Table 1. Characteristics of the study participants at baseline

Characteristics	Total (n = 1,000)	Sex		Age (years)			Education			Occupation			Residence		
		Male (n = 520)	Female (n = 480)	18–30 (n = 350)	31–45 (n = 410)	46–60 (n = 240)	Primary (n = 300)	Secondary (n = 450)	Tertiary (n = 250)	Farmer (n = 280)	Trader (n = 310)	Salaried (n = 410)	Urban (n = 620)	Peri-urban (n = 230)	Rural (n = 150)
Mean age (SD)	36.4 (11.2)	37.1 (11.5)	35.6 (10.8)	25.3 (3.4)	38.2 (4.1)	52.7 (4.6)	41.8 (12.0)	34.9 (10.1)	30.6 (8.7)	39.5 (11.8)	35.2 (10.6)	34.8 (10.4)	35.9 (11.0)	37.4 (11.6)	38.1 (12.1)
Married	612 (61.2%)	331 (63.7%)	281 (58.5%)	168 (48.0%)	287 (70.0%)	157 (65.4%)	214 (71.3%)	268 (59.6%)	130 (52.0%)	201 (71.8%)	176 (56.8%)	235 (57.3%)	351 (56.6%)	142 (61.7%)	119 (79.3%)
Ever smoked tobacco	318 (31.8%)	214 (41.2%)	104 (21.7%)	96 (27.4%)	121 (29.5%)	101 (42.1%)	118 (39.3%)	132 (29.3%)	68 (27.2%)	104 (37.1%)	96 (31.0%)	118 (28.8%)	176 (28.4%)	74 (32.2%)	68 (45.3%)
Current smoker	187 (18.7%)	142 (27.3%)	45 (9.4%)	61 (17.4%)	74 (18.0%)	52 (21.7%)	79 (26.3%)	76 (16.9%)	32 (12.8%)	71 (25.4%)	58 (18.7%)	58 (14.1%)	101 (16.3%)	47 (20.4%)	39 (26.0%)
Ever consumed alcohol	741 (74.1%)	401 (77.1%)	340 (70.8%)	248 (70.9%)	312 (76.1%)	181 (75.4%)	214 (71.3%)	338 (75.1%)	189 (75.6%)	196 (70.0%)	236 (76.1%)	309 (75.4%)	468 (75.5%)	168 (73.0%)	105 (70.0%)
Binge drinking in past 30 days	214 (21.4%)	151 (29.0%)	63 (13.1%)	74 (21.1%)	88 (21.5%)	52 (21.7%)	71 (23.7%)	92 (20.4%)	51 (20.4%)	58 (20.7%)	71 (22.9%)	85 (20.7%)	132 (21.3%)	49 (21.3%)	33 (22.0%)
Overweight or obese (BMI ≥ 25 kg/m²)	402 (40.2%)	198 (38.1%)	204 (42.5%)	96 (27.4%)	178 (43.4%)	128 (53.3%)	132 (44.0%)	176 (39.1%)	94 (37.6%)	101 (36.1%)	132 (42.6%)	169 (41.2%)	268 (43.2%)	88 (38.3%)	46 (30.7%)
Hypertension	287 (28.7%)	152 (29.2%)	135 (28.1%)	58 (16.6%)	121 (29.5%)	108 (45.0%)	109 (36.3%)	124 (27.6%)	54 (21.6%)	86 (30.7%)	89 (28.7%)	112 (27.3%)	178 (28.7%)	64 (27.8%)	45 (30.0%)
Diabetes mellitus	96 (9.6%)	49 (9.4%)	47 (9.8%)	18 (5.1%)	41 (10.0%)	37 (15.4%)	38 (12.7%)	41 (9.1%)	17 (6.8%)	29 (10.4%)	31 (10.0%)	36 (8.8%)	61 (9.8%)	21 (9.1%)	14 (9.3%)
Ever tested for HIV	812 (81.2%)	401 (77.1%)	411 (85.6%)	301 (86.0%)	332 (81.0%)	179 (74.6%)	226 (75.3%)	369 (82.0%)	217 (86.8%)	214 (76.4%)	251 (81.0%)	347 (84.6%)	521 (84.0%)	181 (78.7%)	110 (73.3%)
Knows HIV status	731 (73.1%)	362 (69.6%)	369 (76.9%)	274 (78.3%)	301 (73.4%)	156 (65.0%)	198 (66.0%)	334 (74.2%)	199 (79.6%)	189 (67.5%)	226 (72.9%)	316 (77.1%)	478 (77.1%)	162 (70.4%)	91 (60.7%)
Mean CD4 count (cells/µL)	512 (214)	498 (209)	527 (219)	541 (226)	520 (214)	471 (198)	468 (201)	509 (212)	561 (224)	487 (205)	503 (211)	528 (219)	534 (221)	501 (210)	462 (196)
On antiretroviral therapy	689 (68.9%)	341 (65.6%)	348 (72.5%)	258 (73.7%)	284 (69.3%)	147 (61.3%)	186 (62.0%)	315 (70.0%)	188 (75.2%)	178 (63.6%)	214 (69.0%)	297 (72.4%)	452 (72.9%)	154 (67.0%)	83 (55.3%)
Viral suppression (< 1,000 copies/mL)	612 (88.8%)	298 (87.4%)	314 (90.2%)	231 (89.5%)	251 (88.4%)	130 (88.4%)	162 (87.1%)	278 (88.3%)	172 (91.5%)	154 (86.5%)	188 (87.9%)	270 (90.9%)	405 (89.6%)	137 (89.0%)	70 (84.3%)
Ever received HIV counselling	654 (65.4%)	318 (61.2%)	336 (70.0%)	246 (70.3%)	268 (65.4%)	140 (58.3%)	178 (59.3%)	296 (65.8%)	180 (72.0%)	168 (60.0%)	201 (64.8%)	285 (69.5%)	431 (69.5%)	151 (65.7%)	72 (48.0%)
Ever received antenatal care (women)	412 (82.4%)	—	412 (85.8%)	168 (80.0%)	221 (84.4%)	23 (71.9%)	121 (80.7%)	211 (83.0%)	80 (80.8%)	96 (76.8%)	124 (82.7%)	192 (84.2%)	287 (83.1%)	92 (82.1%)	33 (73.3%)
Ever received PMTCT (women)	318 (63.6%)	—	318 (66.3%)	121 (57.6%)	178 (68.0%)	19 (59.4%)	96 (64.0%)	162 (63.8%)	60 (60.6%)	71 (56.8%)	96 (64.0%)	151 (66.2%)	221 (64.0%)	71 (63.4%)	26 (57.8%)
Ever received ART	689 (68.9%)	341 (65.6%)	348 (72.5%)	258 (73.7%)	284 (69.3%)	147 (61.3%)	186 (62.0%)	315 (70.0%)	188 (75.2%)	178 (63.6%)	214 (69.0%)	297 (72.4%)	452 (72.9%)	154 (67.0%)	83 (55.3%)
Currently on ART