

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 (%), 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)