# Table 1: List of included articles

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| --- | --- | --- | --- | --- | --- | --- |
| Author and year | Country | Study design | Knowledge of diabetes risk factors | Weight perceptions/practices | Diet perceptions/practices | Physical activity perceptions/practices |
| 1. Adedokun et al 2019(1) | South Africa | Cross-sectional study |  |  | √ | √ |
| 1. Agbana et al 2020(2) | Nigeria | Cross-sectional study | √ |  | √ | √ |
| 1. Akinpelu et al 2015(3) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Alemayehu et al 2020(4) | Ethiopia | Cross-sectional study | √ |  |  |  |
| 1. Alemayehu and Sisay 2021(5) | Ethiopia | Cross-sectional study | √ |  |  |  |
| 1. Alwan et al 2010(6) | Seychelles | Cross-sectional study |  | √ |  |  |
| 1. Appiah et al 2016(7) | Ghana | Cross-sectional study |  | √ |  |  |
| 1. Aryeety 2016(8) | Ghana | Qualitative |  | √ |  |  |
| 1. Asante et al 2023(9) | Ghana | Cross-sectional study | √ |  |  | √ |
| 1. Asmamaw et al 2015(10) | Ethiopia | Cross-sectional study | √ |  |  |  |
| 1. Awosan et al 2017(11) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Balis et al. 2019(12) | Ghana | Mixed methods |  |  |  | √ |
| 1. Balla et al 2013(13) | Sudan | Cross-sectional study | √ |  |  |  |
| 1. Benkeser et al 2012(14) | Ghana | Cross-sectional study |  | √ |  |  |
| 1. Bosire et al 2020(15) | South Africa | Qualitative |  |  | √ |  |
| 1. Bosire et al 2020(16) | South Africa | Qualitative |  | √ |  |  |
| 1. Chigbu et al 2021(17) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Cohen et al 2013(18) | Cameroon | Mixed methods |  | √ |  |  |
| 1. Cohen et al 2017(19) | Cameroon | Mixed Methods |  | √ | √ | √ |
| 1. Cohen et al 2019(20) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Cohen et al 2019(21) | Senegal | Mixed methods |  | √ |  |  |
| 1. Dada et al 2021(22) | Nigeria | Cross-sectional study |  | √ | √ |  |
| 1. Dolman et al 2007(23) | South Africa | Cross-sectional study |  |  | √ |  |
| 1. Draper et al 2016(24) | South Africa | Qualitative |  | √ |  |  |
| 1. Duda et al 2006(25) | Ghana | Cross-sectional study |  | √ |  |  |
| 1. Duda et al 2007(26) | Ghana | Cross-sectional study |  | √ |  |  |
| 1. Ejike 2015(27) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Ettarh et al 2013(28) | Kenya | Cross-sectional study |  | √ |  |  |
| 1. Faber et al 2005(29) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Fezeu et al 2010(30) | Cameroon | Cross-sectional study | √ |  |  |  |
| 1. Gatoa et al 2017(31) | Ghana | Cross-sectional study |  |  | √ |  |
| 1. Gebremariam et al 2018(32) | Ethiopia | Qualitative |  |  | √ |  |
| 1. Govender 2018(33) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Hill et al 2020(34) | South Africa | Mixed methods |  |  |  | √ |
| 1. Holdsworth et al 2004(35) | Senegal | Cross-sectional study |  | √ |  |  |
| 1. Holdsworth et al 2006(36) | Senegal | Cross-sectional study |  |  | √ |  |
| 1. Hughes et al 2006(37) | South Africa | Mixed Methods | √ |  |  |  |
| 1. Hunter-Adams 2019(38) | South Africa | Qualitative |  | √ |  |  |
| 1. Iliyasu et al 2013(39) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Jumah and Duda 2007(40) | Ghana | Cross-sectional study |  | √ |  |  |
| 1. Kanozire and Pretorius 2023(41) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Kassahun and Mekonen 2017(42) | Ethiopia | Cross-sectional study | √ |  |  |  |
| 1. Kiawi et al 2006(43) | Cameroon | Qualitative | √ |  |  |  |
| 1. Kiguli et al 2019(44) | Uganda | Qualitative |  |  | √ |  |
| 1. Macia et al 2017(45) | Senegal | Cross-sectional study |  | √ |  |  |
| 1. Maina et al 2010(46) | Kenya | Cross-sectional study | √ |  |  |  |
| 1. Malete et al 2022(47) | Botswana | Cross-sectional study |  |  |  | √ |
| 1. Manafe et al 2022(48) | South Africa | Qualitative |  | √ |  |  |
| 1. Maruf et al 2012(49) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Mayega et al 2014(50) | Uganda | Qualitative | √ |  |  |  |
| 1. Mchiza et al 2015(51) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Mogre et al 2013(52) | Ghana | Cross-sectional study |  | √ |  |  |
| 1. Mogre et al 2015(53) | Ghana | Cross-sectional study |  | √ |  |  |
| 1. Muhihi 2012(54) | Tanzania | Cross-sectional study |  | √ |  |  |
| 1. Mukeshimana and Nkosi 2013(55) | Rwanda | Cross-sectional study | √ |  |  |  |
| 1. Muzindutsi et al 2014(56) | South Africa | Cross-sectional study |  |  |  | √ |
| 1. Nambaka et al 2011(57) | Kenya | Cross-sectional study |  |  |  | √ |
| 1. Nannseu et al 2019(58) | Cameroon | Cross-sectional study | √ |  |  |  |
| 1. Ndambo et al 2022(59) | Malawi | Qualitative |  | √ | √ |  |
| 1. Ndejjo et al 2022(60) | Uganda | Qualitative | √ |  | √ | √ |
| 1. Nizeyimana and Phillips 2006(61) | Uganda | Cross-sectional study |  |  |  | √ |
| 1. Nolan and Surujlal 2011(62) | South Africa | Cross-sectional study |  |  |  | √ |
| 1. Nolan et al 2011(63) | South Africa | Cross-sectional study |  |  |  | √ |
| 1. Odukoya et al 2022(64) | Nigeria | Qualitative |  |  | √ |  |
| 1. Ojofeitimi et al 2007(65) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Okeke et al 2006(66) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Okop et al 2016(67) | South Africa | Qualitative |  | √ |  |  |
| 1. Okop et al 2019(68) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Okoro et al 2014(69) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Olaoye and Oyetunde 2012(70) | Nigeria | Cross-sectional study |  | √ |  |  |
| 1. Osiberu 2021(71) | Nigeria | Cross-sectional study | √ |  |  |  |
| 1. Oyeyemi et al 2011(72) | Nigeria | Cross-sectional study |  |  |  | √ |
| 1. Peltzer 2001(73) | South Africa | Cross-sectional study |  |  | √ |  |
| 1. Peltzer 2002(74) | South Africa | Cross-sectional study |  |  | √ |  |
| 1. Peltzer 2002(75) | South Africa | Cross-sectional study |  |  | √ |  |
| 1. Peltzer 2003(76) | South Africa | Cross-sectional study |  |  |  | √ |
| 1. Peltzer 2004(77) | South Africa | Cross-sectional study |  |  | √ |  |
| 1. Peltzer and Pengpid 2006(78) | South Africa | Cross-sectional study |  |  |  | √ |
| 1. Peltzer and Pengpid 2012(79) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Peltzer and Pengpid 2015(80) | Multinational - Ivory Coast, Madagascar, Mauritius, Namibia, Nigeria, South Africa | Cross-sectional study |  | √ |  |  |
| 1. Peltzer and Promtussananon 2004(81) | South Africa | Cross-sectional study |  |  | √ |  |
| 1. Phetla et al 2017(82) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Phillips et al 2016(83) | South Africa | Qualitative |  | √ | √ | √ |
| 1. Prioreschi et al 2017(84) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Prioreschi et al 2021(85) | South Africa | Cross-sectional study |  |  | √ | √ |
| 1. Puoane et al 2005(86) | South Africa | Mixed Methods |  | √ |  |  |
| 1. Puoane et al 2006(87) | South Africa | Qualitative |  | √ | √ |  |
| 1. Ramautar et al 2021(88) | South Africa | Cros-sectional study |  |  |  | √ |
| 1. Rutebemberwa et al 2013(89) | Uganda | Qualitative | √ |  |  |  |
| 1. Shiferaw et al 2020(90) | Ethiopia | Cross-sectional study | √ |  |  |  |
| 1. Siervo et al 2006(91) | Gambia | Cross-sectional study |  | √ |  |  |
| 1. Simfukwe et al 2017(92) | South Africa | Qualitative |  | √ |  |  |
| 1. Skaal and Pengpid 2011(93) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Tuakli-Wosornu et al 2014(94) | Ghana | Mixed Methods |  |  |  | √ |
| 1. Tumusiime and Frantz 2006(95) | Rwanda | Cross-sectional study |  |  |  | √ |
| 1. Tuoyire et al 2018(96) | Ghana | Qualitative |  | √ |  |  |
| 1. van den Berg et al 2012(97) | South Africa | Cross-sectional study |  |  | √ |  |
| 1. Venter et al 2009(98) | South Africa | Cross-sectional study |  | √ |  |  |
| 1. Walter et al 2011(99) | South Africa | Qualitative |  |  |  | √ |
| 1. Yepes et al 2016(100) | Seychelles | Cross-sectional study |  | √ |  |  |
| 1. Yiga et al 2021(101) | Uganda | Qualitative |  |  | √ | √ |

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