**Supplemental material**

**Supplement Table 1. Anthropometry status of respondents among intervention and control groups at baseline and endline of intervention**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Intervention (40)** |  | **Control (40)** | **p-value\*** |
|  | **Mean** | **SD** |  | **Mean** | **SD** |
| **Weight (kg)** |  |  |  |  |  |  |
| Baseline | 67.2 | 1.2 |  | 72.1 | 1.2 | 0.089 |
| Endline | 63.4 | 1.2 |  | 69.7 | 1.2 | 0.030 |
| Difference | -3.7 | 3.8 |  | -2.2 | 2.7 | 0.055 |
| **Waist Circumference** |  |  |  |  |  |  |
| Baseline | 88.2 | 10.1 |  | 91.3 | 8.6 | 0.142 |
| Endline | 85.1 | 11.5 |  | 90.3 | 9.6 | 0.032 |
| Difference | -3.1 | 4.7 |  | -1.1 | 4.2 | 0.044 |
| **BMI** |  |  |  |  |  |  |
| Baseline | 25.6 | 1.2 |  | 27.6 | 1.2 | 0.025 |
| Endline | 24.1 | 1.2 |  | 26.7 | 1.2 | 0.007 |
| Difference | -1.4 | 1.4 |  | -0.9 | 1.1 | 0.093 |
| **SBP (mmHg)** |  |  |  |  |  |  |
| Baseline | 124.3 | 16.6 |  | 131.5 | 13.9 | 0.037 |
| Endline | 113.0 | 14.5 |  | 118.5 | 11.1 | 0.057 |
| Difference | -11.3 | 17.1 |  | -12.9 | 12.5 | 0.615 |
| **DBP (mmHg)** |  |  |  |  |  |  |
| Baseline | 78.5 | 9.5 |  | 83.7 | 9.2 | 0.015 |
| Endline | 74.9 | 7.3 |  | 78.3 | 6.7 | 0.031 |
| Difference | -3.6 | 9.6 |  | -5.4 | 8.7 | 0.395 |

BMI: body mass index, SBP: systolic blood pressure, DBP: diastolic blood pressure

\*student t test, significant at p<0.05