S3 Table. Changes in behavioural characteristics at 12 months by study group.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Control group** | **Intervention group** | **Relative risk\* (95% CI)** | **P value** |
|  | **(n/N (%))** | **(n/N (%))** |  |  |
| ≥5 servings of fruit and vegetables/daya |  |  |  |  |
| Baseline | 77/507 (15.2) | 68/500 (13.6) | 0.90 (0.63 to 1.28) | 0.56 |
| 12 months | 46/495 (9.3) | 71/487 (14.6) | 1.75 (1.09 to 2.84) | 0.022 |
| Physically active (leisure time)b |  |  |  |  |
| Baseline | 107/507 (21.1) | 102/500 (20.4) | 0.94 (0.67 to 1.33) | 0.73 |
| 12 months | 109/495 (22.0) | 125/487 (25.7) | 1.21 (0.84 to 1.73) | 0.30 |
| Current tobacco usec |  |  |  |  |
| Baseline | 92/507 (18.2) | 102/500 (20.4) | 1.12 (0.81 to 1.55) | 0.50 |
| 12 months | 82/495 (16.6) | 73/487 (15.0) | 0.80 (0.64 to 0.98) | 0.035 |
| Current alcohol used |  |  |  |  |
| Baseline | 97/507 (19.1) | 114/500 (22.8) | 1.19 (0.87 to 1.62) | 0.29 |
| 12 months | 85/495 (17.2) | 83/487 (17.0) | 0.83 (0.67 to 1.02) | 0.08 |
|  | **Mean (SD)** | **Mean (SD)** | **Difference**† **(95% CI)** | **P value** |
| Standard drinks of alcohol (per drinking occasion)e |  |  |  |  |
| Baseline | 0.20 (0.44) | 0.23 (0.43) | 0.028 (-0.032 to 0.088) | 0.36 |
| 12 months | 0.18 (0.39) | 0.17 (0.38) | -0.036 (-0.075 to 0.004) | 0.08 |

SD, standard deviation; CI, confidence interval. \*Generalised estimating equations was used to estimate the relative risk (and 95% CI). †Mixed-effects linear regression was used to estimate the difference in mean change between study groups. aOne serving of fruit equals to a medium sized fruit or two small sized fruits or ½ glass of fruit juice or a bowel of grapes. One serving of vegetables (excludes tubers) equals to 80 grams. bSelf-reported history of moderate or vigorous physical activities during leisure time performed in bouts of at least 10 mins duration. cSmoking or use of smokeless tobacco (chewing tobacco and snuff) in the past 30 days. dConsumed an alcoholic drink (spirits, wine, beer or toddy [palm wine]) in the past 30 days. eOne standard drink of alcohol refers to 30 ml of spirits, 120 ml of wine, 285 ml of beer or 285 ml of toddy (palm wine).