

Supplementary material 1

Behavioural changes

No effect of the intervention compared to the control was observed on smoking status, alcohol consumption or METs of moderate to vigorous activity between baseline and 12 months of follow-up. Physical activity increased in both the intervention and the control group ((from 300 MET [IQR 190; 1,440] to 500 MET [IQR 80; 1,040] and from 240 MET [IQR 125; 1,320] to 440 MET [IQR 80; 920] respectively; adjusted group difference -29 MET [95% CI -296; 239]).

Supplementary table 1

	Intervention group	Control group
Number of participants	1,838	1,846
Age (Years), median (IQR)	52.4 (45.7-60.2)	52.6 (46.7-60.4)
Setting, (%) n		
Urban	64.0% (1176)	62.5% (1154)
Semi-urban	3.3% (60)	1.6% (30)
Rural	32.8% (602)	35.9% (662)
Schooling, (%) n		
Not reported	16.5% (303)	14.8% (274)
No schooling	8.8% (161)	15.1% (278)
Primary school	9.9% (182)	11.1% (204)
Secondary school	25.9% (476)	21.6% (399)
High school	17.5% (321)	17.8% (329)
University degree	15.0% (275)	13.6% (251)
Postgraduate	6.5% (120)	6.0% (111)
Weight (kg), mean (SD)	80.3 (13.7)	79.2 (13.5)
BMI (kg/m²), mean (SD)	30.3 (4.5)	30.2 (4.6)
Waist circumference (cm), mean (SD)	104 (9.4)	104 (9.3)
SBP (mm/hg), mean (SD)	131 (16.9)	132 (17.1)
DBP (mm/hg), mean (SD)	81.0 (10.2)	81.6 (10.4)
HbA1c (mmol/L), mean (SD)	5.8 (0.4)	5.8 (0.4)
Smoking status % (n)		
Never	86.0% (1581)	86.2% (1592)
Ex-smoker	8.6% (158)	7.7% (143)
Current smoker	5.4% (99)	6.1% (112)
Alcohol consumption last month % (n)		
No	81.9% (1506)	85.2% (1573)
Yes	18.1% (332)	14.8% (274)
Physical activity (MET/week), median (IQR)	300 (0-1440)	240 (0-1320)
Sedentary (min/week), median (IQR)	460 (180-480)	360 (180-480)