DO ART NCD Tables (Descriptive Statistics and Regression Analysis)

17 April, 2022

# Tables 1-5: Descriptive statistics

## Table 1: Descriptive statistics of cardiovascular risk in the DO ART study, by trial arm (N = 1315)

|  | **Category** | **Clinic Arm   N (%)** | **Community Arm   N (%)** | **Hybrid Arm   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| Age | 18-39 | 320 (72%) | 314 (74%) | 322 (73%) | 956 (73%) |
| 40-59 | 117 (26%) | 106 (25%) | 115 (26%) | 338 (26%) |
| 60+ | 9 (2%) | 7 (2%) | 5 (1%) | 21 (2%) |
| Gender | Women | 216 (48%) | 208 (49%) | 225 (51%) | 649 (49%) |
| Men | 230 (52%) | 219 (51%) | 217 (49%) | 666 (51%) |

| **ii) Cardiovascular Risk** | **Category** | **Clinic Arm   N (%)** | **Community Arm   N (%)** | **Hybrid Arm   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| 10-year CVD risk score   [Endline] | <10% | 264 (59%) | 209 (49%) | 237 (54%) | 710 (54%) |
| 10% to <20% | 60 (13%) | 62 (15%) | 53 (12%) | 175 (13%) |
| 20% to <30% | 1 (0%) | 0 (0%) | 0 (0%) | 1 (0%) |
| 30% to <40% | 1 (0%) | 2 (0%) | 0 (0%) | 3 (0%) |
| Unknown | 120 (27%) | 154 (36%) | 152 (34%) | 426 (32%) |
| BMI (kg/m^2)   [Endline] | <18.5 | 14 (3%) | 17 (4%) | 13 (3%) | 44 (3%) |
| 18.5-24.9 | 212 (48%) | 188 (44%) | 181 (41%) | 581 (44%) |
| 25-29.9 | 113 (25%) | 127 (30%) | 126 (29%) | 366 (28%) |
| 30+ | 72 (16%) | 50 (12%) | 69 (16%) | 191 (15%) |
| Unknown | 35 (8%) | 45 (11%) | 53 (12%) | 133 (10%) |
| Blood pressure   [Endline] | Normal | 212 (48%) | 219 (51%) | 217 (49%) | 648 (49%) |
| Elevated | 95 (21%) | 64 (15%) | 76 (17%) | 235 (18%) |
| Hypertension Stage 1 | 93 (21%) | 101 (24%) | 95 (21%) | 289 (22%) |
| Hypertension Stage 2 | 15 (3%) | 21 (5%) | 10 (2%) | 46 (3%) |
| Unknown | 31 (7%) | 22 (5%) | 44 (10%) | 97 (7%) |
| Hemoglobin A1C (%)   [Endline] | Normal | 300 (67%) | 254 (59%) | 258 (58%) | 812 (62%) |
| Prediabetes | 24 (5%) | 18 (4%) | 26 (6%) | 68 (5%) |
| Diabetes | 3 (1%) | 2 (0%) | 6 (1%) | 11 (1%) |
| Unknown | 119 (27%) | 153 (36%) | 152 (34%) | 424 (32%) |
| Total cholesterol (mg/dL)   [Endline] | Normal | 393 (88%) | 348 (81%) | 352 (80%) | 1093 (83%) |
| Borderline High | 4 (1%) | 8 (2%) | 3 (1%) | 15 (1%) |
| High | 0 (0%) | 1 (0%) | 2 (0%) | 3 (0%) |
| Unknown | 49 (11%) | 70 (16%) | 85 (19%) | 204 (16%) |

| **iii) Change in cardiovascular risk** |  | **Clinic Arm   mean (SD)** | **Community Arm   mean (SD)** | **Hybrid Arm   mean (SD)** | **Total   mean (SD)** |
| --- | --- | --- | --- | --- | --- |
| Change in BMI, baseline to endline   [AHRI only] |  | 0.9 (3) | 0.9 (3.1) | 0.4 (3.6) | 0.7 (3.2) |
| Change in Systolic Blood pressure, baseline to endline   [AHRI only] |  | 0.8 (16.6) | 0.5 (14.8) | 3.7 (18.1) | 1.6 (16.6) |

| **iv) Lifestyle and other risk** | **Category** | **Clinic Arm   N (%)** | **Community Arm   N (%)** | **Hybrid Arm   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| Smoking Status   [Baseline] | Not at all | 342 (77%) | 319 (75%) | 350 (79%) | 1011 (77%) |
| Former | 6 (1%) | 3 (1%) | 3 (1%) | 12 (1%) |
| Current - occasional | 20 (4%) | 30 (7%) | 22 (5%) | 72 (5%) |
| Current - frequent | 78 (17%) | 75 (18%) | 67 (15%) | 220 (17%) |
| Days of exercise (per week)   [Endline] | 5-7 | 65 (15%) | 76 (18%) | 73 (17%) | 214 (16%) |
| 3-4 | 154 (35%) | 143 (33%) | 159 (36%) | 456 (35%) |
| 1-2 | 123 (28%) | 97 (23%) | 102 (23%) | 322 (24%) |
| 0 | 56 (13%) | 68 (16%) | 49 (11%) | 173 (13%) |
| Unknown | 48 (11%) | 43 (10%) | 59 (13%) | 150 (11%) |
| Vegetable intake   [Endline] | Always or usually | 75 (17%) | 104 (24%) | 75 (17%) | 254 (19%) |
| Sometimes | 198 (44%) | 195 (46%) | 192 (43%) | 585 (44%) |
| Never or rarely | 142 (32%) | 94 (22%) | 120 (27%) | 356 (27%) |
| Unknown | 31 (7%) | 34 (8%) | 55 (12%) | 120 (9%) |
| Prior stroke or heart attack   [Endline] | No | 410 (92%) | 385 (90%) | 387 (88%) | 1182 (90%) |
| Yes | 5 (1%) | 8 (2%) | 1 (0%) | 14 (1%) |
| Unknown | 31 (7%) | 34 (8%) | 54 (12%) | 119 (9%) |

## Table 2: Descriptive statistics of cardiovascular risk in the DO ART study, by age (N = 1315)

|  | **Category** | **Age 18-39   N (%)** | **Age 40-59   N (%)** | **Age 60+   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| Gender | Women | 485 (51%) | 154 (46%) | 10 (48%) | 649 (49%) |
| Men | 471 (49%) | 184 (54%) | 11 (52%) | 666 (51%) |

| **ii) Cardiovascular Risk** | **Category** | **Age 18-39   N (%)** | **Age 40-59   N (%)** | **Age 60+   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| 10-year CVD risk score   [Endline] | <10% | 534 (56%) | 166 (49%) | 10 (48%) | 710 (54%) |
| 10% to <20% | 116 (12%) | 53 (16%) | 6 (29%) | 175 (13%) |
| 20% to <30% | 0 (0%) | 1 (0%) | 0 (0%) | 1 (0%) |
| 30% to <40% | 1 (0%) | 2 (1%) | 0 (0%) | 3 (0%) |
| Unknown | 305 (32%) | 116 (34%) | 5 (24%) | 426 (32%) |
| BMI (kg/m^2)   [Endline] | <18.5 | 26 (3%) | 18 (5%) | 0 (0%) | 44 (3%) |
| 18.5-24.9 | 432 (45%) | 141 (42%) | 8 (38%) | 581 (44%) |
| 25-29.9 | 267 (28%) | 91 (27%) | 8 (38%) | 366 (28%) |
| 30+ | 131 (14%) | 56 (17%) | 4 (19%) | 191 (15%) |
| Unknown | 100 (10%) | 32 (9%) | 1 (5%) | 133 (10%) |
| Blood pressure   [Endline] | Normal | 505 (53%) | 135 (40%) | 8 (38%) | 648 (49%) |
| Elevated | 161 (17%) | 69 (20%) | 5 (24%) | 235 (18%) |
| Hypertension Stage 1 | 190 (20%) | 95 (28%) | 4 (19%) | 289 (22%) |
| Hypertension Stage 2 | 27 (3%) | 15 (4%) | 4 (19%) | 46 (3%) |
| Unknown | 73 (8%) | 24 (7%) | 0 (0%) | 97 (7%) |
| Hemoglobin A1C (%)   [Endline] | Normal | 607 (63%) | 190 (56%) | 15 (71%) | 812 (62%) |
| Prediabetes | 37 (4%) | 30 (9%) | 1 (5%) | 68 (5%) |
| Diabetes | 8 (1%) | 3 (1%) | 0 (0%) | 11 (1%) |
| Unknown | 304 (32%) | 115 (34%) | 5 (24%) | 424 (32%) |
| Total cholesterol (mg/dL)   [Endline] | Normal | 793 (83%) | 282 (83%) | 18 (86%) | 1093 (83%) |
| Borderline High | 9 (1%) | 5 (1%) | 1 (5%) | 15 (1%) |
| High | 2 (0%) | 1 (0%) | 0 (0%) | 3 (0%) |
| Unknown | 152 (16%) | 50 (15%) | 2 (10%) | 204 (16%) |

| **iii) Change in cardiovascular risk** |  | **Age 18-39   mean (SD)** | **Age 40-59   mean (SD)** | **Age 60+   mean (SD)** | **Total   mean (SD)** |
| --- | --- | --- | --- | --- | --- |
| Change in BMI, baseline to endline   [AHRI only] |  | 0.6 (2.9) | 0.9 (3.8) | 3.3 (4.5) | 0.7 (3.2) |
| Change in Systolic Blood pressure, baseline to endline   [AHRI only] |  | 1.7 (15.8) | 2.3 (18.7) | -10.7 (13.8) | 1.6 (16.6) |

| **iv) Lifestyle and other risk** | **Category** | **Age 18-39   N (%)** | **Age 40-59   N (%)** | **Age 60+   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| Smoking Status   [Baseline] | Not at all | 740 (77%) | 251 (74%) | 20 (95%) | 1011 (77%) |
| Former | 7 (1%) | 5 (1%) | 0 (0%) | 12 (1%) |
| Current - occasional | 55 (6%) | 17 (5%) | 0 (0%) | 72 (5%) |
| Current - frequent | 154 (16%) | 65 (19%) | 1 (5%) | 220 (17%) |
| Days of exercise (per week)   [Endline] | 5-7 | 150 (16%) | 58 (17%) | 6 (29%) | 214 (16%) |
| 3-4 | 354 (37%) | 95 (28%) | 7 (33%) | 456 (35%) |
| 1-2 | 231 (24%) | 85 (25%) | 6 (29%) | 322 (24%) |
| 0 | 109 (11%) | 62 (18%) | 2 (10%) | 173 (13%) |
| Unknown | 112 (12%) | 38 (11%) | 0 (0%) | 150 (11%) |
| Vegetable intake   [Endline] | Always or usually | 191 (20%) | 60 (18%) | 3 (14%) | 254 (19%) |
| Sometimes | 421 (44%) | 153 (45%) | 11 (52%) | 585 (44%) |
| Never or rarely | 251 (26%) | 98 (29%) | 7 (33%) | 356 (27%) |
| Unknown | 93 (10%) | 27 (8%) | 0 (0%) | 120 (9%) |
| Prior stroke or heart attack   [Endline] | No | 853 (89%) | 308 (91%) | 21 (100%) | 1182 (90%) |
| Yes | 11 (1%) | 3 (1%) | 0 (0%) | 14 (1%) |
| Unknown | 92 (10%) | 27 (8%) | 0 (0%) | 119 (9%) |

## Table 3: Descriptive statistics of cardiovascular risk in the DO ART study, by gender (N = 1315)

|  | **Category** | **Women   N (%)** | **Men   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- |
| Age | 18-39 | 485 (75%) | 471 (71%) | 956 (73%) |
| 40-59 | 154 (24%) | 184 (28%) | 338 (26%) |
| 60+ | 10 (2%) | 11 (2%) | 21 (2%) |

| **ii) Cardiovascular Risk** | **Category** | **Women   N (%)** | **Men   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- |
| 10-year CVD risk score   [Endline] | <10% | 445 (69%) | 265 (40%) | 710 (54%) |
| 10% to <20% | 6 (1%) | 169 (25%) | 175 (13%) |
| 20% to <30% | 0 (0%) | 1 (0%) | 1 (0%) |
| 30% to <40% | 0 (0%) | 3 (0%) | 3 (0%) |
| Unknown | 198 (31%) | 228 (34%) | 426 (32%) |
| BMI (kg/m^2)   [Endline] | <18.5 | 10 (2%) | 34 (5%) | 44 (3%) |
| 18.5-24.9 | 225 (35%) | 356 (53%) | 581 (44%) |
| 25-29.9 | 207 (32%) | 159 (24%) | 366 (28%) |
| 30+ | 147 (23%) | 44 (7%) | 191 (15%) |
| Unknown | 60 (9%) | 73 (11%) | 133 (10%) |
| Blood pressure   [Endline] | Normal | 336 (52%) | 312 (47%) | 648 (49%) |
| Elevated | 104 (16%) | 131 (20%) | 235 (18%) |
| Hypertension Stage 1 | 141 (22%) | 148 (22%) | 289 (22%) |
| Hypertension Stage 2 | 19 (3%) | 27 (4%) | 46 (3%) |
| Unknown | 49 (8%) | 48 (7%) | 97 (7%) |
| Hemoglobin A1C (%)   [Endline] | Normal | 421 (65%) | 391 (59%) | 812 (62%) |
| Prediabetes | 27 (4%) | 41 (6%) | 68 (5%) |
| Diabetes | 4 (1%) | 7 (1%) | 11 (1%) |
| Unknown | 197 (30%) | 227 (34%) | 424 (32%) |
| Total cholesterol (mg/dL)   [Endline] | Normal | 534 (82%) | 559 (84%) | 1093 (83%) |
| Borderline High | 9 (1%) | 6 (1%) | 15 (1%) |
| High | 2 (0%) | 1 (0%) | 3 (0%) |
| Unknown | 104 (16%) | 100 (15%) | 204 (16%) |

| **iii) Change in cardiovascular risk** |  | **Women   mean (SD)** | **Men   mean (SD)** | **Total   mean (SD)** |
| --- | --- | --- | --- | --- |
| Change in BMI, baseline to endline   [AHRI only] |  | 0.5 (3) | 0.9 (3.4) | 0.7 (3.2) |
| Change in Systolic Blood pressure, baseline to endline   [AHRI only] |  | 1.1 (16.3) | 2.1 (16.9) | 1.6 (16.6) |

| **iv) Lifestyle and other risk** | **Category** | **Women   N (%)** | **Men   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- |
| Smoking Status   [Baseline] | Not at all | 615 (95%) | 396 (59%) | 1011 (77%) |
| Former | 3 (0%) | 9 (1%) | 12 (1%) |
| Current - occasional | 15 (2%) | 57 (9%) | 72 (5%) |
| Current - frequent | 16 (2%) | 204 (31%) | 220 (17%) |
| Days of exercise (per week)   [Endline] | 5-7 | 83 (13%) | 131 (20%) | 214 (16%) |
| 3-4 | 211 (33%) | 245 (37%) | 456 (35%) |
| 1-2 | 173 (27%) | 149 (22%) | 322 (24%) |
| 0 | 106 (16%) | 67 (10%) | 173 (13%) |
| Unknown | 76 (12%) | 74 (11%) | 150 (11%) |
| Vegetable intake   [Endline] | Always or usually | 136 (21%) | 118 (18%) | 254 (19%) |
| Sometimes | 310 (48%) | 275 (41%) | 585 (44%) |
| Never or rarely | 141 (22%) | 215 (32%) | 356 (27%) |
| Unknown | 62 (10%) | 58 (9%) | 120 (9%) |
| Prior stroke or heart attack   [Endline] | No | 580 (89%) | 602 (90%) | 1182 (90%) |
| Yes | 8 (1%) | 6 (1%) | 14 (1%) |
| Unknown | 61 (9%) | 58 (9%) | 119 (9%) |

## Table 4: Descriptive statistics of cardiovascular risk in the DO ART study, by site (N = 1315)

|  | **Category** | **Midlands KZN SA   N (%)** | **Northern KZN SA   N (%)** | **SW Uganda   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| Age | 18-39 | 254 (73%) | 488 (74%) | 214 (70%) | 956 (73%) |
| 40-59 | 90 (26%) | 165 (25%) | 83 (27%) | 338 (26%) |
| 60+ | 6 (2%) | 7 (1%) | 8 (3%) | 21 (2%) |
| Gender | Women | 160 (46%) | 345 (52%) | 144 (47%) | 649 (49%) |
| Men | 190 (54%) | 315 (48%) | 161 (53%) | 666 (51%) |

| **ii) Cardiovascular Risk** | **Category** | **Midlands KZN SA   N (%)** | **Northern KZN SA   N (%)** | **SW Uganda   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| 10-year CVD risk score   [Endline] | <10% | 231 (66%) | 317 (48%) | 162 (53%) | 710 (54%) |
| 10% to <20% | 68 (19%) | 80 (12%) | 27 (9%) | 175 (13%) |
| 20% to <30% | 1 (0%) | 0 (0%) | 0 (0%) | 1 (0%) |
| 30% to <40% | 2 (1%) | 0 (0%) | 1 (0%) | 3 (0%) |
| Unknown | 48 (14%) | 263 (40%) | 115 (38%) | 426 (32%) |
| BMI (kg/m^2)   [Endline] | <18.5 | 11 (3%) | 19 (3%) | 14 (5%) | 44 (3%) |
| 18.5-24.9 | 176 (50%) | 244 (37%) | 161 (53%) | 581 (44%) |
| 25-29.9 | 88 (25%) | 231 (35%) | 47 (15%) | 366 (28%) |
| 30+ | 49 (14%) | 134 (20%) | 8 (3%) | 191 (15%) |
| Unknown | 26 (7%) | 32 (5%) | 75 (25%) | 133 (10%) |
| Blood pressure   [Endline] | Normal | 175 (50%) | 330 (50%) | 143 (47%) | 648 (49%) |
| Elevated | 61 (17%) | 160 (24%) | 14 (5%) | 235 (18%) |
| Hypertension Stage 1 | 74 (21%) | 123 (19%) | 92 (30%) | 289 (22%) |
| Hypertension Stage 2 | 16 (5%) | 16 (2%) | 14 (5%) | 46 (3%) |
| Unknown | 24 (7%) | 31 (5%) | 42 (14%) | 97 (7%) |
| Hemoglobin A1C (%)   [Endline] | Normal | 259 (74%) | 379 (57%) | 174 (57%) | 812 (62%) |
| Prediabetes | 36 (10%) | 18 (3%) | 14 (5%) | 68 (5%) |
| Diabetes | 8 (2%) | 0 (0%) | 3 (1%) | 11 (1%) |
| Unknown | 47 (13%) | 263 (40%) | 114 (37%) | 424 (32%) |
| Total cholesterol (mg/dL)   [Endline] | Normal | 293 (84%) | 615 (93%) | 185 (61%) | 1093 (83%) |
| Borderline High | 7 (2%) | 3 (0%) | 5 (2%) | 15 (1%) |
| High | 2 (1%) | 0 (0%) | 1 (0%) | 3 (0%) |
| Unknown | 48 (14%) | 42 (6%) | 114 (37%) | 204 (16%) |

| **iii) Change in cardiovascular risk** |  | **Midlands KZN SA   mean (SD)** | **Northern KZN SA   mean (SD)** | **SW Uganda   mean (SD)** | **Total   mean (SD)** |
| --- | --- | --- | --- | --- | --- |
| Change in BMI, baseline to endline   [AHRI only] |  |  | 0.7 (3.2) |  | 0.7 (3.2) |
| Change in Systolic Blood pressure, baseline to endline   [AHRI only] |  |  | 1.6 (16.6) |  | 1.6 (16.6) |

| **iv) Lifestyle and other risk** | **Category** | **Midlands KZN SA   N (%)** | **Northern KZN SA   N (%)** | **SW Uganda   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| Smoking Status   [Baseline] | Not at all | 272 (78%) | 486 (74%) | 253 (83%) | 1011 (77%) |
| Former | 4 (1%) | 3 (0%) | 5 (2%) | 12 (1%) |
| Current - occasional | 14 (4%) | 45 (7%) | 13 (4%) | 72 (5%) |
| Current - frequent | 60 (17%) | 126 (19%) | 34 (11%) | 220 (17%) |
| Days of exercise (per week)   [Endline] | 5-7 | 31 (9%) | 21 (3%) | 162 (53%) | 214 (16%) |
| 3-4 | 86 (25%) | 312 (47%) | 58 (19%) | 456 (35%) |
| 1-2 | 111 (32%) | 189 (29%) | 22 (7%) | 322 (24%) |
| 0 | 69 (20%) | 99 (15%) | 5 (2%) | 173 (13%) |
| Unknown | 53 (15%) | 39 (6%) | 58 (19%) | 150 (11%) |
| Vegetable intake   [Endline] | Always or usually | 22 (6%) | 153 (23%) | 79 (26%) | 254 (19%) |
| Sometimes | 98 (28%) | 394 (60%) | 93 (30%) | 585 (44%) |
| Never or rarely | 207 (59%) | 73 (11%) | 76 (25%) | 356 (27%) |
| Unknown | 23 (7%) | 40 (6%) | 57 (19%) | 120 (9%) |
| Prior stroke or heart attack   [Endline] | No | 323 (92%) | 611 (93%) | 248 (81%) | 1182 (90%) |
| Yes | 4 (1%) | 10 (2%) | 0 (0%) | 14 (1%) |
| Unknown | 23 (7%) | 39 (6%) | 57 (19%) | 119 (9%) |

## Table 5: Descriptive statistics of cardiovascular risk in the DO ART study, by *endline* viral suppression status (N = 1315)

|  | **Category** | **Virally suppressed   N (%)** | **Not virally suppressed   N (%)** | **Unknown   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| Age | 18-39 | 625 (73%) | 284 (72%) | 47 (75%) | 956 (73%) |
| 40-59 | 215 (25%) | 107 (27%) | 16 (25%) | 338 (26%) |
| 60+ | 16 (2%) | 5 (1%) | 0 (0%) | 21 (2%) |
| Gender | Women | 446 (52%) | 169 (43%) | 34 (54%) | 649 (49%) |
| Men | 410 (48%) | 227 (57%) | 29 (46%) | 666 (51%) |

| **ii) Cardiovascular Risk** | **Category** | **Virally suppressed   N (%)** | **Not virally suppressed   N (%)** | **Unknown   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| 10-year CVD risk score   [Endline] | <10% | 497 (58%) | 209 (53%) | 4 (6%) | 710 (54%) |
| 10% to <20% | 116 (14%) | 59 (15%) | 0 (0%) | 175 (13%) |
| 20% to <30% | 0 (0%) | 1 (0%) | 0 (0%) | 1 (0%) |
| 30% to <40% | 1 (0%) | 2 (1%) | 0 (0%) | 3 (0%) |
| Unknown | 242 (28%) | 125 (32%) | 59 (94%) | 426 (32%) |
| BMI (kg/m^2)   [Endline] | <18.5 | 26 (3%) | 18 (5%) | 0 (0%) | 44 (3%) |
| 18.5-24.9 | 381 (45%) | 196 (49%) | 4 (6%) | 581 (44%) |
| 25-29.9 | 266 (31%) | 98 (25%) | 2 (3%) | 366 (28%) |
| 30+ | 136 (16%) | 55 (14%) | 0 (0%) | 191 (15%) |
| Unknown | 47 (5%) | 29 (7%) | 57 (90%) | 133 (10%) |
| Blood pressure   [Endline] | Normal | 441 (52%) | 204 (52%) | 3 (5%) | 648 (49%) |
| Elevated | 153 (18%) | 81 (20%) | 1 (2%) | 235 (18%) |
| Hypertension Stage 1 | 209 (24%) | 78 (20%) | 2 (3%) | 289 (22%) |
| Hypertension Stage 2 | 31 (4%) | 15 (4%) | 0 (0%) | 46 (3%) |
| Unknown | 22 (3%) | 18 (5%) | 57 (90%) | 97 (7%) |
| Hemoglobin A1C (%)   [Endline] | Normal | 561 (66%) | 248 (63%) | 3 (5%) | 812 (62%) |
| Prediabetes | 45 (5%) | 21 (5%) | 2 (3%) | 68 (5%) |
| Diabetes | 8 (1%) | 3 (1%) | 0 (0%) | 11 (1%) |
| Unknown | 242 (28%) | 124 (31%) | 58 (92%) | 424 (32%) |
| Total cholesterol (mg/dL)   [Endline] | Normal | 737 (86%) | 350 (88%) | 6 (10%) | 1093 (83%) |
| Borderline High | 12 (1%) | 3 (1%) | 0 (0%) | 15 (1%) |
| High | 1 (0%) | 2 (1%) | 0 (0%) | 3 (0%) |
| Unknown | 106 (12%) | 41 (10%) | 57 (90%) | 204 (16%) |

| **iii) Change in cardiovascular risk** |  | **Virally suppressed   mean (SD)** | **Not virally suppressed   mean (SD)** | **Unknown   mean (SD)** | **Total   mean (SD)** |
| --- | --- | --- | --- | --- | --- |
| Change in BMI, baseline to endline   [AHRI only] |  | 0.5 (3.3) | 1.3 (3.1) | -1.4 (NA) | 0.7 (3.2) |
| Change in Systolic Blood pressure, baseline to endline   [AHRI only] |  | 3 (16.8) | -1.9 (15.8) | 7.3 (NA) | 1.6 (16.6) |

| **iv) Lifestyle and other risk** | **Category** | **Virally suppressed   N (%)** | **Not virally suppressed   N (%)** | **Unknown   N (%)** | **Total   N (%)** |
| --- | --- | --- | --- | --- | --- |
| Smoking Status   [Baseline] | Not at all | 678 (79%) | 289 (73%) | 44 (70%) | 1011 (77%) |
| Former | 5 (1%) | 4 (1%) | 3 (5%) | 12 (1%) |
| Current - occasional | 41 (5%) | 28 (7%) | 3 (5%) | 72 (5%) |
| Current - frequent | 132 (15%) | 75 (19%) | 13 (21%) | 220 (17%) |
| Days of exercise (per week)   [Endline] | 5-7 | 155 (18%) | 55 (14%) | 4 (6%) | 214 (16%) |
| 3-4 | 321 (38%) | 133 (34%) | 2 (3%) | 456 (35%) |
| 1-2 | 206 (24%) | 115 (29%) | 1 (2%) | 322 (24%) |
| 0 | 121 (14%) | 52 (13%) | 0 (0%) | 173 (13%) |
| Unknown | 53 (6%) | 41 (10%) | 56 (89%) | 150 (11%) |
| Vegetable intake   [Endline] | Always or usually | 179 (21%) | 74 (19%) | 1 (2%) | 254 (19%) |
| Sometimes | 397 (46%) | 185 (47%) | 3 (5%) | 585 (44%) |
| Never or rarely | 243 (28%) | 110 (28%) | 3 (5%) | 356 (27%) |
| Unknown | 37 (4%) | 27 (7%) | 56 (89%) | 120 (9%) |
| Prior stroke or heart attack   [Endline] | No | 809 (95%) | 366 (92%) | 7 (11%) | 1182 (90%) |
| Yes | 11 (1%) | 3 (1%) | 0 (0%) | 14 (1%) |
| Unknown | 36 (4%) | 27 (7%) | 56 (89%) | 119 (9%) |

### Page Break

# Table 6: Analysis

## Table 6. Risk of elevated cardiovascular risk for community delivery of HIV care compared with clinic-based care (N = 873).

|  | **Baseline Analysis** | | | **Adjusted Analysis** | | |
| --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Relative Risk** | **95% CI** | **p-value** | **Adj. Relative Risk** | **Adj. 95% CI** | **Adj. p-value** |
| Elevated overall 10-year CVD risk | 1.24 | (0.91,1.69) | 0.18 | -- | -- | -- |
| Overweight (BMI >= 25) | 0.99 | (0.86,1.15) | 0.92 | -- | -- | -- |
| Elevated BP | 0.91 | (0.77,1.07) | 0.26 | -- | -- | -- |
| Elevated blood sugar (a1c >= 5.7) | 0.96 | (0.55,1.65) | 0.88 | -- | -- | -- |
| Elevated lipids (total cholesterol >= 200) | 2.87 | (1.04,9.22) | 0.05 | -- | -- | -- |