

Annex 2. Operational definition

Alcohol usage is defined as the use of any type of alcohol-based beverage, whether locally produced or manufactured in industries, by the participant/s in any volume regularly ranging from days to months. Occasional intakes for holidays, ceremonies, and intakes with a longer than monthly interval were ignored.

Biomarkers: Biomarkers are indicators of a biological state or condition that may be measured. Waist-grid, BMI, blood pressure, lipid profile, CD4 and VL measurements, and blood sugar readings are all included.

Cigarette smoking is described as the habitual use of tobacco, whether locally produced or made in factories, by the participant/s on a daily, weekly, or monthly basis in any form or volume.

Coffee-use is defined as the frequent use of coffee, whether locally produced or manufactured in industries, by the participant/s in any amount on a daily or weekly basis.

Family history of cardiometabolic disease: A positive history of cardiovascular diseases (diabetes, hypertension, heart failure, coronary heart disease, or dyslipidemia) in a first-degree relative is characterized as a family history of cardiometabolic disease.

Khat-chewing is described as the participant/s' current use of the Khat-plant in any form or volume on a daily, weekly, or monthly basis. Khat is a plant whose leaves are chewed or dried, crushed, and sipped as tea in the East African region, as well as some parts of the Middle East, for stimulation or enlightenment.

Risk Factor: A risk factor or determinant is a variable that is associated with an increased risk of illness or infection. Age, race/ethnicity, gender, certain medical issues, drug usage, poverty and congestion, certain vocations, and pregnancy are just a few of the factors.