Descriptive Statistics

|  | | **Data collection round** | |
| --- | --- | --- | --- |
| **Variables** | **n** | **Baseline** N = 2091 | **Six month follow-up** N = 981 |
| **Do you accept to participate in the study?** | 307 |  |  |
| *Yes* |  | 209 (100.0%) | 98 (100.0%) |
| **Respondent signs** | 307 |  |  |
| *Signs* |  | 173 (82.8%) | 82 (83.7%) |
| *Willing but unable to sign* |  | 36 (17.2%) | 16 (16.3%) |
| **Final result of interview** | 307 |  |  |
| *Complete* |  | 209 (100.0%) | 98 (100.0%) |
| **Waist circumference in cm** | 305 |  |  |
| *Mean (SD)* |  | 94.08 (14.20) | 96.11 (12.12) |
| *Median (Q1, Q3)* |  | 94.15 (85.80, 102.00) | 97.30 (88.20, 103.00) |
| *Min, Max* |  | 42.80, 196.20 | 67.00, 126.00 |
| *Missing* |  | 1 | 1 |
| **Hip circumference in cm** | 306 |  |  |
| *Mean (SD)* |  | 101.58 (11.75) | 103.31 (11.05) |
| *Median (Q1, Q3)* |  | 101.30 (94.30, 109.20) | 102.40 (96.00, 112.00) |
| *Min, Max* |  | 43.20, 126.60 | 75.00, 126.00 |
| *Missing* |  | 1 | 0 |
| **Blood glucose (mmol/l)** | 303 |  |  |
| *Mean (SD)* |  | 11.50 (5.91) | 11.19 (6.64) |
| *Median (Q1, Q3)* |  | 10.50 (7.20, 14.30) | 9.70 (6.10, 15.10) |
| *Min, Max* |  | 2.90, 31.50 | 2.00, 30.30 |
| *Missing* |  | 0 | 4 |
| **Systolic Blood pressure (mm Hg)** | 307 |  |  |
| *Mean (SD)* |  | 142.55 (23.36) | 140.02 (21.11) |
| *Median (Q1, Q3)* |  | 138.00 (126.00, 156.00) | 136.00 (125.00, 152.00) |
| *Min, Max* |  | 95.00, 216.00 | 106.00, 207.00 |
| **Diastolic Blood pressure (mm Hg)** | 307 |  |  |
| *Mean (SD)* |  | 84.39 (10.15) | 83.44 (10.35) |
| *Median (Q1, Q3)* |  | 84.00 (77.00, 90.00) | 82.50 (77.00, 88.00) |
| *Min, Max* |  | 60.00, 121.00 | 57.00, 117.00 |
| **Weight (kgs)** | 306 |  |  |
| *Mean (SD)* |  | 69.43 (12.78) | 71.12 (12.52) |
| *Median (Q1, Q3)* |  | 69.45 (61.20, 78.10) | 71.10 (62.40, 80.00) |
| *Min, Max* |  | 41.00, 110.40 | 43.00, 108.70 |
| *Missing* |  | 1 | 0 |
| **BMI (kg/m2)** | 305 |  |  |
| *Mean (SD)* |  | 26.94 (4.82) | 27.39 (4.80) |
| *Median (Q1, Q3)* |  | 26.50 (23.65, 30.10) | 27.39 (24.26, 30.18) |
| *Min, Max* |  | 16.44, 43.12 | 17.01, 37.64 |
| *Missing* |  | 1 | 1 |
| **Waist-to-hip ratio** | 305 |  |  |
| *Mean (SD)* |  | 0.93 (0.11) | 0.93 (0.09) |
| *Median (Q1, Q3)* |  | 0.93 (0.87, 0.98) | 0.92 (0.88, 0.99) |
| *Min, Max* |  | 0.73, 1.77 | 0.74, 1.22 |
| *Missing* |  | 1 | 1 |
| **Gender** | 307 |  |  |
| *Female* |  | 142 (67.9%) | 63 (64.3%) |
| *Male* |  | 67 (32.1%) | 35 (35.7%) |
| **Age (years)** | 305 |  |  |
| *Mean (SD)* |  | 53.53 (13.58) | 55.54 (12.65) |
| *Median (Q1, Q3)* |  | 55.13 (45.54, 63.28) | 56.30 (48.03, 64.97) |
| *Min, Max* |  | 12.74, 85.46 | 13.13, 86.24 |
| *Missing* |  | 1 | 1 |
| **Age grouped** | 305 |  |  |
| *50 and below* |  | 74 (35.6%) | 29 (29.9%) |
| *51-60 years* |  | 71 (34.1%) | 30 (30.9%) |
| *61 years and above* |  | 63 (30.3%) | 38 (39.2%) |
| *Missing* |  | 1 | 1 |
| **Diabetes** | 307 |  |  |
| *No* |  | 0 (0.0%) | 0 (0.0%) |
| *Yes* |  | 209 (100.0%) | 98 (100.0%) |
| **Diabetes medication - insulin injections** | 307 |  |  |
| *No* |  | 168 (80.4%) | 80 (81.6%) |
| *Yes* |  | 41 (19.6%) | 18 (18.4%) |
| **Duration of diabetes (years)** | 307 |  |  |
| *Mean (SD)* |  | 6.03 (6.39) | 7.18 (7.31) |
| *Median (Q1, Q3)* |  | 4.00 (2.00, 8.00) | 5.00 (2.00, 9.00) |
| *Min, Max* |  | 0.00, 39.00 | 0.08, 40.00 |
| **Duration of diabetes grouped** | 307 |  |  |
| *Below 5 years* |  | 114 (54.5%) | 41 (41.8%) |
| *5-9 years* |  | 52 (24.9%) | 35 (35.7%) |
| *10 years and above* |  | 43 (20.6%) | 22 (22.4%) |
| **Diabetes medication - Tablets** | 307 |  |  |
| *No* |  | 37 (17.7%) | 21 (21.4%) |
| *Yes* |  | 172 (82.3%) | 77 (78.6%) |
| **Diabetes medication - Tablets with Insulin Injections** | 307 |  |  |
| *No* |  | 197 (94.3%) | 94 (95.9%) |
| *Yes* |  | 12 (5.7%) | 4 (4.1%) |
| **Diabetes medication type** | 307 |  |  |
| *None* |  | 8 (3.8%) | 7 (7.1%) |
| *Tablets only* |  | 160 (76.6%) | 73 (74.5%) |
| *Insulin Injections only* |  | 29 (13.9%) | 14 (14.3%) |
| *Tablets with Insulin Injections* |  | 12 (5.7%) | 4 (4.1%) |
| **Taking diabetes medication** | 307 |  |  |
| *No* |  | 8 (3.8%) | 7 (7.1%) |
| *Yes* |  | 201 (96.2%) | 91 (92.9%) |
| **Diagnosed with stroke** | 307 |  |  |
| *No* |  | 205 (98.1%) | 97 (99.0%) |
| *Yes* |  | 4 (1.9%) | 1 (1.0%) |
| **Diagnosed with tuberculosis** | 307 |  |  |
| *No* |  | 199 (95.2%) | 94 (95.9%) |
| *Yes* |  | 10 (4.8%) | 4 (4.1%) |
| **Peripheral neuropathy complication** | 307 |  |  |
| *No* |  | 193 (92.3%) | 96 (98.0%) |
| *Yes* |  | 16 (7.7%) | 2 (2.0%) |
| **Poor vision complication** | 307 |  |  |
| *No* |  | 114 (54.5%) | 43 (43.9%) |
| *Yes* |  | 95 (45.5%) | 55 (56.1%) |
| **Chest pain complication** | 307 |  |  |
| *No* |  | 184 (88.0%) | 90 (91.8%) |
| *Yes* |  | 25 (12.0%) | 8 (8.2%) |
| **Anaemia** | 307 |  |  |
| *No* |  | 198 (94.7%) | 96 (98.0%) |
| *Yes* |  | 11 (5.3%) | 2 (2.0%) |
| **Diagnosed with cardiovascular diseases** | 307 |  |  |
| *No* |  | 202 (96.7%) | 97 (99.0%) |
| *Yes* |  | 7 (3.3%) | 1 (1.0%) |
| **Kidney Complications** | 307 |  |  |
| *No* |  | 190 (90.9%) | 96 (98.0%) |
| *Yes* |  | 19 (9.1%) | 2 (2.0%) |
| **Abdominal or pedal edema complications** | 307 |  |  |
| *No* |  | 179 (85.6%) | 90 (91.8%) |
| *Yes* |  | 30 (14.4%) | 8 (8.2%) |
| **Hypertension** | 307 |  |  |
| *No* |  | 70 (33.5%) | 31 (31.6%) |
| *Yes* |  | 139 (66.5%) | 67 (68.4%) |
| **Ever smoked tobacco** | 307 |  |  |
| *No* |  | 168 (80.4%) | 96 (98.0%) |
| *Yes* |  | 41 (19.6%) | 2 (2.0%) |
| **Currently smoke tobacco** | 307 |  |  |
| *No* |  | 206 (98.6%) | 97 (99.0%) |
| *Yes* |  | 3 (1.4%) | 1 (1.0%) |
| **Ever used smokeless tobacco** | 307 |  |  |
| *No* |  | 204 (97.6%) | 98 (100.0%) |
| *Yes* |  | 5 (2.4%) | 0 (0.0%) |
| **Currently use smokeless tobacco** | 307 |  |  |
| *No* |  | 207 (99.0%) | 98 (100.0%) |
| *Yes* |  | 2 (1.0%) | 0 (0.0%) |
| **Alcohol consumption within the past 12 months** | 307 |  |  |
| *No* |  | 202 (96.7%) | 92 (93.9%) |
| *Yes* |  | 7 (3.3%) | 6 (6.1%) |
| **Alcohol consumption within the past 30 days?** | 307 |  |  |
| *No* |  | 207 (99.0%) | 94 (95.9%) |
| *Yes* |  | 2 (1.0%) | 4 (4.1%) |
| **Ever consumed alcohol?** | 307 |  |  |
| *No* |  | 154 (73.7%) | 71 (72.4%) |
| *Yes* |  | 55 (26.3%) | 27 (27.6%) |
| **Stopped taking alcohol due to religious/moral reasons** | 307 |  |  |
| *No* |  | 193 (92.3%) | 98 (100.0%) |
| *Yes* |  | 16 (7.7%) | 0 (0.0%) |
| **Stopped taking alcohol due to advice by doctor/health worker** | 307 |  |  |
| *No* |  | 205 (98.1%) | 95 (96.9%) |
| *Yes* |  | 4 (1.9%) | 3 (3.1%) |
| **Stopped taking alcohol to be healthy** | 307 |  |  |
| *No* |  | 194 (92.8%) | 96 (98.0%) |
| *Yes* |  | 15 (7.2%) | 2 (2.0%) |
| **Stopped taking alcohol due to illness** | 307 |  |  |
| *No* |  | 191 (91.4%) | 96 (98.0%) |
| *Yes* |  | 18 (8.6%) | 2 (2.0%) |
| **Stopped taking alcohol due to family/social reasons** | 307 |  |  |
| *No* |  | 200 (95.7%) | 98 (100.0%) |
| *Yes* |  | 9 (4.3%) | 0 (0.0%) |
| **Stopped taking alcohol due to economic reasons** | 307 |  |  |
| *No* |  | 204 (97.6%) | 98 (100.0%) |
| *Yes* |  | 5 (2.4%) | 0 (0.0%) |
| **How many days do you eat fruit** | 209 |  |  |
| *Mean (SD)* |  | 4.48 (2.43) | NA (NA) |
| *Median (Q1, Q3)* |  | 4.00 (2.00, 7.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 7.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **How many days do you eat vegetables** | 209 |  |  |
| *Mean (SD)* |  | 6.39 (1.33) | NA (NA) |
| *Median (Q1, Q3)* |  | 7.00 (7.00, 7.00) | NA (NA, NA) |
| *Min, Max* |  | 2.00, 7.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Adding salt to vegetables while cooking** | 209 |  |  |
| *Yes* |  | 171 (81.8%) | 0 (NA%) |
| *No* |  | 38 (18.2%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Adding salt to food when eating** | 209 |  |  |
| *Yes, most of the time* |  | 2 (1.0%) | 0 (NA%) |
| *Yes, some of the time* |  | 8 (3.8%) | 0 (NA%) |
| *Yes, but in rare cases* |  | 31 (14.8%) | 0 (NA%) |
| *Never* |  | 168 (80.4%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Frequency of eating red meat** | 209 |  |  |
| *Daily* |  | 13 (6.2%) | 0 (NA%) |
| *5-6 days per week* |  | 6 (2.9%) | 0 (NA%) |
| *1-4 days per week* |  | 65 (31.1%) | 0 (NA%) |
| *1-3 days per week* |  | 65 (31.1%) | 0 (NA%) |
| *Less than once a month* |  | 41 (19.6%) | 0 (NA%) |
| *2-3 times a year* |  | 7 (3.3%) | 0 (NA%) |
| *Once a year* |  | 2 (1.0%) | 0 (NA%) |
| *Never* |  | 10 (4.8%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Frequency of eating chips** | 209 |  |  |
| *More than once a day* |  | 3 (1.4%) | 0 (NA%) |
| *Once daily* |  | 1 (0.5%) | 0 (NA%) |
| *5-6 days a week* |  | 2 (1.0%) | 0 (NA%) |
| *3-4 days a week* |  | 5 (2.4%) | 0 (NA%) |
| *1-2 times a week* |  | 17 (8.1%) | 0 (NA%) |
| *2-3 times a month* |  | 6 (2.9%) | 0 (NA%) |
| *Once a month* |  | 23 (11.0%) | 0 (NA%) |
| *Less than once a month* |  | 32 (15.3%) | 0 (NA%) |
| *Never* |  | 120 (57.4%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Frequency of eating mandazi** | 209 |  |  |
| *More than once a day* |  | 3 (1.4%) | 0 (NA%) |
| *Once daily* |  | 22 (10.5%) | 0 (NA%) |
| *5-6 days a week* |  | 22 (10.5%) | 0 (NA%) |
| *3-4 days a week* |  | 22 (10.5%) | 0 (NA%) |
| *1-2 times a week* |  | 34 (16.3%) | 0 (NA%) |
| *2-3 times a month* |  | 13 (6.2%) | 0 (NA%) |
| *Once a month* |  | 11 (5.3%) | 0 (NA%) |
| *Less than once a month* |  | 10 (4.8%) | 0 (NA%) |
| *Never* |  | 72 (34.4%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Frequency of eating samosa** | 209 |  |  |
| *Once daily* |  | 1 (0.5%) | 0 (NA%) |
| *5-6 days a week* |  | 1 (0.5%) | 0 (NA%) |
| *3-4 days a week* |  | 3 (1.4%) | 0 (NA%) |
| *1-2 times a week* |  | 14 (6.7%) | 0 (NA%) |
| *2-3 times a month* |  | 17 (8.1%) | 0 (NA%) |
| *Once a month* |  | 11 (5.3%) | 0 (NA%) |
| *Less than once a month* |  | 33 (15.8%) | 0 (NA%) |
| *Never* |  | 129 (61.7%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Frequency of eating fried chicken** | 209 |  |  |
| *5-6 days a week* |  | 0 (0.0%) | 0 (NA%) |
| *3-4 days a week* |  | 3 (1.4%) | 0 (NA%) |
| *1-2 times a week* |  | 9 (4.3%) | 0 (NA%) |
| *2-3 times a month* |  | 13 (6.2%) | 0 (NA%) |
| *Once a month* |  | 25 (12.0%) | 0 (NA%) |
| *Less than once a month* |  | 78 (37.3%) | 0 (NA%) |
| *Never* |  | 81 (38.8%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Frequency of eating fried fish** | 209 |  |  |
| *More than once a day* |  | 1 (0.5%) | 0 (NA%) |
| *5-6 days a week* |  | 0 (0.0%) | 0 (NA%) |
| *3-4 days a week* |  | 11 (5.3%) | 0 (NA%) |
| *1-2 times a week* |  | 26 (12.4%) | 0 (NA%) |
| *2-3 times a month* |  | 23 (11.0%) | 0 (NA%) |
| *Once a month* |  | 28 (13.4%) | 0 (NA%) |
| *Less than once a month* |  | 46 (22.0%) | 0 (NA%) |
| *Never* |  | 74 (35.4%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Adding sugar to your beverages** | 209 |  |  |
| *Yes* |  | 30 (14.4%) | 0 (NA%) |
| *No* |  | 179 (85.6%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Taken a soft drink in the past 12 months** | 209 |  |  |
| *Yes* |  | 86 (41.1%) | 0 (NA%) |
| *No* |  | 123 (58.9%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Frequency of soft drink in the past 12 months** | 209 |  |  |
| *Daily* |  | 2 (1.0%) | 0 (NA%) |
| *5-6 days per week* |  | 1 (0.5%) | 0 (NA%) |
| *1-4 days per week* |  | 11 (5.3%) | 0 (NA%) |
| *1-3 days per week* |  | 22 (10.5%) | 0 (NA%) |
| *Less than once a month* |  | 42 (20.1%) | 0 (NA%) |
| *Other* |  | 8 (3.8%) | 0 (NA%) |
| *Never* |  | 123 (58.9%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **How often do you take plain water in a day?** | 209 |  |  |
| *Never* |  | 2 (1.0%) | 0 (NA%) |
| *Less than once* |  | 9 (4.3%) | 0 (NA%) |
| *Once* |  | 16 (7.7%) | 0 (NA%) |
| *2-3 times* |  | 97 (46.4%) | 0 (NA%) |
| *4-5 times* |  | 56 (26.8%) | 0 (NA%) |
| *More than 5 times* |  | 29 (13.9%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **Healthy eating habit** | 307 |  |  |
| *Bad* |  | 157 (75.1%) | 18 (18.4%) |
| *Good* |  | 52 (24.9%) | 80 (81.6%) |
| **Changed anything about fruit consumption?** | 98 |  |  |
| *No* |  | 0 (NA%) | 64 (65.3%) |
| *Yes* |  | 0 (NA%) | 34 (34.7%) |
| *Missing* |  | 209 | 0 |
| **Increased number of days on which i eat fruit** | 98 |  |  |
| *No* |  | 0 (NA%) | 81 (82.7%) |
| *Yes* |  | 0 (NA%) | 17 (17.3%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of days on which i eat fruit** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 8 (8.2%) |
| *No* |  | 0 (NA%) | 90 (91.8%) |
| *Missing* |  | 209 | 0 |
| **Increased number of fruit servings per day** | 98 |  |  |
| *No* |  | 0 (NA%) | 83 (84.7%) |
| *Yes* |  | 0 (NA%) | 15 (15.3%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of fruit servings per day** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 6 (6.1%) |
| *No* |  | 0 (NA%) | 92 (93.9%) |
| *Missing* |  | 209 | 0 |
| **Made no changes in number of days on which i eat fruit** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 0 (0.0%) |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Made no changes in number of fruit servings per day** | 98 |  |  |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Changed anything about vegetable consumption?** | 98 |  |  |
| *No* |  | 0 (NA%) | 63 (64.3%) |
| *Yes* |  | 0 (NA%) | 35 (35.7%) |
| *Missing* |  | 209 | 0 |
| **Increased number of days on which i eat vegetables** | 98 |  |  |
| *No* |  | 0 (NA%) | 79 (80.6%) |
| *Yes* |  | 0 (NA%) | 19 (19.4%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of days on which i eat vegetables** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 4 (4.1%) |
| *No* |  | 0 (NA%) | 94 (95.9%) |
| *Missing* |  | 209 | 0 |
| **Increased number of veg servings per day** | 98 |  |  |
| *No* |  | 0 (NA%) | 82 (83.7%) |
| *Yes* |  | 0 (NA%) | 16 (16.3%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of veg servings per day** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 3 (3.1%) |
| *No* |  | 0 (NA%) | 95 (96.9%) |
| *Missing* |  | 209 | 0 |
| **Made no changes in number of days on which i eat veg** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 1 (1.0%) |
| *No* |  | 0 (NA%) | 97 (99.0%) |
| *Missing* |  | 209 | 0 |
| **Made no changes in number of veg servings per day** | 98 |  |  |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Changed anything about salt consumption?** | 98 |  |  |
| *No* |  | 0 (NA%) | 50 (51.0%) |
| *Yes* |  | 0 (NA%) | 48 (49.0%) |
| *Missing* |  | 209 | 0 |
| **Increased number of times i add salt when eating** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 1 (1.0%) |
| *No* |  | 0 (NA%) | 97 (99.0%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of times i add salt when eating** | 98 |  |  |
| *No* |  | 0 (NA%) | 82 (83.7%) |
| *Yes* |  | 0 (NA%) | 16 (16.3%) |
| *Missing* |  | 209 | 0 |
| **Stopped adding salt to food when eating** | 98 |  |  |
| *No* |  | 0 (NA%) | 82 (83.7%) |
| *Yes* |  | 0 (NA%) | 16 (16.3%) |
| *Missing* |  | 209 | 0 |
| **Increased amount of salt for cooking** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 1 (1.0%) |
| *No* |  | 0 (NA%) | 97 (99.0%) |
| *Missing* |  | 209 | 0 |
| **Decreased amount of salt for cooking** | 98 |  |  |
| *No* |  | 0 (NA%) | 74 (75.5%) |
| *Yes* |  | 0 (NA%) | 24 (24.5%) |
| *Missing* |  | 209 | 0 |
| **Stopped adding salt to food when cooking** | 98 |  |  |
| *No* |  | 0 (NA%) | 96 (98.0%) |
| *Yes* |  | 0 (NA%) | 2 (2.0%) |
| *Missing* |  | 209 | 0 |
| **Changed anything about red meat consumption?** | 98 |  |  |
| *No* |  | 0 (NA%) | 56 (57.1%) |
| *Yes* |  | 0 (NA%) | 42 (42.9%) |
| *Missing* |  | 209 | 0 |
| **Increased number of times i eat red meat** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 2 (2.0%) |
| *No* |  | 0 (NA%) | 96 (98.0%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of times i eat red meat** | 98 |  |  |
| *No* |  | 0 (NA%) | 67 (68.4%) |
| *Yes* |  | 0 (NA%) | 31 (31.6%) |
| *Missing* |  | 209 | 0 |
| **Stopped eating red meat** | 98 |  |  |
| *No* |  | 0 (NA%) | 96 (98.0%) |
| *Yes* |  | 0 (NA%) | 2 (2.0%) |
| *Missing* |  | 209 | 0 |
| **Increased amount of red meat i eat** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 0 (0.0%) |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Decreased amount of red meat i eat** | 98 |  |  |
| *No* |  | 0 (NA%) | 85 (86.7%) |
| *Yes* |  | 0 (NA%) | 13 (13.3%) |
| *Missing* |  | 209 | 0 |
| **Changed anything about sugar consumption?** | 98 |  |  |
| *No* |  | 0 (NA%) | 72 (73.5%) |
| *Yes* |  | 0 (NA%) | 26 (26.5%) |
| *Missing* |  | 209 | 0 |
| **Increased number of times i use sugar in beverages** | 98 |  |  |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of times i use sugar in beverages** | 98 |  |  |
| *No* |  | 0 (NA%) | 89 (90.8%) |
| *Yes* |  | 0 (NA%) | 9 (9.2%) |
| *Missing* |  | 209 | 0 |
| **Stopped using sugar** | 98 |  |  |
| *No* |  | 0 (NA%) | 86 (87.8%) |
| *Yes* |  | 0 (NA%) | 12 (12.2%) |
| *Missing* |  | 209 | 0 |
| **Increased amount of sugar i use in beverages** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 0 (0.0%) |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Decreased amount of sugar i use in beverages** | 98 |  |  |
| *No* |  | 0 (NA%) | 91 (92.9%) |
| *Yes* |  | 0 (NA%) | 7 (7.1%) |
| *Missing* |  | 209 | 0 |
| **Increased the amount of soft drinks i drink per day** | 98 |  |  |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Decreased the amount of soft drinks i drink per day** | 98 |  |  |
| *No* |  | 0 (NA%) | 97 (99.0%) |
| *Yes* |  | 0 (NA%) | 1 (1.0%) |
| *Missing* |  | 209 | 0 |
| **Changed anything about water consumption?** | 98 |  |  |
| *No* |  | 0 (NA%) | 52 (53.1%) |
| *Yes* |  | 0 (NA%) | 46 (46.9%) |
| *Missing* |  | 209 | 0 |
| **Increased number of times i use drink water in a day** | 98 |  |  |
| *No* |  | 0 (NA%) | 63 (64.3%) |
| *Yes* |  | 0 (NA%) | 35 (35.7%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of times i drink water in a day** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 2 (2.0%) |
| *No* |  | 0 (NA%) | 96 (98.0%) |
| *Missing* |  | 209 | 0 |
| **Increased amount of water i drink each time** | 98 |  |  |
| *No* |  | 0 (NA%) | 78 (79.6%) |
| *Yes* |  | 0 (NA%) | 20 (20.4%) |
| *Missing* |  | 209 | 0 |
| **Decreased amount of water i drink each time** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 2 (2.0%) |
| *No* |  | 0 (NA%) | 96 (98.0%) |
| *Missing* |  | 209 | 0 |
| **Made no changes in number of times i drink water** | 98 |  |  |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Made no changes in amount of water i drink each time** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 1 (1.0%) |
| *No* |  | 0 (NA%) | 97 (99.0%) |
| *Missing* |  | 209 | 0 |
| **Changed anything about eating/drinking habits?** | 98 |  |  |
| *No* |  | 0 (NA%) | 62 (63.3%) |
| *Yes* |  | 0 (NA%) | 36 (36.7%) |
| *Missing* |  | 209 | 0 |
| **Increased the amount of food i eat** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 4 (4.1%) |
| *No* |  | 0 (NA%) | 94 (95.9%) |
| *Missing* |  | 209 | 0 |
| **Decreased the amount of food i eat** | 98 |  |  |
| *No* |  | 0 (NA%) | 86 (87.8%) |
| *Yes* |  | 0 (NA%) | 12 (12.2%) |
| *Missing* |  | 209 | 0 |
| **Reduced the amount of fat i use in my food** | 98 |  |  |
| *No* |  | 0 (NA%) | 86 (87.8%) |
| *Yes* |  | 0 (NA%) | 12 (12.2%) |
| *Missing* |  | 209 | 0 |
| **Increased the amount of fat i use in my food** | 98 |  |  |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Changed the type of fat used in my house** | 98 |  |  |
| *No* |  | 0 (NA%) | 82 (83.7%) |
| *Yes* |  | 0 (NA%) | 16 (16.3%) |
| *Missing* |  | 209 | 0 |
| **Stopped/reduced eating outside the home** | 98 |  |  |
| *No* |  | 0 (NA%) | 96 (98.0%) |
| *Yes* |  | 0 (NA%) | 2 (2.0%) |
| *Missing* |  | 209 | 0 |
| **Reduced the amount of mandazi i eat** | 98 |  |  |
| *No* |  | 0 (NA%) | 92 (93.9%) |
| *Yes* |  | 0 (NA%) | 6 (6.1%) |
| *Missing* |  | 209 | 0 |
| **Reduced the amount of samosas i eat** | 98 |  |  |
| *No* |  | 0 (NA%) | 93 (94.9%) |
| *Yes* |  | 0 (NA%) | 5 (5.1%) |
| *Missing* |  | 209 | 0 |
| **Reduced the amount of fried chicken i eat** | 98 |  |  |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Yes* |  | 0 (NA%) | 0 (0.0%) |
| *Missing* |  | 209 | 0 |
| **Reduced the amount of fried fish i eat** | 98 |  |  |
| *No* |  | 0 (NA%) | 97 (99.0%) |
| *Yes* |  | 0 (NA%) | 1 (1.0%) |
| *Missing* |  | 209 | 0 |
| **Involved in vigorous-intensity activity** | 209 |  |  |
| *No* |  | 146 (69.9%) | 0 (NA%) |
| *Yes* |  | 63 (30.1%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **How many days do you do vigorous-intensity activities** | 209 |  |  |
| *Mean (SD)* |  | 1.64 (2.68) | NA (NA) |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 4.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 7.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Involve moderate-intensity activity** | 209 |  |  |
| *No* |  | 100 (47.8%) | 0 (NA%) |
| *Yes* |  | 109 (52.2%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **How many days do you do moderate-intesity activities** | 209 |  |  |
| *Mean (SD)* |  | 2.52 (2.76) | NA (NA) |
| *Median (Q1, Q3)* |  | 2.00 (0.00, 5.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 7.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Walking/riding a bicycle for at least 10 minutes** | 209 |  |  |
| *No* |  | 25 (12.0%) | 0 (NA%) |
| *Yes* |  | 184 (88.0%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **How many days do you walk or use a bicycle** | 209 |  |  |
| *Mean (SD)* |  | 5.18 (2.51) | NA (NA) |
| *Median (Q1, Q3)* |  | 7.00 (4.00, 7.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 7.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Do vigorous-intensity sports, fitness or recreational** | 209 |  |  |
| *No* |  | 194 (92.8%) | 0 (NA%) |
| *Yes* |  | 15 (7.2%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **How many days do you do vigorous-intensity sports** | 209 |  |  |
| *Mean (SD)* |  | 0.33 (1.31) | NA (NA) |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 7.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Do moderate-intensity sports, fitness or recreational** | 209 |  |  |
| *No* |  | 185 (88.5%) | 0 (NA%) |
| *Yes* |  | 24 (11.5%) | 0 (NA%) |
| *Missing* |  | 0 | 98 |
| **How many days do you do moderate-intesnsity sports?** | 209 |  |  |
| *Mean (SD)* |  | 0.50 (1.61) | NA (NA) |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 7.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Time spent doing vigorous-intensity activities in hrs** | 209 |  |  |
| *Mean (SD)* |  | 1.23 (2.46) | NA (NA) |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 1.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 12.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Time spent doing moderate-intensity activities in hrs** | 209 |  |  |
| *Mean (SD)* |  | 1.79 (2.39) | NA (NA) |
| *Median (Q1, Q3)* |  | 0.50 (0.00, 3.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 12.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Time spent walking or cycling in hrs** | 209 |  |  |
| *Mean (SD)* |  | 1.86 (1.90) | NA (NA) |
| *Median (Q1, Q3)* |  | 1.00 (0.75, 2.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 12.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Time spent on vigorous-intensity sports in hrs** | 209 |  |  |
| *Mean (SD)* |  | 0.09 (0.41) | NA (NA) |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 4.08 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Time spent on moderate-intensity sports in hrs** | 209 |  |  |
| *Mean (SD)* |  | 0.20 (0.67) | NA (NA) |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | NA (NA, NA) |
| *Min, Max* |  | 0.00, 5.00 | Inf, -Inf |
| *Missing* |  | 0 | 98 |
| **Regular physical activity** | 307 |  |  |
| *No* |  | 189 (90.4%) | 28 (28.6%) |
| *Yes* |  | 20 (9.6%) | 70 (71.4%) |
| **Changed anything about physical activity?** | 98 |  |  |
| *No* |  | 0 (NA%) | 60 (61.2%) |
| *Yes* |  | 0 (NA%) | 38 (38.8%) |
| *Missing* |  | 209 | 0 |
| **Increased number of times i walk/cycle to places** | 98 |  |  |
| *No* |  | 0 (NA%) | 82 (83.7%) |
| *Yes* |  | 0 (NA%) | 16 (16.3%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of times i walk/cycle to places** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 4 (4.1%) |
| *No* |  | 0 (NA%) | 94 (95.9%) |
| *Missing* |  | 209 | 0 |
| **Increased number of times i take a leisure walk** | 98 |  |  |
| *No* |  | 0 (NA%) | 82 (83.7%) |
| *Yes* |  | 0 (NA%) | 16 (16.3%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of times i take a leisure walk** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 2 (2.0%) |
| *No* |  | 0 (NA%) | 96 (98.0%) |
| *Missing* |  | 209 | 0 |
| **Increased number of times i cycle/jog for leisure** | 98 |  |  |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Yes* |  | 0 (NA%) | 0 (0.0%) |
| *Missing* |  | 209 | 0 |
| **Decreased number of times i cycle/jog for leisure** | 98 |  |  |
| *No* |  | 0 (NA%) | 98 (100.0%) |
| *Missing* |  | 209 | 0 |
| **Increased the number of times i do exercises** | 98 |  |  |
| *No* |  | 0 (NA%) | 90 (91.8%) |
| *Yes* |  | 0 (NA%) | 8 (8.2%) |
| *Missing* |  | 209 | 0 |
| **Decreased the number of times i do exercises** | 98 |  |  |
| *Yes* |  | 0 (NA%) | 5 (5.1%) |
| *No* |  | 0 (NA%) | 93 (94.9%) |
| *Missing* |  | 209 | 0 |
| **Height (metres)** | 305 |  |  |
| *Mean (SD)* |  | 1.61 (0.08) | 1.61 (0.07) |
| *Median (Q1, Q3)* |  | 1.60 (1.55, 1.66) | 1.60 (1.56, 1.67) |
| *Min, Max* |  | 1.43, 1.80 | 1.43, 1.78 |
| *Missing* |  | 1 | 1 |
| **BMI (kg/m2) grouped** | 305 |  |  |
| *Normal (18.5–24.9)* |  | 62 (29.8%) | 24 (24.7%) |
| *Underweight (<18.5)* |  | 9 (4.3%) | 5 (5.2%) |
| *Overweight (25–29.9)* |  | 85 (40.9%) | 42 (43.3%) |
| *Obese (>=30)* |  | 52 (25.0%) | 26 (26.8%) |
| *Missing* |  | 1 | 1 |
| **Waist-to-hip ratio grouped** | 305 |  |  |
| *Normal (Male<0.90; Female<0.85)* |  | 47 (22.6%) | 20 (20.6%) |
| *At Risk (Male>=0.90; Female>=0.85)* |  | 161 (77.4%) | 77 (79.4%) |
| *Missing* |  | 1 | 1 |
| **Blood glucose (mmol/L) grouped** | 303 |  |  |
| *Normal (3.9-5.6)* |  | 19 (9.1%) | 11 (11.7%) |
| *Low (<3.9)* |  | 10 (4.8%) | 5 (5.3%) |
| *At Risk (5.7-6.9)* |  | 21 (10.0%) | 18 (19.1%) |
| *High (>=7)* |  | 159 (76.1%) | 60 (63.8%) |
| *Missing* |  | 0 | 4 |
| 1n (%); Mean (SD); Median (IQR); Range | | | |

Inferential Statistics

|  | **Data collection round** **Baseline**, N = 209 | | | | **Data collection round** **Six month follow-up**, N = 98 | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **n** | **Female** N = 1421 | **Male** N = 671 | **p-value**2 | **n** | **Female** N = 631 | **Male** N = 351 | **p-value**2 |
| **Do you accept to participate in the study?** | 209 |  |  |  | 98 |  |  |  |
| *Yes* |  | 142 (100.0%) | 67 (100.0%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| **Respondent signs** | 209 |  |  | **0.003** | 98 |  |  | **0.007** |
| *Signs* |  | 110 (77.5%) | 63 (94.0%) |  |  | 48 (76.2%) | 34 (97.1%) |  |
| *Willing but unable to sign* |  | 32 (22.5%) | 4 (6.0%) |  |  | 15 (23.8%) | 1 (2.9%) |  |
| **Final result of interview** | 209 |  |  |  | 98 |  |  |  |
| *Complete* |  | 142 (100.0%) | 67 (100.0%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| **Waist circumference in cm** | 208 |  |  | 0.268 | 97 |  |  | 0.334 |
| *Mean (SD)* |  | 94.78 (15.02) | 92.59 (12.30) |  |  | 96.89 (12.10) | 94.73 (12.22) |  |
| *Median (Q1, Q3)* |  | 95.00 (85.90, 103.00) | 92.40 (84.90, 100.50) |  |  | 98.15 (90.00, 104.30) | 94.20 (85.00, 103.00) |  |
| *Min, Max* |  | 42.80, 196.20 | 68.00, 123.30 |  |  | 68.00, 126.00 | 67.00, 119.30 |  |
| *Missing* |  | 1 | 0 |  |  | 1 | 0 |  |
| **Hip circumference in cm** | 208 |  |  | **<0.001** | 98 |  |  | **<0.001** |
| *Mean (SD)* |  | 103.35 (12.70) | 97.87 (8.40) |  |  | 106.75 (10.25) | 97.11 (9.74) |  |
| *Median (Q1, Q3)* |  | 104.10 (95.20, 112.00) | 97.00 (93.00, 102.80) |  |  | 107.00 (100.00, 112.60) | 97.00 (91.50, 102.00) |  |
| *Min, Max* |  | 43.20, 126.60 | 76.00, 120.50 |  |  | 81.20, 126.00 | 75.00, 122.00 |  |
| *Missing* |  | 1 | 0 |  |  |  |  |  |
| **Blood glucose (mmol/l)** | 209 |  |  | 0.337 | 94 |  |  | 0.311 |
| *Mean (SD)* |  | 11.77 (6.06) | 10.92 (5.58) |  |  | 11.54 (6.46) | 10.55 (7.01) |  |
| *Median (Q1, Q3)* |  | 10.80 (7.20, 14.90) | 9.00 (6.80, 13.90) |  |  | 10.40 (6.30, 15.20) | 7.60 (5.90, 12.20) |  |
| *Min, Max* |  | 2.90, 31.50 | 3.50, 30.40 |  |  | 3.20, 28.20 | 2.00, 30.30 |  |
| *Missing* |  |  |  |  |  | 2 | 2 |  |
| **Systolic Blood pressure (mm Hg)** | 209 |  |  | 0.136 | 98 |  |  | 0.104 |
| *Mean (SD)* |  | 141.08 (24.32) | 145.66 (21.03) |  |  | 138.33 (22.21) | 143.06 (18.90) |  |
| *Median (Q1, Q3)* |  | 138.00 (123.00, 155.00) | 142.00 (128.00, 160.00) |  |  | 132.00 (123.00, 148.00) | 143.00 (129.00, 152.00) |  |
| *Min, Max* |  | 95.00, 216.00 | 104.00, 198.00 |  |  | 107.00, 207.00 | 106.00, 188.00 |  |
| **Diastolic Blood pressure (mm Hg)** | 209 |  |  | 0.169 | 98 |  |  | 0.140 |
| *Mean (SD)* |  | 85.20 (10.35) | 82.69 (9.56) |  |  | 84.68 (10.75) | 81.20 (9.31) |  |
| *Median (Q1, Q3)* |  | 84.50 (78.00, 91.00) | 82.00 (76.00, 88.00) |  |  | 83.00 (77.00, 90.00) | 80.00 (76.00, 86.00) |  |
| *Min, Max* |  | 60.00, 121.00 | 62.00, 110.00 |  |  | 57.00, 117.00 | 59.00, 104.00 |  |
| **Weight (kgs)** | 208 |  |  | 0.407 | 98 |  |  | 0.553 |
| *Mean (SD)* |  | 68.61 (12.25) | 71.15 (13.75) |  |  | 71.13 (11.77) | 71.11 (13.95) |  |
| *Median (Q1, Q3)* |  | 69.10 (61.00, 78.50) | 71.20 (62.30, 77.10) |  |  | 71.20 (62.40, 80.50) | 69.00 (62.00, 77.20) |  |
| *Min, Max* |  | 41.00, 97.10 | 46.40, 110.40 |  |  | 43.00, 96.60 | 47.00, 108.70 |  |
| *Missing* |  | 1 | 0 |  |  |  |  |  |
| **BMI (kg/m2)** | 208 |  |  | **<0.001** | 97 |  |  | **<0.001** |
| *Mean (SD)* |  | 27.67 (4.71) | 25.40 (4.74) |  |  | 28.56 (4.57) | 25.32 (4.56) |  |
| *Median (Q1, Q3)* |  | 27.88 (24.71, 30.51) | 25.53 (22.24, 27.30) |  |  | 28.62 (25.33, 31.06) | 25.27 (22.27, 27.32) |  |
| *Min, Max* |  | 17.51, 40.00 | 16.44, 43.12 |  |  | 17.01, 37.64 | 17.69, 36.13 |  |
| *Missing* |  | 1 | 0 |  |  | 1 | 0 |  |
| **Waist-to-hip ratio** | 208 |  |  | **0.006** | 97 |  |  | **<0.001** |
| *Mean (SD)* |  | 0.92 (0.12) | 0.94 (0.08) |  |  | 0.91 (0.08) | 0.97 (0.07) |  |
| *Median (Q1, Q3)* |  | 0.91 (0.85, 0.96) | 0.95 (0.89, 1.02) |  |  | 0.90 (0.85, 0.96) | 0.98 (0.91, 1.02) |  |
| *Min, Max* |  | 0.73, 1.77 | 0.76, 1.09 |  |  | 0.74, 1.22 | 0.84, 1.15 |  |
| *Missing* |  | 1 | 0 |  |  | 1 | 0 |  |
| **Age (years)** | 208 |  |  | 0.201 | 97 |  |  | 0.115 |
| *Mean (SD)* |  | 52.93 (12.95) | 54.85 (14.87) |  |  | 54.33 (11.84) | 57.78 (13.95) |  |
| *Median (Q1, Q3)* |  | 54.44 (45.08, 61.20) | 55.80 (48.05, 65.78) |  |  | 55.52 (46.12, 62.97) | 56.91 (52.93, 66.89) |  |
| *Min, Max* |  | 19.47, 85.46 | 12.74, 80.24 |  |  | 24.82, 86.24 | 13.13, 81.04 |  |
| *Missing* |  | 0 | 1 |  |  | 0 | 1 |  |
| **Age grouped** | 208 |  |  | 0.147 | 97 |  |  | 0.304 |
| *50 and below* |  | 53 (37.3%) | 21 (31.8%) |  |  | 22 (34.9%) | 7 (20.6%) |  |
| *51-60 years* |  | 52 (36.6%) | 19 (28.8%) |  |  | 19 (30.2%) | 11 (32.4%) |  |
| *61 years and above* |  | 37 (26.1%) | 26 (39.4%) |  |  | 22 (34.9%) | 16 (47.1%) |  |
| *Missing* |  | 0 | 1 |  |  | 0 | 1 |  |
| **Diabetes** | 209 |  |  | >0.999 | 98 |  |  | >0.999 |
| *No* |  | 0 (0.0%) | 0 (0.0%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| *Yes* |  | 142 (100.0%) | 67 (100.0%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| **Diabetes medication - insulin injections** | 209 |  |  | 0.286 | 98 |  |  | 0.392 |
| *No* |  | 117 (82.4%) | 51 (76.1%) |  |  | 53 (84.1%) | 27 (77.1%) |  |
| *Yes* |  | 25 (17.6%) | 16 (23.9%) |  |  | 10 (15.9%) | 8 (22.9%) |  |
| **Duration of diabetes (years)** | 209 |  |  | 0.484 | 98 |  |  | 0.534 |
| *Mean (SD)* |  | 6.01 (6.01) | 6.06 (7.17) |  |  | 6.47 (5.98) | 8.46 (9.21) |  |
| *Median (Q1, Q3)* |  | 4.00 (2.00, 8.00) | 4.00 (1.00, 8.00) |  |  | 5.00 (2.00, 9.00) | 6.00 (2.00, 12.00) |  |
| *Min, Max* |  | 0.00, 35.00 | 0.04, 39.00 |  |  | 0.08, 36.00 | 1.00, 40.00 |  |
| **Duration of diabetes grouped** | 209 |  |  | 0.278 | 98 |  |  | 0.750 |
| *Below 5 years* |  | 74 (52.1%) | 40 (59.7%) |  |  | 28 (44.4%) | 13 (37.1%) |  |
| *5-9 years* |  | 40 (28.2%) | 12 (17.9%) |  |  | 22 (34.9%) | 13 (37.1%) |  |
| *10 years and above* |  | 28 (19.7%) | 15 (22.4%) |  |  | 13 (20.6%) | 9 (25.7%) |  |
| **Diabetes medication - Tablets** | 209 |  |  | 0.108 | 98 |  |  | 0.441 |
| *No* |  | 21 (14.8%) | 16 (23.9%) |  |  | 12 (19.0%) | 9 (25.7%) |  |
| *Yes* |  | 121 (85.2%) | 51 (76.1%) |  |  | 51 (81.0%) | 26 (74.3%) |  |
| **Diabetes medication - Tablets with Insulin Injections** | 209 |  |  | >0.999 | 98 |  |  | 0.129 |
| *No* |  | 134 (94.4%) | 63 (94.0%) |  |  | 62 (98.4%) | 32 (91.4%) |  |
| *Yes* |  | 8 (5.6%) | 4 (6.0%) |  |  | 1 (1.6%) | 3 (8.6%) |  |
| **Diabetes medication type** | 209 |  |  | 0.403 | 98 |  |  | 0.197 |
| *None* |  | 4 (2.8%) | 4 (6.0%) |  |  | 3 (4.8%) | 4 (11.4%) |  |
| *Tablets only* |  | 113 (79.6%) | 47 (70.1%) |  |  | 50 (79.4%) | 23 (65.7%) |  |
| *Insulin Injections only* |  | 17 (12.0%) | 12 (17.9%) |  |  | 9 (14.3%) | 5 (14.3%) |  |
| *Tablets with Insulin Injections* |  | 8 (5.6%) | 4 (6.0%) |  |  | 1 (1.6%) | 3 (8.6%) |  |
| **Taking diabetes medication** | 209 |  |  | 0.272 | 98 |  |  | 0.244 |
| *No* |  | 4 (2.8%) | 4 (6.0%) |  |  | 3 (4.8%) | 4 (11.4%) |  |
| *Yes* |  | 138 (97.2%) | 63 (94.0%) |  |  | 60 (95.2%) | 31 (88.6%) |  |
| **Diagnosed with stroke** | 209 |  |  | >0.999 | 98 |  |  | 0.357 |
| *No* |  | 139 (97.9%) | 66 (98.5%) |  |  | 63 (100.0%) | 34 (97.1%) |  |
| *Yes* |  | 3 (2.1%) | 1 (1.5%) |  |  | 0 (0.0%) | 1 (2.9%) |  |
| **Diagnosed with tuberculosis** | 209 |  |  | **0.014** | 98 |  |  | 0.129 |
| *No* |  | 139 (97.9%) | 60 (89.6%) |  |  | 62 (98.4%) | 32 (91.4%) |  |
| *Yes* |  | 3 (2.1%) | 7 (10.4%) |  |  | 1 (1.6%) | 3 (8.6%) |  |
| **Peripheral neuropathy complication** | 209 |  |  | 0.235 | 98 |  |  | 0.125 |
| *No* |  | 129 (90.8%) | 64 (95.5%) |  |  | 63 (100.0%) | 33 (94.3%) |  |
| *Yes* |  | 13 (9.2%) | 3 (4.5%) |  |  | 0 (0.0%) | 2 (5.7%) |  |
| **Poor vision complication** | 209 |  |  | 0.185 | 98 |  |  | 0.317 |
| *No* |  | 73 (51.4%) | 41 (61.2%) |  |  | 30 (47.6%) | 13 (37.1%) |  |
| *Yes* |  | 69 (48.6%) | 26 (38.8%) |  |  | 33 (52.4%) | 22 (62.9%) |  |
| **Chest pain complication** | 209 |  |  | 0.643 | 98 |  |  | 0.130 |
| *No* |  | 124 (87.3%) | 60 (89.6%) |  |  | 60 (95.2%) | 30 (85.7%) |  |
| *Yes* |  | 18 (12.7%) | 7 (10.4%) |  |  | 3 (4.8%) | 5 (14.3%) |  |
| **Anaemia** | 209 |  |  | 0.110 | 98 |  |  | 0.125 |
| *No* |  | 132 (93.0%) | 66 (98.5%) |  |  | 63 (100.0%) | 33 (94.3%) |  |
| *Yes* |  | 10 (7.0%) | 1 (1.5%) |  |  | 0 (0.0%) | 2 (5.7%) |  |
| **Diagnosed with cardiovascular diseases** | 209 |  |  | 0.434 | 98 |  |  | 0.357 |
| *No* |  | 136 (95.8%) | 66 (98.5%) |  |  | 63 (100.0%) | 34 (97.1%) |  |
| *Yes* |  | 6 (4.2%) | 1 (1.5%) |  |  | 0 (0.0%) | 1 (2.9%) |  |
| **Kidney Complications** | 209 |  |  | 0.963 | 98 |  |  | 0.536 |
| *No* |  | 129 (90.8%) | 61 (91.0%) |  |  | 61 (96.8%) | 35 (100.0%) |  |
| *Yes* |  | 13 (9.2%) | 6 (9.0%) |  |  | 2 (3.2%) | 0 (0.0%) |  |
| **Abdominal or pedal edema complications** | 209 |  |  | 0.269 | 98 |  |  | 0.708 |
| *No* |  | 119 (83.8%) | 60 (89.6%) |  |  | 57 (90.5%) | 33 (94.3%) |  |
| *Yes* |  | 23 (16.2%) | 7 (10.4%) |  |  | 6 (9.5%) | 2 (5.7%) |  |
| **Hypertension** | 209 |  |  | 0.264 | 98 |  |  | 0.974 |
| *No* |  | 44 (31.0%) | 26 (38.8%) |  |  | 20 (31.7%) | 11 (31.4%) |  |
| *Yes* |  | 98 (69.0%) | 41 (61.2%) |  |  | 43 (68.3%) | 24 (68.6%) |  |
| **Ever smoked tobacco** | 209 |  |  | **<0.001** | 98 |  |  | 0.125 |
| *No* |  | 132 (93.0%) | 36 (53.7%) |  |  | 63 (100.0%) | 33 (94.3%) |  |
| *Yes* |  | 10 (7.0%) | 31 (46.3%) |  |  | 0 (0.0%) | 2 (5.7%) |  |
| **Currently smoke tobacco** | 209 |  |  | 0.241 | 98 |  |  | 0.357 |
| *No* |  | 141 (99.3%) | 65 (97.0%) |  |  | 63 (100.0%) | 34 (97.1%) |  |
| *Yes* |  | 1 (0.7%) | 2 (3.0%) |  |  | 0 (0.0%) | 1 (2.9%) |  |
| **Ever used smokeless tobacco** | 209 |  |  | >0.999 | 98 |  |  | >0.999 |
| *No* |  | 138 (97.2%) | 66 (98.5%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Yes* |  | 4 (2.8%) | 1 (1.5%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| **Currently use smokeless tobacco** | 209 |  |  | >0.999 | 98 |  |  | >0.999 |
| *No* |  | 140 (98.6%) | 67 (100.0%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Yes* |  | 2 (1.4%) | 0 (0.0%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| **Alcohol consumption within the past 12 months** | 209 |  |  | **0.036** | 98 |  |  | **0.021** |
| *No* |  | 140 (98.6%) | 62 (92.5%) |  |  | 62 (98.4%) | 30 (85.7%) |  |
| *Yes* |  | 2 (1.4%) | 5 (7.5%) |  |  | 1 (1.6%) | 5 (14.3%) |  |
| **Alcohol consumption within the past 30 days?** | 209 |  |  | 0.102 | 98 |  |  | 0.129 |
| *No* |  | 142 (100.0%) | 65 (97.0%) |  |  | 62 (98.4%) | 32 (91.4%) |  |
| *Yes* |  | 0 (0.0%) | 2 (3.0%) |  |  | 1 (1.6%) | 3 (8.6%) |  |
| **Ever consumed alcohol?** | 209 |  |  | **<0.001** | 98 |  |  | **<0.001** |
| *No* |  | 119 (83.8%) | 35 (52.2%) |  |  | 53 (84.1%) | 18 (51.4%) |  |
| *Yes* |  | 23 (16.2%) | 32 (47.8%) |  |  | 10 (15.9%) | 17 (48.6%) |  |
| **Stopped taking alcohol due to religious/moral reasons** | 209 |  |  | 0.627 | 98 |  |  | >0.999 |
| *No* |  | 132 (93.0%) | 61 (91.0%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Yes* |  | 10 (7.0%) | 6 (9.0%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| **Stopped taking alcohol due to advice by doctor/health worker** | 209 |  |  | **0.010** | 98 |  |  | 0.289 |
| *No* |  | 142 (100.0%) | 63 (94.0%) |  |  | 62 (98.4%) | 33 (94.3%) |  |
| *Yes* |  | 0 (0.0%) | 4 (6.0%) |  |  | 1 (1.6%) | 2 (5.7%) |  |
| **Stopped taking alcohol to be healthy** | 209 |  |  | **0.022** | 98 |  |  | >0.999 |
| *No* |  | 136 (95.8%) | 58 (86.6%) |  |  | 62 (98.4%) | 34 (97.1%) |  |
| *Yes* |  | 6 (4.2%) | 9 (13.4%) |  |  | 1 (1.6%) | 1 (2.9%) |  |
| **Stopped taking alcohol due to illness** | 209 |  |  | **<0.001** | 98 |  |  | >0.999 |
| *No* |  | 137 (96.5%) | 54 (80.6%) |  |  | 62 (98.4%) | 34 (97.1%) |  |
| *Yes* |  | 5 (3.5%) | 13 (19.4%) |  |  | 1 (1.6%) | 1 (2.9%) |  |
| **Stopped taking alcohol due to family/social reasons** | 209 |  |  | >0.999 | 98 |  |  | >0.999 |
| *No* |  | 136 (95.8%) | 64 (95.5%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Yes* |  | 6 (4.2%) | 3 (4.5%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| **Stopped taking alcohol due to economic reasons** | 209 |  |  | 0.330 | 98 |  |  | >0.999 |
| *No* |  | 140 (98.6%) | 64 (95.5%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Yes* |  | 2 (1.4%) | 3 (4.5%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| **How many days do you eat fruit** | 209 |  |  | 0.280 | 0 |  |  |  |
| *Mean (SD)* |  | 4.61 (2.45) | 4.19 (2.38) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 5.00 (2.00, 7.00) | 3.00 (2.00, 7.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **How many days do you eat vegetables** | 209 |  |  | 0.190 | 0 |  |  |  |
| *Mean (SD)* |  | 6.44 (1.34) | 6.30 (1.30) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 7.00 (7.00, 7.00) | 7.00 (6.00, 7.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 2.00, 7.00 | 2.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Adding salt to vegetables while cooking** | 209 |  |  | 0.485 | 0 |  |  |  |
| *Yes* |  | 118 (83.1%) | 53 (79.1%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *No* |  | 24 (16.9%) | 14 (20.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Adding salt to food when eating** | 209 |  |  | 0.696 | 0 |  |  |  |
| *Yes, most of the time* |  | 2 (1.4%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Yes, some of the time* |  | 5 (3.5%) | 3 (4.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Yes, but in rare cases* |  | 19 (13.4%) | 12 (17.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 116 (81.7%) | 52 (77.6%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Frequency of eating red meat** | 209 |  |  | 0.477 | 0 |  |  |  |
| *Daily* |  | 8 (5.6%) | 5 (7.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *5-6 days per week* |  | 2 (1.4%) | 4 (6.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *1-4 days per week* |  | 45 (31.7%) | 20 (29.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *1-3 days per week* |  | 48 (33.8%) | 17 (25.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 26 (18.3%) | 15 (22.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a year* |  | 4 (2.8%) | 3 (4.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Once a year* |  | 1 (0.7%) | 1 (1.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 8 (5.6%) | 2 (3.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Frequency of eating chips** | 209 |  |  | 0.894 | 0 |  |  |  |
| *More than once a day* |  | 2 (1.4%) | 1 (1.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Once daily* |  | 1 (0.7%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *5-6 days a week* |  | 2 (1.4%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 3 (2.1%) | 2 (3.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 14 (9.9%) | 3 (4.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 5 (3.5%) | 1 (1.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 15 (10.6%) | 8 (11.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 22 (15.5%) | 10 (14.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 78 (54.9%) | 42 (62.7%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Frequency of eating mandazi** | 209 |  |  | 0.096 | 0 |  |  |  |
| *More than once a day* |  | 1 (0.7%) | 2 (3.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Once daily* |  | 16 (11.3%) | 6 (9.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *5-6 days a week* |  | 17 (12.0%) | 5 (7.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 11 (7.7%) | 11 (16.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 28 (19.7%) | 6 (9.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 6 (4.2%) | 7 (10.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 8 (5.6%) | 3 (4.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 8 (5.6%) | 2 (3.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 47 (33.1%) | 25 (37.3%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Frequency of eating samosa** | 209 |  |  | **0.006** | 0 |  |  |  |
| *Once daily* |  | 0 (0.0%) | 1 (1.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *5-6 days a week* |  | 1 (0.7%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 3 (2.1%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 6 (4.2%) | 8 (11.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 9 (6.3%) | 8 (11.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 4 (2.8%) | 7 (10.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 22 (15.5%) | 11 (16.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 97 (68.3%) | 32 (47.8%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Frequency of eating fried chicken** | 209 |  |  | 0.345 | 0 |  |  |  |
| *5-6 days a week* |  | 0 (0.0%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 3 (2.1%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 5 (3.5%) | 4 (6.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 7 (4.9%) | 6 (9.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 19 (13.4%) | 6 (9.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 49 (34.5%) | 29 (43.3%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 59 (41.5%) | 22 (32.8%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Frequency of eating fried fish** | 209 |  |  | **0.011** | 0 |  |  |  |
| *More than once a day* |  | 1 (0.7%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *5-6 days a week* |  | 0 (0.0%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 9 (6.3%) | 2 (3.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 13 (9.2%) | 13 (19.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 17 (12.0%) | 6 (9.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 15 (10.6%) | 13 (19.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 27 (19.0%) | 19 (28.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 60 (42.3%) | 14 (20.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Adding sugar to your beverages** | 209 |  |  | 0.559 | 0 |  |  |  |
| *Yes* |  | 19 (13.4%) | 11 (16.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *No* |  | 123 (86.6%) | 56 (83.6%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Taken a soft drink in the past 12 months** | 209 |  |  | 0.102 | 0 |  |  |  |
| *Yes* |  | 53 (37.3%) | 33 (49.3%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *No* |  | 89 (62.7%) | 34 (50.7%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Frequency of soft drink in the past 12 months** | 209 |  |  | 0.195 | 0 |  |  |  |
| *Daily* |  | 1 (0.7%) | 1 (1.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *5-6 days per week* |  | 0 (0.0%) | 1 (1.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *1-4 days per week* |  | 9 (6.3%) | 2 (3.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *1-3 days per week* |  | 15 (10.6%) | 7 (10.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 23 (16.2%) | 19 (28.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Other* |  | 5 (3.5%) | 3 (4.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 89 (62.7%) | 34 (50.7%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **How often do you take plain water in a day?** | 209 |  |  | 0.517 | 0 |  |  |  |
| *Never* |  | 2 (1.4%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Less than once* |  | 7 (4.9%) | 2 (3.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Once* |  | 11 (7.7%) | 5 (7.5%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *2-3 times* |  | 60 (42.3%) | 37 (55.2%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *4-5 times* |  | 39 (27.5%) | 17 (25.4%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *More than 5 times* |  | 23 (16.2%) | 6 (9.0%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Healthy eating habit** | 209 |  |  | 0.138 | 98 |  |  | 0.756 |
| *Bad* |  | 111 (78.2%) | 46 (68.7%) |  |  | 11 (17.5%) | 7 (20.0%) |  |
| *Good* |  | 31 (21.8%) | 21 (31.3%) |  |  | 52 (82.5%) | 28 (80.0%) |  |
| **Changed anything about fruit consumption?** | 0 |  |  |  | 98 |  |  | 0.613 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 40 (63.5%) | 24 (68.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 23 (36.5%) | 11 (31.4%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of days on which i eat fruit** | 0 |  |  |  | 98 |  |  | 0.605 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 53 (84.1%) | 28 (80.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 10 (15.9%) | 7 (20.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of days on which i eat fruit** | 0 |  |  |  | 98 |  |  | 0.708 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 6 (9.5%) | 2 (5.7%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 57 (90.5%) | 33 (94.3%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of fruit servings per day** | 0 |  |  |  | 98 |  |  | 0.336 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 55 (87.3%) | 28 (80.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 8 (12.7%) | 7 (20.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of fruit servings per day** | 0 |  |  |  | 98 |  |  | 0.086 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 6 (9.5%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 57 (90.5%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Made no changes in number of days on which i eat fruit** | 0 |  |  |  | 98 |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Made no changes in number of fruit servings per day** | 0 |  |  |  | 98 |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Changed anything about vegetable consumption?** | 0 |  |  |  | 98 |  |  | 0.509 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 39 (61.9%) | 24 (68.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 24 (38.1%) | 11 (31.4%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of days on which i eat vegetables** | 0 |  |  |  | 98 |  |  | 0.675 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 50 (79.4%) | 29 (82.9%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 13 (20.6%) | 6 (17.1%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of days on which i eat vegetables** | 0 |  |  |  | 98 |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 3 (4.8%) | 1 (2.9%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 60 (95.2%) | 34 (97.1%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of veg servings per day** | 0 |  |  |  | 98 |  |  | 0.463 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 54 (85.7%) | 28 (80.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 9 (14.3%) | 7 (20.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of veg servings per day** | 0 |  |  |  | 98 |  |  | 0.551 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 3 (4.8%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 60 (95.2%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Made no changes in number of days on which i eat veg** | 0 |  |  |  | 98 |  |  | 0.357 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (2.9%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 34 (97.1%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Made no changes in number of veg servings per day** | 0 |  |  |  | 98 |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Changed anything about salt consumption?** | 0 |  |  |  | 98 |  |  | 0.434 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 34 (54.0%) | 16 (45.7%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 29 (46.0%) | 19 (54.3%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of times i add salt when eating** | 0 |  |  |  | 98 |  |  | 0.357 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (2.9%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 34 (97.1%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of times i add salt when eating** | 0 |  |  |  | 98 |  |  | 0.328 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 51 (81.0%) | 31 (88.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 12 (19.0%) | 4 (11.4%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Stopped adding salt to food when eating** | 0 |  |  |  | 98 |  |  | 0.192 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 55 (87.3%) | 27 (77.1%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 8 (12.7%) | 8 (22.9%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased amount of salt for cooking** | 0 |  |  |  | 98 |  |  | 0.357 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (2.9%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 34 (97.1%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased amount of salt for cooking** | 0 |  |  |  | 98 |  |  | 0.834 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 48 (76.2%) | 26 (74.3%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 15 (23.8%) | 9 (25.7%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Stopped adding salt to food when cooking** | 0 |  |  |  | 98 |  |  | 0.536 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 61 (96.8%) | 35 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 2 (3.2%) | 0 (0.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Changed anything about red meat consumption?** | 0 |  |  |  | 98 |  |  | >0.999 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 36 (57.1%) | 20 (57.1%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 27 (42.9%) | 15 (42.9%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of times i eat red meat** | 0 |  |  |  | 98 |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 1 (1.6%) | 1 (2.9%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 62 (98.4%) | 34 (97.1%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of times i eat red meat** | 0 |  |  |  | 98 |  |  | 0.674 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 44 (69.8%) | 23 (65.7%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 19 (30.2%) | 12 (34.3%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Stopped eating red meat** | 0 |  |  |  | 98 |  |  | 0.536 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 61 (96.8%) | 35 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 2 (3.2%) | 0 (0.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased amount of red meat i eat** | 0 |  |  |  | 98 |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased amount of red meat i eat** | 0 |  |  |  | 98 |  |  | 0.766 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 54 (85.7%) | 31 (88.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 9 (14.3%) | 4 (11.4%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Changed anything about sugar consumption?** | 0 |  |  |  | 98 |  |  | 0.413 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 48 (76.2%) | 24 (68.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 15 (23.8%) | 11 (31.4%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of times i use sugar in beverages** | 0 |  |  |  | 98 |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of times i use sugar in beverages** | 0 |  |  |  | 98 |  |  | >0.999 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 57 (90.5%) | 32 (91.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 6 (9.5%) | 3 (8.6%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Stopped using sugar** | 0 |  |  |  | 98 |  |  | 0.529 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 54 (85.7%) | 32 (91.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 9 (14.3%) | 3 (8.6%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased amount of sugar i use in beverages** | 0 |  |  |  | 98 |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased amount of sugar i use in beverages** | 0 |  |  |  | 98 |  |  | 0.094 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 61 (96.8%) | 30 (85.7%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 2 (3.2%) | 5 (14.3%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased the amount of soft drinks i drink per day** | 0 |  |  |  | 98 |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased the amount of soft drinks i drink per day** | 0 |  |  |  | 98 |  |  | >0.999 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 62 (98.4%) | 35 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 1 (1.6%) | 0 (0.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Changed anything about water consumption?** | 0 |  |  |  | 98 |  |  | 0.856 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 33 (52.4%) | 19 (54.3%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 30 (47.6%) | 16 (45.7%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of times i use drink water in a day** | 0 |  |  |  | 98 |  |  | 0.509 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 39 (61.9%) | 24 (68.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 24 (38.1%) | 11 (31.4%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of times i drink water in a day** | 0 |  |  |  | 98 |  |  | 0.536 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 2 (3.2%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 61 (96.8%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased amount of water i drink each time** | 0 |  |  |  | 98 |  |  | 0.940 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 50 (79.4%) | 28 (80.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 13 (20.6%) | 7 (20.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased amount of water i drink each time** | 0 |  |  |  | 98 |  |  | 0.125 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 2 (5.7%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 33 (94.3%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Made no changes in number of times i drink water** | 0 |  |  |  | 98 |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Made no changes in amount of water i drink each time** | 0 |  |  |  | 98 |  |  | 0.357 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (2.9%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 34 (97.1%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Changed anything about eating/drinking habits?** | 0 |  |  |  | 98 |  |  | 0.708 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 39 (61.9%) | 23 (65.7%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 24 (38.1%) | 12 (34.3%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased the amount of food i eat** | 0 |  |  |  | 98 |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 3 (4.8%) | 1 (2.9%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 60 (95.2%) | 34 (97.1%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased the amount of food i eat** | 0 |  |  |  | 98 |  |  | 0.203 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 53 (84.1%) | 33 (94.3%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 10 (15.9%) | 2 (5.7%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Reduced the amount of fat i use in my food** | 0 |  |  |  | 98 |  |  | 0.529 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 54 (85.7%) | 32 (91.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 9 (14.3%) | 3 (8.6%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased the amount of fat i use in my food** | 0 |  |  |  | 98 |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Changed the type of fat used in my house** | 0 |  |  |  | 98 |  |  | 0.684 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 52 (82.5%) | 30 (85.7%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 11 (17.5%) | 5 (14.3%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Stopped/reduced eating outside the home** | 0 |  |  |  | 98 |  |  | 0.536 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 61 (96.8%) | 35 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 2 (3.2%) | 0 (0.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Reduced the amount of mandazi i eat** | 0 |  |  |  | 98 |  |  | 0.663 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 60 (95.2%) | 32 (91.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 3 (4.8%) | 3 (8.6%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Reduced the amount of samosas i eat** | 0 |  |  |  | 98 |  |  | 0.345 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 61 (96.8%) | 32 (91.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 2 (3.2%) | 3 (8.6%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Reduced the amount of fried chicken i eat** | 0 |  |  |  | 98 |  |  | >0.999 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Reduced the amount of fried fish i eat** | 0 |  |  |  | 98 |  |  | 0.357 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 34 (97.1%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (2.9%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Involved in vigorous-intensity activity** | 209 |  |  | 0.061 | 0 |  |  |  |
| *No* |  | 105 (73.9%) | 41 (61.2%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 37 (26.1%) | 26 (38.8%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **How many days do you do vigorous-intensity activities** | 209 |  |  | 0.054 | 0 |  |  |  |
| *Mean (SD)* |  | 1.40 (2.52) | 2.15 (2.95) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 2.00) | 0.00 (0.00, 5.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Involve moderate-intensity activity** | 209 |  |  | 0.133 | 0 |  |  |  |
| *No* |  | 73 (51.4%) | 27 (40.3%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 69 (48.6%) | 40 (59.7%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **How many days do you do moderate-intesity activities** | 209 |  |  | 0.127 | 0 |  |  |  |
| *Mean (SD)* |  | 2.32 (2.74) | 2.96 (2.77) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 5.00) | 3.00 (0.00, 6.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Walking/riding a bicycle for at least 10 minutes** | 209 |  |  | 0.364 | 0 |  |  |  |
| *No* |  | 15 (10.6%) | 10 (14.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 127 (89.4%) | 57 (85.1%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **How many days do you walk or use a bicycle** | 209 |  |  | 0.816 | 0 |  |  |  |
| *Mean (SD)* |  | 5.19 (2.48) | 5.16 (2.60) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 7.00 (3.00, 7.00) | 6.00 (4.00, 7.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Do vigorous-intensity sports, fitness or recreational** | 209 |  |  | 0.085 | 0 |  |  |  |
| *No* |  | 135 (95.1%) | 59 (88.1%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 7 (4.9%) | 8 (11.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **How many days do you do vigorous-intensity sports** | 209 |  |  | 0.064 | 0 |  |  |  |
| *Mean (SD)* |  | 0.20 (1.03) | 0.58 (1.74) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Do moderate-intensity sports, fitness or recreational** | 209 |  |  | **0.003** | 0 |  |  |  |
| *No* |  | 132 (93.0%) | 53 (79.1%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 10 (7.0%) | 14 (20.9%) |  |  | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **How many days do you do moderate-intesnsity sports?** | 209 |  |  | **0.003** | 0 |  |  |  |
| *Mean (SD)* |  | 0.30 (1.23) | 0.94 (2.15) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Time spent doing vigorous-intensity activities in hrs** | 209 |  |  | **0.035** | 0 |  |  |  |
| *Mean (SD)* |  | 0.97 (2.21) | 1.79 (2.85) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 1.00) | 0.00 (0.00, 3.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 12.00 | 0.00, 10.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Time spent doing moderate-intensity activities in hrs** | 209 |  |  | **0.034** | 0 |  |  |  |
| *Mean (SD)* |  | 1.50 (2.12) | 2.38 (2.82) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 3.00) | 2.00 (0.00, 4.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 10.00 | 0.00, 12.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Time spent walking or cycling in hrs** | 209 |  |  | 0.213 | 0 |  |  |  |
| *Mean (SD)* |  | 1.68 (1.61) | 2.24 (2.37) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 1.00 (0.75, 2.00) | 2.00 (0.50, 3.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 9.00 | 0.00, 12.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Time spent on vigorous-intensity sports in hrs** | 209 |  |  | 0.077 | 0 |  |  |  |
| *Mean (SD)* |  | 0.08 (0.45) | 0.10 (0.29) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 4.08 | 0.00, 1.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Time spent on moderate-intensity sports in hrs** | 209 |  |  | **0.005** | 0 |  |  |  |
| *Mean (SD)* |  | 0.15 (0.66) | 0.30 (0.67) |  |  | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) |  |  | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 5.00 | 0.00, 3.00 |  |  | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  | 63 | 35 |  |
| **Regular physical activity** | 209 |  |  | **<0.001** | 98 |  |  | 0.641 |
| *No* |  | 135 (95.1%) | 54 (80.6%) |  |  | 17 (27.0%) | 11 (31.4%) |  |
| *Yes* |  | 7 (4.9%) | 13 (19.4%) |  |  | 46 (73.0%) | 24 (68.6%) |  |
| **Changed anything about physical activity?** | 0 |  |  |  | 98 |  |  | 0.853 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 39 (61.9%) | 21 (60.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 24 (38.1%) | 14 (40.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of times i walk/cycle to places** | 0 |  |  |  | 98 |  |  | 0.061 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 56 (88.9%) | 26 (74.3%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 7 (11.1%) | 9 (25.7%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of times i walk/cycle to places** | 0 |  |  |  | 98 |  |  | 0.294 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 4 (6.3%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 59 (93.7%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of times i take a leisure walk** | 0 |  |  |  | 98 |  |  | 0.122 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 50 (79.4%) | 32 (91.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 13 (20.6%) | 3 (8.6%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of times i take a leisure walk** | 0 |  |  |  | 98 |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 1 (1.6%) | 1 (2.9%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 62 (98.4%) | 34 (97.1%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased number of times i cycle/jog for leisure** | 0 |  |  |  | 98 |  |  | >0.999 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased number of times i cycle/jog for leisure** | 0 |  |  |  | 98 |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 63 (100.0%) | 35 (100.0%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Increased the number of times i do exercises** | 0 |  |  |  | 98 |  |  | 0.708 |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 57 (90.5%) | 33 (94.3%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 6 (9.5%) | 2 (5.7%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Decreased the number of times i do exercises** | 0 |  |  |  | 98 |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) |  |  | 3 (4.8%) | 2 (5.7%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) |  |  | 60 (95.2%) | 33 (94.3%) |  |
| *Missing* |  | 142 | 67 |  |  |  |  |  |
| **Height (metres)** | 208 |  |  | **<0.001** | 97 |  |  | **<0.001** |
| *Mean (SD)* |  | 1.57 (0.06) | 1.67 (0.06) |  |  | 1.58 (0.06) | 1.67 (0.05) |  |
| *Median (Q1, Q3)* |  | 1.58 (1.53, 1.61) | 1.67 (1.64, 1.71) |  |  | 1.57 (1.53, 1.61) | 1.68 (1.65, 1.70) |  |
| *Min, Max* |  | 1.43, 1.75 | 1.54, 1.80 |  |  | 1.43, 1.73 | 1.54, 1.78 |  |
| *Missing* |  | 1 | 0 |  |  | 1 | 0 |  |
| **BMI (kg/m2) grouped** | 208 |  |  | **0.039** | 97 |  |  | **0.038** |
| *Normal (18.5–24.9)* |  | 35 (24.8%) | 27 (40.3%) |  |  | 11 (17.7%) | 13 (37.1%) |  |
| *Underweight (<18.5)* |  | 5 (3.5%) | 4 (6.0%) |  |  | 2 (3.2%) | 3 (8.6%) |  |
| *Overweight (25–29.9)* |  | 59 (41.8%) | 26 (38.8%) |  |  | 28 (45.2%) | 14 (40.0%) |  |
| *Obese (>=30)* |  | 42 (29.8%) | 10 (14.9%) |  |  | 21 (33.9%) | 5 (14.3%) |  |
| *Missing* |  | 1 | 0 |  |  | 1 | 0 |  |
| **Waist-to-hip ratio grouped** | 208 |  |  | 0.171 | 97 |  |  | 0.525 |
| *Normal (Male<0.90; Female<0.85)* |  | 28 (19.9%) | 19 (28.4%) |  |  | 14 (22.6%) | 6 (17.1%) |  |
| *At Risk (Male>=0.90; Female>=0.85)* |  | 113 (80.1%) | 48 (71.6%) |  |  | 48 (77.4%) | 29 (82.9%) |  |
| *Missing* |  | 1 | 0 |  |  | 1 | 0 |  |
| **Blood glucose (mmol/L) grouped** | 209 |  |  | 0.757 | 94 |  |  | 0.773 |
| *Normal (3.9-5.6)* |  | 12 (8.5%) | 7 (10.4%) |  |  | 6 (9.8%) | 5 (15.2%) |  |
| *Low (<3.9)* |  | 8 (5.6%) | 2 (3.0%) |  |  | 4 (6.6%) | 1 (3.0%) |  |
| *At Risk (5.7-6.9)* |  | 13 (9.2%) | 8 (11.9%) |  |  | 11 (18.0%) | 7 (21.2%) |  |
| *High (>=7)* |  | 109 (76.8%) | 50 (74.6%) |  |  | 40 (65.6%) | 20 (60.6%) |  |
| *Missing* |  |  |  |  |  | 2 | 2 |  |
| 1n (%); Mean (SD); Median (IQR); Range | | | | | | | | |
| 2Pearson's Chi-squared test; Wilcoxon rank sum test; Fisher's exact test; Fisher's Exact Test for Count Data with simulated p-value  (based on 2000 replicates) | | | | | | | | |

Inferential Statistics

|  | **Data collection round** **Baseline**, N = 208 | | | | | **Data collection round** **Six month follow-up**, N = 97 | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **n** | **50 and below** N = 741 | **51-60 years** N = 711 | **61 years and above** N = 631 | **p-value**2 | **n** | **50 and below** N = 291 | **51-60 years** N = 301 | **61 years and above** N = 381 | **p-value**3 |
| **Do you accept to participate in the study?** | 208 |  |  |  |  | 97 |  |  |  |  |
| *Yes* |  | 74 (100.0%) | 71 (100.0%) | 63 (100.0%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| **Respondent signs** | 208 |  |  |  | **<0.001** | 97 |  |  |  | **0.010** |
| *Signs* |  | 70 (94.6%) | 62 (87.3%) | 40 (63.5%) |  |  | 27 (93.1%) | 28 (93.3%) | 26 (68.4%) |  |
| *Willing but unable to sign* |  | 4 (5.4%) | 9 (12.7%) | 23 (36.5%) |  |  | 2 (6.9%) | 2 (6.7%) | 12 (31.6%) |  |
| **Final result of interview** | 208 |  |  |  |  | 97 |  |  |  |  |
| *Complete* |  | 74 (100.0%) | 71 (100.0%) | 63 (100.0%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| **Waist circumference in cm** | 207 |  |  |  | **0.001** | 96 |  |  |  | 0.201 |
| *Mean (SD)* |  | 90.56 (17.76) | 96.90 (10.36) | 94.98 (12.59) |  |  | 92.10 (13.64) | 98.00 (9.44) | 97.47 (12.58) |  |
| *Median (Q1, Q3)* |  | 90.75 (78.90, 98.30) | 97.00 (90.00, 103.90) | 95.55 (86.00, 103.00) |  |  | 93.60 (81.95, 101.00) | 99.60 (90.30, 103.00) | 96.65 (88.20, 106.10) |  |
| *Min, Max* |  | 61.50, 196.20 | 74.20, 123.00 | 42.80, 123.30 |  |  | 67.00, 115.00 | 81.50, 118.00 | 72.40, 126.00 |  |
| *Missing* |  | 0 | 0 | 1 |  |  | 1 | 0 | 0 |  |
| **Hip circumference in cm** | 207 |  |  |  | 0.099 | 97 |  |  |  | 0.567 |
| *Mean (SD)* |  | 100.60 (12.68) | 104.11 (10.09) | 99.75 (12.11) |  |  | 101.77 (11.55) | 104.98 (10.50) | 103.09 (11.31) |  |
| *Median (Q1, Q3)* |  | 102.00 (93.40, 109.00) | 103.00 (96.40, 112.50) | 98.25 (92.90, 108.20) |  |  | 105.00 (94.00, 110.00) | 103.65 (99.10, 110.00) | 100.60 (96.60, 112.30) |  |
| *Min, Max* |  | 49.20, 126.60 | 83.10, 125.00 | 43.20, 125.00 |  |  | 75.00, 126.00 | 83.00, 125.40 | 81.20, 125.00 |  |
| *Missing* |  | 0 | 0 | 1 |  |  |  |  |  |  |
| **Blood glucose (mmol/l)** | 208 |  |  |  | 0.589 | 93 |  |  |  | 0.118 |
| *Mean (SD)* |  | 11.81 (5.46) | 11.06 (5.85) | 11.62 (6.56) |  |  | 13.36 (7.21) | 10.17 (4.33) | 10.60 (7.48) |  |
| *Median (Q1, Q3)* |  | 10.40 (7.50, 14.40) | 10.40 (6.50, 14.20) | 10.80 (6.30, 15.00) |  |  | 14.10 (6.80, 18.30) | 9.80 (6.30, 12.10) | 7.60 (5.70, 11.20) |  |
| *Min, Max* |  | 3.80, 29.20 | 2.90, 28.40 | 3.00, 31.50 |  |  | 3.20, 30.30 | 4.50, 24.30 | 2.00, 28.20 |  |
| *Missing* |  |  |  |  |  |  | 2 | 1 | 1 |  |
| **Systolic Blood pressure (mm Hg)** | 208 |  |  |  | **<0.001** | 97 |  |  |  | **<0.001** |
| *Mean (SD)* |  | 131.42 (20.63) | 147.14 (23.10) | 150.37 (22.19) |  |  | 129.38 (18.65) | 147.17 (22.89) | 142.32 (18.90) |  |
| *Median (Q1, Q3)* |  | 128.50 (119.00, 138.00) | 144.00 (132.00, 160.00) | 152.00 (135.00, 167.00) |  |  | 125.00 (115.00, 136.00) | 143.00 (130.00, 167.00) | 140.50 (129.00, 152.00) |  |
| *Min, Max* |  | 95.00, 216.00 | 107.00, 208.00 | 102.00, 198.00 |  |  | 106.00, 182.00 | 112.00, 207.00 | 111.00, 188.00 |  |
| **Diastolic Blood pressure (mm Hg)** | 208 |  |  |  | **0.043** | 97 |  |  |  | **0.014** |
| *Mean (SD)* |  | 83.09 (9.36) | 86.92 (10.35) | 83.14 (10.49) |  |  | 83.72 (9.16) | 87.80 (10.54) | 79.71 (10.01) |  |
| *Median (Q1, Q3)* |  | 81.00 (77.00, 89.00) | 86.00 (79.00, 92.00) | 82.00 (76.00, 90.00) |  |  | 81.00 (78.00, 86.00) | 86.00 (78.00, 95.00) | 80.50 (73.00, 85.00) |  |
| *Min, Max* |  | 62.00, 110.00 | 60.00, 121.00 | 62.00, 110.00 |  |  | 69.00, 111.00 | 75.00, 117.00 | 57.00, 101.00 |  |
| **Weight (kgs)** | 207 |  |  |  | 0.161 | 97 |  |  |  | 0.665 |
| *Mean (SD)* |  | 69.81 (13.19) | 70.93 (11.96) | 67.20 (13.16) |  |  | 71.62 (14.89) | 72.46 (10.99) | 69.57 (11.98) |  |
| *Median (Q1, Q3)* |  | 70.60 (60.00, 80.50) | 71.00 (63.10, 79.40) | 66.65 (57.40, 75.30) |  |  | 74.40 (62.10, 82.70) | 71.10 (64.20, 77.70) | 69.10 (60.60, 79.60) |  |
| *Min, Max* |  | 45.00, 97.10 | 46.50, 107.80 | 41.00, 110.40 |  |  | 43.00, 97.30 | 55.40, 108.70 | 43.20, 103.20 |  |
| *Missing* |  | 0 | 0 | 1 |  |  |  |  |  |  |
| **BMI (kg/m2)** | 207 |  |  |  | 0.224 | 96 |  |  |  | 0.694 |
| *Mean (SD)* |  | 26.64 (4.93) | 27.68 (4.45) | 26.46 (5.12) |  |  | 27.12 (5.48) | 28.07 (4.53) | 27.08 (4.59) |  |
| *Median (Q1, Q3)* |  | 27.28 (22.89, 29.62) | 26.71 (24.19, 30.90) | 25.95 (23.13, 29.05) |  |  | 27.81 (22.91, 30.94) | 27.70 (25.32, 30.18) | 26.23 (23.88, 29.95) |  |
| *Min, Max* |  | 16.44, 40.00 | 17.92, 36.89 | 17.43, 43.12 |  |  | 17.01, 36.80 | 19.95, 37.64 | 17.53, 37.47 |  |
| *Missing* |  | 0 | 0 | 1 |  |  | 0 | 0 | 1 |  |
| **Waist-to-hip ratio** | 207 |  |  |  | **<0.001** | 96 |  |  |  | 0.097 |
| *Mean (SD)* |  | 0.90 (0.15) | 0.93 (0.07) | 0.95 (0.08) |  |  | 0.91 (0.10) | 0.94 (0.08) | 0.95 (0.08) |  |
| *Median (Q1, Q3)* |  | 0.88 (0.83, 0.94) | 0.94 (0.89, 0.98) | 0.96 (0.90, 1.02) |  |  | 0.90 (0.86, 0.93) | 0.93 (0.89, 1.01) | 0.96 (0.89, 1.00) |  |
| *Min, Max* |  | 0.73, 1.77 | 0.76, 1.09 | 0.75, 1.11 |  |  | 0.74, 1.22 | 0.82, 1.07 | 0.77, 1.15 |  |
| *Missing* |  | 0 | 0 | 1 |  |  | 1 | 0 | 0 |  |
| **Gender** | 208 |  |  |  | 0.147 | 97 |  |  |  | 0.304 |
| *Female* |  | 53 (71.6%) | 52 (73.2%) | 37 (58.7%) |  |  | 22 (75.9%) | 19 (63.3%) | 22 (57.9%) |  |
| *Male* |  | 21 (28.4%) | 19 (26.8%) | 26 (41.3%) |  |  | 7 (24.1%) | 11 (36.7%) | 16 (42.1%) |  |
| **Age (years)** | 208 |  |  |  | **<0.001** | 97 |  |  |  | **<0.001** |
| *Mean (SD)* |  | 38.95 (9.21) | 55.84 (2.78) | 68.07 (5.73) |  |  | 40.32 (8.63) | 55.35 (2.42) | 67.31 (5.51) |  |
| *Median (Q1, Q3)* |  | 41.37 (34.05, 45.80) | 56.05 (53.53, 57.36) | 66.25 (64.05, 70.28) |  |  | 40.93 (35.55, 46.49) | 55.66 (53.01, 57.04) | 66.45 (64.01, 68.29) |  |
| *Min, Max* |  | 12.74, 50.87 | 51.24, 60.98 | 61.08, 85.46 |  |  | 13.13, 50.78 | 51.19, 60.01 | 61.00, 86.24 |  |
| **Diabetes** | 208 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| *Yes* |  | 74 (100.0%) | 71 (100.0%) | 63 (100.0%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| **Diabetes medication - insulin injections** | 208 |  |  |  | 0.294 | 97 |  |  |  | 0.317 |
| *No* |  | 56 (75.7%) | 61 (85.9%) | 50 (79.4%) |  |  | 21 (72.4%) | 26 (86.7%) | 32 (84.2%) |  |
| *Yes* |  | 18 (24.3%) | 10 (14.1%) | 13 (20.6%) |  |  | 8 (27.6%) | 4 (13.3%) | 6 (15.8%) |  |
| **Duration of diabetes (years)** | 208 |  |  |  | **<0.001** | 97 |  |  |  | 0.057 |
| *Mean (SD)* |  | 3.72 (3.48) | 6.31 (5.61) | 8.51 (8.61) |  |  | 4.90 (3.80) | 6.46 (5.65) | 9.65 (9.62) |  |
| *Median (Q1, Q3)* |  | 3.00 (1.00, 6.00) | 5.00 (2.00, 10.00) | 6.00 (3.00, 12.00) |  |  | 5.00 (2.00, 8.00) | 5.00 (2.00, 10.00) | 6.50 (4.00, 11.00) |  |
| *Min, Max* |  | 0.04, 14.00 | 0.04, 21.00 | 0.00, 39.00 |  |  | 0.08, 15.00 | 0.08, 22.00 | 0.75, 40.00 |  |
| **Duration of diabetes grouped** | 208 |  |  |  | **0.002** | 97 |  |  |  | 0.405 |
| *Below 5 years* |  | 52 (70.3%) | 34 (47.9%) | 27 (42.9%) |  |  | 14 (48.3%) | 14 (46.7%) | 12 (31.6%) |  |
| *5-9 years* |  | 17 (23.0%) | 17 (23.9%) | 18 (28.6%) |  |  | 11 (37.9%) | 8 (26.7%) | 16 (42.1%) |  |
| *10 years and above* |  | 5 (6.8%) | 20 (28.2%) | 18 (28.6%) |  |  | 4 (13.8%) | 8 (26.7%) | 10 (26.3%) |  |
| **Diabetes medication - Tablets** | 208 |  |  |  | 0.103 | 97 |  |  |  | 0.494 |
| *No* |  | 17 (23.0%) | 7 (9.9%) | 12 (19.0%) |  |  | 7 (24.1%) | 4 (13.3%) | 9 (23.7%) |  |
| *Yes* |  | 57 (77.0%) | 64 (90.1%) | 51 (81.0%) |  |  | 22 (75.9%) | 26 (86.7%) | 29 (76.3%) |  |
| **Diabetes medication - Tablets with Insulin Injections** | 208 |  |  |  | 0.090 | 97 |  |  |  | >0.999 |
| *No* |  | 73 (98.6%) | 66 (93.0%) | 57 (90.5%) |  |  | 28 (96.6%) | 29 (96.7%) | 36 (94.7%) |  |
| *Yes* |  | 1 (1.4%) | 5 (7.0%) | 6 (9.5%) |  |  | 1 (3.4%) | 1 (3.3%) | 2 (5.3%) |  |
| **Diabetes medication type** | 208 |  |  |  | **0.005** | 97 |  |  |  | 0.256 |
| *None* |  | 0 (0.0%) | 2 (2.8%) | 5 (7.9%) |  |  | 0 (0.0%) | 1 (3.3%) | 5 (13.2%) |  |
| *Tablets only* |  | 56 (75.7%) | 59 (83.1%) | 45 (71.4%) |  |  | 21 (72.4%) | 25 (83.3%) | 27 (71.1%) |  |
| *Insulin Injections only* |  | 17 (23.0%) | 5 (7.0%) | 7 (11.1%) |  |  | 7 (24.1%) | 3 (10.0%) | 4 (10.5%) |  |
| *Tablets with Insulin Injections* |  | 1 (1.4%) | 5 (7.0%) | 6 (9.5%) |  |  | 1 (3.4%) | 1 (3.3%) | 2 (5.3%) |  |
| **Taking diabetes medication** | 208 |  |  |  | **0.024** | 97 |  |  |  | 0.082 |
| *No* |  | 0 (0.0%) | 2 (2.8%) | 5 (7.9%) |  |  | 0 (0.0%) | 1 (3.3%) | 5 (13.2%) |  |
| *Yes* |  | 74 (100.0%) | 69 (97.2%) | 58 (92.1%) |  |  | 29 (100.0%) | 29 (96.7%) | 33 (86.8%) |  |
| **Diagnosed with stroke** | 208 |  |  |  | >0.999 | 97 |  |  |  | >0.999 |
| *No* |  | 72 (97.3%) | 70 (98.6%) | 62 (98.4%) |  |  | 29 (100.0%) | 30 (100.0%) | 37 (97.4%) |  |
| *Yes* |  | 2 (2.7%) | 1 (1.4%) | 1 (1.6%) |  |  | 0 (0.0%) | 0 (0.0%) | 1 (2.6%) |  |
| **Diagnosed with tuberculosis** | 208 |  |  |  | 0.201 | 97 |  |  |  | 0.685 |
| *No* |  | 70 (94.6%) | 70 (98.6%) | 58 (92.1%) |  |  | 27 (93.1%) | 29 (96.7%) | 37 (97.4%) |  |
| *Yes* |  | 4 (5.4%) | 1 (1.4%) | 5 (7.9%) |  |  | 2 (6.9%) | 1 (3.3%) | 1 (2.6%) |  |
| **Peripheral neuropathy complication** | 208 |  |  |  | 0.635 | 97 |  |  |  | >0.999 |
| *No* |  | 70 (94.6%) | 64 (90.1%) | 58 (92.1%) |  |  | 29 (100.0%) | 29 (96.7%) | 37 (97.4%) |  |
| *Yes* |  | 4 (5.4%) | 7 (9.9%) | 5 (7.9%) |  |  | 0 (0.0%) | 1 (3.3%) | 1 (2.6%) |  |
| **Poor vision complication** | 208 |  |  |  | **0.030** | 97 |  |  |  | **0.047** |
| *No* |  | 49 (66.2%) | 32 (45.1%) | 32 (50.8%) |  |  | 17 (58.6%) | 14 (46.7%) | 11 (28.9%) |  |
| *Yes* |  | 25 (33.8%) | 39 (54.9%) | 31 (49.2%) |  |  | 12 (41.4%) | 16 (53.3%) | 27 (71.1%) |  |
| **Chest pain complication** | 208 |  |  |  | 0.522 | 97 |  |  |  | 0.645 |
| *No* |  | 66 (89.2%) | 64 (90.1%) | 53 (84.1%) |  |  | 28 (96.6%) | 27 (90.0%) | 34 (89.5%) |  |
| *Yes* |  | 8 (10.8%) | 7 (9.9%) | 10 (15.9%) |  |  | 1 (3.4%) | 3 (10.0%) | 4 (10.5%) |  |
| **Anaemia** | 208 |  |  |  | 0.441 | 97 |  |  |  | >0.999 |
| *No* |  | 70 (94.6%) | 69 (97.2%) | 58 (92.1%) |  |  | 29 (100.0%) | 29 (96.7%) | 37 (97.4%) |  |
| *Yes* |  | 4 (5.4%) | 2 (2.8%) | 5 (7.9%) |  |  | 0 (0.0%) | 1 (3.3%) | 1 (2.6%) |  |
| **Diagnosed with cardiovascular diseases** | 208 |  |  |  | 0.557 | 97 |  |  |  | 0.604 |
| *No* |  | 70 (94.6%) | 69 (97.2%) | 62 (98.4%) |  |  | 29 (100.0%) | 29 (96.7%) | 38 (100.0%) |  |
| *Yes* |  | 4 (5.4%) | 2 (2.8%) | 1 (1.6%) |  |  | 0 (0.0%) | 1 (3.3%) | 0 (0.0%) |  |
| **Kidney Complications** | 208 |  |  |  | 0.382 | 97 |  |  |  | 0.773 |
| *No* |  | 70 (94.6%) | 63 (88.7%) | 56 (88.9%) |  |  | 28 (96.6%) | 30 (100.0%) | 37 (97.4%) |  |
| *Yes* |  | 4 (5.4%) | 8 (11.3%) | 7 (11.1%) |  |  | 1 (3.4%) | 0 (0.0%) | 1 (2.6%) |  |
| **Abdominal or pedal edema complications** | 208 |  |  |  | 0.646 | 97 |  |  |  | **0.006** |
| *No* |  | 62 (83.8%) | 63 (88.7%) | 53 (84.1%) |  |  | 23 (79.3%) | 30 (100.0%) | 36 (94.7%) |  |
| *Yes* |  | 12 (16.2%) | 8 (11.3%) | 10 (15.9%) |  |  | 6 (20.7%) | 0 (0.0%) | 2 (5.3%) |  |
| **Hypertension** | 208 |  |  |  | **0.021** | 97 |  |  |  | **0.021** |
| *No* |  | 34 (45.9%) | 19 (26.8%) | 17 (27.0%) |  |  | 15 (51.7%) | 6 (20.0%) | 10 (26.3%) |  |
| *Yes* |  | 40 (54.1%) | 52 (73.2%) | 46 (73.0%) |  |  | 14 (48.3%) | 24 (80.0%) | 28 (73.7%) |  |
| **Ever smoked tobacco** | 208 |  |  |  | **0.031** | 97 |  |  |  | >0.999 |
| *No* |  | 66 (89.2%) | 56 (78.9%) | 45 (71.4%) |  |  | 29 (100.0%) | 29 (96.7%) | 37 (97.4%) |  |
| *Yes* |  | 8 (10.8%) | 15 (21.1%) | 18 (28.6%) |  |  | 0 (0.0%) | 1 (3.3%) | 1 (2.6%) |  |
| **Currently smoke tobacco** | 208 |  |  |  | >0.999 | 97 |  |  |  | 0.599 |
| *No* |  | 73 (98.6%) | 70 (98.6%) | 62 (98.4%) |  |  | 29 (100.0%) | 29 (96.7%) | 38 (100.0%) |  |
| *Yes* |  | 1 (1.4%) | 1 (1.4%) | 1 (1.6%) |  |  | 0 (0.0%) | 1 (3.3%) | 0 (0.0%) |  |
| **Ever used smokeless tobacco** | 208 |  |  |  | 0.247 | 97 |  |  |  |  |
| *No* |  | 74 (100.0%) | 68 (95.8%) | 61 (96.8%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Yes* |  | 0 (0.0%) | 3 (4.2%) | 2 (3.2%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| **Currently use smokeless tobacco** | 208 |  |  |  | 0.091 | 97 |  |  |  |  |
| *No* |  | 74 (100.0%) | 71 (100.0%) | 61 (96.8%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Yes* |  | 0 (0.0%) | 0 (0.0%) | 2 (3.2%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| **Alcohol consumption within the past 12 months** | 208 |  |  |  | 0.623 | 97 |  |  |  | 0.879 |
| *No* |  | 71 (95.9%) | 70 (98.6%) | 60 (95.2%) |  |  | 28 (96.6%) | 28 (93.3%) | 35 (92.1%) |  |
| *Yes* |  | 3 (4.1%) | 1 (1.4%) | 3 (4.8%) |  |  | 1 (3.4%) | 2 (6.7%) | 3 (7.9%) |  |
| **Alcohol consumption within the past 30 days?** | 208 |  |  |  | 0.772 | 97 |  |  |  | >0.999 |
| *No* |  | 73 (98.6%) | 71 (100.0%) | 62 (98.4%) |  |  | 28 (96.6%) | 29 (96.7%) | 36 (94.7%) |  |
| *Yes* |  | 1 (1.4%) | 0 (0.0%) | 1 (1.6%) |  |  | 1 (3.4%) | 1 (3.3%) | 2 (5.3%) |  |
| **Ever consumed alcohol?** | 208 |  |  |  | 0.569 | 97 |  |  |  | 0.546 |
| *No* |  | 58 (78.4%) | 51 (71.8%) | 45 (71.4%) |  |  | 23 (79.3%) | 20 (66.7%) | 28 (73.7%) |  |
| *Yes* |  | 16 (21.6%) | 20 (28.2%) | 18 (28.6%) |  |  | 6 (20.7%) | 10 (33.3%) | 10 (26.3%) |  |
| **Stopped taking alcohol due to religious/moral reasons** | 208 |  |  |  | 0.072 | 97 |  |  |  |  |
| *No* |  | 72 (97.3%) | 62 (87.3%) | 58 (92.1%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Yes* |  | 2 (2.7%) | 9 (12.7%) | 5 (7.9%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| **Stopped taking alcohol due to advice by doctor/health worker** | 208 |  |  |  | 0.694 | 97 |  |  |  | 0.766 |
| *No* |  | 73 (98.6%) | 70 (98.6%) | 61 (96.8%) |  |  | 29 (100.0%) | 29 (96.7%) | 36 (94.7%) |  |
| *Yes* |  | 1 (1.4%) | 1 (1.4%) | 2 (3.2%) |  |  | 0 (0.0%) | 1 (3.3%) | 2 (5.3%) |  |
| **Stopped taking alcohol to be healthy** | 208 |  |  |  | 0.477 | 97 |  |  |  | 0.512 |
| *No* |  | 68 (91.9%) | 68 (95.8%) | 57 (90.5%) |  |  | 28 (96.6%) | 29 (96.7%) | 38 (100.0%) |  |
| *Yes* |  | 6 (8.1%) | 3 (4.2%) | 6 (9.5%) |  |  | 1 (3.4%) | 1 (3.3%) | 0 (0.0%) |  |
| **Stopped taking alcohol due to illness** | 208 |  |  |  | 0.609 | 97 |  |  |  | 0.519 |
| *No* |  | 69 (93.2%) | 63 (88.7%) | 58 (92.1%) |  |  | 28 (96.6%) | 29 (96.7%) | 38 (100.0%) |  |
| *Yes* |  | 5 (6.8%) | 8 (11.3%) | 5 (7.9%) |  |  | 1 (3.4%) | 1 (3.3%) | 0 (0.0%) |  |
| **Stopped taking alcohol due to family/social reasons** | 208 |  |  |  | 0.904 | 97 |  |  |  |  |
| *No* |  | 71 (95.9%) | 69 (97.2%) | 60 (95.2%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Yes* |  | 3 (4.1%) | 2 (2.8%) | 3 (4.8%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| **Stopped taking alcohol due to economic reasons** | 208 |  |  |  | **0.041** | 97 |  |  |  |  |
| *No* |  | 73 (98.6%) | 71 (100.0%) | 59 (93.7%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Yes* |  | 1 (1.4%) | 0 (0.0%) | 4 (6.3%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| **How many days do you eat fruit** | 208 |  |  |  | 0.492 | 0 |  |  |  |  |
| *Mean (SD)* |  | 4.61 (2.37) | 4.25 (2.56) | 4.62 (2.36) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 4.00 (2.00, 7.00) | 3.00 (2.00, 7.00) | 4.00 (3.00, 7.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **How many days do you eat vegetables** | 208 |  |  |  | 0.421 | 0 |  |  |  |  |
| *Mean (SD)* |  | 6.35 (1.36) | 6.32 (1.37) | 6.54 (1.24) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 7.00 (7.00, 7.00) | 7.00 (7.00, 7.00) | 7.00 (7.00, 7.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 2.00, 7.00 | 2.00, 7.00 | 2.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Adding salt to vegetables while cooking** | 208 |  |  |  | 0.947 | 0 |  |  |  |  |
| *Yes* |  | 61 (82.4%) | 59 (83.1%) | 51 (81.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *No* |  | 13 (17.6%) | 12 (16.9%) | 12 (19.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Adding salt to food when eating** | 208 |  |  |  | 0.204 | 0 |  |  |  |  |
| *Yes, most of the time* |  | 2 (2.7%) | 0 (0.0%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Yes, some of the time* |  | 1 (1.4%) | 5 (7.0%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Yes, but in rare cases* |  | 8 (10.8%) | 10 (14.1%) | 13 (20.6%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 63 (85.1%) | 56 (78.9%) | 48 (76.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Frequency of eating red meat** | 208 |  |  |  | **0.034** | 0 |  |  |  |  |
| *Daily* |  | 7 (9.5%) | 3 (4.2%) | 3 (4.8%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *5-6 days per week* |  | 0 (0.0%) | 2 (2.8%) | 3 (4.8%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *1-4 days per week* |  | 30 (40.5%) | 23 (32.4%) | 12 (19.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *1-3 days per week* |  | 23 (31.1%) | 17 (23.9%) | 25 (39.7%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 8 (10.8%) | 19 (26.8%) | 14 (22.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a year* |  | 1 (1.4%) | 4 (5.6%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Once a year* |  | 0 (0.0%) | 1 (1.4%) | 1 (1.6%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 5 (6.8%) | 2 (2.8%) | 3 (4.8%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Frequency of eating chips** | 208 |  |  |  | 0.204 | 0 |  |  |  |  |
| *More than once a day* |  | 3 (4.1%) | 0 (0.0%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Once daily* |  | 0 (0.0%) | 1 (1.4%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *5-6 days a week* |  | 0 (0.0%) | 2 (2.8%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 2 (2.7%) | 2 (2.8%) | 1 (1.6%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 10 (13.5%) | 5 (7.0%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 4 (5.4%) | 2 (2.8%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 6 (8.1%) | 8 (11.3%) | 9 (14.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 10 (13.5%) | 11 (15.5%) | 11 (17.5%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 39 (52.7%) | 40 (56.3%) | 40 (63.5%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Frequency of eating mandazi** | 208 |  |  |  | 0.457 | 0 |  |  |  |  |
| *More than once a day* |  | 2 (2.7%) | 0 (0.0%) | 1 (1.6%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Once daily* |  | 9 (12.2%) | 7 (9.9%) | 6 (9.5%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *5-6 days a week* |  | 12 (16.2%) | 5 (7.0%) | 4 (6.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 5 (6.8%) | 10 (14.1%) | 7 (11.1%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 13 (17.6%) | 12 (16.9%) | 9 (14.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 1 (1.4%) | 6 (8.5%) | 6 (9.5%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 4 (5.4%) | 5 (7.0%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 5 (6.8%) | 3 (4.2%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 23 (31.1%) | 23 (32.4%) | 26 (41.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Frequency of eating samosa** | 208 |  |  |  | 0.625 | 0 |  |  |  |  |
| *Once daily* |  | 1 (1.4%) | 0 (0.0%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *5-6 days a week* |  | 1 (1.4%) | 0 (0.0%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 2 (2.7%) | 1 (1.4%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 7 (9.5%) | 5 (7.0%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 3 (4.1%) | 5 (7.0%) | 9 (14.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 4 (5.4%) | 3 (4.2%) | 4 (6.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 12 (16.2%) | 12 (16.9%) | 9 (14.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 44 (59.5%) | 45 (63.4%) | 39 (61.9%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Frequency of eating fried chicken** | 208 |  |  |  | 0.795 | 0 |  |  |  |  |
| *5-6 days a week* |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 2 (2.7%) | 0 (0.0%) | 1 (1.6%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 3 (4.1%) | 2 (2.8%) | 4 (6.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 3 (4.1%) | 4 (5.6%) | 6 (9.5%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 8 (10.8%) | 9 (12.7%) | 8 (12.7%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 25 (33.8%) | 30 (42.3%) | 23 (36.5%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 33 (44.6%) | 26 (36.6%) | 21 (33.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Frequency of eating fried fish** | 208 |  |  |  | 0.622 | 0 |  |  |  |  |
| *More than once a day* |  | 1 (1.4%) | 0 (0.0%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *5-6 days a week* |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *3-4 days a week* |  | 5 (6.8%) | 4 (5.6%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *1-2 times a week* |  | 13 (17.6%) | 8 (11.3%) | 5 (7.9%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *2-3 times a month* |  | 9 (12.2%) | 8 (11.3%) | 6 (9.5%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Once a month* |  | 9 (12.2%) | 9 (12.7%) | 10 (15.9%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 17 (23.0%) | 17 (23.9%) | 11 (17.5%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 20 (27.0%) | 25 (35.2%) | 29 (46.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Adding sugar to your beverages** | 208 |  |  |  | 0.719 | 0 |  |  |  |  |
| *Yes* |  | 9 (12.2%) | 12 (16.9%) | 9 (14.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *No* |  | 65 (87.8%) | 59 (83.1%) | 54 (85.7%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Taken a soft drink in the past 12 months** | 208 |  |  |  | **0.010** | 0 |  |  |  |  |
| *Yes* |  | 37 (50.0%) | 32 (45.1%) | 16 (25.4%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *No* |  | 37 (50.0%) | 39 (54.9%) | 47 (74.6%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Frequency of soft drink in the past 12 months** | 208 |  |  |  | **0.024** | 0 |  |  |  |  |
| *Daily* |  | 1 (1.4%) | 1 (1.4%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *5-6 days per week* |  | 0 (0.0%) | 1 (1.4%) | 0 (0.0%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *1-4 days per week* |  | 7 (9.5%) | 2 (2.8%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *1-3 days per week* |  | 12 (16.2%) | 6 (8.5%) | 3 (4.8%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Less than once a month* |  | 15 (20.3%) | 20 (28.2%) | 7 (11.1%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Other* |  | 2 (2.7%) | 2 (2.8%) | 4 (6.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Never* |  | 37 (50.0%) | 39 (54.9%) | 47 (74.6%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **How often do you take plain water in a day?** | 208 |  |  |  | 0.050 | 0 |  |  |  |  |
| *Never* |  | 0 (0.0%) | 0 (0.0%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Less than once* |  | 2 (2.7%) | 4 (5.6%) | 2 (3.2%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Once* |  | 3 (4.1%) | 4 (5.6%) | 9 (14.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *2-3 times* |  | 37 (50.0%) | 28 (39.4%) | 32 (50.8%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *4-5 times* |  | 21 (28.4%) | 26 (36.6%) | 9 (14.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *More than 5 times* |  | 11 (14.9%) | 9 (12.7%) | 9 (14.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Healthy eating habit** | 208 |  |  |  | 0.114 | 97 |  |  |  | 0.733 |
| *Bad* |  | 50 (67.6%) | 55 (77.5%) | 52 (82.5%) |  |  | 4 (13.8%) | 5 (16.7%) | 8 (21.1%) |  |
| *Good* |  | 24 (32.4%) | 16 (22.5%) | 11 (17.5%) |  |  | 25 (86.2%) | 25 (83.3%) | 30 (78.9%) |  |
| **Changed anything about fruit consumption?** | 0 |  |  |  |  | 97 |  |  |  | **0.013** |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 23 (79.3%) | 22 (73.3%) | 18 (47.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 6 (20.7%) | 8 (26.7%) | 20 (52.6%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of days on which i eat fruit** | 0 |  |  |  |  | 97 |  |  |  | **0.046** |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 25 (86.2%) | 28 (93.3%) | 27 (71.1%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 4 (13.8%) | 2 (6.7%) | 11 (28.9%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of days on which i eat fruit** | 0 |  |  |  |  | 97 |  |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 2 (6.9%) | 3 (10.0%) | 3 (7.9%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 27 (93.1%) | 27 (90.0%) | 35 (92.1%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of fruit servings per day** | 0 |  |  |  |  | 97 |  |  |  | 0.171 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 27 (93.1%) | 26 (86.7%) | 29 (76.3%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 2 (6.9%) | 4 (13.3%) | 9 (23.7%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of fruit servings per day** | 0 |  |  |  |  | 97 |  |  |  | 0.492 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 1 (3.4%) | 1 (3.3%) | 4 (10.5%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 28 (96.6%) | 29 (96.7%) | 34 (89.5%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Made no changes in number of days on which i eat fruit** | 0 |  |  |  |  | 97 |  |  |  |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Made no changes in number of fruit servings per day** | 0 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Changed anything about vegetable consumption?** | 0 |  |  |  |  | 97 |  |  |  | 0.079 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 23 (79.3%) | 19 (63.3%) | 20 (52.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 6 (20.7%) | 11 (36.7%) | 18 (47.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of days on which i eat vegetables** | 0 |  |  |  |  | 97 |  |  |  | 0.556 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 23 (79.3%) | 26 (86.7%) | 29 (76.3%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 6 (20.7%) | 4 (13.3%) | 9 (23.7%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of days on which i eat vegetables** | 0 |  |  |  |  | 97 |  |  |  | 0.200 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 3 (10.0%) | 1 (2.6%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 27 (90.0%) | 37 (97.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of veg servings per day** | 0 |  |  |  |  | 97 |  |  |  | **0.040** |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 27 (93.1%) | 27 (90.0%) | 27 (71.1%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 2 (6.9%) | 3 (10.0%) | 11 (28.9%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of veg servings per day** | 0 |  |  |  |  | 97 |  |  |  | 0.780 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (3.3%) | 2 (5.3%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 29 (96.7%) | 36 (94.7%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Made no changes in number of days on which i eat veg** | 0 |  |  |  |  | 97 |  |  |  | 0.615 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (3.3%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 29 (96.7%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Made no changes in number of veg servings per day** | 0 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Changed anything about salt consumption?** | 0 |  |  |  |  | 97 |  |  |  | 0.556 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 16 (55.2%) | 17 (56.7%) | 17 (44.7%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 13 (44.8%) | 13 (43.3%) | 21 (55.3%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of times i add salt when eating** | 0 |  |  |  |  | 97 |  |  |  | 0.611 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (3.3%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 29 (96.7%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of times i add salt when eating** | 0 |  |  |  |  | 97 |  |  |  | 0.476 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 22 (75.9%) | 26 (86.7%) | 33 (86.8%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 7 (24.1%) | 4 (13.3%) | 5 (13.2%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Stopped adding salt to food when eating** | 0 |  |  |  |  | 97 |  |  |  | 0.735 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 26 (89.7%) | 25 (83.3%) | 31 (81.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 3 (10.3%) | 5 (16.7%) | 7 (18.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased amount of salt for cooking** | 0 |  |  |  |  | 97 |  |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) | 1 (2.6%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 37 (97.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased amount of salt for cooking** | 0 |  |  |  |  | 97 |  |  |  | 0.237 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 25 (86.2%) | 23 (76.7%) | 26 (68.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 4 (13.8%) | 7 (23.3%) | 12 (31.6%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Stopped adding salt to food when cooking** | 0 |  |  |  |  | 97 |  |  |  | 0.514 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 28 (96.6%) | 29 (96.7%) | 38 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 1 (3.4%) | 1 (3.3%) | 0 (0.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Changed anything about red meat consumption?** | 0 |  |  |  |  | 97 |  |  |  | 0.794 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 18 (62.1%) | 16 (53.3%) | 22 (57.9%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 11 (37.9%) | 14 (46.7%) | 16 (42.1%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of times i eat red meat** | 0 |  |  |  |  | 97 |  |  |  | 0.516 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 1 (3.4%) | 1 (3.3%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 28 (96.6%) | 29 (96.7%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of times i eat red meat** | 0 |  |  |  |  | 97 |  |  |  | 0.837 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 21 (72.4%) | 21 (70.0%) | 25 (65.8%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 8 (27.6%) | 9 (30.0%) | 13 (34.2%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Stopped eating red meat** | 0 |  |  |  |  | 97 |  |  |  | 0.763 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 28 (96.6%) | 30 (100.0%) | 37 (97.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 1 (3.4%) | 0 (0.0%) | 1 (2.6%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased amount of red meat i eat** | 0 |  |  |  |  | 97 |  |  |  |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased amount of red meat i eat** | 0 |  |  |  |  | 97 |  |  |  | >0.999 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 26 (89.7%) | 26 (86.7%) | 33 (86.8%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 3 (10.3%) | 4 (13.3%) | 5 (13.2%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Changed anything about sugar consumption?** | 0 |  |  |  |  | 97 |  |  |  | 0.098 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 23 (79.3%) | 18 (60.0%) | 31 (81.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 6 (20.7%) | 12 (40.0%) | 7 (18.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of times i use sugar in beverages** | 0 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of times i use sugar in beverages** | 0 |  |  |  |  | 97 |  |  |  | 0.535 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 27 (93.1%) | 26 (86.7%) | 36 (94.7%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 2 (6.9%) | 4 (13.3%) | 2 (5.3%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Stopped using sugar** | 0 |  |  |  |  | 97 |  |  |  | 0.565 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 25 (86.2%) | 25 (83.3%) | 35 (92.1%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 4 (13.8%) | 5 (16.7%) | 3 (7.9%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased amount of sugar i use in beverages** | 0 |  |  |  |  | 97 |  |  |  |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased amount of sugar i use in beverages** | 0 |  |  |  |  | 97 |  |  |  | 0.058 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 25 (83.3%) | 36 (94.7%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 5 (16.7%) | 2 (5.3%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased the amount of soft drinks i drink per day** | 0 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased the amount of soft drinks i drink per day** | 0 |  |  |  |  | 97 |  |  |  | 0.608 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 29 (96.7%) | 38 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (3.3%) | 0 (0.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Changed anything about water consumption?** | 0 |  |  |  |  | 97 |  |  |  | 0.978 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 16 (55.2%) | 16 (53.3%) | 20 (52.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 13 (44.8%) | 14 (46.7%) | 18 (47.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of times i use drink water in a day** | 0 |  |  |  |  | 97 |  |  |  | 0.975 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 19 (65.5%) | 19 (63.3%) | 25 (65.8%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 10 (34.5%) | 11 (36.7%) | 13 (34.2%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of times i drink water in a day** | 0 |  |  |  |  | 97 |  |  |  | 0.517 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 1 (3.4%) | 1 (3.3%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 28 (96.6%) | 29 (96.7%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased amount of water i drink each time** | 0 |  |  |  |  | 97 |  |  |  | 0.422 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 23 (79.3%) | 26 (86.7%) | 28 (73.7%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 6 (20.7%) | 4 (13.3%) | 10 (26.3%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased amount of water i drink each time** | 0 |  |  |  |  | 97 |  |  |  | >0.999 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (3.3%) | 1 (2.6%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 29 (96.7%) | 37 (97.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Made no changes in number of times i drink water** | 0 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Made no changes in amount of water i drink each time** | 0 |  |  |  |  | 97 |  |  |  | 0.601 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (3.3%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 29 (96.7%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Changed anything about eating/drinking habits?** | 0 |  |  |  |  | 97 |  |  |  | 0.949 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 18 (62.1%) | 19 (63.3%) | 25 (65.8%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 11 (37.9%) | 11 (36.7%) | 13 (34.2%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased the amount of food i eat** | 0 |  |  |  |  | 97 |  |  |  | 0.690 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 2 (6.9%) | 1 (3.3%) | 1 (2.6%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 27 (93.1%) | 29 (96.7%) | 37 (97.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased the amount of food i eat** | 0 |  |  |  |  | 97 |  |  |  | 0.451 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 24 (82.8%) | 26 (86.7%) | 35 (92.1%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 5 (17.2%) | 4 (13.3%) | 3 (7.9%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Reduced the amount of fat i use in my food** | 0 |  |  |  |  | 97 |  |  |  | 0.619 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 27 (93.1%) | 26 (86.7%) | 32 (84.2%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 2 (6.9%) | 4 (13.3%) | 6 (15.8%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased the amount of fat i use in my food** | 0 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Changed the type of fat used in my house** | 0 |  |  |  |  | 97 |  |  |  | 0.717 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 26 (89.7%) | 25 (83.3%) | 31 (81.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 3 (10.3%) | 5 (16.7%) | 7 (18.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Stopped/reduced eating outside the home** | 0 |  |  |  |  | 97 |  |  |  | >0.999 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 29 (96.7%) | 37 (97.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (3.3%) | 1 (2.6%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Reduced the amount of mandazi i eat** | 0 |  |  |  |  | 97 |  |  |  | 0.463 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 26 (89.7%) | 29 (96.7%) | 37 (97.4%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 3 (10.3%) | 1 (3.3%) | 1 (2.6%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Reduced the amount of samosas i eat** | 0 |  |  |  |  | 97 |  |  |  | 0.246 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 27 (93.1%) | 28 (93.3%) | 38 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 2 (6.9%) | 2 (6.7%) | 0 (0.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Reduced the amount of fried chicken i eat** | 0 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Reduced the amount of fried fish i eat** | 0 |  |  |  |  | 97 |  |  |  | 0.613 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 29 (96.7%) | 38 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 1 (3.3%) | 0 (0.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Involved in vigorous-intensity activity** | 208 |  |  |  | 0.460 | 0 |  |  |  |  |
| *No* |  | 48 (64.9%) | 50 (70.4%) | 47 (74.6%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 26 (35.1%) | 21 (29.6%) | 16 (25.4%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **How many days do you do vigorous-intensity activities** | 208 |  |  |  | 0.365 | 0 |  |  |  |  |
| *Mean (SD)* |  | 1.99 (2.92) | 1.56 (2.58) | 1.35 (2.50) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 5.00) | 0.00 (0.00, 4.00) | 0.00 (0.00, 2.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Involve moderate-intensity activity** | 208 |  |  |  | **0.045** | 0 |  |  |  |  |
| *No* |  | 29 (39.2%) | 33 (46.5%) | 38 (60.3%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 45 (60.8%) | 38 (53.5%) | 25 (39.7%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **How many days do you do moderate-intesity activities** | 208 |  |  |  | **0.014** | 0 |  |  |  |  |
| *Mean (SD)* |  | 3.22 (2.90) | 2.39 (2.62) | 1.79 (2.56) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 3.00 (0.00, 6.00) | 1.00 (0.00, 5.00) | 0.00 (0.00, 3.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Walking/riding a bicycle for at least 10 minutes** | 208 |  |  |  | 0.365 | 0 |  |  |  |  |
| *No* |  | 6 (8.1%) | 8 (11.3%) | 10 (15.9%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 68 (91.9%) | 63 (88.7%) | 53 (84.1%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **How many days do you walk or use a bicycle** | 208 |  |  |  | **0.038** | 0 |  |  |  |  |
| *Mean (SD)* |  | 5.76 (2.18) | 5.04 (2.55) | 4.75 (2.68) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 7.00 (6.00, 7.00) | 6.00 (4.00, 7.00) | 6.00 (2.00, 7.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Do vigorous-intensity sports, fitness or recreational** | 208 |  |  |  | 0.488 | 0 |  |  |  |  |
| *No* |  | 67 (90.5%) | 68 (95.8%) | 58 (92.1%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 7 (9.5%) | 3 (4.2%) | 5 (7.9%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **How many days do you do vigorous-intensity sports** | 208 |  |  |  | 0.490 | 0 |  |  |  |  |
| *Mean (SD)* |  | 0.30 (1.07) | 0.23 (1.19) | 0.48 (1.66) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Do moderate-intensity sports, fitness or recreational** | 208 |  |  |  | 0.582 | 0 |  |  |  |  |
| *No* |  | 64 (86.5%) | 63 (88.7%) | 58 (92.1%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Yes* |  | 10 (13.5%) | 8 (11.3%) | 5 (7.9%) |  |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **How many days do you do moderate-intesnsity sports?** | 208 |  |  |  | 0.600 | 0 |  |  |  |  |
| *Mean (SD)* |  | 0.58 (1.73) | 0.46 (1.56) | 0.38 (1.43) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 7.00 | 0.00, 7.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Time spent doing vigorous-intensity activities in hrs** | 208 |  |  |  | 0.360 | 0 |  |  |  |  |
| *Mean (SD)* |  | 1.41 (2.58) | 1.53 (2.92) | 0.72 (1.54) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 2.00) | 0.00 (0.00, 2.00) | 0.00 (0.00, 1.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 9.00 | 0.00, 12.00 | 0.00, 7.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Time spent doing moderate-intensity activities in hrs** | 208 |  |  |  | **0.006** | 0 |  |  |  |  |
| *Mean (SD)* |  | 2.28 (2.59) | 1.83 (2.31) | 1.00 (1.63) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 1.50 (0.00, 4.00) | 1.00 (0.00, 3.00) | 0.00 (0.00, 2.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 10.00 | 0.00, 10.00 | 0.00, 8.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Time spent walking or cycling in hrs** | 208 |  |  |  | 0.227 | 0 |  |  |  |  |
| *Mean (SD)* |  | 2.01 (1.95) | 1.99 (1.90) | 1.56 (1.82) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 1.00 (1.00, 3.00) | 1.50 (0.75, 2.83) | 1.00 (0.67, 2.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 9.00 | 0.00, 10.00 | 0.00, 12.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Time spent on vigorous-intensity sports in hrs** | 208 |  |  |  | 0.481 | 0 |  |  |  |  |
| *Mean (SD)* |  | 0.13 (0.55) | 0.06 (0.29) | 0.08 (0.32) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 4.08 | 0.00, 2.00 | 0.00, 2.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Time spent on moderate-intensity sports in hrs** | 208 |  |  |  | 0.566 | 0 |  |  |  |  |
| *Mean (SD)* |  | 0.24 (0.71) | 0.21 (0.73) | 0.12 (0.48) |  |  | NA (NA) | NA (NA) | NA (NA) |  |
| *Median (Q1, Q3)* |  | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) | 0.00 (0.00, 0.00) |  |  | NA (NA, NA) | NA (NA, NA) | NA (NA, NA) |  |
| *Min, Max* |  | 0.00, 3.00 | 0.00, 5.00 | 0.00, 3.00 |  |  | Inf, -Inf | Inf, -Inf | Inf, -Inf |  |
| *Missing* |  |  |  |  |  |  | 29 | 30 | 38 |  |
| **Regular physical activity** | 208 |  |  |  | 0.970 | 97 |  |  |  | 0.070 |
| *No* |  | 67 (90.5%) | 65 (91.5%) | 57 (90.5%) |  |  | 4 (13.8%) | 9 (30.0%) | 15 (39.5%) |  |
| *Yes* |  | 7 (9.5%) | 6 (8.5%) | 6 (9.5%) |  |  | 25 (86.2%) | 21 (70.0%) | 23 (60.5%) |  |
| **Changed anything about physical activity?** | 0 |  |  |  |  | 97 |  |  |  | 0.376 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 20 (69.0%) | 19 (63.3%) | 20 (52.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 9 (31.0%) | 11 (36.7%) | 18 (47.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of times i walk/cycle to places** | 0 |  |  |  |  | 97 |  |  |  | 0.637 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 26 (89.7%) | 24 (80.0%) | 31 (81.6%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 3 (10.3%) | 6 (20.0%) | 7 (18.4%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of times i walk/cycle to places** | 0 |  |  |  |  | 97 |  |  |  | 0.461 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 2 (6.9%) | 0 (0.0%) | 2 (5.3%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 27 (93.1%) | 30 (100.0%) | 36 (94.7%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of times i take a leisure walk** | 0 |  |  |  |  | 97 |  |  |  | 0.297 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 26 (89.7%) | 26 (86.7%) | 29 (76.3%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 3 (10.3%) | 4 (13.3%) | 9 (23.7%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of times i take a leisure walk** | 0 |  |  |  |  | 97 |  |  |  | 0.187 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 2 (6.7%) | 0 (0.0%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 28 (93.3%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased number of times i cycle/jog for leisure** | 0 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased number of times i cycle/jog for leisure** | 0 |  |  |  |  | 97 |  |  |  |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 29 (100.0%) | 30 (100.0%) | 38 (100.0%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Increased the number of times i do exercises** | 0 |  |  |  |  | 97 |  |  |  | 0.432 |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 28 (96.6%) | 26 (86.7%) | 35 (92.1%) |  |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 1 (3.4%) | 4 (13.3%) | 3 (7.9%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Decreased the number of times i do exercises** | 0 |  |  |  |  | 97 |  |  |  | 0.211 |
| *Yes* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 3 (10.3%) | 0 (0.0%) | 2 (5.3%) |  |
| *No* |  | 0 (NA%) | 0 (NA%) | 0 (NA%) |  |  | 26 (89.7%) | 30 (100.0%) | 36 (94.7%) |  |
| *Missing* |  | 74 | 71 | 63 |  |  |  |  |  |  |
| **Height (metres)** | 207 |  |  |  | 0.162 | 96 |  |  |  | 0.331 |
| *Mean (SD)* |  | 1.62 (0.08) | 1.60 (0.08) | 1.59 (0.07) |  |  | 1.63 (0.07) | 1.61 (0.08) | 1.60 (0.07) |  |
| *Median (Q1, Q3)* |  | 1.62 (1.56, 1.67) | 1.60 (1.53, 1.67) | 1.58 (1.54, 1.64) |  |  | 1.61 (1.57, 1.68) | 1.61 (1.54, 1.68) | 1.60 (1.56, 1.65) |  |
| *Min, Max* |  | 1.47, 1.80 | 1.43, 1.77 | 1.44, 1.78 |  |  | 1.47, 1.74 | 1.43, 1.77 | 1.50, 1.78 |  |
| *Missing* |  | 0 | 0 | 1 |  |  | 0 | 0 | 1 |  |
| **BMI (kg/m2) grouped** | 207 |  |  |  | 0.687 | 96 |  |  |  | 0.186 |
| *Normal (18.5–24.9)* |  | 22 (29.7%) | 21 (29.6%) | 19 (30.6%) |  |  | 5 (17.2%) | 6 (20.0%) | 13 (35.1%) |  |
| *Underweight (<18.5)* |  | 4 (5.4%) | 1 (1.4%) | 4 (6.5%) |  |  | 4 (13.8%) | 0 (0.0%) | 1 (2.7%) |  |
| *Overweight (25–29.9)* |  | 31 (41.9%) | 27 (38.0%) | 26 (41.9%) |  |  | 11 (37.9%) | 16 (53.3%) | 14 (37.8%) |  |
| *Obese (>=30)* |  | 17 (23.0%) | 22 (31.0%) | 13 (21.0%) |  |  | 9 (31.0%) | 8 (26.7%) | 9 (24.3%) |  |
| *Missing* |  | 0 | 0 | 1 |  |  | 0 | 0 | 1 |  |
| **Waist-to-hip ratio grouped** | 207 |  |  |  | **<0.001** | 96 |  |  |  | 0.130 |
| *Normal (Male<0.90; Female<0.85)* |  | 28 (37.8%) | 11 (15.5%) | 8 (12.9%) |  |  | 8 (28.6%) | 8 (26.7%) | 4 (10.5%) |  |
| *At Risk (Male>=0.90; Female>=0.85)* |  | 46 (62.2%) | 60 (84.5%) | 54 (87.1%) |  |  | 20 (71.4%) | 22 (73.3%) | 34 (89.5%) |  |
| *Missing* |  | 0 | 0 | 1 |  |  | 1 | 0 | 0 |  |
| **Blood glucose (mmol/L) grouped** | 208 |  |  |  | 0.094 | 93 |  |  |  | 0.062 |
| *Normal (3.9-5.6)* |  | 3 (4.1%) | 6 (8.5%) | 10 (15.9%) |  |  | 2 (7.4%) | 1 (3.4%) | 7 (18.9%) |  |
| *Low (<3.9)* |  | 1 (1.4%) | 6 (8.5%) | 3 (4.8%) |  |  | 3 (11.1%) | 0 (0.0%) | 2 (5.4%) |  |
| *At Risk (5.7-6.9)* |  | 9 (12.2%) | 8 (11.3%) | 4 (6.3%) |  |  | 2 (7.4%) | 8 (27.6%) | 8 (21.6%) |  |
| *High (>=7)* |  | 61 (82.4%) | 51 (71.8%) | 46 (73.0%) |  |  | 20 (74.1%) | 20 (69.0%) | 20 (54.1%) |  |
| *Missing* |  |  |  |  |  |  | 2 | 1 | 1 |  |
| 1n (%); Mean (SD); Median (IQR); Range | | | | | | | | | | |
| 2Pearson's Chi-squared test; Kruskal-Wallis rank sum test; Fisher's Exact Test for Count Data with simulated p-value  (based on 2000 replicates) | | | | | | | | | | |
| 3Fisher's Exact Test for Count Data with simulated p-value  (based on 2000 replicates); Kruskal-Wallis rank sum test; Pearson's Chi-squared test | | | | | | | | | | |