

Supplementary files

Table S1: Characteristics of wards of Dhulikhel Municipality

Index: Blue colour: Intervention cluster, Grey colour: Control cluster

S.N	Health care centers	Ward No	Location of ward offices	Total Population	Intervention/Control
1	Urban Health Center	03	Dhulikhel	2220	Intervention
2	Urban Health Center	05	Shreekhandapur	3937	Control
3	Dhulikhel Hospital	06	Bhagawatisthan	1923	Control
4	PHC and Urban Health Center	08	Bhattedanda	3102	Intervention

Table S2: Characteristics of wards of Patan, Lalitpur Metropolitan City

Index: Blue colour: Intervention cluster, Grey colour: Control cluster

S.N	Ward	Location of ward offices	Population (2068 B.S data)	Intervention/Control
1	03	Pulchowk	14,082	Intervention
2	06	Kanibahal	6,780	Control
3	07	Tyagal	6,849	Intervention
4	08	Guitol	11,400	Control
5	09	Bholdhoka	13,908	Intervention
6	11	Alukohiti	10,109	Control
7	12	Lagankhel	14,867	Intervention
8	16	Dhaugalbazaar	10,349	Control
9	19	Agnishal	7,385	Control
10	20	Na:bahal	12,380	Intervention

Table S3: Details of the variables

Variables (Unit of measurement)	Methods and tool	Baseline	Endline
Socio-demographic characteristics <ul style="list-style-type: none"> ● Age (years) ● Gender (Male / Female/ Others) ● Education (Completed grades (in years) ● Ethnicity (Brahmin / Newars / Others) ● Residency (Rural / Urban) ● Occupation (Housewife / Business / Agriculture / Office (Professional) / Unemployed) ● Annual Household per capita Income (Nepali Rupees per year) 	Interview method and Tool questionnaire	Yes	No
Clinical History <ul style="list-style-type: none"> ● History of prediabetes (Yes/ No) ● Duration of prediabetes (Years / Months) ● Intake of prediabetes medicines (Yes / No) ● Duration of prediabetes medication intake (Years / Months) ● Types of prediabetes medication (Oral Hypoglycemic Agents/ Insulin / Both) ● Immediate family members with diabetes (Yes / No) ● History of Hypertension: Yes / No) ● History of current antihypertensive medication (Self report: Yes / No) ● Diabetes counseling (defined diabetes counseling) 	Interview method and Tool questionnaire	Yes Yes Yes Yes Yes Yes Yes Yes Yes	Yes Yes Yes Yes Yes Yes Yes Yes Yes
Behavioral Factors <ul style="list-style-type: none"> ● Smoking History (Yes/ No) ● Type of smoker (Non-smoker/ Current smoker/ Former smoker) ● Number of cigarettes per day ● History alcohol intake (Drinks per week) ● Exercise (Global Physical activity questionnaire) (METs Minutes per week) ● 24 hour diet recall (Total calorie intake per day) ● Self reported regular sleep – (Yes / No) ● Self reported sleep duration (Yes / No) 	Interview method and Tool questionnaire	Yes Yes Yes Yes Yes Yes Yes Yes	Yes Yes Yes Yes Yes Yes Yes Yes
Anthropometric measurements <ul style="list-style-type: none"> ● Weight [Kilogram (kg)] ● Height [Centimeter (cm)] ● Hip circumference [Centimeter (cm)] ● Waist circumference [Centimeter (cm)] ● Blood Pressure (mmHg) 	Measurements	Yes Yes Yes Yes Yes	Yes No Yes Yes Yes
Blood test - <ul style="list-style-type: none"> ● RBS (mg/dl) ● HbA1c test (%) 	Tests	Yes Yes	No Yes

Diabetes Knowledge Questionnaire (DKQ)	Interview method and Tool questionnaire	Yes	Yes
Diabetes Literacy Assessment (Measuring functional, communicative, and critical health literacy among diabetes patients)	Interview method and Tool questionnaire	Yes	Yes