**Effectiveness of a scalable group-based education and monitoring program, delivered by health workers, to improve control of hypertension in rural India: a cluster randomised controlled trial**

**Short Title: Health-worker led program to control hypertension**

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**Coding for stata data file for Intervention analysis**

|  |  |
| --- | --- |
| IdNo | Unique IdNo |
| IntGroup | Intervention allocation1 = Intervention0 = Usual Care |
| region | Study region:Rishi ValleyWest GodavariTrivandrum |
| Site | 1 = Rishi Valley2 = West Godavari3 = Trivandrum |
| villagecode | Village code. Each code is a different village cluster. |
| Ageall | Self reported age (some calculated by subtracting date of birth from the date of interview) |
| AgeGroup | 1 = 18 to < 25 years2 = 25 to <35 years3 = 35 to < 45 years4 = 45 to < 55 years5 = 55 to < 65 years6 = 65+ years |
| agelt60 | Age category for forest plot1 = aged less than 60 years0 = aged 60 years or more |
| Sex | 1=Male2=Female |
| readwrite | Self-reported ability to read and write= = yes0 = No |
| Educat | Level of schooling attained:1 = no formal schooling2 = Class 1 to 63 = Class 7 to 114 = Class 12 or more |
| rationAPLorNone | Self-reporting above poverty line or having no ration card0 = No1 = Yes |
| people\_in\_hh | Number of people in household |
| fivepeopleplus | There are five or people living in the household0 = No1 = Yes |
| meanSBP | Mean systolic blood pressure level at baseline |
| baseSBPlt140 | Systolic blood pressure at baseline for forest plot1 = baseline SBP < 140 mmHg0 = baseline SBP 140 mmHg or more |
| meanDBP | Mean diastolic blood pressure level at baseline |
| baseDBPlt90 | Diastolic blood pressure at baseline for forest plot1 = baseline DBP < 90 mmHg0 = baseline DBP 90 mmHg or more |
| ControlledHTN | BP at baseline is < 140/90 mmHg0= No1 = Yes |
| BaselineBPMed | Taking medications for hypertension at baseline0= No1 = Yes |
| WHR | Waist hip ratio at baseline (waist circumference divided by hip circumference) |
| bmi | Body mass index at baseline:Obtained by dividing the weight (in kg) at by the square of height (in metres) |
| bmicat | Category of BMI at baseline0 = less than 18 kg/m21 = 18 to < 23 kg/m22 = 23 to < 25 kg/m23 = 25 kg/m2 or more |
| LastRoutineCheckup3 | Regularity of visits to doctor0 = Never1 = Regular visits to doctor2 = Irregular visits, but visited within past 12 months3 = Not visited within past year |
| LastRoutineCheckupReg | Self-reported regular checkups with doctor1 = Yes0 = No |
| HealthAccess3 | Self-reported difficulty in accessing health care1 = Not difficult2 = Difficult |
| AddSalt | Self reported adding salt to food at the table at baseline0= No1 = Yes |
| SaltAddEatSpoon | Teaspoons of salt added to food each day |
| FruitWeek | Number of serves of fruit per week at baseline |
| VegWeek | Number of serves of vegetables per week at baseline |
| WorkAndRecPhysActMETSperDAY(also named ActMETSpDAY in Imputed file) | Number of metabolic equivalent exercise per day at baseline (calculated from self-reported work and recreational activity) |
| CurrSmok2 | Self reported smoking at baseline0= No1 = Yes |
| Alc30days2 | Self reported drinking alcohol at least once in the 30 days prior to baseline0= No1 = Yes |
| FUmeanSBP | Mean systolic blood pressure level at follow up |
| FUmeanDBP | Mean diastolic blood pressure level at follow up |
| FU\_ControlledHTN | BP at follow-up is < 140/90 mmHg0= No1 = Yes |
| WHR\_FU | Waist hip ratio at follow up (waist circumference divided by hip circumference) |
| CurrentBPMedFU | Taking medications for hypertension at follow up0= No1 = Yes |
| FruitWeekFU | Number of serves of fruit per week at follow up |
| VegWeekFU | Number of serves of vegetables per week at follow up |
| FUbmi | Body mass index at follow-up:Obtained by dividing the weight (in kg) at follow-up by the square of height (in metres) at baseline |
| FUbmicat | Category of BMI at follow up0 = less than 18 kg/m21 = 18 to < 23 kg/m22 = 23 to < 25 kg/m23 = 25 kg/m2 or more |
| AddSaltFU | Self reported adding salt to food at the table at follow up0= No1 = Yes |
| CurrSmokFU2 | Self reported smoking at follow up0= No1 = Yes |
| Alc30daysFU2 | Self reported drinking alcohol at least once in the 30 days prior to follow up0= No1 = Yes |
| WorkAndRecPhysActMETSperDAY\_FU(also named ActMETS\_FU in Imputed file) | Number of metabolic equivalent exercise per day at follow up (calculated from self-reported work and recreational activity) |
| SBPdiff | Subtraction of mean systolic blood pressure at follow-up from mean systolic blood pressure at baseline |
| DBPdiff | Subtraction of mean diastolic blood pressure at follow-up from mean diastolic blood pressure at baseline |
| changebmi | Subtraction of body mass index at follow-up from body mass index at baseline |
| changeWHR | Subtraction of waist hip ratio at follow-up from waist hip ratio at baseline |
| changeWHR2 | Subtraction of waist hip ratio at baseline from waist hip ratio at follow-up |
| ChangeFruit | Subtraction of fruit serves per week at baseline from fruit serves per week at baseline follow-up |
| ChangeWorkAndRecPhysActMETSpDAY(also named ChangeActMETS in Imputed file) | Subtraction of metabolic equivalents per day at baseline metabolic equivalents per day at baseline follow-up |
| \_mi\_m | 0 = original data set1-20 indicates the database number for each iteration |
| \_mi\_miss | 0 = not missing in original data set1 = missing in original data set |
| \_mi\_id | Id number for matching id (i.e. each of the 20 iterations and the original data set have the same id) |