Descriptive Statistics

|  | Overall | | Gender | | | | | Age grouped | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **n** | **Overall** N = 2091 | **n** | **Female** N = 1421 | **Male** N = 671 | **Test statistic**2 | **p-value**2 | **n** | **50 and below** N = 741 | **51-60 years** N = 711 | **61 years and above** N = 631 | **Test statistic**3 | **p-value**3 |
| **Do you accept to participate in the study?** | 209 |  | 209 |  |  |  |  | 208 |  |  |  |  |  |
| *Yes* |  | 209 (100.0%) |  | 142 (100.0%) | 67 (100.0%) |  |  |  | 74 (100.0%) | 71 (100.0%) | 63 (100.0%) |  |  |
| **Respondent signs** | 209 |  | 209 |  |  | 8.8 | **0.003** | 208 |  |  |  | 24.6 | **<0.001** |
| *Signs* |  | 173 (82.8%) |  | 110 (77.5%) | 63 (94.0%) |  |  |  | 70 (94.6%) | 62 (87.3%) | 40 (63.5%) |  |  |
| *Willing but unable to sign* |  | 36 (17.2%) |  | 32 (22.5%) | 4 (6.0%) |  |  |  | 4 (5.4%) | 9 (12.7%) | 23 (36.5%) |  |  |
| **Final result of interview** | 209 |  | 209 |  |  |  |  | 208 |  |  |  |  |  |
| *Complete* |  | 209 (100.0%) |  | 142 (100.0%) | 67 (100.0%) |  |  |  | 74 (100.0%) | 71 (100.0%) | 63 (100.0%) |  |  |
| **Overall QOL transformed Score** | 209 |  | 209 |  |  | 3657.0 | **0.007** | 208 |  |  |  | 7.6 | **0.023** |
| *Mean (SD)* |  | 0.5 (0.1) |  | 0.5 (0.1) | 0.6 (0.1) |  |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Median (Q1, Q3)* |  | 0.6 (0.5, 0.7) |  | 0.5 (0.4, 0.6) | 0.6 (0.5, 0.7) |  |  |  | 0.6 (0.5, 0.7) | 0.5 (0.5, 0.7) | 0.5 (0.4, 0.6) |  |  |
| *Min, Max* |  | 0.3, 0.9 |  | 0.3, 0.9 | 0.3, 0.8 |  |  |  | 0.3, 0.8 | 0.3, 0.9 | 0.3, 0.7 |  |  |
| **Gender** | 209 |  |  |  |  |  |  | 208 |  |  |  | 3.8 | 0.147 |
| *Female* |  | 142 (67.9%) |  |  |  |  |  |  | 53 (71.6%) | 52 (73.2%) | 37 (58.7%) |  |  |
| *Male* |  | 67 (32.1%) |  |  |  |  |  |  | 21 (28.4%) | 19 (26.8%) | 26 (41.3%) |  |  |
| **Age (years)** | 208 |  | 208 |  |  | 4169.0 | 0.201 | 208 |  |  |  | 183.7 | **<0.001** |
| *Mean (SD)* |  | 53.5 (13.6) |  | 52.9 (12.9) | 54.8 (14.9) |  |  |  | 39.0 (9.2) | 55.8 (2.8) | 68.1 (5.7) |  |  |
| *Median (Q1, Q3)* |  | 55.1 (45.5, 63.3) |  | 54.4 (45.1, 61.2) | 55.8 (48.1, 65.8) |  |  |  | 41.4 (34.1, 45.8) | 56.1 (53.5, 57.4) | 66.3 (64.1, 70.3) |  |  |
| *Min, Max* |  | 12.7, 85.5 |  | 19.5, 85.5 | 12.7, 80.2 |  |  |  | 12.7, 50.9 | 51.2, 61.0 | 61.1, 85.5 |  |  |
| *Missing* |  | 1 |  | 0 | 1 |  |  |  |  |  |  |  |  |
| **Age grouped** | 208 |  | 208 |  |  | 3.8 | 0.147 |  |  |  |  |  |  |
| *50 and below* |  | 74 (35.6%) |  | 53 (37.3%) | 21 (31.8%) |  |  |  |  |  |  |  |  |
| *51-60 years* |  | 71 (34.1%) |  | 52 (36.6%) | 19 (28.8%) |  |  |  |  |  |  |  |  |
| *61 years and above* |  | 63 (30.3%) |  | 37 (26.1%) | 26 (39.4%) |  |  |  |  |  |  |  |  |
| *Missing* |  | 1 |  | 0 | 1 |  |  |  |  |  |  |  |  |
| **Diabetes** | 209 |  | 209 |  |  |  | >0.999 | 208 |  |  |  |  |  |
| *No* |  | 0 (0.0%) |  | 0 (0.0%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |  |
| *Yes* |  | 209 (100.0%) |  | 142 (100.0%) | 67 (100.0%) |  |  |  | 74 (100.0%) | 71 (100.0%) | 63 (100.0%) |  |  |
| **Diabetes medication - insulin injections** | 209 |  | 209 |  |  | 1.1 | 0.286 | 208 |  |  |  | 2.4 | 0.294 |
| *No* |  | 168 (80.4%) |  | 117 (82.4%) | 51 (76.1%) |  |  |  | 56 (75.7%) | 61 (85.9%) | 50 (79.4%) |  |  |
| *Yes* |  | 41 (19.6%) |  | 25 (17.6%) | 16 (23.9%) |  |  |  | 18 (24.3%) | 10 (14.1%) | 13 (20.6%) |  |  |
| **Duration of diabetes (years)** | 209 |  | 209 |  |  | 5042.5 | 0.484 | 208 |  |  |  | 16.7 | **<0.001** |
| *Mean (SD)* |  | 6.0 (6.4) |  | 6.0 (6.0) | 6.1 (7.2) |  |  |  | 3.7 (3.5) | 6.3 (5.6) | 8.5 (8.6) |  |  |
| *Median (Q1, Q3)* |  | 4.0 (2.0, 8.0) |  | 4.0 (2.0, 8.0) | 4.0 (1.0, 8.0) |  |  |  | 3.0 (1.0, 6.0) | 5.0 (2.0, 10.0) | 6.0 (3.0, 12.0) |  |  |
| *Min, Max* |  | 0.0, 39.0 |  | 0.0, 35.0 | 0.0, 39.0 |  |  |  | 0.0, 14.0 | 0.0, 21.0 | 0.0, 39.0 |  |  |
| **Duration of diabetes grouped** | 209 |  | 209 |  |  | 2.6 | 0.278 | 208 |  |  |  | 16.8 | **0.002** |
| *Below 5 years* |  | 114 (54.5%) |  | 74 (52.1%) | 40 (59.7%) |  |  |  | 52 (70.3%) | 34 (47.9%) | 27 (42.9%) |  |  |
| *5-9 years* |  | 52 (24.9%) |  | 40 (28.2%) | 12 (17.9%) |  |  |  | 17 (23.0%) | 17 (23.9%) | 18 (28.6%) |  |  |
| *10 years and above* |  | 43 (20.6%) |  | 28 (19.7%) | 15 (22.4%) |  |  |  | 5 (6.8%) | 20 (28.2%) | 18 (28.6%) |  |  |
| **Diabetes medication - Tablets** | 209 |  | 209 |  |  | 2.6 | 0.108 | 208 |  |  |  | 4.5 | 0.103 |
| *No* |  | 37 (17.7%) |  | 21 (14.8%) | 16 (23.9%) |  |  |  | 17 (23.0%) | 7 (9.9%) | 12 (19.0%) |  |  |
| *Yes* |  | 172 (82.3%) |  | 121 (85.2%) | 51 (76.1%) |  |  |  | 57 (77.0%) | 64 (90.1%) | 51 (81.0%) |  |  |
| **Diabetes medication - Tablets with Insulin Injections** | 209 |  | 209 |  |  |  | >0.999 | 208 |  |  |  |  | 0.075 |
| *No* |  | 197 (94.3%) |  | 134 (94.4%) | 63 (94.0%) |  |  |  | 73 (98.6%) | 66 (93.0%) | 57 (90.5%) |  |  |
| *Yes* |  | 12 (5.7%) |  | 8 (5.6%) | 4 (6.0%) |  |  |  | 1 (1.4%) | 5 (7.0%) | 6 (9.5%) |  |  |
| **Diabetes medication type** | 209 |  | 209 |  |  |  | 0.374 | 208 |  |  |  |  | **0.003** |
| *None* |  | 8 (3.8%) |  | 4 (2.8%) | 4 (6.0%) |  |  |  | 0 (0.0%) | 2 (2.8%) | 5 (7.9%) |  |  |
| *Tablets only* |  | 160 (76.6%) |  | 113 (79.6%) | 47 (70.1%) |  |  |  | 56 (75.7%) | 59 (83.1%) | 45 (71.4%) |  |  |
| *Insulin Injections only* |  | 29 (13.9%) |  | 17 (12.0%) | 12 (17.9%) |  |  |  | 17 (23.0%) | 5 (7.0%) | 7 (11.1%) |  |  |
| *Tablets with Insulin Injections* |  | 12 (5.7%) |  | 8 (5.6%) | 4 (6.0%) |  |  |  | 1 (1.4%) | 5 (7.0%) | 6 (9.5%) |  |  |
| **Taking diabetes medication** | 209 |  | 209 |  |  |  | 0.272 | 208 |  |  |  |  | **0.025** |
| *No* |  | 8 (3.8%) |  | 4 (2.8%) | 4 (6.0%) |  |  |  | 0 (0.0%) | 2 (2.8%) | 5 (7.9%) |  |  |
| *Yes* |  | 201 (96.2%) |  | 138 (97.2%) | 63 (94.0%) |  |  |  | 74 (100.0%) | 69 (97.2%) | 58 (92.1%) |  |  |
| **Diagnosed with stroke** | 209 |  | 209 |  |  |  | >0.999 | 208 |  |  |  |  | >0.999 |
| *No* |  | 205 (98.1%) |  | 139 (97.9%) | 66 (98.5%) |  |  |  | 72 (97.3%) | 70 (98.6%) | 62 (98.4%) |  |  |
| *Yes* |  | 4 (1.9%) |  | 3 (2.1%) | 1 (1.5%) |  |  |  | 2 (2.7%) | 1 (1.4%) | 1 (1.6%) |  |  |
| **Diagnosed with tuberculosis** | 209 |  | 209 |  |  |  | **0.014** | 208 |  |  |  |  | 0.206 |
| *No* |  | 199 (95.2%) |  | 139 (97.9%) | 60 (89.6%) |  |  |  | 70 (94.6%) | 70 (98.6%) | 58 (92.1%) |  |  |
| *Yes* |  | 10 (4.8%) |  | 3 (2.1%) | 7 (10.4%) |  |  |  | 4 (5.4%) | 1 (1.4%) | 5 (7.9%) |  |  |
| **Peripheral neuropathy complication** | 209 |  | 209 |  |  | 1.4 | 0.235 | 208 |  |  |  |  | 0.613 |
| *No* |  | 193 (92.3%) |  | 129 (90.8%) | 64 (95.5%) |  |  |  | 70 (94.6%) | 64 (90.1%) | 58 (92.1%) |  |  |
| *Yes* |  | 16 (7.7%) |  | 13 (9.2%) | 3 (4.5%) |  |  |  | 4 (5.4%) | 7 (9.9%) | 5 (7.9%) |  |  |
| **Poor vision complication** | 209 |  | 209 |  |  | 1.8 | 0.185 | 208 |  |  |  | 7.0 | **0.030** |
| *No* |  | 114 (54.5%) |  | 73 (51.4%) | 41 (61.2%) |  |  |  | 49 (66.2%) | 32 (45.1%) | 32 (50.8%) |  |  |
| *Yes* |  | 95 (45.5%) |  | 69 (48.6%) | 26 (38.8%) |  |  |  | 25 (33.8%) | 39 (54.9%) | 31 (49.2%) |  |  |
| **Chest pain complication** | 209 |  | 209 |  |  | 0.2 | 0.643 | 208 |  |  |  | 1.3 | 0.522 |
| *No* |  | 184 (88.0%) |  | 124 (87.3%) | 60 (89.6%) |  |  |  | 66 (89.2%) | 64 (90.1%) | 53 (84.1%) |  |  |
| *Yes* |  | 25 (12.0%) |  | 18 (12.7%) | 7 (10.4%) |  |  |  | 8 (10.8%) | 7 (9.9%) | 10 (15.9%) |  |  |
| **Anaemia** | 209 |  | 209 |  |  |  | 0.110 | 208 |  |  |  |  | 0.426 |
| *No* |  | 198 (94.7%) |  | 132 (93.0%) | 66 (98.5%) |  |  |  | 70 (94.6%) | 69 (97.2%) | 58 (92.1%) |  |  |
| *Yes* |  | 11 (5.3%) |  | 10 (7.0%) | 1 (1.5%) |  |  |  | 4 (5.4%) | 2 (2.8%) | 5 (7.9%) |  |  |
| **Diagnosed with cardiovascular diseases** | 209 |  | 209 |  |  |  | 0.434 | 208 |  |  |  |  | 0.586 |
| *No* |  | 202 (96.7%) |  | 136 (95.8%) | 66 (98.5%) |  |  |  | 70 (94.6%) | 69 (97.2%) | 62 (98.4%) |  |  |
| *Yes* |  | 7 (3.3%) |  | 6 (4.2%) | 1 (1.5%) |  |  |  | 4 (5.4%) | 2 (2.8%) | 1 (1.6%) |  |  |
| **Kidney Complications** | 209 |  | 209 |  |  | 0.0 | 0.963 | 208 |  |  |  | 1.9 | 0.382 |
| *No* |  | 190 (90.9%) |  | 129 (90.8%) | 61 (91.0%) |  |  |  | 70 (94.6%) | 63 (88.7%) | 56 (88.9%) |  |  |
| *Yes* |  | 19 (9.1%) |  | 13 (9.2%) | 6 (9.0%) |  |  |  | 4 (5.4%) | 8 (11.3%) | 7 (11.1%) |  |  |
| **Abdominal or pedal edema complications** | 209 |  | 209 |  |  | 1.2 | 0.269 | 208 |  |  |  | 0.9 | 0.646 |
| *No* |  | 179 (85.6%) |  | 119 (83.8%) | 60 (89.6%) |  |  |  | 62 (83.8%) | 63 (88.7%) | 53 (84.1%) |  |  |
| *Yes* |  | 30 (14.4%) |  | 23 (16.2%) | 7 (10.4%) |  |  |  | 12 (16.2%) | 8 (11.3%) | 10 (15.9%) |  |  |
| **Hypertension** | 209 |  | 209 |  |  | 1.2 | 0.264 | 208 |  |  |  | 7.8 | **0.021** |
| *No* |  | 70 (33.5%) |  | 44 (31.0%) | 26 (38.8%) |  |  |  | 34 (45.9%) | 19 (26.8%) | 17 (27.0%) |  |  |
| *Yes* |  | 139 (66.5%) |  | 98 (69.0%) | 41 (61.2%) |  |  |  | 40 (54.1%) | 52 (73.2%) | 46 (73.0%) |  |  |
| **Ever smoked tobacco** | 209 |  | 209 |  |  | 44.4 | **<0.001** | 208 |  |  |  | 6.9 | **0.031** |
| *No* |  | 168 (80.4%) |  | 132 (93.0%) | 36 (53.7%) |  |  |  | 66 (89.2%) | 56 (78.9%) | 45 (71.4%) |  |  |
| *Yes* |  | 41 (19.6%) |  | 10 (7.0%) | 31 (46.3%) |  |  |  | 8 (10.8%) | 15 (21.1%) | 18 (28.6%) |  |  |
| **Currently smoke tobacco** | 209 |  | 209 |  |  |  | 0.241 | 208 |  |  |  |  | >0.999 |
| *No* |  | 206 (98.6%) |  | 141 (99.3%) | 65 (97.0%) |  |  |  | 73 (98.6%) | 70 (98.6%) | 62 (98.4%) |  |  |
| *Yes* |  | 3 (1.4%) |  | 1 (0.7%) | 2 (3.0%) |  |  |  | 1 (1.4%) | 1 (1.4%) | 1 (1.6%) |  |  |
| **Ever used smokeless tobacco** | 209 |  | 209 |  |  |  | >0.999 | 208 |  |  |  |  | 0.246 |
| *No* |  | 204 (97.6%) |  | 138 (97.2%) | 66 (98.5%) |  |  |  | 74 (100.0%) | 68 (95.8%) | 61 (96.8%) |  |  |
| *Yes* |  | 5 (2.4%) |  | 4 (2.8%) | 1 (1.5%) |  |  |  | 0 (0.0%) | 3 (4.2%) | 2 (3.2%) |  |  |
| **Currently use smokeless tobacco** | 209 |  | 209 |  |  |  | >0.999 | 208 |  |  |  |  | 0.097 |
| *No* |  | 207 (99.0%) |  | 140 (98.6%) | 67 (100.0%) |  |  |  | 74 (100.0%) | 71 (100.0%) | 61 (96.8%) |  |  |
| *Yes* |  | 2 (1.0%) |  | 2 (1.4%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 2 (3.2%) |  |  |
| **Alcohol consumption within the past 12 months** | 209 |  | 209 |  |  |  | **0.036** | 208 |  |  |  |  | 0.635 |
| *No* |  | 202 (96.7%) |  | 140 (98.6%) | 62 (92.5%) |  |  |  | 71 (95.9%) | 70 (98.6%) | 60 (95.2%) |  |  |
| *Yes* |  | 7 (3.3%) |  | 2 (1.4%) | 5 (7.5%) |  |  |  | 3 (4.1%) | 1 (1.4%) | 3 (4.8%) |  |  |
| **Alcohol consumption within the past 30 days?** | 209 |  | 209 |  |  |  | 0.102 | 208 |  |  |  |  | 0.772 |
| *No* |  | 207 (99.0%) |  | 142 (100.0%) | 65 (97.0%) |  |  |  | 73 (98.6%) | 71 (100.0%) | 62 (98.4%) |  |  |
| *Yes* |  | 2 (1.0%) |  | 0 (0.0%) | 2 (3.0%) |  |  |  | 1 (1.4%) | 0 (0.0%) | 1 (1.6%) |  |  |
| **Ever consumed alcohol?** | 209 |  | 209 |  |  | 23.4 | **<0.001** | 208 |  |  |  | 1.1 | 0.569 |
| *No* |  | 154 (73.7%) |  | 119 (83.8%) | 35 (52.2%) |  |  |  | 58 (78.4%) | 51 (71.8%) | 45 (71.4%) |  |  |
| *Yes* |  | 55 (26.3%) |  | 23 (16.2%) | 32 (47.8%) |  |  |  | 16 (21.6%) | 20 (28.2%) | 18 (28.6%) |  |  |
| **Stopped taking alcohol due to religious/moral reasons** | 209 |  | 209 |  |  | 0.2 | 0.627 | 208 |  |  |  |  | 0.067 |
| *No* |  | 193 (92.3%) |  | 132 (93.0%) | 61 (91.0%) |  |  |  | 72 (97.3%) | 62 (87.3%) | 58 (92.1%) |  |  |
| *Yes* |  | 16 (7.7%) |  | 10 (7.0%) | 6 (9.0%) |  |  |  | 2 (2.7%) | 9 (12.7%) | 5 (7.9%) |  |  |
| **Stopped taking alcohol due to advice by doctor/health worker** | 209 |  | 209 |  |  |  | **0.010** | 208 |  |  |  |  | 0.697 |
| *No* |  | 205 (98.1%) |  | 142 (100.0%) | 63 (94.0%) |  |  |  | 73 (98.6%) | 70 (98.6%) | 61 (96.8%) |  |  |
| *Yes* |  | 4 (1.9%) |  | 0 (0.0%) | 4 (6.0%) |  |  |  | 1 (1.4%) | 1 (1.4%) | 2 (3.2%) |  |  |
| **Stopped taking alcohol to be healthy** | 209 |  | 209 |  |  |  | **0.022** | 208 |  |  |  |  | 0.479 |
| *No* |  | 194 (92.8%) |  | 136 (95.8%) | 58 (86.6%) |  |  |  | 68 (91.9%) | 68 (95.8%) | 57 (90.5%) |  |  |
| *Yes* |  | 15 (7.2%) |  | 6 (4.2%) | 9 (13.4%) |  |  |  | 6 (8.1%) | 3 (4.2%) | 6 (9.5%) |  |  |
| **Stopped taking alcohol due to illness** | 209 |  | 209 |  |  | 14.6 | **<0.001** | 208 |  |  |  | 1.0 | 0.609 |
| *No* |  | 191 (91.4%) |  | 137 (96.5%) | 54 (80.6%) |  |  |  | 69 (93.2%) | 63 (88.7%) | 58 (92.1%) |  |  |
| *Yes* |  | 18 (8.6%) |  | 5 (3.5%) | 13 (19.4%) |  |  |  | 5 (6.8%) | 8 (11.3%) | 5 (7.9%) |  |  |
| **Stopped taking alcohol due to family/social reasons** | 209 |  | 209 |  |  |  | >0.999 | 208 |  |  |  |  | 0.897 |
| *No* |  | 200 (95.7%) |  | 136 (95.8%) | 64 (95.5%) |  |  |  | 71 (95.9%) | 69 (97.2%) | 60 (95.2%) |  |  |
| *Yes* |  | 9 (4.3%) |  | 6 (4.2%) | 3 (4.5%) |  |  |  | 3 (4.1%) | 2 (2.8%) | 3 (4.8%) |  |  |
| **Stopped taking alcohol due to economic reasons** | 209 |  | 209 |  |  |  | 0.330 | 208 |  |  |  |  | **0.038** |
| *No* |  | 204 (97.6%) |  | 140 (98.6%) | 64 (95.5%) |  |  |  | 73 (98.6%) | 71 (100.0%) | 59 (93.7%) |  |  |
| *Yes* |  | 5 (2.4%) |  | 2 (1.4%) | 3 (4.5%) |  |  |  | 1 (1.4%) | 0 (0.0%) | 4 (6.3%) |  |  |
| **How many days do you eat fruit** | 209 |  | 209 |  |  | 5177.5 | 0.280 | 208 |  |  |  | 1.4 | 0.492 |
| *Mean (SD)* |  | 4.5 (2.4) |  | 4.6 (2.4) | 4.2 (2.4) |  |  |  | 4.6 (2.4) | 4.3 (2.6) | 4.6 (2.4) |  |  |
| *Median (Q1, Q3)* |  | 4.0 (2.0, 7.0) |  | 5.0 (2.0, 7.0) | 3.0 (2.0, 7.0) |  |  |  | 4.0 (2.0, 7.0) | 3.0 (2.0, 7.0) | 4.0 (3.0, 7.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 |  | 0.0, 7.0 | 0.0, 7.0 |  |  |  | 0.0, 7.0 | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **How many days do you eat vegetables** | 209 |  | 209 |  |  | 5135.5 | 0.190 | 208 |  |  |  | 1.7 | 0.421 |
| *Mean (SD)* |  | 6.4 (1.3) |  | 6.4 (1.3) | 6.3 (1.3) |  |  |  | 6.4 (1.4) | 6.3 (1.4) | 6.5 (1.2) |  |  |
| *Median (Q1, Q3)* |  | 7.0 (7.0, 7.0) |  | 7.0 (7.0, 7.0) | 7.0 (6.0, 7.0) |  |  |  | 7.0 (7.0, 7.0) | 7.0 (7.0, 7.0) | 7.0 (7.0, 7.0) |  |  |
| *Min, Max* |  | 2.0, 7.0 |  | 2.0, 7.0 | 2.0, 7.0 |  |  |  | 2.0, 7.0 | 2.0, 7.0 | 2.0, 7.0 |  |  |
| **Adding salt to vegetables while cooking** | 209 |  | 209 |  |  | 0.5 | 0.485 | 208 |  |  |  | 0.1 | 0.947 |
| *Yes* |  | 171 (81.8%) |  | 118 (83.1%) | 53 (79.1%) |  |  |  | 61 (82.4%) | 59 (83.1%) | 51 (81.0%) |  |  |
| *No* |  | 38 (18.2%) |  | 24 (16.9%) | 14 (20.9%) |  |  |  | 13 (17.6%) | 12 (16.9%) | 12 (19.0%) |  |  |
| **Adding salt to food when eating** | 209 |  | 209 |  |  |  | 0.685 | 208 |  |  |  |  | 0.181 |
| *Yes, most of the time* |  | 2 (1.0%) |  | 2 (1.4%) | 0 (0.0%) |  |  |  | 2 (2.7%) | 0 (0.0%) | 0 (0.0%) |  |  |
| *Yes, some of the time* |  | 8 (3.8%) |  | 5 (3.5%) | 3 (4.5%) |  |  |  | 1 (1.4%) | 5 (7.0%) | 2 (3.2%) |  |  |
| *Yes, but in rare cases* |  | 31 (14.8%) |  | 19 (13.4%) | 12 (17.9%) |  |  |  | 8 (10.8%) | 10 (14.1%) | 13 (20.6%) |  |  |
| *Never* |  | 168 (80.4%) |  | 116 (81.7%) | 52 (77.6%) |  |  |  | 63 (85.1%) | 56 (78.9%) | 48 (76.2%) |  |  |
| **Frequency of eating red meat** | 209 |  | 209 |  |  |  | 0.451 | 208 |  |  |  |  | **0.037** |
| *Daily* |  | 13 (6.2%) |  | 8 (5.6%) | 5 (7.5%) |  |  |  | 7 (9.5%) | 3 (4.2%) | 3 (4.8%) |  |  |
| *5-6 days per week* |  | 6 (2.9%) |  | 2 (1.4%) | 4 (6.0%) |  |  |  | 0 (0.0%) | 2 (2.8%) | 3 (4.8%) |  |  |
| *1-4 days per week* |  | 65 (31.1%) |  | 45 (31.7%) | 20 (29.9%) |  |  |  | 30 (40.5%) | 23 (32.4%) | 12 (19.0%) |  |  |
| *1-3 days per week* |  | 65 (31.1%) |  | 48 (33.8%) | 17 (25.4%) |  |  |  | 23 (31.1%) | 17 (23.9%) | 25 (39.7%) |  |  |
| *Less than once a month* |  | 41 (19.6%) |  | 26 (18.3%) | 15 (22.4%) |  |  |  | 8 (10.8%) | 19 (26.8%) | 14 (22.2%) |  |  |
| *2-3 times a year* |  | 7 (3.3%) |  | 4 (2.8%) | 3 (4.5%) |  |  |  | 1 (1.4%) | 4 (5.6%) | 2 (3.2%) |  |  |
| *Once a year* |  | 2 (1.0%) |  | 1 (0.7%) | 1 (1.5%) |  |  |  | 0 (0.0%) | 1 (1.4%) | 1 (1.6%) |  |  |
| *Never* |  | 10 (4.8%) |  | 8 (5.6%) | 2 (3.0%) |  |  |  | 5 (6.8%) | 2 (2.8%) | 3 (4.8%) |  |  |
| **Frequency of eating chips** | 209 |  | 209 |  |  |  | 0.899 | 208 |  |  |  |  | 0.201 |
| *More than once a day* |  | 3 (1.4%) |  | 2 (1.4%) | 1 (1.5%) |  |  |  | 3 (4.1%) | 0 (0.0%) | 0 (0.0%) |  |  |
| *Once daily* |  | 1 (0.5%) |  | 1 (0.7%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 1 (1.4%) | 0 (0.0%) |  |  |
| *5-6 days a week* |  | 2 (1.0%) |  | 2 (1.4%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 2 (2.8%) | 0 (0.0%) |  |  |
| *3-4 days a week* |  | 5 (2.4%) |  | 3 (2.1%) | 2 (3.0%) |  |  |  | 2 (2.7%) | 2 (2.8%) | 1 (1.6%) |  |  |
| *1-2 times a week* |  | 17 (8.1%) |  | 14 (9.9%) | 3 (4.5%) |  |  |  | 10 (13.5%) | 5 (7.0%) | 2 (3.2%) |  |  |
| *2-3 times a month* |  | 6 (2.9%) |  | 5 (3.5%) | 1 (1.5%) |  |  |  | 4 (5.4%) | 2 (2.8%) | 0 (0.0%) |  |  |
| *Once a month* |  | 23 (11.0%) |  | 15 (10.6%) | 8 (11.9%) |  |  |  | 6 (8.1%) | 8 (11.3%) | 9 (14.3%) |  |  |
| *Less than once a month* |  | 32 (15.3%) |  | 22 (15.5%) | 10 (14.9%) |  |  |  | 10 (13.5%) | 11 (15.5%) | 11 (17.5%) |  |  |
| *Never* |  | 120 (57.4%) |  | 78 (54.9%) | 42 (62.7%) |  |  |  | 39 (52.7%) | 40 (56.3%) | 40 (63.5%) |  |  |
| **Frequency of eating mandazi** | 209 |  | 209 |  |  |  | 0.119 | 208 |  |  |  |  | 0.437 |
| *More than once a day* |  | 3 (1.4%) |  | 1 (0.7%) | 2 (3.0%) |  |  |  | 2 (2.7%) | 0 (0.0%) | 1 (1.6%) |  |  |
| *Once daily* |  | 22 (10.5%) |  | 16 (11.3%) | 6 (9.0%) |  |  |  | 9 (12.2%) | 7 (9.9%) | 6 (9.5%) |  |  |
| *5-6 days a week* |  | 22 (10.5%) |  | 17 (12.0%) | 5 (7.5%) |  |  |  | 12 (16.2%) | 5 (7.0%) | 4 (6.3%) |  |  |
| *3-4 days a week* |  | 22 (10.5%) |  | 11 (7.7%) | 11 (16.4%) |  |  |  | 5 (6.8%) | 10 (14.1%) | 7 (11.1%) |  |  |
| *1-2 times a week* |  | 34 (16.3%) |  | 28 (19.7%) | 6 (9.0%) |  |  |  | 13 (17.6%) | 12 (16.9%) | 9 (14.3%) |  |  |
| *2-3 times a month* |  | 13 (6.2%) |  | 6 (4.2%) | 7 (10.4%) |  |  |  | 1 (1.4%) | 6 (8.5%) | 6 (9.5%) |  |  |
| *Once a month* |  | 11 (5.3%) |  | 8 (5.6%) | 3 (4.5%) |  |  |  | 4 (5.4%) | 5 (7.0%) | 2 (3.2%) |  |  |
| *Less than once a month* |  | 10 (4.8%) |  | 8 (5.6%) | 2 (3.0%) |  |  |  | 5 (6.8%) | 3 (4.2%) | 2 (3.2%) |  |  |
| *Never* |  | 72 (34.4%) |  | 47 (33.1%) | 25 (37.3%) |  |  |  | 23 (31.1%) | 23 (32.4%) | 26 (41.3%) |  |  |
| **Frequency of eating samosa** | 209 |  | 209 |  |  |  | **0.007** | 208 |  |  |  |  | 0.610 |
| *Once daily* |  | 1 (0.5%) |  | 0 (0.0%) | 1 (1.5%) |  |  |  | 1 (1.4%) | 0 (0.0%) | 0 (0.0%) |  |  |
| *5-6 days a week* |  | 1 (0.5%) |  | 1 (0.7%) | 0 (0.0%) |  |  |  | 1 (1.4%) | 0 (0.0%) | 0 (0.0%) |  |  |
| *3-4 days a week* |  | 3 (1.4%) |  | 3 (2.1%) | 0 (0.0%) |  |  |  | 2 (2.7%) | 1 (1.4%) | 0 (0.0%) |  |  |
| *1-2 times a week* |  | 14 (6.7%) |  | 6 (4.2%) | 8 (11.9%) |  |  |  | 7 (9.5%) | 5 (7.0%) | 2 (3.2%) |  |  |
| *2-3 times a month* |  | 17 (8.1%) |  | 9 (6.3%) | 8 (11.9%) |  |  |  | 3 (4.1%) | 5 (7.0%) | 9 (14.3%) |  |  |
| *Once a month* |  | 11 (5.3%) |  | 4 (2.8%) | 7 (10.4%) |  |  |  | 4 (5.4%) | 3 (4.2%) | 4 (6.3%) |  |  |
| *Less than once a month* |  | 33 (15.8%) |  | 22 (15.5%) | 11 (16.4%) |  |  |  | 12 (16.2%) | 12 (16.9%) | 9 (14.3%) |  |  |
| *Never* |  | 129 (61.7%) |  | 97 (68.3%) | 32 (47.8%) |  |  |  | 44 (59.5%) | 45 (63.4%) | 39 (61.9%) |  |  |
| **Frequency of eating fried chicken** | 209 |  | 209 |  |  |  | 0.354 | 208 |  |  |  |  | 0.782 |
| *5-6 days a week* |  | 0 (0.0%) |  | 0 (0.0%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |  |
| *3-4 days a week* |  | 3 (1.4%) |  | 3 (2.1%) | 0 (0.0%) |  |  |  | 2 (2.7%) | 0 (0.0%) | 1 (1.6%) |  |  |
| *1-2 times a week* |  | 9 (4.3%) |  | 5 (3.5%) | 4 (6.0%) |  |  |  | 3 (4.1%) | 2 (2.8%) | 4 (6.3%) |  |  |
| *2-3 times a month* |  | 13 (6.2%) |  | 7 (4.9%) | 6 (9.0%) |  |  |  | 3 (4.1%) | 4 (5.6%) | 6 (9.5%) |  |  |
| *Once a month* |  | 25 (12.0%) |  | 19 (13.4%) | 6 (9.0%) |  |  |  | 8 (10.8%) | 9 (12.7%) | 8 (12.7%) |  |  |
| *Less than once a month* |  | 78 (37.3%) |  | 49 (34.5%) | 29 (43.3%) |  |  |  | 25 (33.8%) | 30 (42.3%) | 23 (36.5%) |  |  |
| *Never* |  | 81 (38.8%) |  | 59 (41.5%) | 22 (32.8%) |  |  |  | 33 (44.6%) | 26 (36.6%) | 21 (33.3%) |  |  |
| **Frequency of eating fried fish** | 209 |  | 209 |  |  |  | **0.012** | 208 |  |  |  |  | 0.632 |
| *More than once a day* |  | 1 (0.5%) |  | 1 (0.7%) | 0 (0.0%) |  |  |  | 1 (1.4%) | 0 (0.0%) | 0 (0.0%) |  |  |
| *5-6 days a week* |  | 0 (0.0%) |  | 0 (0.0%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |  |
| *3-4 days a week* |  | 11 (5.3%) |  | 9 (6.3%) | 2 (3.0%) |  |  |  | 5 (6.8%) | 4 (5.6%) | 2 (3.2%) |  |  |
| *1-2 times a week* |  | 26 (12.4%) |  | 13 (9.2%) | 13 (19.4%) |  |  |  | 13 (17.6%) | 8 (11.3%) | 5 (7.9%) |  |  |
| *2-3 times a month* |  | 23 (11.0%) |  | 17 (12.0%) | 6 (9.0%) |  |  |  | 9 (12.2%) | 8 (11.3%) | 6 (9.5%) |  |  |
| *Once a month* |  | 28 (13.4%) |  | 15 (10.6%) | 13 (19.4%) |  |  |  | 9 (12.2%) | 9 (12.7%) | 10 (15.9%) |  |  |
| *Less than once a month* |  | 46 (22.0%) |  | 27 (19.0%) | 19 (28.4%) |  |  |  | 17 (23.0%) | 17 (23.9%) | 11 (17.5%) |  |  |
| *Never* |  | 74 (35.4%) |  | 60 (42.3%) | 14 (20.9%) |  |  |  | 20 (27.0%) | 25 (35.2%) | 29 (46.0%) |  |  |
| **Adding sugar to your beverages** | 209 |  | 209 |  |  | 0.3 | 0.559 | 208 |  |  |  | 0.7 | 0.719 |
| *Yes* |  | 30 (14.4%) |  | 19 (13.4%) | 11 (16.4%) |  |  |  | 9 (12.2%) | 12 (16.9%) | 9 (14.3%) |  |  |
| *No* |  | 179 (85.6%) |  | 123 (86.6%) | 56 (83.6%) |  |  |  | 65 (87.8%) | 59 (83.1%) | 54 (85.7%) |  |  |
| **Taken a soft drink in the past 12 months** | 209 |  | 209 |  |  | 2.7 | 0.102 | 208 |  |  |  | 9.3 | **0.010** |
| *Yes* |  | 86 (41.1%) |  | 53 (37.3%) | 33 (49.3%) |  |  |  | 37 (50.0%) | 32 (45.1%) | 16 (25.4%) |  |  |
| *No* |  | 123 (58.9%) |  | 89 (62.7%) | 34 (50.7%) |  |  |  | 37 (50.0%) | 39 (54.9%) | 47 (74.6%) |  |  |
| **Frequency of soft drink in the past 12 months** | 209 |  | 209 |  |  |  | 0.192 | 208 |  |  |  |  | **0.026** |
| *Daily* |  | 2 (1.0%) |  | 1 (0.7%) | 1 (1.5%) |  |  |  | 1 (1.4%) | 1 (1.4%) | 0 (0.0%) |  |  |
| *5-6 days per week* |  | 1 (0.5%) |  | 0 (0.0%) | 1 (1.5%) |  |  |  | 0 (0.0%) | 1 (1.4%) | 0 (0.0%) |  |  |
| *1-4 days per week* |  | 11 (5.3%) |  | 9 (6.3%) | 2 (3.0%) |  |  |  | 7 (9.5%) | 2 (2.8%) | 2 (3.2%) |  |  |
| *1-3 days per week* |  | 22 (10.5%) |  | 15 (10.6%) | 7 (10.4%) |  |  |  | 12 (16.2%) | 6 (8.5%) | 3 (4.8%) |  |  |
| *Less than once a month* |  | 42 (20.1%) |  | 23 (16.2%) | 19 (28.4%) |  |  |  | 15 (20.3%) | 20 (28.2%) | 7 (11.1%) |  |  |
| *Other* |  | 8 (3.8%) |  | 5 (3.5%) | 3 (4.5%) |  |  |  | 2 (2.7%) | 2 (2.8%) | 4 (6.3%) |  |  |
| *Never* |  | 123 (58.9%) |  | 89 (62.7%) | 34 (50.7%) |  |  |  | 37 (50.0%) | 39 (54.9%) | 47 (74.6%) |  |  |
| **How often do you take plain water in a day?** | 209 |  | 209 |  |  |  | 0.525 | 208 |  |  |  |  | 0.066 |
| *Never* |  | 2 (1.0%) |  | 2 (1.4%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 2 (3.2%) |  |  |
| *Less than once* |  | 9 (4.3%) |  | 7 (4.9%) | 2 (3.0%) |  |  |  | 2 (2.7%) | 4 (5.6%) | 2 (3.2%) |  |  |
| *Once* |  | 16 (7.7%) |  | 11 (7.7%) | 5 (7.5%) |  |  |  | 3 (4.1%) | 4 (5.6%) | 9 (14.3%) |  |  |
| *2-3 times* |  | 97 (46.4%) |  | 60 (42.3%) | 37 (55.2%) |  |  |  | 37 (50.0%) | 28 (39.4%) | 32 (50.8%) |  |  |
| *4-5 times* |  | 56 (26.8%) |  | 39 (27.5%) | 17 (25.4%) |  |  |  | 21 (28.4%) | 26 (36.6%) | 9 (14.3%) |  |  |
| *More than 5 times* |  | 29 (13.9%) |  | 23 (16.2%) | 6 (9.0%) |  |  |  | 11 (14.9%) | 9 (12.7%) | 9 (14.3%) |  |  |
| **Healthy eating habit** | 209 |  | 209 |  |  | 2.2 | 0.138 | 208 |  |  |  | 4.4 | 0.114 |
| *Bad* |  | 157 (75.1%) |  | 111 (78.2%) | 46 (68.7%) |  |  |  | 50 (67.6%) | 55 (77.5%) | 52 (82.5%) |  |  |
| *Good* |  | 52 (24.9%) |  | 31 (21.8%) | 21 (31.3%) |  |  |  | 24 (32.4%) | 16 (22.5%) | 11 (17.5%) |  |  |
| **Involved in vigorous-intensity activity** | 209 |  | 209 |  |  | 3.5 | 0.061 | 208 |  |  |  | 1.6 | 0.460 |
| *No* |  | 146 (69.9%) |  | 105 (73.9%) | 41 (61.2%) |  |  |  | 48 (64.9%) | 50 (70.4%) | 47 (74.6%) |  |  |
| *Yes* |  | 63 (30.1%) |  | 37 (26.1%) | 26 (38.8%) |  |  |  | 26 (35.1%) | 21 (29.6%) | 16 (25.4%) |  |  |
| **How many days do you do vigorous-intensity activities** | 209 |  | 209 |  |  | 4118.5 | 0.054 | 208 |  |  |  | 2.0 | 0.365 |
| *Mean (SD)* |  | 1.6 (2.7) |  | 1.4 (2.5) | 2.1 (2.9) |  |  |  | 2.0 (2.9) | 1.6 (2.6) | 1.3 (2.5) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 4.0) |  | 0.0 (0.0, 2.0) | 0.0 (0.0, 5.0) |  |  |  | 0.0 (0.0, 5.0) | 0.0 (0.0, 4.0) | 0.0 (0.0, 2.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 |  | 0.0, 7.0 | 0.0, 7.0 |  |  |  | 0.0, 7.0 | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Involve moderate-intensity activity** | 209 |  | 209 |  |  | 2.3 | 0.133 | 208 |  |  |  | 6.2 | **0.045** |
| *No* |  | 100 (47.8%) |  | 73 (51.4%) | 27 (40.3%) |  |  |  | 29 (39.2%) | 33 (46.5%) | 38 (60.3%) |  |  |
| *Yes* |  | 109 (52.2%) |  | 69 (48.6%) | 40 (59.7%) |  |  |  | 45 (60.8%) | 38 (53.5%) | 25 (39.7%) |  |  |
| **How many days do you do moderate-intesity activities** | 209 |  | 209 |  |  | 4170.0 | 0.127 | 208 |  |  |  | 8.6 | **0.014** |
| *Mean (SD)* |  | 2.5 (2.8) |  | 2.3 (2.7) | 3.0 (2.8) |  |  |  | 3.2 (2.9) | 2.4 (2.6) | 1.8 (2.6) |  |  |
| *Median (Q1, Q3)* |  | 2.0 (0.0, 5.0) |  | 0.0 (0.0, 5.0) | 3.0 (0.0, 6.0) |  |  |  | 3.0 (0.0, 6.0) | 1.0 (0.0, 5.0) | 0.0 (0.0, 3.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 |  | 0.0, 7.0 | 0.0, 7.0 |  |  |  | 0.0, 7.0 | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Walking/riding a bicycle for at least 10 minutes** | 209 |  | 209 |  |  | 0.8 | 0.364 | 208 |  |  |  | 2.0 | 0.365 |
| *No* |  | 25 (12.0%) |  | 15 (10.6%) | 10 (14.9%) |  |  |  | 6 (8.1%) | 8 (11.3%) | 10 (15.9%) |  |  |
| *Yes* |  | 184 (88.0%) |  | 127 (89.4%) | 57 (85.1%) |  |  |  | 68 (91.9%) | 63 (88.7%) | 53 (84.1%) |  |  |
| **How many days do you walk or use a bicycle** | 209 |  | 209 |  |  | 4845.5 | 0.816 | 208 |  |  |  | 6.5 | **0.038** |
| *Mean (SD)* |  | 5.2 (2.5) |  | 5.2 (2.5) | 5.2 (2.6) |  |  |  | 5.8 (2.2) | 5.0 (2.5) | 4.7 (2.7) |  |  |
| *Median (Q1, Q3)* |  | 7.0 (4.0, 7.0) |  | 7.0 (3.0, 7.0) | 6.0 (4.0, 7.0) |  |  |  | 7.0 (6.0, 7.0) | 6.0 (4.0, 7.0) | 6.0 (2.0, 7.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 |  | 0.0, 7.0 | 0.0, 7.0 |  |  |  | 0.0, 7.0 | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Do vigorous-intensity sports, fitness or recreational** | 209 |  | 209 |  |  |  | 0.085 | 208 |  |  |  |  | 0.483 |
| *No* |  | 194 (92.8%) |  | 135 (95.1%) | 59 (88.1%) |  |  |  | 67 (90.5%) | 68 (95.8%) | 58 (92.1%) |  |  |
| *Yes* |  | 15 (7.2%) |  | 7 (4.9%) | 8 (11.9%) |  |  |  | 7 (9.5%) | 3 (4.2%) | 5 (7.9%) |  |  |
| **How many days do you do vigorous-intensity sports** | 209 |  | 209 |  |  | 4418.0 | 0.064 | 208 |  |  |  | 1.4 | 0.490 |
| *Mean (SD)* |  | 0.3 (1.3) |  | 0.2 (1.0) | 0.6 (1.7) |  |  |  | 0.3 (1.1) | 0.2 (1.2) | 0.5 (1.7) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) |  | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) |  |  |  | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 |  | 0.0, 7.0 | 0.0, 7.0 |  |  |  | 0.0, 7.0 | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Do moderate-intensity sports, fitness or recreational** | 209 |  | 209 |  |  | 8.6 | **0.003** | 208 |  |  |  | 1.1 | 0.582 |
| *No* |  | 185 (88.5%) |  | 132 (93.0%) | 53 (79.1%) |  |  |  | 64 (86.5%) | 63 (88.7%) | 58 (92.1%) |  |  |
| *Yes* |  | 24 (11.5%) |  | 10 (7.0%) | 14 (20.9%) |  |  |  | 10 (13.5%) | 8 (11.3%) | 5 (7.9%) |  |  |
| **How many days do you do moderate-intesnsity sports?** | 209 |  | 209 |  |  | 4092.5 | **0.003** | 208 |  |  |  | 1.0 | 0.600 |
| *Mean (SD)* |  | 0.5 (1.6) |  | 0.3 (1.2) | 0.9 (2.1) |  |  |  | 0.6 (1.7) | 0.5 (1.6) | 0.4 (1.4) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) |  | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) |  |  |  | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 |  | 0.0, 7.0 | 0.0, 7.0 |  |  |  | 0.0, 7.0 | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Time spent doing vigorous-intensity activities in hrs** | 209 |  | 209 |  |  | 4058.0 | **0.035** | 208 |  |  |  | 2.0 | 0.360 |
| *Mean (SD)* |  | 1.2 (2.5) |  | 1.0 (2.2) | 1.8 (2.9) |  |  |  | 1.4 (2.6) | 1.5 (2.9) | 0.7 (1.5) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 1.0) |  | 0.0 (0.0, 1.0) | 0.0 (0.0, 3.0) |  |  |  | 0.0 (0.0, 2.0) | 0.0 (0.0, 2.0) | 0.0 (0.0, 1.0) |  |  |
| *Min, Max* |  | 0.0, 12.0 |  | 0.0, 12.0 | 0.0, 10.0 |  |  |  | 0.0, 9.0 | 0.0, 12.0 | 0.0, 7.0 |  |  |
| **Time spent doing moderate-intensity activities in hrs** | 209 |  | 209 |  |  | 3942.5 | **0.034** | 208 |  |  |  | 10.2 | **0.006** |
| *Mean (SD)* |  | 1.8 (2.4) |  | 1.5 (2.1) | 2.4 (2.8) |  |  |  | 2.3 (2.6) | 1.8 (2.3) | 1.0 (1.6) |  |  |
| *Median (Q1, Q3)* |  | 0.5 (0.0, 3.0) |  | 0.0 (0.0, 3.0) | 2.0 (0.0, 4.0) |  |  |  | 1.5 (0.0, 4.0) | 1.0 (0.0, 3.0) | 0.0 (0.0, 2.0) |  |  |
| *Min, Max* |  | 0.0, 12.0 |  | 0.0, 10.0 | 0.0, 12.0 |  |  |  | 0.0, 10.0 | 0.0, 10.0 | 0.0, 8.0 |  |  |
| **Time spent walking or cycling in hrs** | 209 |  | 209 |  |  | 4256.0 | 0.213 | 208 |  |  |  | 3.0 | 0.227 |
| *Mean (SD)* |  | 1.9 (1.9) |  | 1.7 (1.6) | 2.2 (2.4) |  |  |  | 2.0 (1.9) | 2.0 (1.9) | 1.6 (1.8) |  |  |
| *Median (Q1, Q3)* |  | 1.0 (0.8, 2.0) |  | 1.0 (0.8, 2.0) | 2.0 (0.5, 3.0) |  |  |  | 1.0 (1.0, 3.0) | 1.5 (0.8, 2.8) | 1.0 (0.7, 2.0) |  |  |
| *Min, Max* |  | 0.0, 12.0 |  | 0.0, 9.0 | 0.0, 12.0 |  |  |  | 0.0, 9.0 | 0.0, 10.0 | 0.0, 12.0 |  |  |
| **Time spent on vigorous-intensity sports in hrs** | 209 |  | 209 |  |  | 4434.0 | 0.077 | 208 |  |  |  | 1.5 | 0.481 |
| *Mean (SD)* |  | 0.1 (0.4) |  | 0.1 (0.5) | 0.1 (0.3) |  |  |  | 0.1 (0.5) | 0.1 (0.3) | 0.1 (0.3) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) |  | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) |  |  |  | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) |  |  |
| *Min, Max* |  | 0.0, 4.1 |  | 0.0, 4.1 | 0.0, 1.0 |  |  |  | 0.0, 4.1 | 0.0, 2.0 | 0.0, 2.0 |  |  |
| **Time spent on moderate-intensity sports in hrs** | 209 |  | 209 |  |  | 4123.0 | **0.005** | 208 |  |  |  | 1.1 | 0.566 |
| *Mean (SD)* |  | 0.2 (0.7) |  | 0.2 (0.7) | 0.3 (0.7) |  |  |  | 0.2 (0.7) | 0.2 (0.7) | 0.1 (0.5) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) |  | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) |  |  |  | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) | 0.0 (0.0, 0.0) |  |  |
| *Min, Max* |  | 0.0, 5.0 |  | 0.0, 5.0 | 0.0, 3.0 |  |  |  | 0.0, 3.0 | 0.0, 5.0 | 0.0, 3.0 |  |  |
| **Regular physical activity** | 209 |  | 209 |  |  | 11.0 | **<0.001** | 208 |  |  |  | 0.1 | 0.970 |
| *No* |  | 189 (90.4%) |  | 135 (95.1%) | 54 (80.6%) |  |  |  | 67 (90.5%) | 65 (91.5%) | 57 (90.5%) |  |  |
| *Yes* |  | 20 (9.6%) |  | 7 (4.9%) | 13 (19.4%) |  |  |  | 7 (9.5%) | 6 (8.5%) | 6 (9.5%) |  |  |
| **Hours spent on sleeping** | 209 |  | 209 |  |  | 4554.5 | 0.614 | 208 |  |  |  | 13.3 | **0.001** |
| *Mean (SD)* |  | 7.5 (1.8) |  | 7.5 (1.9) | 7.6 (1.5) |  |  |  | 6.9 (1.8) | 7.6 (1.7) | 8.1 (1.6) |  |  |
| *Median (Q1, Q3)* |  | 7.0 (6.0, 9.0) |  | 7.0 (6.0, 9.0) | 8.0 (7.0, 9.0) |  |  |  | 7.0 (6.0, 8.0) | 8.0 (7.0, 9.0) | 8.0 (7.0, 9.0) |  |  |
| *Min, Max* |  | 0.0, 12.0 |  | 0.0, 12.0 | 5.0, 12.0 |  |  |  | 0.0, 11.0 | 3.0, 12.0 | 5.0, 12.0 |  |  |
| **Time spent sitting or reclining in hrs** | 209 |  | 209 |  |  | 4939.0 | 0.654 | 208 |  |  |  | 15.0 | **<0.001** |
| *Mean (SD)* |  | 4.1 (2.9) |  | 4.2 (2.7) | 4.1 (3.1) |  |  |  | 3.7 (3.1) | 3.8 (2.5) | 5.1 (2.7) |  |  |
| *Median (Q1, Q3)* |  | 4.0 (2.0, 5.0) |  | 4.0 (2.0, 5.0) | 3.0 (2.0, 5.0) |  |  |  | 3.0 (2.0, 5.0) | 3.0 (2.0, 5.0) | 5.0 (3.0, 6.5) |  |  |
| *Min, Max* |  | 0.0, 19.0 |  | 0.2, 12.0 | 0.0, 19.0 |  |  |  | 0.0, 19.0 | 0.2, 12.0 | 0.0, 12.0 |  |  |
| **Time spent sitting or reclining in hrs grouped** | 209 |  | 209 |  |  | 0.8 | 0.656 | 208 |  |  |  | 17.7 | **0.001** |
| *Less than 4 hrs* |  | 102 (48.8%) |  | 67 (47.2%) | 35 (52.2%) |  |  |  | 45 (60.8%) | 39 (54.9%) | 17 (27.0%) |  |  |
| *4-8 hrs* |  | 90 (43.1%) |  | 62 (43.7%) | 28 (41.8%) |  |  |  | 24 (32.4%) | 28 (39.4%) | 38 (60.3%) |  |  |
| *9hrs and more* |  | 17 (8.1%) |  | 13 (9.2%) | 4 (6.0%) |  |  |  | 5 (6.8%) | 4 (5.6%) | 8 (12.7%) |  |  |
| **Hours spent on sleeping grouped** | 209 |  | 209 |  |  | 0.6 | 0.434 | 208 |  |  |  | 11.6 | **0.003** |
| *Less than 7 hours* |  | 54 (25.8%) |  | 39 (27.5%) | 15 (22.4%) |  |  |  | 29 (39.2%) | 16 (22.5%) | 9 (14.3%) |  |  |
| *7 and more* |  | 155 (74.2%) |  | 103 (72.5%) | 52 (77.6%) |  |  |  | 45 (60.8%) | 55 (77.5%) | 54 (85.7%) |  |  |
| **1.Do you have enough energy for everyday life?** | 209 |  | 209 |  |  |  | 0.161 | 208 |  |  |  |  | **<0.001** |
| *None at all* |  | 4 (1.9%) |  | 3 (2.1%) | 1 (1.5%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 4 (6.3%) |  |  |
| *A little* |  | 50 (23.9%) |  | 38 (26.8%) | 12 (17.9%) |  |  |  | 11 (14.9%) | 19 (26.8%) | 20 (31.7%) |  |  |
| *Moderately* |  | 77 (36.8%) |  | 56 (39.4%) | 21 (31.3%) |  |  |  | 26 (35.1%) | 21 (29.6%) | 29 (46.0%) |  |  |
| *Mostly* |  | 63 (30.1%) |  | 37 (26.1%) | 26 (38.8%) |  |  |  | 27 (36.5%) | 26 (36.6%) | 10 (15.9%) |  |  |
| *Completely* |  | 15 (7.2%) |  | 8 (5.6%) | 7 (10.4%) |  |  |  | 10 (13.5%) | 5 (7.0%) | 0 (0.0%) |  |  |
| **2.Do you have enough money to meet your basic needs?** | 209 |  | 209 |  |  |  | **0.004** | 208 |  |  |  |  | 0.265 |
| *None at all* |  | 68 (32.5%) |  | 53 (37.3%) | 15 (22.4%) |  |  |  | 21 (28.4%) | 21 (29.6%) | 25 (39.7%) |  |  |
| *A little* |  | 100 (47.8%) |  | 65 (45.8%) | 35 (52.2%) |  |  |  | 34 (45.9%) | 39 (54.9%) | 27 (42.9%) |  |  |
| *Moderately* |  | 32 (15.3%) |  | 22 (15.5%) | 10 (14.9%) |  |  |  | 16 (21.6%) | 9 (12.7%) | 7 (11.1%) |  |  |
| *Mostly* |  | 8 (3.8%) |  | 1 (0.7%) | 7 (10.4%) |  |  |  | 3 (4.1%) | 1 (1.4%) | 4 (6.3%) |  |  |
| *Completely* |  | 1 (0.5%) |  | 1 (0.7%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 1 (1.4%) | 0 (0.0%) |  |  |
| **3.How satisfied are you with your health?** | 209 |  | 209 |  |  |  | 0.194 | 208 |  |  |  |  | 0.256 |
| *Very Dissatisfied* |  | 4 (1.9%) |  | 3 (2.1%) | 1 (1.5%) |  |  |  | 1 (1.4%) | 1 (1.4%) | 2 (3.2%) |  |  |
| *Dissatisfied* |  | 72 (34.4%) |  | 53 (37.3%) | 19 (28.4%) |  |  |  | 20 (27.0%) | 25 (35.2%) | 27 (42.9%) |  |  |
| *Neither* |  | 54 (25.8%) |  | 40 (28.2%) | 14 (20.9%) |  |  |  | 20 (27.0%) | 17 (23.9%) | 17 (27.0%) |  |  |
| *Satisfied* |  | 76 (36.4%) |  | 44 (31.0%) | 32 (47.8%) |  |  |  | 30 (40.5%) | 28 (39.4%) | 17 (27.0%) |  |  |
| *Very Satisfied* |  | 3 (1.4%) |  | 2 (1.4%) | 1 (1.5%) |  |  |  | 3 (4.1%) | 0 (0.0%) | 0 (0.0%) |  |  |
| **4.How satisfied are you with yourself?** | 209 |  | 209 |  |  |  | 0.220 | 208 |  |  |  |  | 0.217 |
| *Very Dissatisfied* |  | 1 (0.5%) |  | 0 (0.0%) | 1 (1.5%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 1 (1.6%) |  |  |
| *Dissatisfied* |  | 33 (15.8%) |  | 27 (19.0%) | 6 (9.0%) |  |  |  | 8 (10.8%) | 9 (12.7%) | 16 (25.4%) |  |  |
| *Neither* |  | 69 (33.0%) |  | 45 (31.7%) | 24 (35.8%) |  |  |  | 24 (32.4%) | 26 (36.6%) | 19 (30.2%) |  |  |
| *Satisfied* |  | 98 (46.9%) |  | 65 (45.8%) | 33 (49.3%) |  |  |  | 37 (50.0%) | 34 (47.9%) | 26 (41.3%) |  |  |
| *Very Satisfied* |  | 8 (3.8%) |  | 5 (3.5%) | 3 (4.5%) |  |  |  | 5 (6.8%) | 2 (2.8%) | 1 (1.6%) |  |  |
| **5.How satisfied are you with your daily living activities?** | 209 |  | 209 |  |  |  | 0.126 | 208 |  |  |  |  | 0.311 |
| *Very Dissatisfied* |  | 2 (1.0%) |  | 1 (0.7%) | 1 (1.5%) |  |  |  | 0 (0.0%) | 1 (1.4%) | 1 (1.6%) |  |  |
| *Dissatisfied* |  | 43 (20.6%) |  | 35 (24.6%) | 8 (11.9%) |  |  |  | 10 (13.5%) | 15 (21.1%) | 18 (28.6%) |  |  |
| *Neither* |  | 55 (26.3%) |  | 39 (27.5%) | 16 (23.9%) |  |  |  | 23 (31.1%) | 17 (23.9%) | 15 (23.8%) |  |  |
| *Satisfied* |  | 102 (48.8%) |  | 63 (44.4%) | 39 (58.2%) |  |  |  | 40 (54.1%) | 34 (47.9%) | 27 (42.9%) |  |  |
| *Very Satisfied* |  | 7 (3.3%) |  | 4 (2.8%) | 3 (4.5%) |  |  |  | 1 (1.4%) | 4 (5.6%) | 2 (3.2%) |  |  |
| **6.How satisfied are you with your personal relationships?** | 209 |  | 209 |  |  |  | 0.854 | 208 |  |  |  |  | 0.646 |
| *Very Dissatisfied* |  | 1 (0.5%) |  | 1 (0.7%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 1 (1.4%) | 0 (0.0%) |  |  |
| *Dissatisfied* |  | 11 (5.3%) |  | 8 (5.6%) | 3 (4.5%) |  |  |  | 3 (4.1%) | 5 (7.0%) | 3 (4.8%) |  |  |
| *Neither* |  | 38 (18.2%) |  | 24 (16.9%) | 14 (20.9%) |  |  |  | 14 (18.9%) | 12 (16.9%) | 11 (17.5%) |  |  |
| *Satisfied* |  | 138 (66.0%) |  | 96 (67.6%) | 42 (62.7%) |  |  |  | 53 (71.6%) | 43 (60.6%) | 42 (66.7%) |  |  |
| *Very Satisfied* |  | 21 (10.0%) |  | 13 (9.2%) | 8 (11.9%) |  |  |  | 4 (5.4%) | 10 (14.1%) | 7 (11.1%) |  |  |
| **7.How satisfied are you with the conditions of your living place?** | 209 |  | 209 |  |  |  | 0.911 | 208 |  |  |  |  | 0.100 |
| *Very Dissatisfied* |  | 1 (0.5%) |  | 1 (0.7%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 1 (1.4%) | 0 (0.0%) |  |  |
| *Dissatisfied* |  | 28 (13.4%) |  | 19 (13.4%) | 9 (13.4%) |  |  |  | 12 (16.2%) | 9 (12.7%) | 7 (11.1%) |  |  |
| *Neither* |  | 58 (27.8%) |  | 37 (26.1%) | 21 (31.3%) |  |  |  | 15 (20.3%) | 21 (29.6%) | 21 (33.3%) |  |  |
| *Satisfied* |  | 116 (55.5%) |  | 81 (57.0%) | 35 (52.2%) |  |  |  | 47 (63.5%) | 35 (49.3%) | 34 (54.0%) |  |  |
| *Very Satisfied* |  | 6 (2.9%) |  | 4 (2.8%) | 2 (3.0%) |  |  |  | 0 (0.0%) | 5 (7.0%) | 1 (1.6%) |  |  |
| **8.How satisfied are you with your life as a whole?** | 209 |  | 209 |  |  |  | 0.435 | 208 |  |  |  |  | 0.104 |
| *Very Dissatisfied* |  | 2 (1.0%) |  | 1 (0.7%) | 1 (1.5%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 2 (3.2%) |  |  |
| *Dissatisfied* |  | 45 (21.5%) |  | 35 (24.6%) | 10 (14.9%) |  |  |  | 10 (13.5%) | 23 (32.4%) | 12 (19.0%) |  |  |
| *Neither* |  | 71 (34.0%) |  | 45 (31.7%) | 26 (38.8%) |  |  |  | 27 (36.5%) | 22 (31.0%) | 21 (33.3%) |  |  |
| *Satisfied* |  | 88 (42.1%) |  | 59 (41.5%) | 29 (43.3%) |  |  |  | 36 (48.6%) | 25 (35.2%) | 27 (42.9%) |  |  |
| *Very Satisfied* |  | 3 (1.4%) |  | 2 (1.4%) | 1 (1.5%) |  |  |  | 1 (1.4%) | 1 (1.4%) | 1 (1.6%) |  |  |
| **9.How would you rate your overall quality of life?** | 209 |  | 209 |  |  |  | **0.019** | 208 |  |  |  |  | 0.170 |
| *Very Bad* |  | 1 (0.5%) |  | 1 (0.7%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 1 (1.6%) |  |  |
| *Bad* |  | 44 (21.1%) |  | 37 (26.1%) | 7 (10.4%) |  |  |  | 9 (12.2%) | 19 (26.8%) | 16 (25.4%) |  |  |
| *Moderate* |  | 103 (49.3%) |  | 69 (48.6%) | 34 (50.7%) |  |  |  | 39 (52.7%) | 33 (46.5%) | 30 (47.6%) |  |  |
| *Good* |  | 61 (29.2%) |  | 35 (24.6%) | 26 (38.8%) |  |  |  | 26 (35.1%) | 19 (26.8%) | 16 (25.4%) |  |  |
| *Very Good* |  | 0 (0.0%) |  | 0 (0.0%) | 0 (0.0%) |  |  |  | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |  |  |
| **10.How would you say you are these days?** | 209 |  | 209 |  |  |  | 0.274 | 208 |  |  |  |  | 0.308 |
| *Very Unhappy* |  | 7 (3.3%) |  | 5 (3.5%) | 2 (3.0%) |  |  |  | 1 (1.4%) | 1 (1.4%) | 4 (6.3%) |  |  |
| *Unhappy* |  | 36 (17.2%) |  | 29 (20.4%) | 7 (10.4%) |  |  |  | 12 (16.2%) | 11 (15.5%) | 13 (20.6%) |  |  |
| *Neither* |  | 90 (43.1%) |  | 62 (43.7%) | 28 (41.8%) |  |  |  | 27 (36.5%) | 35 (49.3%) | 28 (44.4%) |  |  |
| *Happy* |  | 72 (34.4%) |  | 43 (30.3%) | 29 (43.3%) |  |  |  | 32 (43.2%) | 22 (31.0%) | 18 (28.6%) |  |  |
| *Very Happy* |  | 4 (1.9%) |  | 3 (2.1%) | 1 (1.5%) |  |  |  | 2 (2.7%) | 2 (2.8%) | 0 (0.0%) |  |  |
| **Overall QOL Raw Score** | 209 |  | 209 |  |  | 3657.0 | **0.007** | 208 |  |  |  | 7.6 | **0.023** |
| *Mean (SD)* |  | 3.2 (0.5) |  | 3.1 (0.5) | 3.3 (0.5) |  |  |  | 3.3 (0.5) | 3.1 (0.5) | 3.0 (0.5) |  |  |
| *Median (Q1, Q3)* |  | 3.2 (2.8, 3.6) |  | 3.1 (2.7, 3.5) | 3.4 (2.9, 3.7) |  |  |  | 3.3 (2.9, 3.6) | 3.1 (2.8, 3.6) | 3.0 (2.5, 3.5) |  |  |
| *Min, Max* |  | 2.0, 4.4 |  | 2.0, 4.4 | 2.1, 4.2 |  |  |  | 2.1, 4.2 | 2.1, 4.4 | 2.0, 3.8 |  |  |
| **Waist circumference** | 208 |  | 208 |  |  | 5173.5 | 0.268 | 207 |  |  |  | 13.2 | **0.001** |
| *Mean (SD)* |  | 94.1 (14.2) |  | 94.8 (15.0) | 92.6 (12.3) |  |  |  | 90.6 (17.8) | 96.9 (10.4) | 95.0 (12.6) |  |  |
| *Median (Q1, Q3)* |  | 94.2 (85.8, 102.0) |  | 95.0 (85.9, 103.0) | 92.4 (84.9, 100.5) |  |  |  | 90.8 (78.9, 98.3) | 97.0 (90.0, 103.9) | 95.6 (86.0, 103.0) |  |  |
| *Min, Max* |  | 42.8, 196.2 |  | 42.8, 196.2 | 68.0, 123.3 |  |  |  | 61.5, 196.2 | 74.2, 123.0 | 42.8, 123.3 |  |  |
| *Missing* |  | 1 |  | 1 | 0 |  |  |  | 0 | 0 | 1 |  |  |
| **Hip circumference** | 208 |  | 208 |  |  | 6256.0 | **<0.001** | 207 |  |  |  | 4.6 | 0.099 |
| *Mean (SD)* |  | 101.6 (11.8) |  | 103.3 (12.7) | 97.9 (8.4) |  |  |  | 100.6 (12.7) | 104.1 (10.1) | 99.8 (12.1) |  |  |
| *Median (Q1, Q3)* |  | 101.3 (94.3, 109.2) |  | 104.1 (95.2, 112.0) | 97.0 (93.0, 102.8) |  |  |  | 102.0 (93.4, 109.0) | 103.0 (96.4, 112.5) | 98.3 (92.9, 108.2) |  |  |
| *Min, Max* |  | 43.2, 126.6 |  | 43.2, 126.6 | 76.0, 120.5 |  |  |  | 49.2, 126.6 | 83.1, 125.0 | 43.2, 125.0 |  |  |
| *Missing* |  | 1 |  | 1 | 0 |  |  |  | 0 | 0 | 1 |  |  |
| **Blood glucose (mmol/l)** | 209 |  | 209 |  |  | 5149.5 | 0.337 | 208 |  |  |  | 1.1 | 0.589 |
| *Mean (SD)* |  | 11.5 (5.9) |  | 11.8 (6.1) | 10.9 (5.6) |  |  |  | 11.8 (5.5) | 11.1 (5.8) | 11.6 (6.6) |  |  |
| *Median (Q1, Q3)* |  | 10.5 (7.2, 14.3) |  | 10.8 (7.2, 14.9) | 9.0 (6.8, 13.9) |  |  |  | 10.4 (7.5, 14.4) | 10.4 (6.5, 14.2) | 10.8 (6.3, 15.0) |  |  |
| *Min, Max* |  | 2.9, 31.5 |  | 2.9, 31.5 | 3.5, 30.4 |  |  |  | 3.8, 29.2 | 2.9, 28.4 | 3.0, 31.5 |  |  |
| **Systolic Blood pressure (mm Hg)** | 209 |  | 209 |  |  | 4149.0 | 0.136 | 208 |  |  |  | 32.4 | **<0.001** |
| *Mean (SD)* |  | 142.6 (23.4) |  | 141.1 (24.3) | 145.7 (21.0) |  |  |  | 131.4 (20.6) | 147.1 (23.1) | 150.4 (22.2) |  |  |
| *Median (Q1, Q3)* |  | 138.0 (126.0, 156.0) |  | 138.0 (123.0, 155.0) | 142.0 (128.0, 160.0) |  |  |  | 128.5 (119.0, 138.0) | 144.0 (132.0, 160.0) | 152.0 (135.0, 167.0) |  |  |
| *Min, Max* |  | 95.0, 216.0 |  | 95.0, 216.0 | 104.0, 198.0 |  |  |  | 95.0, 216.0 | 107.0, 208.0 | 102.0, 198.0 |  |  |
| **Diastolic Blood pressure (mm Hg)** | 209 |  | 209 |  |  | 5318.0 | 0.169 | 208 |  |  |  | 6.3 | **0.043** |
| *Mean (SD)* |  | 84.4 (10.1) |  | 85.2 (10.3) | 82.7 (9.6) |  |  |  | 83.1 (9.4) | 86.9 (10.4) | 83.1 (10.5) |  |  |
| *Median (Q1, Q3)* |  | 84.0 (77.0, 90.0) |  | 84.5 (78.0, 91.0) | 82.0 (76.0, 88.0) |  |  |  | 81.0 (77.0, 89.0) | 86.0 (79.0, 92.0) | 82.0 (76.0, 90.0) |  |  |
| *Min, Max* |  | 60.0, 121.0 |  | 60.0, 121.0 | 62.0, 110.0 |  |  |  | 62.0, 110.0 | 60.0, 121.0 | 62.0, 110.0 |  |  |
| **Height (metres)** | 208 |  | 208 |  |  | 1109.5 | **<0.001** | 207 |  |  |  | 3.6 | 0.162 |
| *Mean (SD)* |  | 1.6 (0.1) |  | 1.6 (0.1) | 1.7 (0.1) |  |  |  | 1.6 (0.1) | 1.6 (0.1) | 1.6 (0.1) |  |  |
| *Median (Q1, Q3)* |  | 1.6 (1.6, 1.7) |  | 1.6 (1.5, 1.6) | 1.7 (1.6, 1.7) |  |  |  | 1.6 (1.6, 1.7) | 1.6 (1.5, 1.7) | 1.6 (1.5, 1.6) |  |  |
| *Min, Max* |  | 1.4, 1.8 |  | 1.4, 1.8 | 1.5, 1.8 |  |  |  | 1.5, 1.8 | 1.4, 1.8 | 1.4, 1.8 |  |  |
| *Missing* |  | 1 |  | 1 | 0 |  |  |  | 0 | 0 | 1 |  |  |
| **Weight (kgs)** | 208 |  | 208 |  |  | 4386.5 | 0.407 | 207 |  |  |  | 3.6 | 0.161 |
| *Mean (SD)* |  | 69.4 (12.8) |  | 68.6 (12.3) | 71.2 (13.7) |  |  |  | 69.8 (13.2) | 70.9 (12.0) | 67.2 (13.2) |  |  |
| *Median (Q1, Q3)* |  | 69.5 (61.2, 78.1) |  | 69.1 (61.0, 78.5) | 71.2 (62.3, 77.1) |  |  |  | 70.6 (60.0, 80.5) | 71.0 (63.1, 79.4) | 66.7 (57.4, 75.3) |  |  |
| *Min, Max* |  | 41.0, 110.4 |  | 41.0, 97.1 | 46.4, 110.4 |  |  |  | 45.0, 97.1 | 46.5, 107.8 | 41.0, 110.4 |  |  |
| *Missing* |  | 1 |  | 1 | 0 |  |  |  | 0 | 0 | 1 |  |  |
| **BMI (kg/m2)** | 208 |  | 208 |  |  | 6147.0 | **<0.001** | 207 |  |  |  | 3.0 | 0.224 |
| *Mean (SD)* |  | 26.9 (4.8) |  | 27.7 (4.7) | 25.4 (4.7) |  |  |  | 26.6 (4.9) | 27.7 (4.4) | 26.5 (5.1) |  |  |
| *Median (Q1, Q3)* |  | 26.5 (23.7, 30.1) |  | 27.9 (24.7, 30.5) | 25.5 (22.2, 27.3) |  |  |  | 27.3 (22.9, 29.6) | 26.7 (24.2, 30.9) | 26.0 (23.1, 29.1) |  |  |
| *Min, Max* |  | 16.4, 43.1 |  | 17.5, 40.0 | 16.4, 43.1 |  |  |  | 16.4, 40.0 | 17.9, 36.9 | 17.4, 43.1 |  |  |
| *Missing* |  | 1 |  | 1 | 0 |  |  |  | 0 | 0 | 1 |  |  |
| **BMI (kg/m2) grouped** | 208 |  | 208 |  |  |  | **0.033** | 207 |  |  |  |  | 0.690 |
| *Normal (18.5–24.9)* |  | 62 (29.8%) |  | 35 (24.8%) | 27 (40.3%) |  |  |  | 22 (29.7%) | 21 (29.6%) | 19 (30.6%) |  |  |
| *Underweight (<18.5)* |  | 9 (4.3%) |  | 5 (3.5%) | 4 (6.0%) |  |  |  | 4 (5.4%) | 1 (1.4%) | 4 (6.5%) |  |  |
| *Overweight (25–29.9)* |  | 85 (40.9%) |  | 59 (41.8%) | 26 (38.8%) |  |  |  | 31 (41.9%) | 27 (38.0%) | 26 (41.9%) |  |  |
| *Obese (>=30)* |  | 52 (25.0%) |  | 42 (29.8%) | 10 (14.9%) |  |  |  | 17 (23.0%) | 22 (31.0%) | 13 (21.0%) |  |  |
| *Missing* |  | 1 |  | 1 | 0 |  |  |  | 0 | 0 | 1 |  |  |
| **Waist-to-hip ratio** | 208 |  | 208 |  |  | 3603.0 | **0.006** | 207 |  |  |  | 26.8 | **<0.001** |
| *Mean (SD)* |  | 0.9 (0.1) |  | 0.9 (0.1) | 0.9 (0.1) |  |  |  | 0.9 (0.2) | 0.9 (0.1) | 1.0 (0.1) |  |  |
| *Median (Q1, Q3)* |  | 0.9 (0.9, 1.0) |  | 0.9 (0.9, 1.0) | 1.0 (0.9, 1.0) |  |  |  | 0.9 (0.8, 0.9) | 0.9 (0.9, 1.0) | 1.0 (0.9, 1.0) |  |  |
| *Min, Max* |  | 0.7, 1.8 |  | 0.7, 1.8 | 0.8, 1.1 |  |  |  | 0.7, 1.8 | 0.8, 1.1 | 0.8, 1.1 |  |  |
| *Missing* |  | 1 |  | 1 | 0 |  |  |  | 0 | 0 | 1 |  |  |
| **Waist-to-hip ratio grouped** | 208 |  | 208 |  |  | 1.9 | 0.171 | 207 |  |  |  | 15.2 | **<0.001** |
| *Normal (Male<0.90; Female<0.85)* |  | 47 (22.6%) |  | 28 (19.9%) | 19 (28.4%) |  |  |  | 28 (37.8%) | 11 (15.5%) | 8 (12.9%) |  |  |
| *At Risk (Male>=0.90; Female>=0.85)* |  | 161 (77.4%) |  | 113 (80.1%) | 48 (71.6%) |  |  |  | 46 (62.2%) | 60 (84.5%) | 54 (87.1%) |  |  |
| *Missing* |  | 1 |  | 1 | 0 |  |  |  | 0 | 0 | 1 |  |  |
| **Blood glucose (mmol/L) grouped** | 209 |  | 209 |  |  |  | 0.760 | 208 |  |  |  |  | 0.083 |
| *Normal (3.9-5.6)* |  | 19 (9.1%) |  | 12 (8.5%) | 7 (10.4%) |  |  |  | 3 (4.1%) | 6 (8.5%) | 10 (15.9%) |  |  |
| *Low (<3.9)* |  | 10 (4.8%) |  | 8 (5.6%) | 2 (3.0%) |  |  |  | 1 (1.4%) | 6 (8.5%) | 3 (4.8%) |  |  |
| *At Risk (5.7-6.9)* |  | 21 (10.0%) |  | 13 (9.2%) | 8 (11.9%) |  |  |  | 9 (12.2%) | 8 (11.3%) | 4 (6.3%) |  |  |
| *High (>=7)* |  | 159 (76.1%) |  | 109 (76.8%) | 50 (74.6%) |  |  |  | 61 (82.4%) | 51 (71.8%) | 46 (73.0%) |  |  |
| 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) | | | | | | | | | | | | | |
| 3Pearson's Chi-squared test; Kruskal-Wallis rank sum test; Fisher's Exact Test for Count Data with simulated p-value  (based on 2000 replicates) | | | | | | | | | | | | | |

Descriptive Statistics

|  | Overall | | Overall QOL transformed Score | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **n** | **Overall** N = 2091 | **N = 209**2 | **Test statistic**3 | **p-value**3 | **Female**  N = 1422 | **Male**  N = 672 | **Test statistic**4 | **p-value**4 | **50 and below**  N = 742 | **51-60 years**  N = 712 | **61 years and above**  N = 632 | **Test statistic**4 | **p-value**4 |
| **Do you accept to participate in the study?** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yes* |  | 209 (100.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Respondent signs** | 209 |  |  | 4004.0 | **0.007** |  |  | 6.7 | **0.001** |  |  |  | 4.8 | **0.003** |
| *Signs* |  | 173 (82.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Willing but unable to sign* |  | 36 (17.2%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.4 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Final result of interview** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Complete* |  | 209 (100.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Overall QOL transformed Score** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 0.5 (0.1) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 0.6 (0.5, 0.7) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.3, 0.9 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Gender** | 209 |  |  | 3657.0 | **0.007** |  |  |  |  |  |  |  | 6.4 | **<0.001** |
| *Female* |  | 142 (67.9%) | 0.5 (0.1) |  |  |  |  |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Male* |  | 67 (32.1%) | 0.6 (0.1) |  |  |  |  |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| **Age (years)** | 208 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 53.5 (13.6) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 55.1 (45.5, 63.3) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 12.7, 85.5 |  |  |  |  |  |  |  |  |  |  |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Age grouped** | 208 |  |  | 7.6 | **0.023** |  |  | 6.4 | **<0.001** |  |  |  |  |  |
| *50 and below* |  | 74 (35.6%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  |  |  |  |  |  |
| *51-60 years* |  | 71 (34.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  |  |  |  |  |  |
| *61 years and above* |  | 63 (30.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  |  |  |  |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Diabetes** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *No* |  | 0 (0.0%) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yes* |  | 209 (100.0%) |  |  |  |  |  |  |  |  |  |  |  |  |
| **Diabetes medication - insulin injections** | 209 |  |  | 3011.0 | 0.212 |  |  | 3.8 | **0.024** |  |  |  | 3.5 | **0.016** |
| *No* |  | 168 (80.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 41 (19.6%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| **Duration of diabetes (years)** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 6.0 (6.4) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 4.0 (2.0, 8.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 39.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Duration of diabetes grouped** | 209 |  |  | 3.7 | 0.154 |  |  | 3.3 | **0.022** |  |  |  | 2.7 | **0.034** |
| *Below 5 years* |  | 114 (54.5%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *5-9 years* |  | 52 (24.9%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *10 years and above* |  | 43 (20.6%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Diabetes medication - Tablets** | 209 |  |  | 3023.5 | 0.635 |  |  | 3.7 | **0.027** |  |  |  | 3.3 | **0.021** |
| *No* |  | 37 (17.7%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 172 (82.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Diabetes medication - Tablets with Insulin Injections** | 209 |  |  | 750.0 | **0.034** |  |  | 5.5 | **0.005** |  |  |  | 5.5 | **0.001** |
| *No* |  | 197 (94.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 12 (5.7%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.7 (NA) | 0.6 (0.2) | 0.6 (0.1) |  |  |
| **Diabetes medication type** | 209 |  |  | 5.3 | 0.153 |  |  | 3.1 | **0.016** |  |  |  | 3.3 | **0.007** |
| *None* |  | 8 (3.8%) | 0.5 (0.2) |  |  | 0.5 (0.2) | 0.5 (0.2) |  |  | NA (NA) | 0.6 (0.1) | 0.5 (0.2) |  |  |
| *Tablets only* |  | 160 (76.6%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Insulin Injections only* |  | 29 (13.9%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Tablets with Insulin Injections* |  | 12 (5.7%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.7 (NA) | 0.6 (0.2) | 0.6 (0.1) |  |  |
| **Taking diabetes medication** | 209 |  |  | 644.5 | 0.342 |  |  | 4.2 | **0.017** |  |  |  | 3.2 | **0.023** |
| *No* |  | 8 (3.8%) | 0.5 (0.2) |  |  | 0.5 (0.2) | 0.5 (0.2) |  |  | NA (NA) | 0.6 (0.1) | 0.5 (0.2) |  |  |
| *Yes* |  | 201 (96.2%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Diagnosed with stroke** | 209 |  |  | 531.5 | 0.312 |  |  | 3.7 | **0.026** |  |  |  | 3.6 | **0.015** |
| *No* |  | 205 (98.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 4 (1.9%) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.7 (NA) |  |  | 0.4 (0.0) | 0.4 (NA) | 0.7 (NA) |  |  |
| **Diagnosed with tuberculosis** | 209 |  |  | 1145.0 | 0.422 |  |  | 4.7 | **0.011** |  |  |  | 3.5 | **0.016** |
| *No* |  | 199 (95.2%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 10 (4.8%) | 0.5 (0.2) |  |  | 0.4 (0.1) | 0.5 (0.2) |  |  | 0.6 (0.2) | 0.3 (NA) | 0.5 (0.2) |  |  |
| **Peripheral neuropathy complication** | 209 |  |  | 1674.5 | 0.575 |  |  | 3.3 | **0.038** |  |  |  | 3.2 | **0.024** |
| *No* |  | 193 (92.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 16 (7.7%) | 0.5 (0.2) |  |  | 0.5 (0.2) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.2) | 0.4 (0.1) |  |  |
| **Poor vision complication** | 209 |  |  | 6839.5 | **0.001** |  |  | 8.4 | **<0.001** |  |  |  | 6.4 | **<0.001** |
| *No* |  | 114 (54.5%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 95 (45.5%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Chest pain complication** | 209 |  |  | 2746.5 | 0.115 |  |  | 4.8 | **0.009** |  |  |  | 4.1 | **0.007** |
| *No* |  | 184 (88.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 25 (12.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.2) | 0.4 (0.1) |  |  |
| **Anaemia** | 209 |  |  | 1398.5 | 0.113 |  |  | 3.8 | **0.024** |  |  |  | 3.6 | **0.014** |
| *No* |  | 198 (94.7%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 11 (5.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (NA) |  |  | 0.5 (0.0) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Diagnosed with cardiovascular diseases** | 209 |  |  | 903.0 | 0.213 |  |  | 3.8 | **0.023** |  |  |  | 4.0 | **0.009** |
| *No* |  | 202 (96.7%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 7 (3.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (NA) |  |  | 0.5 (0.1) | 0.3 (0.1) | 0.6 (NA) |  |  |
| **Kidney Complications** | 209 |  |  | 1911.0 | 0.674 |  |  | 3.5 | **0.031** |  |  |  | 3.2 | **0.023** |
| *No* |  | 190 (90.9%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 19 (9.1%) | 0.5 (0.2) |  |  | 0.5 (0.2) | 0.6 (0.1) |  |  | 0.5 (0.2) | 0.5 (0.1) | 0.5 (0.2) |  |  |
| **Abdominal or pedal edema complications** | 209 |  |  | 2936.5 | 0.412 |  |  | 3.6 | **0.029** |  |  |  | 3.5 | **0.016** |
| *No* |  | 179 (85.6%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 30 (14.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.2) | 0.5 (0.1) |  |  |
| **Hypertension** | 209 |  |  | 5426.0 | 0.174 |  |  | 4.0 | **0.020** |  |  |  | 3.4 | **0.019** |
| *No* |  | 70 (33.5%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 139 (66.5%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Ever smoked tobacco** | 209 |  |  | 3391.0 | 0.880 |  |  | 4.0 | **0.019** |  |  |  | 3.3 | **0.021** |
| *No* |  | 168 (80.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 41 (19.6%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| **Currently smoke tobacco** | 209 |  |  | 278.0 | 0.769 |  |  | 3.3 | **0.039** |  |  |  | 3.2 | **0.024** |
| *No* |  | 206 (98.6%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 3 (1.4%) | 0.6 (0.1) |  |  | 0.5 (NA) | 0.6 (0.1) |  |  | 0.7 (NA) | 0.6 (NA) | 0.5 (NA) |  |  |
| **Ever used smokeless tobacco** | 209 |  |  | 686.0 | 0.188 |  |  | 4.1 | **0.018** |  |  |  | 3.6 | **0.015** |
| *No* |  | 204 (97.6%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 5 (2.4%) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.6 (NA) |  |  | NA (NA) | 0.5 (0.1) | 0.4 (0.2) |  |  |
| **Currently use smokeless tobacco** | 209 |  |  | 348.5 | 0.097 |  |  | 4.9 | **0.008** |  |  |  | 4.0 | **0.008** |
| *No* |  | 207 (99.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 2 (1.0%) | 0.4 (0.2) |  |  | 0.4 (0.2) | NA (NA) |  |  | NA (NA) | NA (NA) | 0.4 (0.2) |  |  |
| **Alcohol consumption within the past 12 months** | 209 |  |  | 647.0 | 0.705 |  |  | 3.3 | **0.039** |  |  |  | 3.2 | **0.025** |
| *No* |  | 202 (96.7%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 7 (3.3%) | 0.6 (0.1) |  |  | 0.5 (0.0) | 0.6 (0.2) |  |  | 0.5 (0.1) | 0.6 (NA) | 0.6 (0.2) |  |  |
| **Alcohol consumption within the past 30 days?** | 209 |  |  | 264.0 | 0.506 |  |  | 4.0 | **0.019** |  |  |  | 3.4 | **0.019** |
| *No* |  | 207 (99.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 2 (1.0%) | 0.5 (0.2) |  |  | NA (NA) | 0.5 (0.2) |  |  | 0.6 (NA) | NA (NA) | 0.3 (NA) |  |  |
| **Ever consumed alcohol?** | 209 |  |  | 4310.0 | 0.846 |  |  | 4.0 | **0.020** |  |  |  | 3.2 | **0.026** |
| *No* |  | 154 (73.7%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 55 (26.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Stopped taking alcohol due to religious/moral reasons** | 209 |  |  | 1714.0 | 0.465 |  |  | 3.7 | **0.027** |  |  |  | 3.3 | **0.022** |
| *No* |  | 193 (92.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 16 (7.7%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.0) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Stopped taking alcohol due to advice by doctor/health worker** | 209 |  |  | 245.0 | 0.169 |  |  | 3.6 | **0.030** |  |  |  | 3.9 | **0.010** |
| *No* |  | 205 (98.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 4 (1.9%) | 0.6 (0.1) |  |  | NA (NA) | 0.6 (0.1) |  |  | 0.6 (NA) | 0.5 (NA) | 0.7 (0.0) |  |  |
| **Stopped taking alcohol to be healthy** | 209 |  |  | 1667.5 | 0.347 |  |  | 4.2 | **0.017** |  |  |  | 3.4 | **0.019** |
| *No* |  | 194 (92.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 15 (7.2%) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.6 (0.2) |  |  | 0.6 (0.1) | 0.5 (0.2) | 0.4 (0.1) |  |  |
| **Stopped taking alcohol due to illness** | 209 |  |  | 1429.0 | 0.237 |  |  | 3.4 | **0.037** |  |  |  | 3.6 | **0.015** |
| *No* |  | 191 (91.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 18 (8.6%) | 0.6 (0.1) |  |  | 0.4 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.2) | 0.6 (0.1) |  |  |
| **Stopped taking alcohol due to family/social reasons** | 209 |  |  | 1039.5 | 0.433 |  |  | 3.6 | **0.029** |  |  |  | 3.3 | **0.022** |
| *No* |  | 200 (95.7%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 9 (4.3%) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.4 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.2) | 0.5 (0.1) |  |  |
| **Stopped taking alcohol due to economic reasons** | 209 |  |  | 767.0 | 0.054 |  |  | 5.3 | **0.006** |  |  |  | 3.8 | **0.011** |
| *No* |  | 204 (97.6%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 5 (2.4%) | 0.4 (0.0) |  |  | 0.5 (0.0) | 0.4 (0.1) |  |  | 0.5 (NA) | NA (NA) | 0.4 (0.1) |  |  |
| **How many days do you eat fruit** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 4.5 (2.4) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 4.0 (2.0, 7.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 7.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **How many days do you eat vegetables** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 6.4 (1.3) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 7.0 (7.0, 7.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 2.0, 7.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Adding salt to vegetables while cooking** | 209 |  |  | 2755.5 | 0.143 |  |  | 4.0 | **0.020** |  |  |  | 3.9 | **0.010** |
| *Yes* |  | 171 (81.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *No* |  | 38 (18.2%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.2) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.6 (0.1) |  |  |
| **Adding salt to food when eating** | 209 |  |  | 8.9 | **0.031** |  |  | 4.2 | **0.003** |  |  |  | 3.4 | **0.005** |
| *Yes, most of the time* |  | 2 (1.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | NA (NA) |  |  | 0.5 (0.1) | NA (NA) | NA (NA) |  |  |
| *Yes, some of the time* |  | 8 (3.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.4 (NA) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Yes, but in rare cases* |  | 31 (14.8%) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.4 (0.1) | 0.5 (0.1) |  |  |
| *Never* |  | 168 (80.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Frequency of eating red meat** | 209 |  |  | 9.9 | 0.192 |  |  | 2.2 | **0.027** |  |  |  | 2.0 | **0.039** |
| *Daily* |  | 13 (6.2%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.7 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.6 (0.1) |  |  |
| *5-6 days per week* |  | 6 (2.9%) | 0.5 (0.1) |  |  | 0.4 (0.0) | 0.6 (0.1) |  |  | NA (NA) | 0.5 (0.2) | 0.6 (0.1) |  |  |
| *1-4 days per week* |  | 65 (31.1%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.2) | 0.5 (0.1) |  |  |
| *1-3 days per week* |  | 65 (31.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Less than once a month* |  | 41 (19.6%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.2) |  |  |
| *2-3 times a year* |  | 7 (3.3%) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.6 (0.1) |  |  | 0.6 (NA) | 0.5 (0.0) | 0.4 (0.1) |  |  |
| *Once a year* |  | 2 (1.0%) | 0.7 (0.2) |  |  | 0.8 (NA) | 0.5 (NA) |  |  | NA (NA) | 0.8 (NA) | 0.5 (NA) |  |  |
| *Never* |  | 10 (4.8%) | 0.6 (0.2) |  |  | 0.6 (0.2) | 0.8 (0.1) |  |  | 0.7 (0.1) | 0.6 (0.1) | 0.4 (0.2) |  |  |
| **Frequency of eating chips** | 209 |  |  | 5.1 | 0.750 |  |  | 1.3 | 0.238 |  |  |  | 1.4 | 0.165 |
| *More than once a day* |  | 3 (1.4%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.7 (NA) |  |  | 0.6 (0.1) | NA (NA) | NA (NA) |  |  |
| *Once daily* |  | 1 (0.5%) | 0.5 (NA) |  |  | 0.5 (NA) | NA (NA) |  |  | NA (NA) | 0.5 (NA) | NA (NA) |  |  |
| *5-6 days a week* |  | 2 (1.0%) | 0.7 (0.0) |  |  | 0.7 (0.0) | NA (NA) |  |  | NA (NA) | 0.7 (0.0) | NA (NA) |  |  |
| *3-4 days a week* |  | 5 (2.4%) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.7 (0.0) |  |  | 0.7 (0.0) | 0.4 (0.0) | 0.5 (NA) |  |  |
| *1-2 times a week* |  | 17 (8.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.2) | 0.5 (0.2) |  |  |
| *2-3 times a month* |  | 6 (2.9%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (NA) |  |  | 0.6 (0.1) | 0.5 (0.1) | NA (NA) |  |  |
| *Once a month* |  | 23 (11.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.2) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Less than once a month* |  | 32 (15.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Never* |  | 120 (57.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| **Frequency of eating mandazi** | 209 |  |  | 6.6 | 0.586 |  |  | 1.2 | 0.269 |  |  |  | 1.7 | 0.074 |
| *More than once a day* |  | 3 (1.4%) | 0.6 (0.1) |  |  | 0.5 (NA) | 0.7 (0.0) |  |  | 0.6 (0.1) | NA (NA) | 0.7 (NA) |  |  |
| *Once daily* |  | 22 (10.5%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.4 (0.1) |  |  |
| *5-6 days a week* |  | 22 (10.5%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.4 (0.1) | 0.5 (0.1) |  |  |
| *3-4 days a week* |  | 22 (10.5%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *1-2 times a week* |  | 34 (16.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) | 0.5 (0.2) |  |  |
| *2-3 times a month* |  | 13 (6.2%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) |  |  | 0.7 (NA) | 0.6 (0.1) | 0.5 (0.2) |  |  |
| *Once a month* |  | 11 (5.3%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.7 (0.0) |  |  | 0.6 (0.1) | 0.6 (0.2) | 0.6 (0.0) |  |  |
| *Less than once a month* |  | 10 (4.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.0) |  |  | 0.5 (0.1) | 0.5 (0.2) | 0.4 (0.1) |  |  |
| *Never* |  | 72 (34.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.2) |  |  | 0.6 (0.2) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Frequency of eating samosa** | 209 |  |  | 6.0 | 0.537 |  |  | 1.3 | 0.224 |  |  |  | 1.6 | 0.129 |
| *Once daily* |  | 1 (0.5%) | 0.8 (NA) |  |  | NA (NA) | 0.8 (NA) |  |  | 0.8 (NA) | NA (NA) | NA (NA) |  |  |
| *5-6 days a week* |  | 1 (0.5%) | 0.6 (NA) |  |  | 0.6 (NA) | NA (NA) |  |  | 0.6 (NA) | NA (NA) | NA (NA) |  |  |
| *3-4 days a week* |  | 3 (1.4%) | 0.6 (0.0) |  |  | 0.6 (0.0) | NA (NA) |  |  | 0.5 (0.0) | 0.6 (NA) | NA (NA) |  |  |
| *1-2 times a week* |  | 14 (6.7%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.6 (0.0) |  |  |
| *2-3 times a month* |  | 17 (8.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Once a month* |  | 11 (5.3%) | 0.6 (0.1) |  |  | 0.6 (0.2) | 0.6 (0.1) |  |  | 0.6 (0.0) | 0.5 (0.2) | 0.6 (0.2) |  |  |
| *Less than once a month* |  | 33 (15.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.2) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.4 (0.1) |  |  |
| *Never* |  | 129 (61.7%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Frequency of eating fried chicken** | 209 |  |  | 5.5 | 0.359 |  |  | 1.8 | 0.104 |  |  |  | 2.2 | **0.036** |
| *5-6 days a week* |  | 0 (0.0%) | NA (NA) |  |  | NA (NA) | NA (NA) |  |  | NA (NA) | NA (NA) | NA (NA) |  |  |
| *3-4 days a week* |  | 3 (1.4%) | 0.6 (0.2) |  |  | 0.6 (0.2) | NA (NA) |  |  | 0.7 (0.2) | NA (NA) | 0.5 (NA) |  |  |
| *1-2 times a week* |  | 9 (4.3%) | 0.5 (0.1) |  |  | 0.5 (0.2) | 0.6 (0.1) |  |  | 0.7 (0.0) | 0.4 (0.1) | 0.5 (0.1) |  |  |
| *2-3 times a month* |  | 13 (6.2%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.0) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Once a month* |  | 25 (12.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Less than once a month* |  | 78 (37.3%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Never* |  | 81 (38.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.2) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Frequency of eating fried fish** | 209 |  |  | 8.2 | 0.221 |  |  | 1.7 | 0.106 |  |  |  | 2.2 | **0.032** |
| *More than once a day* |  | 1 (0.5%) | 0.6 (NA) |  |  | 0.6 (NA) | NA (NA) |  |  | 0.6 (NA) | NA (NA) | NA (NA) |  |  |
| *5-6 days a week* |  | 0 (0.0%) | NA (NA) |  |  | NA (NA) | NA (NA) |  |  | NA (NA) | NA (NA) | NA (NA) |  |  |
| *3-4 days a week* |  | 11 (5.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.3) |  |  | 0.5 (0.1) | 0.5 (0.2) | 0.6 (0.1) |  |  |
| *1-2 times a week* |  | 26 (12.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *2-3 times a month* |  | 23 (11.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.6 (0.1) |  |  |
| *Once a month* |  | 28 (13.4%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.2) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.2) |  |  |
| *Less than once a month* |  | 46 (22.0%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.2) |  |  |
| *Never* |  | 74 (35.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Adding sugar to your beverages** | 209 |  |  | 2164.5 | 0.089 |  |  | 4.7 | **0.010** |  |  |  | 3.9 | **0.010** |
| *Yes* |  | 30 (14.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *No* |  | 179 (85.6%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Taken a soft drink in the past 12 months** | 209 |  |  | 5750.5 | 0.283 |  |  | 3.7 | **0.027** |  |  |  | 3.3 | **0.022** |
| *Yes* |  | 86 (41.1%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *No* |  | 123 (58.9%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Frequency of soft drink in the past 12 months** | 209 |  |  | 3.1 | 0.794 |  |  | 1.3 | 0.268 |  |  |  | 1.4 | 0.205 |
| *Daily* |  | 2 (1.0%) | 0.6 (0.3) |  |  | 0.4 (NA) | 0.8 (NA) |  |  | 0.8 (NA) | 0.4 (NA) | NA (NA) |  |  |
| *5-6 days per week* |  | 1 (0.5%) | 0.5 (NA) |  |  | NA (NA) | 0.5 (NA) |  |  | NA (NA) | 0.5 (NA) | NA (NA) |  |  |
| *1-4 days per week* |  | 11 (5.3%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.7 (0.0) |  |  | 0.5 (0.1) | 0.7 (0.0) | 0.5 (0.2) |  |  |
| *1-3 days per week* |  | 22 (10.5%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.2) | 0.6 (0.1) |  |  |
| *Less than once a month* |  | 42 (20.1%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Other* |  | 8 (3.8%) | 0.5 (0.2) |  |  | 0.5 (0.2) | 0.5 (0.1) |  |  | 0.7 (0.0) | 0.6 (0.1) | 0.4 (0.1) |  |  |
| *Never* |  | 123 (58.9%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **How often do you take plain water in a day?** | 209 |  |  | 8.3 | 0.139 |  |  | 2.8 | **0.013** |  |  |  | 2.4 | **0.024** |
| *Never* |  | 2 (1.0%) | 0.4 (0.0) |  |  | 0.4 (0.0) | NA (NA) |  |  | NA (NA) | NA (NA) | 0.4 (0.0) |  |  |
| *Less than once* |  | 9 (4.3%) | 0.6 (0.2) |  |  | 0.6 (0.2) | 0.5 (0.0) |  |  | 0.6 (0.2) | 0.6 (0.2) | 0.5 (0.0) |  |  |
| *Once* |  | 16 (7.7%) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.6 (0.1) |  |  | 0.5 (0.2) | 0.4 (0.1) | 0.5 (0.2) |  |  |
| *2-3 times* |  | 97 (46.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *4-5 times* |  | 56 (26.8%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.2) |  |  |
| *More than 5 times* |  | 29 (13.9%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.7 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| **Healthy eating habit** | 209 |  |  | 3870.5 | 0.576 |  |  | 3.4 | **0.036** |  |  |  | 3.2 | **0.025** |
| *Bad* |  | 157 (75.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Good* |  | 52 (24.9%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **Involved in vigorous-intensity activity** | 209 |  |  | 3586.5 | **0.011** |  |  | 6.6 | **0.002** |  |  |  | 5.5 | **0.001** |
| *No* |  | 146 (69.9%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 63 (30.1%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.6 (0.1) |  |  |
| **How many days do you do vigorous-intensity activities** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 1.6 (2.7) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 4.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 7.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Involve moderate-intensity activity** | 209 |  |  | 4368.5 | **0.013** |  |  | 6.6 | **0.002** |  |  |  | 5.1 | **0.002** |
| *No* |  | 100 (47.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.2) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 109 (52.2%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| **How many days do you do moderate-intesity activities** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 2.5 (2.8) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 2.0 (0.0, 5.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 7.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Walking/riding a bicycle for at least 10 minutes** | 209 |  |  | 2596.0 | 0.297 |  |  | 3.4 | **0.034** |  |  |  | 3.6 | **0.014** |
| *No* |  | 25 (12.0%) | 0.6 (0.2) |  |  | 0.6 (0.2) | 0.5 (0.2) |  |  | 0.7 (0.1) | 0.5 (0.2) | 0.5 (0.2) |  |  |
| *Yes* |  | 184 (88.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **How many days do you walk or use a bicycle** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 5.2 (2.5) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 7.0 (4.0, 7.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 7.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Do vigorous-intensity sports, fitness or recreational** | 209 |  |  | 1439.0 | 0.945 |  |  | 3.3 | **0.039** |  |  |  | 3.2 | **0.026** |
| *No* |  | 194 (92.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 15 (7.2%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.2) |  |  | 0.6 (0.1) | 0.4 (0.2) | 0.6 (0.1) |  |  |
| **How many days do you do vigorous-intensity sports** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 0.3 (1.3) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 7.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Do moderate-intensity sports, fitness or recreational** | 209 |  |  | 1772.5 | 0.108 |  |  | 3.9 | **0.022** |  |  |  | 4.0 | **0.009** |
| *No* |  | 185 (88.5%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 24 (11.5%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.2) | 0.6 (0.2) | 0.6 (0.1) |  |  |
| **How many days do you do moderate-intesnsity sports?** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 0.5 (1.6) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 7.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Time spent doing vigorous-intensity activities in hrs** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 1.2 (2.5) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 1.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 12.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Time spent doing moderate-intensity activities in hrs** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 1.8 (2.4) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 0.5 (0.0, 3.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 12.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Time spent walking or cycling in hrs** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 1.9 (1.9) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 1.0 (0.8, 2.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 12.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Time spent on vigorous-intensity sports in hrs** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 0.1 (0.4) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 4.1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Time spent on moderate-intensity sports in hrs** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 0.2 (0.7) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 5.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Regular physical activity** | 209 |  |  | 1707.5 | 0.478 |  |  | 3.3 | **0.038** |  |  |  | 3.5 | **0.016** |
| *No* |  | 189 (90.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Yes* |  | 20 (9.6%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.2) | 0.6 (0.1) |  |  |
| **Hours spent on sleeping** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 7.5 (1.8) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 7.0 (6.0, 9.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 12.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Time spent sitting or reclining in hrs** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 4.1 (2.9) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 4.0 (2.0, 5.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.0, 19.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Time spent sitting or reclining in hrs grouped** | 209 |  |  | 3.3 | 0.189 |  |  | 3.5 | **0.017** |  |  |  | 2.9 | **0.022** |
| *Less than 4 hrs* |  | 102 (48.8%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.6 (0.1) |  |  |
| *4-8 hrs* |  | 90 (43.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *9hrs and more* |  | 17 (8.1%) | 0.5 (0.2) |  |  | 0.5 (0.2) | 0.5 (0.2) |  |  | 0.6 (0.1) | 0.5 (0.2) | 0.4 (0.2) |  |  |
| **Hours spent on sleeping grouped** | 209 |  |  | 4105.5 | 0.836 |  |  | 3.3 | **0.040** |  |  |  | 3.5 | **0.018** |
| *Less than 7 hours* |  | 54 (25.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.2) |  |  |
| *7 and more* |  | 155 (74.2%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| **1.Do you have enough energy for everyday life?** | 209 |  |  | 79.5 | **<0.001** |  |  | 27.1 | **<0.001** |  |  |  | 22.0 | **<0.001** |
| *None at all* |  | 4 (1.9%) | 0.3 (0.0) |  |  | 0.3 (0.0) | 0.3 (NA) |  |  | NA (NA) | NA (NA) | 0.3 (0.0) |  |  |
| *A little* |  | 50 (23.9%) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.4 (0.1) | 0.4 (0.1) |  |  |
| *Moderately* |  | 77 (36.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Mostly* |  | 63 (30.1%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.6 (0.1) |  |  |
| *Completely* |  | 15 (7.2%) | 0.7 (0.1) |  |  | 0.7 (0.1) | 0.7 (0.1) |  |  | 0.7 (0.1) | 0.7 (0.1) | NA (NA) |  |  |
| **2.Do you have enough money to meet your basic needs?** | 209 |  |  | 55.6 | **<0.001** |  |  | 16.0 | **<0.001** |  |  |  | 14.5 | **<0.001** |
| *None at all* |  | 68 (32.5%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.4 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.4 (0.1) |  |  |
| *A little* |  | 100 (47.8%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.6 (0.1) |  |  |
| *Moderately* |  | 32 (15.3%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.6 (0.1) |  |  |
| *Mostly* |  | 8 (3.8%) | 0.7 (0.1) |  |  | 0.6 (NA) | 0.7 (0.1) |  |  | 0.8 (0.1) | 0.6 (NA) | 0.7 (0.1) |  |  |
| *Completely* |  | 1 (0.5%) | 0.9 (NA) |  |  | 0.9 (NA) | NA (NA) |  |  | NA (NA) | 0.9 (NA) | NA (NA) |  |  |
| **3.How satisfied are you with your health?** | 209 |  |  | 150.9 | **<0.001** |  |  | 97.0 | **<0.001** |  |  |  | 83.6 | **<0.001** |
| *Very Dissatisfied* |  | 4 (1.9%) | 0.3 (0.1) |  |  | 0.3 (0.1) | 0.3 (NA) |  |  | 0.4 (NA) | 0.3 (NA) | 0.3 (0.0) |  |  |
| *Dissatisfied* |  | 72 (34.4%) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.4 (0.1) |  |  | 0.5 (0.1) | 0.4 (0.1) | 0.4 (0.1) |  |  |
| *Neither* |  | 54 (25.8%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Satisfied* |  | 76 (36.4%) | 0.7 (0.1) |  |  | 0.6 (0.1) | 0.7 (0.1) |  |  | 0.7 (0.1) | 0.7 (0.1) | 0.7 (0.0) |  |  |
| *Very Satisfied* |  | 3 (1.4%) | 0.8 (0.0) |  |  | 0.8 (0.0) | 0.8 (NA) |  |  | 0.8 (0.0) | NA (NA) | NA (NA) |  |  |
| **4.How satisfied are you with yourself?** | 209 |  |  | 112.2 | **<0.001** |  |  | 51.0 | **<0.001** |  |  |  | 41.9 | **<0.001** |
| *Very Dissatisfied* |  | 1 (0.5%) | 0.3 (NA) |  |  | NA (NA) | 0.3 (NA) |  |  | NA (NA) | NA (NA) | 0.3 (NA) |  |  |
| *Dissatisfied* |  | 33 (15.8%) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.3 (0.0) | 0.4 (0.1) |  |  |
| *Neither* |  | 69 (33.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.4 (0.1) |  |  |
| *Satisfied* |  | 98 (46.9%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.6 (0.1) |  |  |
| *Very Satisfied* |  | 8 (3.8%) | 0.6 (0.2) |  |  | 0.6 (0.2) | 0.7 (0.1) |  |  | 0.7 (0.1) | 0.6 (0.4) | 0.7 (NA) |  |  |
| **5.How satisfied are you with your daily living activities?** | 209 |  |  | 111.9 | **<0.001** |  |  | 50.4 | **<0.001** |  |  |  | 44.7 | **<0.001** |
| *Very Dissatisfied* |  | 2 (1.0%) | 0.4 (0.2) |  |  | 0.3 (NA) | 0.5 (NA) |  |  | NA (NA) | 0.5 (NA) | 0.3 (NA) |  |  |
| *Dissatisfied* |  | 43 (20.6%) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.4 (0.1) | 0.4 (0.1) |  |  |
| *Neither* |  | 55 (26.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Satisfied* |  | 102 (48.8%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.6 (0.1) |  |  |
| *Very Satisfied* |  | 7 (3.3%) | 0.7 (0.1) |  |  | 0.7 (0.2) | 0.7 (0.1) |  |  | 0.8 (NA) | 0.7 (0.2) | 0.6 (0.1) |  |  |
| **6.How satisfied are you with your personal relationships?** | 209 |  |  | 39.3 | **<0.001** |  |  | 12.5 | **<0.001** |  |  |  | 11.0 | **<0.001** |
| *Very Dissatisfied* |  | 1 (0.5%) | 0.3 (NA) |  |  | 0.3 (NA) | NA (NA) |  |  | NA (NA) | 0.3 (NA) | NA (NA) |  |  |
| *Dissatisfied* |  | 11 (5.3%) | 0.3 (0.1) |  |  | 0.3 (0.1) | 0.3 (0.1) |  |  | 0.4 (0.1) | 0.3 (0.0) | 0.3 (0.1) |  |  |
| *Neither* |  | 38 (18.2%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Satisfied* |  | 138 (66.0%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.5 (0.1) |  |  |
| *Very Satisfied* |  | 21 (10.0%) | 0.6 (0.2) |  |  | 0.5 (0.2) | 0.6 (0.2) |  |  | 0.6 (0.2) | 0.6 (0.2) | 0.5 (0.2) |  |  |
| **7.How satisfied are you with the conditions of your living place?** | 209 |  |  | 56.6 | **<0.001** |  |  | 18.1 | **<0.001** |  |  |  | 14.9 | **<0.001** |
| *Very Dissatisfied* |  | 1 (0.5%) | 0.3 (NA) |  |  | 0.3 (NA) | NA (NA) |  |  | NA (NA) | 0.3 (NA) | NA (NA) |  |  |
| *Dissatisfied* |  | 28 (13.4%) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.5 (0.2) |  |  | 0.5 (0.1) | 0.4 (0.1) | 0.4 (0.1) |  |  |
| *Neither* |  | 58 (27.8%) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.4 (0.1) |  |  |
| *Satisfied* |  | 116 (55.5%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.6 (0.1) |  |  |
| *Very Satisfied* |  | 6 (2.9%) | 0.7 (0.1) |  |  | 0.7 (0.1) | 0.6 (0.2) |  |  | NA (NA) | 0.7 (0.2) | 0.7 (NA) |  |  |
| **8.How satisfied are you with your life as a whole?** | 209 |  |  | 85.1 | **<0.001** |  |  | 32.2 | **<0.001** |  |  |  | 28.1 | **<0.001** |
| *Very Dissatisfied* |  | 2 (1.0%) | 0.4 (0.1) |  |  | 0.5 (NA) | 0.3 (NA) |  |  | NA (NA) | NA (NA) | 0.4 (0.1) |  |  |
| *Dissatisfied* |  | 45 (21.5%) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.4 (0.1) |  |  | 0.5 (0.1) | 0.4 (0.1) | 0.4 (0.1) |  |  |
| *Neither* |  | 71 (34.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Satisfied* |  | 88 (42.1%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.6 (0.1) |  |  |
| *Very Satisfied* |  | 3 (1.4%) | 0.7 (0.1) |  |  | 0.7 (0.2) | 0.8 (NA) |  |  | 0.8 (NA) | 0.8 (NA) | 0.6 (NA) |  |  |
| **9.How would you rate your overall quality of life?** | 209 |  |  | 91.5 | **<0.001** |  |  | 38.9 | **<0.001** |  |  |  | 32.5 | **<0.001** |
| *Very Bad* |  | 1 (0.5%) | 0.3 (NA) |  |  | 0.3 (NA) | NA (NA) |  |  | NA (NA) | NA (NA) | 0.3 (NA) |  |  |
| *Bad* |  | 44 (21.1%) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.4 (0.1) | 0.4 (0.1) |  |  |
| *Moderate* |  | 103 (49.3%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Good* |  | 61 (29.2%) | 0.7 (0.1) |  |  | 0.6 (0.1) | 0.7 (0.1) |  |  | 0.7 (0.1) | 0.7 (0.1) | 0.6 (0.1) |  |  |
| *Very Good* |  | 0 (0.0%) | NA (NA) |  |  | NA (NA) | NA (NA) |  |  | NA (NA) | NA (NA) | NA (NA) |  |  |
| **10.How would you say you are these days?** | 209 |  |  | 98.7 | **<0.001** |  |  | 37.4 | **<0.001** |  |  |  | 31.4 | **<0.001** |
| *Very Unhappy* |  | 7 (3.3%) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.4 (0.1) |  |  | 0.5 (NA) | 0.3 (NA) | 0.4 (0.1) |  |  |
| *Unhappy* |  | 36 (17.2%) | 0.4 (0.1) |  |  | 0.4 (0.1) | 0.5 (0.1) |  |  | 0.4 (0.1) | 0.4 (0.1) | 0.4 (0.1) |  |  |
| *Neither* |  | 90 (43.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Happy* |  | 72 (34.4%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.7 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.1) | 0.6 (0.1) |  |  |
| *Very Happy* |  | 4 (1.9%) | 0.8 (0.0) |  |  | 0.7 (0.0) | 0.8 (NA) |  |  | 0.8 (0.0) | 0.7 (0.0) | NA (NA) |  |  |
| **Overall QOL Raw Score** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 3.2 (0.5) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 3.2 (2.8, 3.6) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 2.0, 4.4 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Waist circumference** | 208 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 94.1 (14.2) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 94.2 (85.8, 102.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 42.8, 196.2 |  |  |  |  |  |  |  |  |  |  |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Hip circumference** | 208 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 101.6 (11.8) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 101.3 (94.3, 109.2) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 43.2, 126.6 |  |  |  |  |  |  |  |  |  |  |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Blood glucose (mmol/l)** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 11.5 (5.9) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 10.5 (7.2, 14.3) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 2.9, 31.5 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Systolic Blood pressure (mm Hg)** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 142.6 (23.4) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 138.0 (126.0, 156.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 95.0, 216.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Diastolic Blood pressure (mm Hg)** | 209 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 84.4 (10.1) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 84.0 (77.0, 90.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 60.0, 121.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Height (metres)** | 208 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 1.6 (0.1) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 1.6 (1.6, 1.7) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 1.4, 1.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Weight (kgs)** | 208 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 69.4 (12.8) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 69.5 (61.2, 78.1) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 41.0, 110.4 |  |  |  |  |  |  |  |  |  |  |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **BMI (kg/m2)** | 208 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 26.9 (4.8) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 26.5 (23.7, 30.1) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 16.4, 43.1 |  |  |  |  |  |  |  |  |  |  |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **BMI (kg/m2) grouped** | 208 |  |  | 2.3 | 0.512 |  |  | 2.2 | 0.068 |  |  |  | 2.3 | **0.043** |
| *Normal (18.5–24.9)* |  | 62 (29.8%) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Underweight (<18.5)* |  | 9 (4.3%) | 0.5 (0.2) |  |  | 0.5 (0.2) | 0.5 (0.2) |  |  | 0.5 (0.2) | 0.6 (NA) | 0.4 (0.1) |  |  |
| *Overweight (25–29.9)* |  | 85 (40.9%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Obese (>=30)* |  | 52 (25.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Waist-to-hip ratio** | 208 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mean (SD)* |  | 0.9 (0.1) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Median (Q1, Q3)* |  | 0.9 (0.9, 1.0) |  |  |  |  |  |  |  |  |  |  |  |  |
| *Min, Max* |  | 0.7, 1.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Waist-to-hip ratio grouped** | 208 |  |  | 5.4 | **0.020** |  |  | 4.8 | **0.009** |  |  |  | 3.5 | **0.016** |
| *Normal (Male<0.90; Female<0.85)* |  | 47 (22.6%) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.6 (0.2) |  |  | 0.6 (0.1) | 0.5 (0.2) | 0.6 (0.2) |  |  |
| *At Risk (Male>=0.90; Female>=0.85)* |  | 161 (77.4%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| *Missing* |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Blood glucose (mmol/L) grouped** | 209 |  |  | 11.1 | **0.011** |  |  | 4.7 | **0.001** |  |  |  | 4.8 | **<0.001** |
| *Normal (3.9-5.6)* |  | 19 (9.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.2) | 0.6 (0.1) |  |  |
| *Low (<3.9)* |  | 10 (4.8%) | 0.7 (0.1) |  |  | 0.7 (0.1) | 0.7 (0.1) |  |  | 0.5 (NA) | 0.7 (0.1) | 0.7 (0.0) |  |  |
| *At Risk (5.7-6.9)* |  | 21 (10.0%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.5 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.4 (0.2) |  |  |
| *High (>=7)* |  | 159 (76.1%) | 0.5 (0.1) |  |  | 0.5 (0.1) | 0.6 (0.1) |  |  | 0.6 (0.1) | 0.5 (0.1) | 0.5 (0.1) |  |  |
| 1n (%); Mean (SD); Median (IQR); Range | | | | | | | | | | | | | | |
| 2Mean (SD) | | | | | | | | | | | | | | |
| 3Wilcoxon rank sum test; Kruskal-Wallis rank sum test | | | | | | | | | | | | | | |
| 4Two-way ANOVA | | | | | | | | | | | | | | |

Inferential Statistics

|  | | **Healthy eating habit** | |  | |
| --- | --- | --- | --- | --- | --- |
| **Variables** | **n** | **Bad** N = 1571 | **Good** N = 521 | **Test statistic**2 | **p-value**2 |
| **How many days do you eat fruit** | 209 |  |  | 5937.0 | **<0.001** |
| *Mean (SD)* |  | 5.0 (2.4) | 3.0 (2.0) |  |  |
| *Median (Q1, Q3)* |  | 7.0 (3.0, 7.0) | 2.0 (2.0, 4.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **How many days do you eat vegetables** | 209 |  |  | 5034.5 | **<0.001** |
| *Mean (SD)* |  | 6.6 (1.0) | 5.8 (1.8) |  |  |
| *Median (Q1, Q3)* |  | 7.0 (7.0, 7.0) | 7.0 (4.0, 7.0) |  |  |
| *Min, Max* |  | 2.0, 7.0 | 2.0, 7.0 |  |  |
| **Adding salt to vegetables while cooking** | 209 |  |  | 5.1 | **0.024** |
| *Yes* |  | 123 (78.3%) | 48 (92.3%) |  |  |
| *No* |  | 34 (21.7%) | 4 (7.7%) |  |  |
| **Adding salt to food when eating** | 209 |  |  |  | **<0.001** |
| *Yes, most of the time* |  | 0 (0.0%) | 2 (3.8%) |  |  |
| *Yes, some of the time* |  | 1 (0.6%) | 7 (13.5%) |  |  |
| *Yes, but in rare cases* |  | 22 (14.0%) | 9 (17.3%) |  |  |
| *Never* |  | 134 (85.4%) | 34 (65.4%) |  |  |
| **Frequency of eating red meat** | 209 |  |  |  | 0.061 |
| *Daily* |  | 7 (4.5%) | 6 (11.5%) |  |  |
| *5-6 days per week* |  | 3 (1.9%) | 3 (5.8%) |  |  |
| *1-4 days per week* |  | 46 (29.3%) | 19 (36.5%) |  |  |
| *1-3 days per week* |  | 51 (32.5%) | 14 (26.9%) |  |  |
| *Less than once a month* |  | 34 (21.7%) | 7 (13.5%) |  |  |
| *2-3 times a year* |  | 4 (2.5%) | 3 (5.8%) |  |  |
| *Once a year* |  | 2 (1.3%) | 0 (0.0%) |  |  |
| *Never* |  | 10 (6.4%) | 0 (0.0%) |  |  |
| **Frequency of eating chips** | 209 |  |  |  | **0.015** |
| *More than once a day* |  | 1 (0.6%) | 2 (3.8%) |  |  |
| *Once daily* |  | 1 (0.6%) | 0 (0.0%) |  |  |
| *5-6 days a week* |  | 2 (1.3%) | 0 (0.0%) |  |  |
| *3-4 days a week* |  | 2 (1.3%) | 3 (5.8%) |  |  |
| *1-2 times a week* |  | 9 (5.7%) | 8 (15.4%) |  |  |
| *2-3 times a month* |  | 3 (1.9%) | 3 (5.8%) |  |  |
| *Once a month* |  | 18 (11.5%) | 5 (9.6%) |  |  |
| *Less than once a month* |  | 23 (14.6%) | 9 (17.3%) |  |  |
| *Never* |  | 98 (62.4%) | 22 (42.3%) |  |  |
| **Frequency of eating mandazi** | 209 |  |  |  | **<0.001** |
| *More than once a day* |  | 0 (0.0%) | 3 (5.8%) |  |  |
| *Once daily* |  | 14 (8.9%) | 8 (15.4%) |  |  |
| *5-6 days a week* |  | 8 (5.1%) | 14 (26.9%) |  |  |
| *3-4 days a week* |  | 17 (10.8%) | 5 (9.6%) |  |  |
| *1-2 times a week* |  | 23 (14.6%) | 11 (21.2%) |  |  |
| *2-3 times a month* |  | 10 (6.4%) | 3 (5.8%) |  |  |
| *Once a month* |  | 10 (6.4%) | 1 (1.9%) |  |  |
| *Less than once a month* |  | 9 (5.7%) | 1 (1.9%) |  |  |
| *Never* |  | 66 (42.0%) | 6 (11.5%) |  |  |
| **Frequency of eating samosa** | 209 |  |  |  | **<0.001** |
| *Once daily* |  | 1 (0.6%) | 0 (0.0%) |  |  |
| *5-6 days a week* |  | 0 (0.0%) | 1 (1.9%) |  |  |
| *3-4 days a week* |  | 2 (1.3%) | 1 (1.9%) |  |  |
| *1-2 times a week* |  | 6 (3.8%) | 8 (15.4%) |  |  |
| *2-3 times a month* |  | 6 (3.8%) | 11 (21.2%) |  |  |
| *Once a month* |  | 7 (4.5%) | 4 (7.7%) |  |  |
| *Less than once a month* |  | 24 (15.3%) | 9 (17.3%) |  |  |
| *Never* |  | 111 (70.7%) | 18 (34.6%) |  |  |
| **Frequency of eating fried chicken** | 209 |  |  |  | 0.465 |
| *5-6 days a week* |  | 0 (0.0%) | 0 (0.0%) |  |  |
| *3-4 days a week* |  | 3 (1.9%) | 0 (0.0%) |  |  |
| *1-2 times a week* |  | 5 (3.2%) | 4 (7.7%) |  |  |
| *2-3 times a month* |  | 10 (6.4%) | 3 (5.8%) |  |  |
| *Once a month* |  | 19 (12.1%) | 6 (11.5%) |  |  |
| *Less than once a month* |  | 55 (35.0%) | 23 (44.2%) |  |  |
| *Never* |  | 65 (41.4%) | 16 (30.8%) |  |  |
| **Frequency of eating fried fish** | 209 |  |  |  | 0.802 |
| *More than once a day* |  | 1 (0.6%) | 0 (0.0%) |  |  |
| *5-6 days a week* |  | 0 (0.0%) | 0 (0.0%) |  |  |
| *3-4 days a week* |  | 9 (5.7%) | 2 (3.8%) |  |  |
| *1-2 times a week* |  | 18 (11.5%) | 8 (15.4%) |  |  |
| *2-3 times a month* |  | 18 (11.5%) | 5 (9.6%) |  |  |
| *Once a month* |  | 22 (14.0%) | 6 (11.5%) |  |  |
| *Less than once a month* |  | 31 (19.7%) | 15 (28.8%) |  |  |
| *Never* |  | 58 (36.9%) | 16 (30.8%) |  |  |
| **Adding sugar to your beverages** | 209 |  |  | 18.9 | **<0.001** |
| *Yes* |  | 13 (8.3%) | 17 (32.7%) |  |  |
| *No* |  | 144 (91.7%) | 35 (67.3%) |  |  |
| **Taken a soft drink in the past 12 months** | 209 |  |  | 54.0 | **<0.001** |
| *Yes* |  | 42 (26.8%) | 44 (84.6%) |  |  |
| *No* |  | 115 (73.2%) | 8 (15.4%) |  |  |
| **Frequency of soft drink in the past 12 months** | 209 |  |  |  | **<0.001** |
| *Daily* |  | 2 (1.3%) | 0 (0.0%) |  |  |
| *5-6 days per week* |  | 0 (0.0%) | 1 (1.9%) |  |  |
| *1-4 days per week* |  | 3 (1.9%) | 8 (15.4%) |  |  |
| *1-3 days per week* |  | 12 (7.6%) | 10 (19.2%) |  |  |
| *Less than once a month* |  | 20 (12.7%) | 22 (42.3%) |  |  |
| *Other* |  | 5 (3.2%) | 3 (5.8%) |  |  |
| *Never* |  | 115 (73.2%) | 8 (15.4%) |  |  |
| **How often do you take plain water in a day?** | 209 |  |  |  | **0.001** |
| *Never* |  | 1 (0.6%) | 1 (1.9%) |  |  |
| *Less than once* |  | 2 (1.3%) | 7 (13.5%) |  |  |
| *Once* |  | 13 (8.3%) | 3 (5.8%) |  |  |
| *2-3 times* |  | 68 (43.3%) | 29 (55.8%) |  |  |
| *4-5 times* |  | 48 (30.6%) | 8 (15.4%) |  |  |
| *More than 5 times* |  | 25 (15.9%) | 4 (7.7%) |  |  |
| 1n (%); Mean (SD); Median (IQR); Range | | | | | |
| 2Wilcoxon rank sum test; Pearson's Chi-squared test; Fisher's Exact Test for Count Data with simulated p-value  (based on 2000 replicates) | | | | | |

Inferential Statistics

|  | | **Regular physical activity** | |  | |
| --- | --- | --- | --- | --- | --- |
| **Variables** | **n** | **No** N = 1891 | **Yes** N = 201 | **Test statistic**2 | **p-value**2 |
| **Involved in vigorous-intensity activity** | 209 |  |  | 16.7 | **<0.001** |
| *No* |  | 140 (74.1%) | 6 (30.0%) |  |  |
| *Yes* |  | 49 (25.9%) | 14 (70.0%) |  |  |
| **How many days do you do vigorous-intensity activities** | 209 |  |  | 1088.0 | **<0.001** |
| *Mean (SD)* |  | 1.4 (2.6) | 3.8 (2.8) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 1.0) | 5.0 (0.0, 6.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Involve moderate-intensity activity** | 209 |  |  | 1.5 | 0.226 |
| *No* |  | 93 (49.2%) | 7 (35.0%) |  |  |
| *Yes* |  | 96 (50.8%) | 13 (65.0%) |  |  |
| **How many days do you do moderate-intesity activities** | 209 |  |  | 1534.0 | 0.142 |
| *Mean (SD)* |  | 2.4 (2.7) | 3.5 (2.8) |  |  |
| *Median (Q1, Q3)* |  | 1.0 (0.0, 5.0) | 4.0 (0.0, 6.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Walking/riding a bicycle for at least 10 minutes** | 209 |  |  |  | 0.271 |
| *No* |  | 21 (11.1%) | 4 (20.0%) |  |  |
| *Yes* |  | 168 (88.9%) | 16 (80.0%) |  |  |
| **How many days do you walk or use a bicycle** | 209 |  |  | 1986.0 | 0.688 |
| *Mean (SD)* |  | 5.2 (2.5) | 5.1 (2.8) |  |  |
| *Median (Q1, Q3)* |  | 7.0 (4.0, 7.0) | 6.0 (4.0, 7.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Do vigorous-intensity sports, fitness or recreational** | 209 |  |  |  | **<0.001** |
| *No* |  | 184 (97.4%) | 10 (50.0%) |  |  |
| *Yes* |  | 5 (2.6%) | 10 (50.0%) |  |  |
| **How many days do you do vigorous-intensity sports** | 209 |  |  | 997.5 | **<0.001** |
| *Mean (SD)* |  | 0.1 (0.8) | 2.3 (2.8) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) | 1.0 (0.0, 5.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Do moderate-intensity sports, fitness or recreational** | 209 |  |  |  | **<0.001** |
| *No* |  | 179 (94.7%) | 6 (30.0%) |  |  |
| *Yes* |  | 10 (5.3%) | 14 (70.0%) |  |  |
| **How many days do you do moderate-intesnsity sports?** | 209 |  |  | 665.0 | **<0.001** |
| *Mean (SD)* |  | 0.2 (1.1) | 3.1 (2.8) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) | 2.0 (0.0, 6.0) |  |  |
| *Min, Max* |  | 0.0, 7.0 | 0.0, 7.0 |  |  |
| **Time spent doing vigorous-intensity activities in hrs** | 209 |  |  | 1003.0 | **<0.001** |
| *Mean (SD)* |  | 1.0 (2.2) | 3.3 (3.4) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.5) | 2.0 (0.0, 6.0) |  |  |
| *Min, Max* |  | 0.0, 12.0 | 0.0, 10.0 |  |  |
| **Time spent doing moderate-intensity activities in hrs** | 209 |  |  | 1409.0 | **0.047** |
| *Mean (SD)* |  | 1.6 (2.1) | 3.4 (3.9) |  |  |
| *Median (Q1, Q3)* |  | 0.5 (0.0, 3.0) | 2.8 (0.0, 5.5) |  |  |
| *Min, Max* |  | 0.0, 9.0 | 0.0, 12.0 |  |  |
| **Time spent walking or cycling in hrs** | 209 |  |  | 1448.5 | 0.082 |
| *Mean (SD)* |  | 1.7 (1.5) | 3.6 (3.8) |  |  |
| *Median (Q1, Q3)* |  | 1.0 (0.8, 2.0) | 2.3 (0.7, 6.5) |  |  |
| *Min, Max* |  | 0.0, 7.1 | 0.0, 12.0 |  |  |
| **Time spent on vigorous-intensity sports in hrs** | 209 |  |  | 975.5 | **<0.001** |
| *Mean (SD)* |  | 0.0 (0.1) | 0.8 (1.1) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) | 0.3 (0.0, 1.0) |  |  |
| *Min, Max* |  | 0.0, 1.0 | 0.0, 4.1 |  |  |
| **Time spent on moderate-intensity sports in hrs** | 209 |  |  | 620.5 | **<0.001** |
| *Mean (SD)* |  | 0.1 (0.3) | 1.6 (1.3) |  |  |
| *Median (Q1, Q3)* |  | 0.0 (0.0, 0.0) | 1.8 (0.0, 2.0) |  |  |
| *Min, Max* |  | 0.0, 3.0 | 0.0, 5.0 |  |  |
| 1n (%); Mean (SD); Median (IQR); Range | | | | | |
| 2Pearson's Chi-squared test; Wilcoxon rank sum test; Fisher's exact test | | | | | |