

Table 2: Clinical, nutritional, and food insecurity characteristics of participants (n=338)

Variable	n (%) or mean $\pm$ SD
Number of NCDs	2.6 $\pm$ 0.8; most common: 3
T2D	
Yes	263 (77.8)
No	75 (22.2)
Hypertension	
Yes	272 (80.2)
No	67 (19.8)
Dyslipidemia	
Yes	288 (85.2)
No	50 (14.8)
Other NCDs	
Yes	57 (16.9)
No	281 (83.1)
Anthropometry measurements	
Height (m)	1.60 $\pm$ 0.10
Weight (kg)	77.9 $\pm$ 18.9
BMI (kg/m <sup>2</sup> )	30.1 $\pm$ 6.0
BMI Categories (Asians) <sup>a</sup>	
Underweight	1 (0.3)
Normal	28 (8.3)
Overweight	98 (29.0)
Obese I	107 (31.7)
Obese II	72 (21.3)
Obese III	32 (9.4)
Waist circumference (cm) (n=329)	98.0 $\pm$ 13.3
Male (cm) (n=140)	101.1 $\pm$ 15.3
Female (cm) (n=189)	95.8 $\pm$ 11.1
Vital signs	
Systolic BP (mmHg)	134.8 $\pm$ 14.9
Diastolic BP (mmHg)	78.1 $\pm$ 9.5
Biochemical data	
FBG (n=288) (mmol/L)	7.7 $\pm$ 2.8
RBG (n=128) (mmol/L)	8.9 $\pm$ 3.6
HbA1c (n=257) (%)	7.9 $\pm$ 1.8
TC (mmol/L)	4.9 $\pm$ 1.2
LDL-C (mmol/L)	2.9 $\pm$ 1.1
HDL-C (mmol/L)	1.3 $\pm$ 0.3
TG (n=337) (mmol/L)	1.6 $\pm$ 0.9
FRS Classification	
Low Risk	85 (25.2)
Moderate Risk	119 (35.2)
High Risk	134 (39.6)
Food Security Status	
Food Secure	240 (71.0)
Food Insecure	98 (29.0)
FIES Category	
Food secure	240 (71.0)

Mild FI	73 (21.6)
Moderate FI	21 (6.2)
Severe FI	4 (1.2)
Coping strategies	
MCSI Score	9 [6-15]
Food secure (1 <sup>st</sup> tertile MCSI)	56 (16.6)
Moderately food insecure (2 <sup>nd</sup> tertile MCSI)	176 (52.1)
Severely food insecure (3 <sup>rd</sup> tertile MCSI)	106 (31.4)

NCD: non-communicable disease; T2D: type 2 diabetes; BMI: body mass index; BP: blood pressure; FBG: fasting blood glucose; RBG: random blood glucose; HbA1c: hemoglobin A1c; TC: total cholesterol; LDL-C: low-density lipoprotein cholesterol; HDL-C: high-density lipoprotein cholesterol; TG: triglyceride; FRS: Framingham risk score; FI: Food Insecurity; FIES: Food Insecurity Experience Scale; MCSI: Malaysian Coping Strategy Instrument

<sup>a</sup>World Health Organization Expert Consultation (2004)