

List of supplementary files

Online supplementary file 1: measurements of study of the variables

Characteristics	Measurement
Age	Mean (Years) \pm Standard deviation
Sex	Male, Female
Employment	Unemployed, Employed
Smoking	Current smoking, (Yes, No)
Alcohol use	Current alcohol consumption, (Yes, No)
Adequate diet	Yes \geq 5 servings per day (fruits or vegetables), No=otherwise
Medication adherence	The average number of days the patients took hypertension medicine in the week preceding the survey (mean \pm SD), Yes=7/7 days, No=otherwise
Frequency of self-measurement of BP in the past month	Never, Daily, Weekly, Monthly
Days of planned physical activity in a week	\pm Standard deviation
BP	mmHg \pm Standard deviation
BP Control	Yes= SBP <140mmHg and DBP <90 mmHg, No=otherwise
BP Control	Yes= SBP <140mmHg and DBP <90 mmHg, No=otherwise
Disease condition	
Hypertension	Clinician Assessment: measured systolic BP/diastolic BP >140/90 or on intervention.
Type 2 diabetes	Clinician Assessment: measured fasting glucose \geq 7 mmol/L (126 mg/dL) or on treatment.
Tuberculosis	Self-report: Ever been told that you have TB in the past 12 months?
HIV infection	Self-report: Ever been told that you have HIV?
Cardiovascular disease	Self-report: Ever been told that you have cardiovascular disease? ie stroke, angina, heart attack or congestive heart failure
High cholesterol	Self-report: Ever been told you have high cholesterol?
Kidney disease	Self-report: Ever been told you have kidney disease?
Cancer	Self-report: Ever been told you have breast, cervical, prostate or other cancers?
Asthma/reactive air disease	Self-report: Have had asthma or reactive air disease?
	Self-report: Have had ulcers?
Depression	Self-report: Ever been told that you have TB in the past 12 months?
Arthritis	Self-report: Ever been told that you have arthritis in the past 12 months?
Chronic neuromuscular disease	Self-report: Ever been told that you have chronic neuromuscular disease?
Obesity	Measured: Body mass index (weight (kg)/height (m ²)) \geq 30kg/m ²