

Supplemental Table 2: Demographic and socioeconomic characteristics of study districts

Attributes	National	Study districts		
		Morang	Pachthar	Terathum
Total Population	26,494,504	965,370	191,817	101,577
60+ Population	2,154,410	79,636	16,918	9,946
60+ Male	1,063,949	39,878	8,598	4,772
60+ Female	1,090,461	39,758	8,320	5,174
% literate population (6 years and above)	66.6	70.9	73.4	75.2
¹ National rank of the district by literacy status	NA	25	17	11
% of households with improved source of drinking water	85.9	97.7	73.4	78.8
% of solid fuel used for cooking	75.4	71.3	92.9	94.6
% electricity used for lighting	66.7	76.1	28.0	67.4
% having toilet facility	61.6	63.7	88.2	75.0
% Urbanization level	29.0	44.2	12.9	19.4
¹ National literacy rate urban: 82.3% and rural: 62.5% with the eastern region, where the three study districts are located, has slightly higher (67.2%) than the national average. National literacy for older population is low: 26.2% for ages 60-64 and 20.8% for 65+.				

Source: National Population and Housing Census 2011, Nepal

Supplemental Table 3: Definition of a single condition and multimorbidity

Conditions	Definition¹
Hypertension	Self-reported hypertension and/or taking antihypertensive medications.
Heart diseases	Self-report of heart attack, angina, or “heart trouble,” or taking medications for heart diseases.
Stroke	Self-report of the previous stroke or taking medication for a recent episode of stroke.
Hypercholesterolemia	Self-reported raised cholesterol and/or taking medication for hypercholesterolemia.
Diabetes	Self-reported diabetes and/or taking insulin or antidiabetic medications.
Chronic respiratory diseases	Self-reported chronic respiratory diseases, asthma, COPD or taking medication for the conditions.
Chronic kidney disease	Taking medication for chronic kidney disease or undergoing dialysis.
Cancer	Taking medication for cancer; having past or current cancer therapy, including chemotherapy and radiation therapy.
Osteoarthritis	Self-report of joint pain problems.

¹Self-report was assessed by asking participants if a doctor or other health professional ever told them they had the given condition.