

Table 1: Sociodemographic and lifestyle characteristics of participants (n=338)

Variable	n (%) or mean $\pm$ SD or median [IQR]
Age (years)	53.8 $\pm$ 8.8
Age Categories	
30 – 40	34 (10.1)
41 – 50	76 (22.5)
51 – 60	126 (37.3)
61 – 64	102 (30.2)
Gender	
Male	142 (42.0)
Female	196 (58.0)
Ethnicity	
Malay	263 (77.8)
Chinese	22 (6.5)
Indian	48 (14.2)
Others	5 (1.5)
Education level	
None	5 (1.5)
Primary	19 (5.6)
Secondary	205 (60.7)
Tertiary	109 (32.2)
Years of education	11.5 $\pm$ 3.2
Marital status	
Single	22 (6.5)
Married	277 (82.0)
Divorced/Widowed	39 (11.5)
Occupational status	
Unemployed	135 (40.0)
Part-time job	27 (8.0)
Full-time job	136 (40.2)
Retired	40 (11.8)
B40 Household Income Categories <sup>a</sup>	
Less than RM3,480 (B1)	152 (45.0)
RM3,480 - RM4,659 (B2)	66 (19.5)
RM4,660 - RM5,839 (B3)	65 (19.2)
RM5,840 - RM6,959 (B4)	55 (16.3)
Monthly household income (RM)	3,6780 $\pm$ 1,787
Number of household members	3.9 $\pm$ 1.8
Number of children	0.7 $\pm$ 1.2
Number of elderly	0.2 $\pm$ 0.5
Number of working adults	1.4 $\pm$ 0.9
Financial aid	
Yes	179 (53.0)
No	159 (47.0)
Sleeping hours	6.4 $\pm$ 1.4
Sleeping difficulty	
Yes	107 (31.7)
No	231 (68.3)
Physical activity	

MET-minutes/week	347 [33-1386]
Physical activity category	
Low (<600 MET-minutes/week)	210 (62.2)
Moderate (600-2,999 MET-minutes/week)	90 (26.6)
High ( $\geq 3,000$ MET-min/week or $\geq 1,500$ MET-min/week with vigorous activity)	38 (11.2)
Stress level	
Stress score	9.0 $\pm$ 7.7
Stress Category	
Low	223 (66.0)
Moderate	112 (33.1)
High	3 (0.9)
Smoking habits	
Yes	84 (24.9)
No	254 (75.1)
Still smoking (n=44) (years)	25.6 $\pm$ 13.1
Stopped smoking (n=42) (years)	15.6 $\pm$ 26.2

<sup>a</sup>Department of Statistics Malaysia (2019); B40: bottom 40% of the household income population; MET metabolic equivalent task