

## Supplementary Tables

**Supplementary Table 1: Distribution of socioeconomic position in relation to age, sex and lifestyle factors**

	Education			Income		
	No formal education (N=113)	Less than high school (n=106)	High School or more (n=41)	Low income (n=87)	Middle income (n=87)	High income (n=86)
<b>Sex</b>						
Male	36 (31.9)	71 (67.0)	27 (65.8)	51 (58.6)	41 (47.1)	34 (39.5)
Female	77 (68.1)	35 (33.0)	14 (34.2)	36 (41.4)	46 (52.9)	52 (60.5)
<b>Age groups in years</b>						
18-34	12 (10.6)	41 (38.7)	24 (58.5)	15 (17.3)	23 (26.4)	39 (45.3)
35-49	33 (29.2)	41 (38.7)	14 (34.2)	24 (27.6)	36 (41.9)	28 (32.7)
50-65	35 (31.0)	17 (16.0)	3 (7.3)	21 (24.1)	19 (21.8)	15 (17.4)
66 and above	33 (29.2)	7 (6.6)	0 (0.0)	27 (31.0)	9 (10.3)	4 (4.6)
Age in years, Mean (SD)	54.8 (15.7)	40.1 (13.5)	33.2 (10.1)	52.8 (17.3)	44.8 (14.7)	38.6 (14.1)
<b>Tobacco use</b>						
Never	40 (35.4)	40 (37.8)	28 (68.3)	33 (37.9)	31 (35.6)	44 (51.2)
Current	21 (18.6)	33 (31.1)	6 (14.6)	19 (21.8)	24 (27.6)	17 (19.8)
Former	52 (46.0)	33 (31.1)	7 (17.1)	35 (40.2)	32 (36.8)	25 (29.1)
<b>Alcohol intake</b>						
Never	95 (84.1)	71 (66.9)	29 (70.7)	71 (81.6)	63 (72.4)	61 (70.9)
Low (<1 glass per week)	2 (1.8)	6 (5.7)	4 (9.8)	4 (4.6)	4 (4.6)	4 (4.7)
Moderate (1-3 glass per week)	7 (6.2)	6 (5.7)	1 (2.4)	4 (4.6)	7 (8.1)	3 (3.5)
High (>3 glass per week)	9 (7.9)	23 (21.7)	7 (17.1)	8 (9.2)	13 (14.9)	18 (20.9)
<b>Physical activity</b>						

MET* < 600 min/week	14 (12.4)	10 (9.4)	2 (4.9)	12 (13.8)	4 (4.6)	10 (11.6)
MET ≥ 600 min/week	99 (87.6)	96 (90.6)	39 (95.1)	75 (86.1)	83 (95.4)	76 (88.4)
<b>Fruits and vegetables servings</b>						
<2 servings per day	10 (8.8)	17 (16.0)	8 (19.5)	9(10.3)	11 (12.7)	15 (17.5)
2-4 servings per day	95 (84.1)	80 (75.5)	29 (70.7)	71 (81.6)	67 (77.0)	66 (76.7)
>4 servings per day	8 (7.1)	9 (8.5)	4 (9.8)	7 (8.1)	9 (10.3)	5 (5.8)
<b>Body Mass Index** kg/m<sup>2</sup>,</b>						
Normal weight	66 (58.4)	72 (67.9)	22 (53.7)	52 (59.8)	59 (67.8)	49 (57.0)
Under weight	26 (23.0)	8 (7.5)	2 (4.9)	21 (24.1)	9 (10.3)	6 (7.0)
Overweight	17 (15.0)	20 (18.9)	15 (36.6)	10 (11.5)	15 (17.3)	27 (31.4)
Obesity	4 (3.5)	6 (5.7)	2 (4.9)	4 (4.6)	4 (4.6)	4 (4.6)
BMI kg/m <sup>2</sup> , mean (SD)	21.5 (3.8)	23.1 (3.8)	24.0 (3.7)	21.2 (3.8)	22.5 (3.7)	23.8 (3.8)

\*MET is the ratio of the rate of energy expended during an activity to the rate of energy expended at rest. \*\*defined based on WHO criteria

**Supplementary Table 2: Informal assessment of mediating role of life style factors using logistic regression**

<b>Socioeconomic Variables</b>	<b>Model 1<sup>a</sup> OR<sup>b</sup> (95%CI)</b>	<b>Model 1 &amp; Tobacco use OR<sup>b</sup> (95%CI)</b>	<b>Model 1 &amp; Alcohol intake OR<sup>b</sup> (95%CI)</b>	<b>Model 1 &amp; Physical activity OR<sup>b</sup> (95%CI)</b>	<b>Model 1 &amp; Fruits and vegetables servings OR<sup>b</sup> (95%CI)</b>	<b>Model 1 &amp; BMI OR<sup>b</sup> (95%CI)</b>	<b>Model 2<sup>c</sup> OR<sup>b</sup> (95%CI)</b>
<b>Income</b>							
Low	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)
Middle	1.1 (0.4 - 2.6)	1.0 (0.4-2.6)	1.1(0.5-2.6)	1.0 (0.4 - 2.4)	1.1 (0.4-2.6)	0.9 (0.4- 2.3)	0.9 (0.3 -2.2)
High	1.5 (0.6- 3.7)	1.4 (0.9-6.4)	1.5 (0.6-4.0)	1.2 (0.5- 3.2)	1.4 (0.6-3.7)	1.1 (0.4- 2.9)	1.0 (0.4- 2.7)
<b>Education</b>							
No formal education	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)
Less than high school	2.5 (0.9- 6.6)	2.4 (0.9-6.4)	2.5 (1.0-6.7)	2.7 (1.0- 7.5)	2.5 (0.9-6.5)	2.0 (0.7- 5.5)	2.3 (0.8- 6.5)
High school and above	3.2 (0.8- 12.5)	3.1 (0.7- 12.0)	3.3 (0.9-13.0)	3.4 (0.9- 13.2)	3.3 (0.9- 13.0)	2.4 (0.6- 9.7)	2.7 (0.7- 10.9)
<b>Employment status</b>							
Unemployed	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)	Ref (1.0)
Farming	1.0 (0.4- 2.7)	1.0 (0.4-2.6)	1.0 (0.4-2.7)	1.4 (0.5- 2.7)	1.0 (0.4-2.7)	1.3 (0.5- 3.6)	1.8 (0.6- 5.4)
Employed	2.9 (0.9- 9.1)	2.8 (0.9- 8.77)	2.9 (0.9-9.4)	3.2 (1.0- 10.6)	2.8 (0.9-8.9)	2.9 (0.9- 9.5)	3.3 (1.0- 11.4)

<sup>a</sup> Adjusted for age, sex, marital status and ethnicity <sup>b</sup>OR = Odds ratio; \*significant <0.05

<sup>c</sup>Adjusted for age, gender, marital status, ethnicity, physical activity, tobacco use, alcohol intake, vegetable and fruits servings and BMI



**Supplementary Table 3a: Mediated effects of income on hypertension via lifestyle factors**

<b>Mediators</b>	<b>Effect of income on mediators Beta (95% CI)</b>	<b>Effect of mediators on hypertension Beta (95% CI)</b>	<b>Effect of income on hypertension Beta (95% CI)</b>	<b>Indirect effect Mean (95% CI)</b>	<b>Direct effect Mean (95% CI)</b>	<b>Total Effect Mean (95% CI)</b>	<b>Prop. of Total Effect mediated Mean (95% CI)</b>
Tobacco use	-8.49e-06 (-0.000 - 3.41e-06)	-0.240 (-1.090 - 0.610)	5.32e-06 (-3.38e-06 - 0.000)	-0.000 (-0.003 - 0.002)	6.57e-07 (-4.94e-07 - 1.62e-06)	-0.000 (-0.003 - 0.002)	0.242 (-18.440 - 21.501)
Alcohol intake	1.12e-06 (-4.99e-06 - 7.23e-06)	-0.011 (-0.033 - 0.012)	6.16e-06 (-2.84e-06 - 0.000)	-0.000 (-0.000 - 0.000)	7.73e-07 (-4.29e-07 - 1.75e-06)	-0.000 (-0.000 - 0.000)	0.252 (-27.069 - 19.687)
Physical activity	-9.02e-07 (-0.000 - 9.09e-06)	-0.000 (-0.000 - -2.56e-06)	4.87e-06 (-3.65e-06 - 0.000)	-1.98e-07 (-5.64e-07 - 3.34e-08)	7.35e-07 (-6.47e-07 - 1.87e-06)	5.37e-07 (-8.97e-07 - 1.68e-06)	-0.224 (-4.598 - 3.525)
Fruits and vegetables servings	5.38e-06 (-1.22e-06 - 0.000)	0.204 (-0.542 - 0.949)	5.50e-06 (-3.29e-06 - 0.000)	-0.001 (-0.002 - 0.005)	6.76e-07 (-4.94e-07 - 1.63e06)	0.000 (-0.002 - 0.005)	-0.398 (-22.349 - 8.736)
BMI	6.48e-06 (-2.01e-06 - 0.000)	1.375 (-0.639 - 2.111)	4.30e-06 (-4.37e-06 - 0.000)	0.007 (0.000 - 0.016)	4.93e-07 (-6.10e-07 - 1.41e-06)	0.007 (-0.000 - 0.016)	1.053 (0.389 - 6.422)

**Supplementary Table 3b: Mediated effects of education on hypertension via lifestyle factors**

<b>Mediators</b>	<b>Effect of education on mediators beta (95% CI)</b>	<b>Effect of mediators on hypertension beta (95% CI)</b>	<b>Effect of education on hypertension beta (95% CI)</b>	<b>Indirect effect Mean (95% CI)</b>	<b>Direct effect Mean (95% CI)</b>	<b>Total Effect Mean (95% CI)</b>	<b>Prop. of Total Effect mediated Mean (95% CI)</b>
Tobacco use	-0.555 (-1.217 - 0.106)	-0.240 (-1.090 - 0.610)	-0.623 (-0.047 - 1.290)	0.002 (-0.008 - 0.012)	0.079 (-0.007 - 0.156)	0.081 (-0.004 - 0.157)	0.020 (-0.062 - 0.135)
Alcohol intake	-0.278 (-0.890 - 0.334)	-0.011 (-0.033 - 0.012)	-0.649 (-0.018 - 1.316)	0.000 (-0.000 - 0.000)	0.085 (-0.003 - 0.161)	0.085 (-0.003 - 0.161)	0.001 (-0.003 - 0.004)
Physical activity	-1.009 (-2.280 - 0.262)	-0.000 (-0.000 - -2.56e-06)	0.572 (-0.097 - 1.241)	2.99e-07 (-3.27e-07 - 1.26e-06)	0.088 (-0.017 - 0.175)	0.088 (-0.017 - 0.175)	3.13e-06 (-0.000 - 0.000)
Fruits and vegetables servings	-0.267 (-0.794 - 0.259)	0.204 (-0.542 - 0.949)	0.652(-0.017 - 1.321)	-0.001 (-0.010 - 0.005)	0.083 (-0.002 - 0.160)	0.082 (-0.002 - 0.158)	-0.012 (-0.075 - 0.040)
BMI	0.943 (0.356 - 1.530)	1.365 (0.639 - 2.111)	0.416 (-0.270 - 1.103)	0.033 (0.010 - 0.061)	0.050 (-0.037 - 0.126)	0.083 (-0.005 - 0.159)	0.373 (-1.085 - 2.108)

**Show cards used during Data collection**

**Source: Non-Communicable diseases Risk Factors: STEPS Survey Nepal 2013**

**1. Tobacco Products**



**Cigerrates**



**Hookah**



**Bidi**



**Betel leaf**



**Cigar**



**Chewing tobacco**

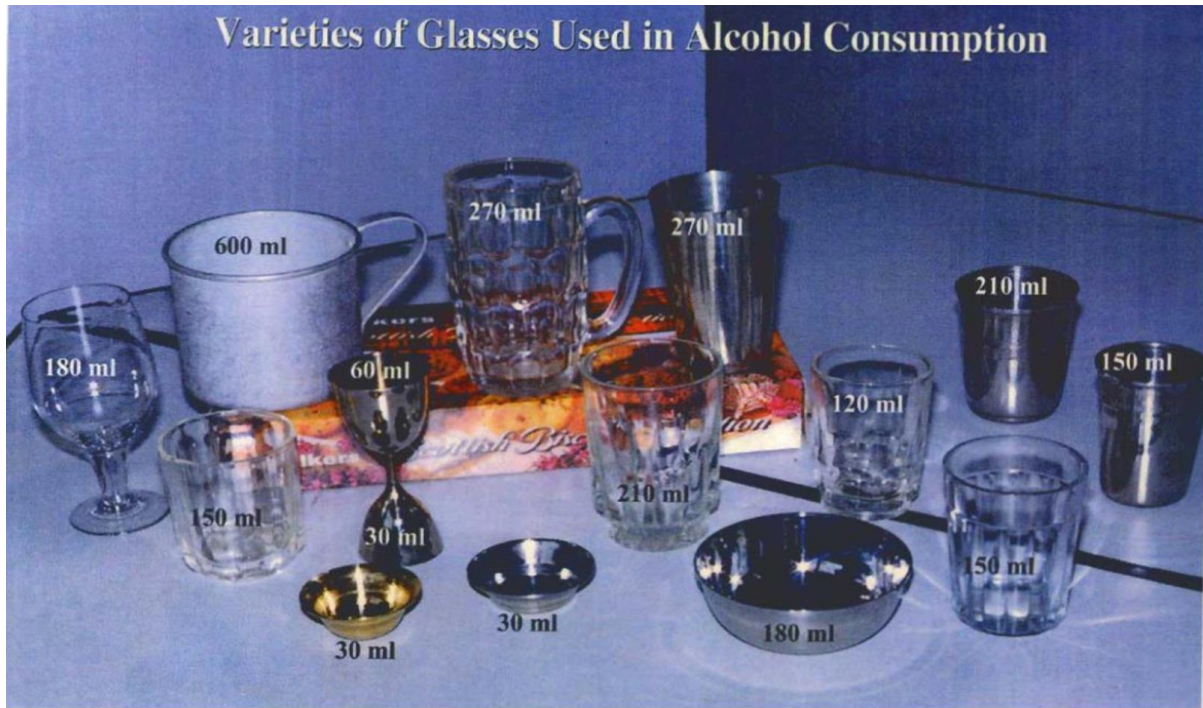


**Pipe**



















**Snuff  
available  
in wet  
and dry  
form**

## 2. Alcohol Vessel





### 3. Diet

<b>JACK FRUIT</b> 	<b>BANANA</b> 	 <b>GRAPES</b>	<b>MANGO</b> 
<b>APPLE</b> 	<b>ORANGE</b> 	<b>PEACH</b> 	<b>PEAR</b> 
<b>STRAWBERRIES</b> 	<b>WATERMELON</b> 	<b>PINEAPPLE</b> 	<b>LYCHEES</b> 
<b>POMELO</b> 	<b>PLUM</b> 	<b>GRAPEFRUIT</b> 	<b>GUAVA</b> 

Serving size: One standard serving = 80 grams

#### 4. Typical Physical activities

##### Vigorous activities



Ploughing field



Carrying heavy load



Digging ditch



Cycle rickshaw driving

##### Moderate activities



Housework and domestic chores



Kitchen Work



Gardening



Weaving