

Figure S1 *Efficacy and Empowerment Studies* intervention and assessment schemes

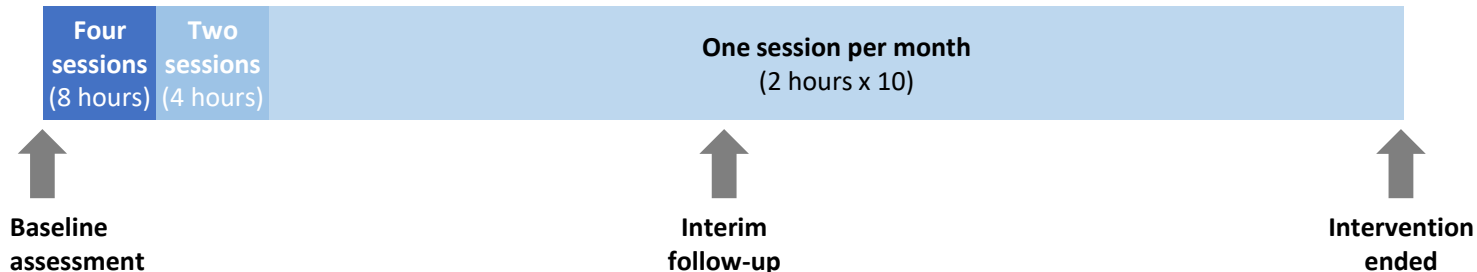
Efficacy Study

Control:

- Periodic telephone health promotion (~3-monthly)

Standard multidomain intervention:

- Physical exercise (45 min), cognitive training (60 min), diet advice (15 min)
- 3–4 disease education classes (30–60 min)



Empowerment Study

Control:

- Standard multidomain intervention

Enhanced multidomain intervention:

- Revised *Efficacy Study* teaching materials
- Physical exercise (45 min), cognitive training (60 min), diet advice (15 min)
- 1–2 disease education classes (30–60 min)

PLUS:

- Post-curriculum learning sheets
- Goal-setting & monitoring (eg, pedometer)
- Community-leader involvement
- Individual encouragement & motivation

