DO ART NCD Tables & Figures

10 February, 2024

## Main paper tables (South Africa only)

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## Distribution figures (South Africa only)

* Figure 1: CVD variables, comparing VS versus not

Notes:

* Baseline models include study site only
* Adjusted models include: study site, gender, age group, smoking (binary; otherwise we get small group problems), education

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## Table 1: Descriptive statistics of cardiovascular risk in the South Africa site of the DO ART study, by trial arm and gender (N = 1010)

|  | **Category** | **Clinic follow-up   n (%)** | **Community follow-up   n (%)** | **Women   n (%)** | **Men   n (%)** | **Total   n (%)** |
| --- | --- | --- | --- | --- | --- | --- |
| Age | 18-39 | 252 (72%) | 490 (74%) | 386 (76%) | 356 (70%) | 742 (73%) |
| 40-59 | 91 (26%) | 164 (25%) | 113 (22%) | 142 (28%) | 255 (25%) |
| 60+ | 7 (2%) | 6 (1%) | 6 (1%) | 7 (1%) | 13 (1%) |
| Gender | Women | 169 (48%) | 336 (51%) | -- | -- | 505 (50%) |
| Men | 181 (52%) | 324 (49%) | -- | -- | 505 (50%) |
| Education | Primary | 79 (23%) | 121 (18%) | 74 (15%) | 126 (25%) | 200 (20%) |
| Secondary | 261 (75%) | 502 (76%) | 406 (80%) | 357 (71%) | 763 (76%) |
| Tertiary+ | 7 (2%) | 21 (3%) | 16 (3%) | 12 (2%) | 28 (3%) |
| Missing | 3 (1%) | 16 (2%) | 9 (2%) | 10 (2%) | 19 (2%) |

| **ii) Lifestyle and other risk** | **Category** | **Clinic follow-up   n (%)** | **Community follow-up   n (%)** | **Women   n (%)** | **Men   n (%)** | **Total   n (%)** |
| --- | --- | --- | --- | --- | --- | --- |
| Smoking Status   [Baseline] | Not at all | 261 (75%) | 497 (75%) | 475 (94%) | 283 (56%) | 758 (75%) |
| Former | 4 (1%) | 3 (0%) | 2 (0%) | 5 (1%) | 7 (1%) |
| Current - occasional | 17 (5%) | 42 (6%) | 13 (3%) | 46 (9%) | 59 (6%) |
| Current - frequent | 68 (19%) | 118 (18%) | 15 (3%) | 171 (34%) | 186 (18%) |
| Days of exercise (per week)   [Exit] | 5-7 | 14 (4%) | 38 (6%) | 13 (3%) | 39 (8%) | 52 (5%) |
| 3-4 | 136 (39%) | 262 (40%) | 185 (37%) | 213 (42%) | 398 (39%) |
| 1-2 | 113 (32%) | 187 (28%) | 163 (32%) | 137 (27%) | 300 (30%) |
| 0 | 54 (15%) | 114 (17%) | 101 (20%) | 67 (13%) | 168 (17%) |
| Missing | 33 (9%) | 59 (9%) | 43 (9%) | 49 (10%) | 92 (9%) |
| Vegetable intake   [Exit] | Always or usually | 53 (15%) | 122 (18%) | 103 (20%) | 72 (14%) | 175 (17%) |
| Sometimes | 166 (47%) | 326 (49%) | 266 (53%) | 226 (45%) | 492 (49%) |
| Never or rarely | 114 (33%) | 166 (25%) | 107 (21%) | 173 (34%) | 280 (28%) |
| Missing | 17 (5%) | 46 (7%) | 29 (6%) | 34 (7%) | 63 (6%) |
| Prior stroke or heart attack   [Exit] | No | 328 (94%) | 606 (92%) | 469 (93%) | 465 (92%) | 934 (92%) |
| Yes | 5 (1%) | 9 (1%) | 8 (2%) | 6 (1%) | 14 (1%) |
| Missing | 17 (5%) | 45 (7%) | 28 (6%) | 34 (7%) | 62 (6%) |

| **iii) Cardiovascular Risk** | **Category** | **Clinic follow-up   n (%)** | **Community follow-up   n (%)** | **Women   n (%)** | **Men   n (%)** | **Total   n (%)** |
| --- | --- | --- | --- | --- | --- | --- |
| Blood pressure   [Exit] | Normal | 171 (49%) | 334 (51%) | 263 (52%) | 242 (48%) | 505 (50%) |
| Elevated | 88 (25%) | 133 (20%) | 99 (20%) | 122 (24%) | 221 (22%) |
| Hypertension Stage 1 | 61 (17%) | 136 (21%) | 104 (21%) | 93 (18%) | 197 (20%) |
| Hypertension Stage 2 | 12 (3%) | 20 (3%) | 16 (3%) | 16 (3%) | 32 (3%) |
| Missing | 18 (5%) | 37 (6%) | 23 (5%) | 32 (6%) | 55 (5%) |
| BMI (kg/m^2)   [Exit] | <18.5 | 10 (3%) | 20 (3%) | 4 (1%) | 26 (5%) | 30 (3%) |
| 18.5-24.9 | 152 (43%) | 268 (41%) | 149 (30%) | 271 (54%) | 420 (42%) |
| 25-29.9 | 100 (29%) | 219 (33%) | 187 (37%) | 132 (26%) | 319 (32%) |
| 30+ | 70 (20%) | 113 (17%) | 142 (28%) | 41 (8%) | 183 (18%) |
| Missing | 18 (5%) | 40 (6%) | 23 (5%) | 35 (7%) | 58 (6%) |
| Hemoglobin A1C (%)   [Exit] | Normal | 235 (67%) | 403 (61%) | 341 (68%) | 297 (59%) | 638 (63%) |
| Prediabetes | 19 (5%) | 35 (5%) | 20 (4%) | 34 (7%) | 54 (5%) |
| Diabetes | 2 (1%) | 6 (1%) | 2 (0%) | 6 (1%) | 8 (1%) |
| Missing | 94 (27%) | 216 (33%) | 142 (28%) | 168 (33%) | 310 (31%) |
| Total cholesterol (mg/dL)   [Exit] | Normal | 324 (93%) | 584 (88%) | 449 (89%) | 459 (91%) | 908 (90%) |
| Borderline High | 1 (0%) | 9 (1%) | 7 (1%) | 3 (1%) | 10 (1%) |
| High | 0 (0%) | 2 (0%) | 1 (0%) | 1 (0%) | 2 (0%) |
| Missing | 25 (7%) | 65 (10%) | 48 (10%) | 42 (8%) | 90 (9%) |
| 10-year CVD risk score   [Exit] | <10% | 255 (73%) | 444 (67%) | 362 (72%) | 337 (67%) | 699 (69%) |
| Missing | 95 (27%) | 216 (33%) | 143 (28%) | 168 (33%) | 311 (31%) |

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## Table 2. Cardiovascular risk for men versus women, South Africa (N = 1010).

|  | **Unadjusted Analysis** | | | **Adjusted Analysis** | | |
| --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Relative Risk** | **95% CI** | **p-value** | **Adj. Relative Risk** | **Adj. 95% CI** | **Adj. p-value** |
| Elevated BP | 1.12 | (0.97,1.31) | 0.126 | 1.09 | (0.93,1.28) | 0.294 |
| Overweight (BMI >= 25) | 0.55 | (0.48,0.62) | 0 | 0.58 | (0.50,0.67) | 0.000 |
| Elevated blood sugar (a1c >= 5.7) | 1.74 | (1.06,2.85) | 0.028 | 1.88 | (1.11,3.18) | 0.018 |
| Smoker [baseline] | 7.88 | ( 5.44,11.42) | 0 | 7.81 | ( 5.38,11.33) | 0.000 |

|  | **Unadjusted Analysis** | | | **Adjusted Analysis** | | |
| --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Mean Difference** | **95% CI** | **p-value** | **Adj. Mean Difference** | **Adj. 95% CI** | **Adj. p-value** |
| Systolic BP (mmHg) | 1.11 | (-0.19, 2.41) | 0.096 | 0.99 | (-0.42, 2.39) | 0.169 |
| Diastolic BP (mmHg) | -0.17 | (-1.22, 0.88) | 0.756 | -0.59 | (-1.77, 0.59) | 0.326 |
| BMI (kg/m^2) | -3.35 | (-3.95,-2.74) | 0.000 | -3.25 | (-3.89,-2.61) | 0.000 |
| Hemoglobin A1c (%) | 0.04 | (-0.03, 0.12) | 0.255 | 0.04 | (-0.04, 0.13) | 0.315 |
| Total cholesterol (mg/dL) | -3.16 | (-6.47, 0.14) | 0.061 | -3.57 | (-7.28, 0.15) | 0.060 |

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## Table 4: Cardiovascular risk at exit for men versus women, South Africa (N = 983).

|  | **Clinic follow-up, Adjusted   (N = 341)** | | | **Community follow-up, Adjusted   (N = 642)** | | | **Interaction   (N = 983)** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Adj. Relative Risk** | **Adj. 95% CI** | **Adj. p-value** | **Adj. Relative Risk** | **Adj. 95% CI** | **Adj. p-value** | **Adj. p-value** |
| Elevated BP | 1.04 | (0.78,1.38) | 0.796 | 1.12 | (0.92,1.37) | 0.263 | 0.759 |
| Overweight (BMI >= 25) | 0.56 | (0.43,0.72) | 0.00 | 0.60 | (0.50,0.71) | 0.000 | 0.525 |
| Elevated blood sugar (a1c >= 5.7) | 1.33 | (0.54,3.31) | 0.533 | 2.05 | (1.08,3.89) | 0.027 | 0.639 |
| Current smoker [baseline] | 9.95 | ( 4.68,21.12) | 0.00 | 7.32 | ( 4.65,11.53) | 0.000 | 0.537 |

|  | **Clinic follow-up, Adjusted   (N = 341)** | | | **Community follow-up, Adjusted   (N = 642)** | | | **Interaction   (N = 983)** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Adj. Mean Difference** | **Adj. 95% CI** | **Adj. p-value** | **Adj. Mean Difference** | **Adj. 95% CI** | **Adj. p-value** | **Adj. p-value** |
| Systolic BP (mmHg) | 1.84 | (-0.70, 4.39) | 0.156 | 0.59 | (-1.09, 2.28) | 0.491 | 0.202 |
| Diastolic BP (mmHg) | -0.75 | (-2.67, 1.16) | 0.441 | -0.60 | (-2.08, 0.87) | 0.424 | 0.256 |
| BMI (kg/m^2) | -3.21 | (-4.30,-2.12) | 0.000 | -3.26 | (-4.06,-2.46) | 0.000 | 0.761 |
| Hemoglobin A1c (%) | 0.00 | (-0.15, 0.15) | 0.997 | 0.06 | (-0.05, 0.16) | 0.278 | 0.486 |
| Total cholesterol (mg/dL) | -6.42 | (-12.27, -0.58) | 0.031 | -1.92 | (-6.67, 2.83) | 0.428 | 0.619 |

## S4 Figure 2: Distribution of cardiovascular risk at exit, by gender [dashed lines are group medians]

