

## Measurement of physical activity and dietary servings

### Inadequate fruits and/ vegetables intake

Less than five servings of fruits and/vegetable a day was considered as inadequate [14]. One standard serving size (80 grams) of fruits/vegetables is translated into different units of cups depending on type of fruits/vegetable and standard cup measures available in the country. Here, one medium size piece of fruit (apple, banana, orange) or half cup of fruits as chopped, Cooked, caned or juice (not artificially flavored) is considered as one serving. Similarly, one cup of raw green leafy vegetables or half cup of other vegetables as cooked, chopped or juice is equivalent to one serving size [14].

### Low physical activity

As per the STEPS protocol, we converted all work-related physical activities in metabolic equivalent of task in minutes per day (MET-minute):

1 minute in sedentary position = 1 MET-minute

1 minute in a moderate physical activity = 4 MET-minutes

1 minute in a vigorous physical activity = 8 MET-minutes

All MET-minutes were then added together to get the cumulative MET-minutes. Based on the cumulative MET-minutes, participants were categorized as less, moderately, and highly active [14]:

≤ 600 MET-minutes per week = less active

≈ 600–3000 MET-minutes per week = moderately active

≥ 3000 MET-minutes per week = highly active

### Reference

14. Non-Communicable Disease Risk Factor Survey Bangladesh 2010. [https://www.who.int/ncds/surveillance/steps/2010\\_STEPS\\_Report\\_Bangladesh.pdf](https://www.who.int/ncds/surveillance/steps/2010_STEPS_Report_Bangladesh.pdf)  
<http://www.who.int/chp/steps/bangladesh/en/> (Accessed 3, April 2019).