.88	1	0.96	0	0.00	0	0.00	0	0.00	10	9.62	10	4.86
4	45	15.10	0	0.00	3	1.01	10	34.23	29	9.73	7	2.35	0	0.00	1	4.74	10	3.36	14	4.70	1	0.34	1	0.34	0	0.00	72	24.16	29	13.93
5	14	6.90	0	0.00	1	6.90	28	13.79	7	3.45	0	0.00	0	0.00	0	0.00	93	45.81	3	1.48	0	0.00	1	0.49	0	0.00	43	21.18	20	9.49
6	69	35.20	0	0.00	1	6.63	36	18.37	12	6.12	2	1.02	0	0.00	1	9.18	12	6.12	11	5.61	0	0.00	1	0.51	0	0.00	22	11.22	19	9.16
7	32	24.62	1	0.77	8	6.15	31	23.85	13	10.00	0	0.00	0	0.00	1	10.30	0	0.00	4	3.08	3	2.31	0	0.00	0	0.00	25	19.23	13	6.07
8	24	13.11	0	0.00	9	4.92	49	26.78	19	10.38	5	2.73	1	0.55	9	4.92	1	0.55	20	10.93	0	0.00	0	0.00	0	0.00	46	25.14	18	8.55
9	16	10.06	1	0.63	9	5.66	51	32.08	16	10.06	1	0.63	2	18.24	3	1.89	1	0.63	15	9.43	0	0.00	1	0.63	1	0.63	15	9.43	15	7.43
10	9	8.82	0	0.00	3	2.94	38	37.25	9	8.82	1	0.98	0	0.00	3	2.94	3	2.94	4	3.92	1	0.98	0	0.00	0	0.00	31	30.39	10	4.77
11	59	22.01	3	1.12	1	3.73	62	23.13	19	7.09	7	2.61	1	0.37	1	4.85	48	17.91	15	5.60	0	0.00	1	0.37	0	0.00	30	11.19	26	12.52
12	15	8.38	5	2.79	3	1.68	45	25.14	24	13.41	1	0.56	0	0.00	3	1.68	14	7.82	11	6.15	0	0.00	3	1.68	0	0.00	55	30.73	17	8.36
Total	362	16.92	11	0.51	87	4.07	565	26.40	203	9.43	26	1.21	44	2.06	99	4.63	197	9.21	119	5.56	5	0.23	8	0.37	3	0.14	411	19.21	214	10.00

Age of children

Ward no.	<2 years	≥ 2 years ->5 years	Total
1	1	1	2
2	0	0	0
3	137	201	338
4	0	1	1
5	0	0	0
6	0	0	0
7	0	0	0
8	99	173	272
9	111	144	255
10	38	86	124
11	153	203	356
12	108	132	240
Total	647	941	1588

Having immunization card of the children

ward	No	Yes	Total
s1	0	1	1
2	0	0	0
3	23	114	137
4	0	0	0
5	0	0	0
6	0	0	0
7	0	0	0
8	29	70	99
9	20	91	111
10	9	29	38
11	25	128	153
12	28	80	108
Total	134	513	647

Immunization status

Ward no.	Completed	Not completed	Total
1	1	0	1
2	0	0	0
3	39	98	137
4	0	0	0
5	0	0	0
6	0	0	0
7	0	0	0
8	34	65	99
9	42	69	111
10	10	28	38
11	49	104	153
12	33	75	108
Total	208	439	647

Received a vitamin A dose in the last six months (Falgun /Kartik)

Ward no.	Not Applicable	No	Yes	Total
1	0	0	2	2
2	0	0	0	0
3	20	26	292	338
4	1	0	0	1
5	0	0	0	0
6	0	0	0	0
7	0	0	0	0
8	14	10	248	272
9	9	25	221	255
10	3	12	109	124
11	18	32	306	356
12	12	23	205	240
Total	77	128	1383	1588

Albendazole received in the last six months

Ward no.	Not Applicable	No	Yes	Total
1	0	0	2	2
2	0	0	0	0
3	28	37	273	338
4	0	0	1	1
5	0	0	0	0
6	0	0	0	0
7	0	0	0	0
8	22	23	227	272
9	16	33	206	255
10	7	17	100	124
11	31	47	278	356
12	19	40	181	240
Total	123	197	1268	1588

Having a nutrition card

Ward no.	No	Yes	Total
1	1	0	1
2	0	0	0
3	77	60	137
4	0	0	0
5	0	0	0
6	0	0	0
7	0	0	0
8	72	27	99
9	68	43	111
10	29	9	38
11	92	61	153
12	72	36	108
Total	411	236	647

Nutrition card updated

Ward no.	No	Yes	Total
1	0	0	0
2	0	0	0
3	27	33	60
4	0	0	0
5	0	0	0
6	0	0	0
7	0	0	0
8	8	19	27
9	14	29	43
10	4	5	9
11	24	37	61
12	9	27	36
Total	86	150	236

Questionnaire

S.N.	Questions	Option
1.	Record the Geographic Co-ordinates	
2.	Date of Interview
3.	Household number
4.	Name of head of the family
5.	Is there any family member in the house?	a) Yes (If Yes, go to que no. 6) b) No
5.1	If no, how often do they visit?	a) Visit occasionally (festivals/ religious function) b) Once in a month c) 2-3 times a year d) Never
6.	Full Name of the respondent (As per citizenship card)	
7.	Contact number of respondents	
A.	Socio demographic Information	
A.1	Province
A.2	Name of District
A.3	Name of Municipality/Rural municipality
A.4	Ward number
A.5	Tole name/ Street name
A.6	ID of respondent
A.7	Religion	a) Hindu b) Buddhist c) Christian d) Muslim e) Others If other, specify.....
A.8	Ethnicity	a) Brahmin b) Chhetri c) Newar d) Tamang e) Dalit f) Others If other, specify.....
A.9	Family type	a) Nuclear b) Joint
A.10	Family member Number
A.11	Is this your family's only residence?	a) Yes (If yes, go to section B) b) No
A.11.1	If no, specify the other residence

B.	Household Details	
B.1	Name of family member
B.2	Age
B.3	Sex	<ul style="list-style-type: none"> a) Female b) Male c) Others
B.4	Relation to Household head	<ul style="list-style-type: none"> a) Self b) Father c) Mother d) Father in law e) Mother in law f) Husband g) Wife h) Brother in law i) Sister in law j) Son k) Daughter l) Grandson m) Grand daughter n) Others If other, specify.....
B.5	Marital status	<ul style="list-style-type: none"> a) Single b) Married c) Separated d) Widow e) Divorced
B.6	Main Occupation	<ul style="list-style-type: none"> a) Unemployed b) Student c) Housewife d) Labor e) Farmer f) Service g) Business h) Foreign employment i) Others If other, specify.....
B.7	Highest Educational level	<ul style="list-style-type: none"> a) None b) Informal Education (can read/write) c) Primary Education (0-5)

		d) Secondary Education (6-10) e) Higher Secondary Education (11-12) f) University Level and Higher
B.8	Type of school	a) Government b) Private c) Community d) Other If other, specify.....
B.9	Currently living status	a) Always stay in Dhulikhel b) Stay away from Dhulikhel c) Frequently moving in and out of Dhulikhel

B.10		
B.10.1	Does anyone of your family member has been to foreign country currently?	a) Yes No (If no go to section C)
B.10.2	If yes, please specify the number of person in each section	a) For study..... b) For Work..... c) Migration..... Other purpose.....

C.	Information about Land	
C.1	Does your household have land?	a) Yes b) Yes (Landlord's) c) Both of above d) No (If No go to section D)
C.2	Total land
C.2.1	Unit of land	a) Paisa b) Aana c) Ropani d) Bigha e) Katha
C.3	Land used for cultivation
C.3.1	Unit of land	a) Paisa b) Aana c) Ropani d) Bigha e) Katha

D.	Facilities	
D.1	Source of your drinking water	a) Piped water (municipal) b) Water from spring (protected) c) Water from spring (Unprotected) d) Public tap/standpipe e) Tube well or borehole

		<ul style="list-style-type: none"> f) Dug well protected well g) Unprotected well h) Rain water i) Tanker/ truck/Jar j) Surface water k) Others <p>If other, Specify.....</p>
D.2	How long does it take to get water source, get water and return back to your home? (In minutes)
D.3	What do you think about the quality of drinking water in this locality?	<ul style="list-style-type: none"> a) Very Good b) Good c) Moderate d) Bad e) Very Bad
D.4	Do you use any water purification method for drinking water?	<ul style="list-style-type: none"> a) Yes b) No (If no, go to que no. D5)
D.4.1	Methods for safe drinking water	<ul style="list-style-type: none"> a) Boil b) Add bleach/chlorine/piyush/water guard c) Strain through a cloth d) Use water filter (ceramic/biosand/colloidal filter) e) Let it stand and settle f) SODIS g) Don't know h) Others <p>If other please specify.....</p>
D.5	What is the main type of energy source for cooking?	<ul style="list-style-type: none"> a) No energy sources b) LPG c) Natural gas d) Biogas e) Kerosene f) Coal/lignite g) Charcoal h) Wood i) Straw/shrubs/grass j) Agricultural crop k) Animal dung l) No food cooked in household m) Others <p>If other, Specify.....</p>
D.6	What kind of toilet facility do members of your household usually use?	<ul style="list-style-type: none"> a) Flush to piped sewer system b) Flush to septic tank c) Flush to pit (latrine) d) Flush to somewhere else e) Flush to unknown place/not sure

		f) Pit latrine with slab g) Pit latrine without slab/open pit h) No facilities or bush or field i) Other If other, Specify.....
D.7	Do you share this toilet facility with another household?	a) Yes b) No
D.8	How is your household disposing of the solid waste?	a) Dispose in municipal waste b) Throw in the court or backyard c) Burn d) Throw into a pit e) Burry f) Throw in the field g) Others If other, please specify.....

E.	Main material of the house	
E.1	What is the main material of roof of your house?	a) Galvanized iron, or concrete/cement b) Tiles/slate c) Straw/thatch, wood/planks, earth/mud d) Others If other, Specify.....
E.2	Main material used for exterior wall	a) Furnished wall (cement/stone/bricks/cement blocks/wood planks/shingles) b) Rudimentary walls (bamboo/stone/plywood/cardboard/refused wood) c) Natural walls(cane/palm/trunks/mud/stone/soil) d) Others If other, Specify.....
E.3	Main material of floor of house	a) Finished floor (parquet/vinyl/tiles/cement/carpet) b) Rudimentary floor (wood/palm/bamboo) c) Natural floor (earth/sand/dung/stone/soil) d) Others If other, Specify.....

F.	Assets	
F.1	Does your household have following assets?	a) Refrigerator b) Electricity c) Radio d) Television e) Non-mobile telephone f) Mobile telephone

		g) Bicycle/rickshaw h) Motorcycle/scooter i) Car j) Truck/bus/ k) Others If other Specify.....
F.2	Does this household own any livestock, herds, other farm animals or poultry?	a) Yes b) No (If no, go to section G)
F.2.1	Types of livestock	a) Buffalo b) Cow or bull c) Horse/donkey/mules d) Goats e) Sheep f) Chicken g) Ducks h) Pigs i) Others If other, specify.....

G	Income/Insurance/Health facilities	
G.1	What is the monthly income of your family?
G.2	What is the average saving of your family per month?
G.3	Does your family member have a bank account or enrolled in any cooperative or other savings account?	a) Yes b) No
G.4	Do you currently enroll in any insurance scheme?	a) Yes b) No (If no, go to que no. G.7) c) Don't know
G.5	If yes, does anyone of your family member enroll in following health insurance program?	a) National health insurance b) Private health insurance c) Organizational/Institutional health insurance d) Community health insurance
G.6	In a year, how much do you have to pay extra amount other than insurance?
G.7	If not enrolled, please specify the reason.	a) Not heard about insurance b) Not interested c) Cannot afford d) Don't know about the insurance enroll process
G.8	Average monthly health expenditure of family.

H.	Health seeking behavior	
H.1	Which is the nearest health care facilities?	a) Govt. Hospital / Clinic b) PHC center

		<ul style="list-style-type: none"> c) Health post / Sub health post d) PHC outreach clinic e) Non-Government Organization f) Private medical sector g) Dhulikhel Hospital
H.2	How long does it take to reach that nearest health care facilities?
H.3	Unit of time	<ul style="list-style-type: none"> a) Minutes b) Hours
H.4	Mode of transportation	<ul style="list-style-type: none"> a) Walking b) Motorbike c) Local bus d) Private vehicle e) Others <p>If other, specify.....</p>
H.5	Which health facilities do you prefer for your health care?	<ul style="list-style-type: none"> a) Govt. Hospital / Clinic b) PHC center c) Health post / Sub health post d) PHC outreach clinic e) Non-Government Organization f) Private medical sector g) Dhulikhel Hospital
H.6	How long does it take to reach that health care facilities?
H.7	Unit of time	<ul style="list-style-type: none"> a) Minutes b) Hours
H.8	Mode of transportation	<ul style="list-style-type: none"> a) Walking b) Motorbike c) Local bus d) Private vehicle e) Others <p>If other, specify.....</p>
H.9	Are you satisfied with the services provided by the health facility/ORC that you usually use?	<ul style="list-style-type: none"> a) Very satisfied b) Satisfied c) Fair d) Unsatisfied e) Very unsatisfied
H.10	In your opinion, what can be done to improve health service in the health facility?	<ul style="list-style-type: none"> a) Free services b) More medication c) More services d) More counseling e) Good behaviors of health workers f) Adding ambulance services g) Female staff h) Others (specify: _____)

I.	Internet Use	
I.1	Do you or any of your family members use internet?	a) Yes b) No (If no, go to section J)
I.2	How many of your family members use it?
I.3	What is the main source of internet?	a) Dedicated line b) Phone

J.	Food security	
J.1	In the past 12 months, how frequently did you worry that your household would not have enough food?	a) Never b) Rarely c) Sometimes d) Often
J.2	In the past 12 months, how often did you or any household member have to eat a limited variety of foods due to a lack of resources?	a) Never b) Rarely c) Sometimes d) Often
J.3	In the past 12 months, how often did you or any household member have to eat a smaller meal than you felt you needed because there was not enough food?	a) Never b) Rarely c) Sometimes d) Often
J.4	In the past 12 months, how often did you or any household member go a whole day and night without eating anything because there was not enough food?	a) Never b) Rarely c) Sometimes d) Often

K.	Diet	
K.1	In a typical week, on how many days do you eat fruit?
K.2	How many servings of fruit do you eat on one of those days?
K.3	In a typical week, on how many days do you eat vegetables?
K.4	How many of servings vegetables do you eat on one of those days?

L.	Disability Information	
L.1	Is there any member of your family who is currently disable?	a) Yes b) No (If No, go to section M)
L.2	If yes, how many of them are disable?
L.2	Please provide details about the family member who have disability?	
	Name of person
	Physical disability	a) Yes b) No

	Duration of Physical disability
	Duration of disability unit	a) Week b) Month c) Year
	Blindness / low vision	a) Yes b) No
	Duration of Blindness / low vision
	Duration of disability unit	a) Week b) Month c) Year
	Deaf/Hard of hearing	a) Yes b) No
	Duration of Deaf/Hard of hearing
	Duration of disability unit	a) Week b) Month c) Year
	Speech problem	a) Yes b) No
	Duration of Speech problem
	Duration of disability unit	a) Week b) Month c) Year
	Mental disability	a) Yes b) No
	Duration of Mental disability
	Duration of disability unit	a) Week b) Month c) Year
	Intellectual disability (mental retardation)	a) Yes b) No
	Duration of Intellectual disability (mental retardation)
	Duration of disability unit	a) Week b) Month c) Year
	Deaf-blind	a) Yes b) No
	Duration of Deaf-blind
	Duration of disability unit	a) Week b) Month c) Year
	Other	a) Yes b) No
	If yes, specify
	Duration of disability
	Duration of disability unit	a) Week b) Month

		c) Year
L.3	Has the person receive any treatment for disability?	a) Yes b) No (If no, go to section M)
L.4	From where the person receive the treatment for for disability?	a) Informal provider b) Practitioners with no formal medical training c) Government hospital/health centers d) Private hospital/clinic e) Self-medication f) Rehabilitation center g) Others If other, specify.....

M.	Chronic Illness	
	Is there anyone with Chronic illness in your family?	a) Yes b) No (If No, go to section N)
	If yes, how many of them have chronic illness?
	Please provide detail information	
	Name of person
	Diabetes	a) Yes b) No
	Age at diagnosis of Diabetes
	First diagnosed of Diabetes at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Hypertension	a) Yes b) No
	Age at diagnosis of Hypertension
	First diagnosed of Hypertension at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Cholesterol	a) Yes b) No
	Age at diagnosis of Cholesterol
	First diagnosed of Cholesterol at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Chronic lower abdominal / back pain	a) Yes b) No
	Age at diagnosis of Chronic lower abdominal / back pain

	First diagnosed of Chronic lower abdominal / back pain at	
	Thyroid Problem	a) Yes b) No
	Age at diagnosis of Thyroid Problem
	First diagnosed of Thyroid Problem at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Rheumatic heart disease	a) Yes b) No
	Age at diagnosis of Rheumatic heart disease
	First diagnosed of Rheumatic heart disease at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	TB	a) Yes b) No
	Age at diagnosis of TB
	First diagnosed of TB at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Emphysema/bronchitis	a) Yes b) No
	Age at diagnosis of Emphysema/bronchitis
	First diagnosed of Emphysema/bronchitis at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Asthma	a) Yes b) No
	Age at diagnosis of Asthma
	First diagnosed of Asthma at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Cirrhosis/chronic hepatitis	a) Yes b) No
	Age at diagnosis of Cirrhosis/chronic hepatitis
	First diagnosed of Cirrhosis/chronic hepatitis at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Gastritis / Peptic Ulcer	a) Yes b) No

	Age at diagnosis of Gastritis / Peptic Ulcer
	First diagnosed of Gastritis / Peptic Ulcer at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Gallstone/gallbladder dis.	a) Yes b) No
	Age at diagnosis of Gallstone/gallbladder dis.
	First diagnosed of Gallstone/gallbladder dis. at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Kidney disease	a) Yes b) No
	Age at diagnosis of Kidney disease
	First diagnosed of Kidney disease at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Rheumatoid arthritis	a) Yes b) No
	Age at diagnosis of Rheumatoid arthritis
	First diagnosed of Rheumatoid arthritis at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Psychiatric disorders	a) Yes b) No
	Age at diagnosis of Psychiatric disorders
	First diagnosed of Psychiatric disorders at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Uterine prolapse	a) Yes b) No
	Age at diagnosis of Uterine prolapse
	First diagnosed of Uterine prolapse at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Urine Incontinence	a) Yes b) No
	Age at diagnosis of Urine Incontinence
	First diagnosed of Urine Incontinence at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic

		d) Dhulikhel Hospital
	Cancer	a) Yes b) No
	Age at diagnosis of Cancer
	First diagnosed of Cancer at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Sexually Transmitted Infections	a) Yes b) No
	Age at diagnosis of Sexually Transmitted Infections
	First diagnosed of Sexually Transmitted Infections at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Other disease	a) Yes b) No
	If other disease, please specify
	Age at diagnosis of other disease
	First diagnosed of other disease at	a) Informal Provider b) Government hospital/health centers c) Private hospital/clinic d) Dhulikhel Hospital
	Treatment received	a) Yes b) No (If No, go to section N)
	Care Provider	a) Informal provider b) Practitioners with no formal medical training c) Government hospital/health centers d) Private hospital/clinic e) Self-medication f) Rehabilitation center g) Dhulikhel Hospital h) Others If other specify.....

N.	Morbidity Information	
N.1	In last three months, does any of your family member was sick?	a) Yes b) No (If No, go to section O)
N.2	If yes, how many of them were sick?
N.3	Name of person
N.4	Relation with household head	a) Self b) Father c) Mother d) Father in law

		e) Mother in law f) Husband g) Wife h) Brother in law i) Sister in law j) Son k) Daughter l) Grandson m) Grand daughter n) Others If other, specify.
N.5	Disease
N.6	Received treatment	a) Yes b) No (If No, go to section O)
N.7	Provider	a) Informal provider b) Practitioners with no formal medical training c) Government hospital/health centers d) Private hospital/clinic e) Self-medication f) Rehabilitation center g) Dhulikhel Hospital h) Others If other specify.....

O.	Oral health	
O.1	Do you clean teeth once or more than once a day?	a) Yes b) No
O.2	Have you ever reported an issue (pain, swelling, bleeding, or discomfort) with teeth/gum/mouth)?	a) Yes b) No
O.3	Did you see a dentist in last 12 month?	a) Yes b) No

P.	Accident & Injury	
P.1	In the past 12 months, has anyone from the household been in a road accident that prevented them to not carry out their normal daily activities even for a day?	a) Yes b) No (If No, go to section Q)
P.2	If yes, how many of them had an accident?
P.3	Name of the person
P.4	Was the person the driver or the pedestrian?	a) Car b) Truck c) Bus d) Motorcycle e) Bicycle

		f) Pedestrian g) Others h) Don't know If other, Specify.....
P.5	Is the person still alive?	a) Yes (If yes, go to que no. P.7) b) No
P.6	Was the death related to the accident?	a) Yes b) No
P.7	What injuries did the victim suffer?	a) Cut/open wound b) Broken Bone c) Burn d) Head injury e) Internal injury f) Suffocation g) None h) Other i) Don't know If other injuries, Specify.....
P.8	Do they continue to have health problem after the accident?	a) Yes b) No (If No, go to que no. P10) c) Don't know
P.9	What health problem do they suffer with?	a) Paralyzed b) Brain damage c) Disfigurement d) Loss of limb e) Loss of limb function f) Loss of eyesight g) Loss of hearing h) Chronic pain i) Emotional trauma j) Other k) Don't know If other, specify.....
P.10	Were there any other who suffered a fatal accident?	a) Yes b) No

Q.	Mortality	
Q.1	Has anyone passed away in your household, in there 5 years?	a) Yes b) No (If No, go to section R)
Q.2	If yes, how many?
Q.3	Name of the person
Q.4	Age
Q.5	Relation with household head	o) Self

		<p>p) Father q) Mother r) Father in law s) Mother in law t) Husband u) Wife v) Brother in law w) Sister in law x) Son y) Daughter z) Grandson aa) Grand daughter bb) Others If other, specify.</p>
Q.6	What was the cause of death of the person?
Q.7	Where was the place of death of the person?

R.	Smoking	
R.1	Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes?	a) Yes b) No (If No, go to que no. R.2)
R.1.1	How often?	a) Daily b) Less than daily
R.1.2	How many per day?
R.1.3	How many sticks per week?
R.1.4	How old were you when you first started smoking daily?
R.2	Have you ever smoked tobacco?	a) Yes b) No
R.2.1	How often?	a) Daily b) Less than daily
R.2.2	How many sticks per day?
R.2.3	How many per week?
R.3	Approximately how many years did you smoke?
R.4	Unit of time	a) Years b) Months c) Weeks
R.5	Have you ever used khaini, surti, jarda, paan?	a) Yes b) No (If No, go to que no. R.6)
R.5.1	How many days do you use in a typical week?
R.5.2	How many packets do you use in a day?
R.6	Is anyone of your family member smokes or chew tobacco?	a) Yes b) No c) Don't Know d) Not response
R.6.1	If yes, how many?

S.	Alcohol	
S.1	Have you ever consumed an alcoholic drink such as beer, wine, chhyang, raksi, fermented cider?	a) Yes b) No (If No, go to section T)
S.2	Have you consumed an alcoholic drink within the past 12 months?	a) Yes b) No (If No, go to que no. S.4)
S.3	During the past 12 months, how frequently have you had at least one alcoholic drink?	a) Daily b) 5-6 days per week c) 1-4 days per week d) 1-3 days per month e) Less than once a month
S.4	Have you consumed an alcoholic drink within the past 30 days?	a) Yes b) No (If No, go to section T)
S.5	During the past 30 days, on how many occasions did you have at least one alcoholic drink?
S.6	During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one drinking occasion?
S.7	During the past 30 days, what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together?

T.	Reproductive Health	
T.1	Is there anyone pregnant in your family?	a) Yes, available in house b) Yes, but not available in house (If No, go to section U) c) No (If No, go to section U)
T.1.1	If yes, then how many?
T.2	How old were you when you had your first menstrual period?
T.3	How old were you when you got married?
T.4	Have you ever given birth?	a) Yes b) No (If No, go to que no. T.11)
T.5	How old were you when you gave birth to your first child?
T.6	Pregnancy status	
	Number of live births
	Number of still births
	Number of abortions
T.7	How did you give birth to your last children?	a) Normal vaginal delivery b) Vaginal delivery with episiotomy c) Caesarean section
T.8	Where did you give birth to your last children?	a) Home (Go to que no. T.9)

		<ul style="list-style-type: none"> b) Govt. Hospital / Clinic c) PHC center d) Health post / Sub health post e) PHC outreach clinic f) Non. Govt. (NGO) e.g. FPAN, MARIE STOPES etc. g) Private medical sector (Pvt. Hospital / Nursing home, Private clinic) h) Dhulikhel Hospital i) Others <p>If other specify.....</p>
T.9	Why didn't you deliver in a health facility?	<ul style="list-style-type: none"> a) Cost too much b) Facility not open c) Too far/No Transportation d) Don't trust facility/poor quality service e) No female provider at facility f) Husband/ Family did not allow g) Not necessary h) Not customary i) Child born before reaching facility j) Other <p>If other, please specify.....</p>
T.10	Now I want to talk to you about all the checkup, you might have received within the two months of delivery. Did you receive checkup in the following time period?	
	Within 24 hours?	<ul style="list-style-type: none"> a) Yes b) No
	After 24 hours but within 72 hours?	<ul style="list-style-type: none"> a) Yes b) No
	After 72 hours but within 7 days?	<ul style="list-style-type: none"> a) Yes b) No
T.11	Antenatal questionnaire	
T.11.1	Week of gestation
T.11.2	Are you receiving or planning to receive antenatal care for your current pregnancy?	<ul style="list-style-type: none"> a) Yes (If yes, go to que no. T.11.4) b) No
T.11.3	If no, specify the reason	<ul style="list-style-type: none"> a) Facility not open b) Too far/No Transportation c) Don't trust facility/poor quality service d) No female provider at facility e) Husband/ Family did not allow f) Not necessary g) Not customary

		<ul style="list-style-type: none"> h) Not applicable i) Other
T.11.4	Where did you receive antenatal care for your pregnancy? (last checkup)	<ul style="list-style-type: none"> a) Home b) Gov. hospital/clinic c) PHC center d) Health post/subhealth post e) PHC outreach clinic f) NGO g) Private medical sector h) Dhulikhel Hospital
T.11.5	Have you received antenatal checkup in the following months during this pregnancy?	
	When you were 4 months pregnant	<ul style="list-style-type: none"> a) Yes b) No
	When you were 6 months pregnant	<ul style="list-style-type: none"> a) Yes b) No
	When you were 8 months pregnant	<ul style="list-style-type: none"> a) Yes b) No
	When you were 9 months pregnant	<ul style="list-style-type: none"> a) Yes b) No
T.11.6	Did the facility charge you any amount for the antenatal service of your last child?	<ul style="list-style-type: none"> a) Yes b) No
T.12	Self-reported diseases	
T.12.1	Has a doctor EVER told you that you had the following disease?	<ul style="list-style-type: none"> a) Diabetes b) Chronic lower abdominal / back pain c) Thyroid Problem d) Hypertension e) Rheumatic heart dis. f) TB g) Emphysema/bronchitis h) Asthma i) Cirrhosis/chronic hepatitis j) Gastritis / Peptic Ulcer k) Gallstone/gallbladder dis. l) Kidney disease m) Rheumatoid arthritis n) Psychiatric disorders o) Uterine prolapse p) Urine Incontinence q) Cancer (name it) r) Sexually Transmitted Infections s) None t) Other disease <p>If other specify.....</p>

T.12.2	Have you done any health check-up and screening in past six months?	a) Cholesterol b) Blood sugar c) Breast cancer screening (Self breast examination) d) Not done screening e) Others If other specify.
T.12.3	Did you ever have a test for cervical cancer?	a) Yes b) No
T.12.4	Did you ever have a test for cervical cancer in the last 5 years?	a) Yes b) No
T.12.5	Did you receive treatment because of the test result?	a) Yes b) No
T.13	Uses of family planning	
T.13.1	Pills	a) Used in past b) Currently using c) Not use
T.13.2	Condom	a) Used in past b) Currently using c) Not use
T.13.2	I.U.D	a) Used in past b) Currently using c) Not use
T.13.3	Depo(inj)	a) Used in past b) Currently using c) Not use
T.13.4	Norplant	a) Used in past b) Currently using c) Not use
T.13.5	Natural methods	a) Used in past b) Currently using c) Not use
T.13.6	Vasectomy	a) Used in past b) Currently using c) Not use
T.13.7	Minilap	a) Used in past b) Currently using c) Not use

U.	Child Immunization Status	
U.1	Does your family have children less than 5 years?	a) Yes b) No (If No, go to section V)
U.1.1	If yes, how many?
U.2	Name of child	
U.3	Immunization status	a) Completed (go to U.5)

		b) Not completed
U.4	If not completed, specify the reason
U.5	In the last six months (Falgun /Kartik), was given a vitamin A dose like this?	a) Yes b) No
U.6	Was given any drug for intestinal worms (Albendazole) in the last six months?	a) Yes b) No
U.7	Have you got a nutrition card your baby?	a) Yes b) No
U.8	Is the nutrition card updated or have you check the nutritional status of baby?	a) Yes b) No

V.	Environment	
V.1	To what extent are you usually exposed to the air pollution from the following sources in your municipality? Please indicate in each line the level of pollution.	
V.1.1	Vehicle Emissions	a) Very low b) Low c) Moderate d) High e) Very High
V.1.2	Dust particle (construction, road)	a) Very low b) Low c) Moderate d) High e) Very High
V.1.3	Solid waste (Decay and smell)	a) Very low b) Low c) Moderate d) High e) Very High
V.1.4	Industrial production	a) Very low b) Low c) Moderate d) High e) Very High
V.1.5	Biomass (wood, coal, crop residue, cow dung)	a) Very low b) Low c) Moderate d) High e) Very High
V.1.6	Brick Kiln	a) Very low b) Low c) Moderate d) High

		e) Very High
V.1.7	Others If other specify.....	a) Very low b) Low c) Moderate d) High e) Very High
V.2	To what extent are you usually exposed to the noise pollution from the following sources in your municipality? Please indicate in each line.	
V.2.1	Road traffic	a) Very low b) Low c) Not at all d) High e) Very High
V.2.2	Air traffic	a) Very low b) Low c) Not at all d) High e) Very High
V.2.3	Construction works	a) Very low b) Low c) Not at all d) High e) Very High
V.2.4	Industry/commercial areas	a) Very low b) Low c) Not at all d) High e) Very High
V.2.5	Crowd	a) Very low b) Low c) Not at all d) High e) Very High
V.2.6	Others If other specify.....	a) Very low b) Low c) Not at all d) High e) Very High

V.3	Green areas	
	Does visiting green areas help health benefits?	a) Yes b) No
	Are there green areas (parks) near to the residence? (perceived availability)	a) Less than or equal to 1 km b) More than 1 km
	How often do you visit the green areas?	a) Often (4/5 times a week) b) Seldom (2-3 times a week) c) Rarely/never
	How long have you been using this green areas (parks)? (duration)	a) Less than 6 months b) Less than 1 year c) 1 year d) 2-3 years e) 3-4 years f) 4-5 years g) More than 5 years
	How long does it take for you to reach to the green areas (parks) that you visit? (perceived distance/accessibility)	a) Less than 5 min b) 5 to 10 min c) 11 to 15 min d) 16 to 20 min e) More than 20 min
	How much time do you spend in the green areas (parks) when you visit?	a) <10 min b) 10-20 min c) 20-30 min d) >30 min
	Is there enough public open spaces in your locality?	a) Yes b) No
	Do you think there is enough spaces/ground for recreation or sports in your locality for children?	a) Yes b) No

W.	Patient Health Questionnaire (PHQ-9)	
	Over the last two weeks, how often have you been bothered by any of the following problems?	
W.1	Little interest or pleasure in doing things?	a) Not at all b) Several days c) More than half the days d) Nearly every day
W.2	Feeling down, depressed, or hopeless?	a) Not at all b) Several days c) More than half the days d) Nearly every day
W.3	Trouble falling or staying asleep, or sleeping too much?	a) Not at all b) Several days c) More than half the days d) Nearly every day
W.4	Feeling tired or having little energy?	a) Not at all

		<ul style="list-style-type: none"> b) Several days c) More than half the days d) Nearly every day
W.5	Poor appetite or overeating?	<ul style="list-style-type: none"> a) Not at all b) Several days c) More than half the days d) Nearly every day
W.5	Feeling bad about yourself - or that you are a failure or have let yourself or your family down?	<ul style="list-style-type: none"> a) Not at all b) Several days c) More than half the days d) Nearly every day
W.6	Trouble concentrating on things, such as reading the newspaper or watching television?	<ul style="list-style-type: none"> a) Not at all b) Several days c) More than half the days d) Nearly every day
W.7	Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?	<ul style="list-style-type: none"> a) Not at all b) Several days c) More than half the days d) Nearly every day
W.8	Thoughts that you would be better off dead, or of hurting yourself in some way?	<ul style="list-style-type: none"> a) Not at all b) Several days c) More than half the days d) Nearly every day

X.	Stress	
	In the last month, how often have you been bothered by any of the following problems?	
X.1	How often have you been upset because of something that happened unexpectedly?	<ul style="list-style-type: none"> a) Never b) Almost never c) Sometimes d) Fairly often e) Very often
X.2	How often have you felt that you were unable to control the important things in your life?	<ul style="list-style-type: none"> a) Never b) Almost never c) Sometimes d) Fairly often e) Very often
X.3	How often have you felt nervous and stressed?	<ul style="list-style-type: none"> a) Never b) Almost never c) Sometimes d) Fairly often e) Very often
X.4	How often you felt confident about your ability to handle your personal problems?	<ul style="list-style-type: none"> a) Never b) Almost never

		<ul style="list-style-type: none"> c) Sometimes d) Fairly often e) Very often
X.5	How often have you felt that things were going your way?	<ul style="list-style-type: none"> a) Never b) Almost never c) Sometimes d) Fairly often e) Very often
X.6	How often have you found that you could not cope with all the things that you had to do?	<ul style="list-style-type: none"> a) Never b) Almost never c) Sometimes d) Fairly often e) Very often
X.7	How often have you been able to control irritations in your life?	<ul style="list-style-type: none"> a) Never b) Almost never c) Sometimes d) Fairly often e) Very often
X.8	How often have you felt that you were on top of things?	<ul style="list-style-type: none"> a) Never b) Almost never c) Sometimes d) Fairly often e) Very often
X.9	How often have you been angered because of things that happened that were outside of your control?	<ul style="list-style-type: none"> a) Never b) Almost never c) Sometimes d) Fairly often e) Very often
X.10	How often have you felt difficulties were piling up so high that you could not overcome them?	<ul style="list-style-type: none"> a) Never b) Almost never c) Sometimes d) Fairly often e) Very often

Y.	Fear of COVID-19 Items	
Y.1	I am most afraid of Corona	<ul style="list-style-type: none"> a) Strongly Disagree b) Disagree c) Neutral d) Agree e) Strongly Agree
Y.2	It makes me uncomfortable to think about Corona	<ul style="list-style-type: none"> a) Strongly Disagree b) Disagree c) Neutral d) Agree e) Strongly Agree

Y.3	My hands become clammy when I think about Corona	a) Strongly Disagree b) Disagree c) Neutral d) Agree e) Strongly Agree
Y.4	I am afraid of losing my life because of Corona	a) Strongly Disagree b) Disagree c) Neutral d) Agree e) Strongly Agree
Y.5	When I watch news and stories about Corona on social media, I become nervous or anxious.	a) Strongly Disagree b) Disagree c) Neutral d) Agree e) Strongly Agree
Y.6	I cannot sleep because I'm worrying about getting Corona.	a) Strongly Disagree b) Disagree c) Neutral d) Agree e) Strongly Agree
Y.7	My heart races or palpitates when I think about getting Corona.	a) Strongly Disagree b) Disagree c) Neutral d) Agree e) Strongly Agree

Z.	Physical activities	
Z.1	Vigorous-intensity	
	Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging, ploughing cycling rikshaw, or construction work for at least 10 minutes continuously?	Yes No
	In a typical week, on how many days do you do vigorous-intensity activities as part of your work? (in days)
	How much time do you spend doing vigorous-intensity activities at work on a typical day? (in Hrs: mins)
Z.2	Moderate-intensity	
	Does your work involve a moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking, carrying light loads, manual washing clothes, mopping of floor, gardening at home for at least 10 minutes continuously?	Yes No
	In a typical week, on how many days do you do moderate-intensity activities as part of your work? (in days)

	How much time do you spend doing moderate-intensity activities at work on a typical day? (in Hrs : mins)
Z.3	Travel to and from places	
	The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example, to work, for shopping, to market, to a place of worship.	
	Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?	Yes No
	In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places? (in days)
	How much time do you spend walking or bicycling for travel on a typical day? (in Hrs: mins)

	Recreational activities	
Z.4	Vigorous-intensity sports	
	The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure).	
	Do you do any vigorous-intensity sports, fitness, or recreational (leisure) activities that cause large increases in breathing or heart rate [running or Football] for at least 10 minutes continuously?	Yes No
	In a typical week, on how many days do you do vigorous-intensity sports, fitness, or recreational (leisure) activities? (in days)
	How much time do you spend doing vigorous-intensity sports, fitness, or recreational activities on a typical day?
Z.5	Moderate-intensity sports	
	Do you do any moderate-intensity sports, fitness, or recreational (leisure) activities that cause a small increase in breathing or heart rate [brisk walking, cycling, swimming, volleyball, badminton, Yoga] for at least 10 minutes continuously?	Yes No
	In a typical week, on how many days do you do moderate-intensity sports, fitness, or recreational (leisure) activities? (in days)
	How much time do you spend doing moderate-intensity sports, fitness, or recreational (leisure) activities on a typical day? (in Hrs: mins)
	Sedentary behaviour	
	The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in a car or bus, reading, playing cards, or watching television, but does not include time spent sleeping.	
Z.4	How much time do you usually spend sitting or reclining on a typical day? (in Hrs: mins)

Thank you for your participation! Do you have any suggestions?

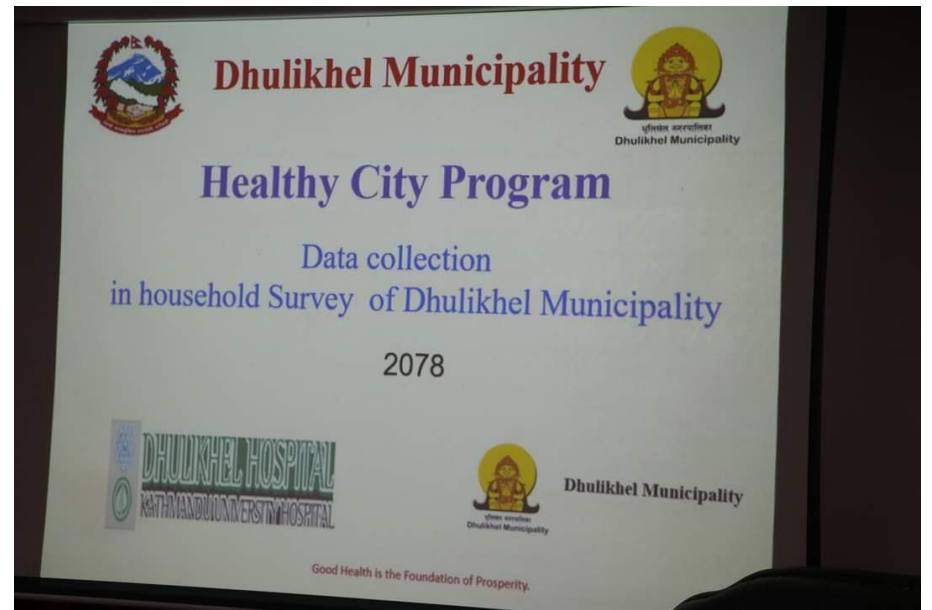
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END OF SURVEY

THANK YOU

Series of Coordination Meeting on Healthy City





Training of enumerators in Dhulikhel Municipality



Data Collection

