

**Supplementary Table 1.** Demographics of the study population (aged 18-49 years)

Variables	Total		Income level						p-value		
			High		Middle		Low			Medical Aid beneficiaries	
	n	%	n	%	n	%	n	%		n	%
Total	9,122	100.0	3,100	100.0	2,936	100.0	2,336	100.0	750	100.0	
Sex											<0.01
Female	3,736	41.0	1,236	39.9	1,194	40.7	943	40.4	363	48.4	
Age (y)											<0.01
18-33	683	7.5	210	6.8	194	6.6	216	9.2	63	8.4	
34-49	8,439	92.5	2,890	93.2	2,742	93.4	2,120	90.8	687	91.6	
Residential area											0.02
Metropolitan	4,153	45.5	1,380	44.5	1,326	45.2	1,107	47.4	340	45.3	
Urban	4,196	46.0	1,476	47.6	1,338	45.6	1,051	45.0	331	44.1	
Rural	773	8.5	244	7.9	272	9.3	178	7.6	79	10.5	
CCI											<0.01
≤2	5,492	60.2	1,913	61.7	1,854	63.1	1,406	60.2	319	42.5	
3-5	3,146	34.5	1,084	35.0	946	32.2	788	33.7	328	43.7	
≥6	484	5.3	103	3.3	136	4.6	142	6.1	103	13.7	
Physical disability severity											
None	8,537	93.6	3,001	96.8	2,854	97.2	2,181	93.4	501	66.8	
Mild	169	1.9	15	0.5	11	0.4	30	1.3	113	15.1	
Moderate and severe	416	4.6	84	2.7	71	2.4	125	5.4	136	18.1	
Diagnosis of DM	4,338	47.6	1,401	45.2	1,341	45.7	1,123	48.1	473	63.1	<0.01
Diagnosis of dislipidemia	7,192	78.8	2,472	79.7	2,273	77.4	1,804	77.2	643	85.7	<0.01
CMA											<0.01
Good (≥50%)	7,156	78.4	2,538	81.9	2,301	78.4	1,738	74.4	579	77.2	
Poor (<50%)	1,966	21.6	562	18.1	635	21.6	598	25.6	171	22.8	
Stroke event											<0.01
Total	247	2.7	63	2.0	70	2.4	72	3.1	42	5.6	
Hemorrhagic	52	0.6	12	0.4	10	0.3	18	0.8	12	1.6	
Ischemic	210	2.3	53	1.7	62	2.1	63	2.7	32	4.3	

CCI, Charlson comorbidity index; DM, diabetes mellitus; CMA, cumulative medication adherence.