Hi,

you can find the complete list of variables contained in each file in the DHS recode manuals:
https://dhsprogram.com/publications/publication-dhsg4-dhs-qu estionnaires-and-manuals.cfm

-make sure that you refer to the manual corresponding to the correct DHS (i.e. if working with Nigeria 1990 you look at the Recode Manual for DHS-II, and when working with Nigeria 2018 the DHS-VII manual would be the correct one).

- Regarding the file to use, it depends on your specific research question and needs.
The PR file lists information at the household member level and it also includes anthropometrics (but I believe that it does not contain diarrhea information).

If I were you, I would start with the children recode which includes most of the information you need. If something is missing from this file you want to merge information from other files using the correct unique identifier.
Here how to merge and analyse the DHS
https://dhsprogram.com/data/Guide-to-DHS-Statistics/Analyzin g_DHS_Data.htm

- De facto household memembers are identified by the HV103 variable (in DHS-VII).

Taking some time to study all the documentation and the data structure is always worth :)

Best,
Hamid