

Figure S1. Flow chart of the participants analyzed

Table S1. Characteristics of participants and counselors, and the mode, initial timing, and number of counseling sessions according to years of experience for lifestyle-related disease counseling

Ages of health counselors, years	< 3	3–5	≥ 6
Characteristics of participants			
Number of participants	4,032	1,891	1,779
Age, years, mean ± SD	63.6 ± 8.2	63.0 ± 8.7	62.9 ± 8.5
Men, n (%)	2,662 (66.0)	1,240 (65.6)	1,170 (65.8)
Grade II or higher hypertension, n (%)	2,376 (58.9)	1,092 (57.8)	1,005 (56.5)
Diabetes mellitus, n (%)	730 (18.1)	371 (19.6)	362 (20.4)
Dyslipidemia among men, n (%)	914 (34.5)	437 (35.4)	386 (33.3)
Proteinuria, n (%)	405 (10.1)	186 (9.9)	198 (11.2)
Characteristics of counselors			
Women, n, %	3,961 (98.2)	1,891 (100.0)	1,762 (99.0)
Men, n, %	71 (1.8)	0 (0.0)	17 (1.0)
Profession			
Public health, n (%)	3,418 (84.8)	1,493 (79.0)	1,303 (73.2)
Clinical nurse, n (%)	111 (2.8)	87 (4.6)	398 (22.4)
Nutritionist, n (%)	503 (12.5)	311 (16.5)	78 (4.4)
Years of experience for general counseling, mean ± SD			
< 3, n (%)	2,050 (50.9)	5 (0.3)	0 (0.0)
3–9, n (%)	559 (13.9)	1,021 (54.0)	574 (32.3)
10–19, n (%)	674 (16.7)	416 (22.0)	686 (38.6)
≥ 20, n (%)	747 (18.5)	449 (23.7)	519 (29.2)
Counselling mode, n (%)			
Home visit	2,084 (51.7)	994 (52.6)	1,114 (62.6)
Face-to-face in a public place	1,130 (28.0)	522 (27.6)	353 (19.8)
Telephone	192 (4.8)	107 (5.7)	76 (4.3)
Incomplete	626 (15.5)	268 (14.2)	236 (13.3)
Initial timing, n (%)			
≤ 45 days	1,501 (37.2)	743 (39.3)	572 (32.2)
46–90 days	1,077 (26.7)	474 (25.1)	500 (28.1)
≥ 91 days	945 (23.4)	424 (22.4)	492 (27.7)
Incomplete	509 (12.6)	250 (13.2)	215 (12.1)
Number of counseling sessions, n (%)			
1	1,619 (40.2)	831 (44.0)	696 (39.1)
2	1,146 (28.4)	471 (24.9)	561 (31.5)
3	751 (18.6)	377 (19.9)	351 (19.7)
Incomplete	516 (12.8)	212 (11.2)	171 (9.6)

SD: standard deviation

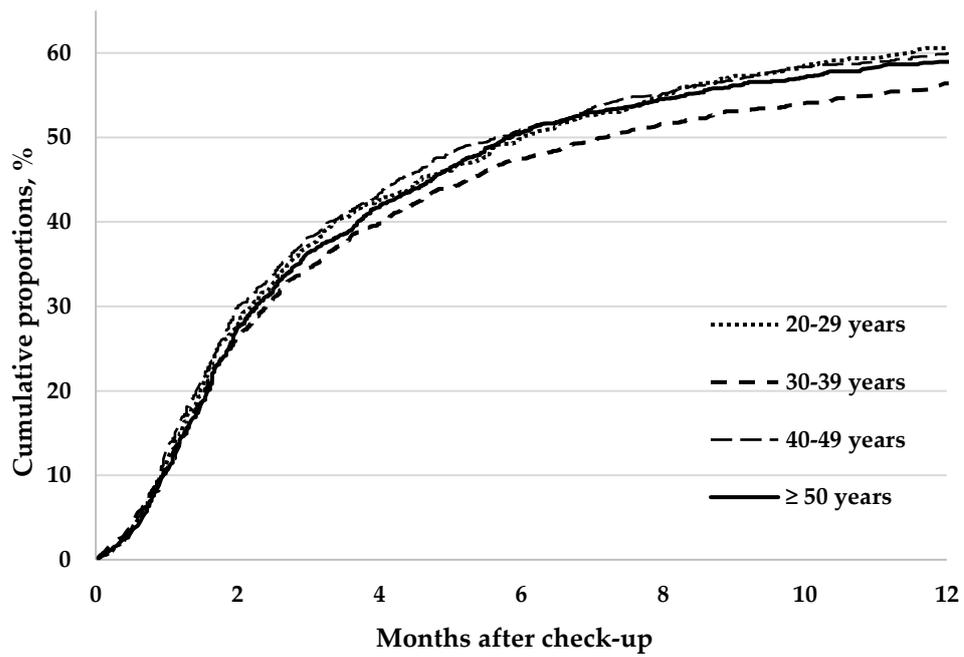


Figure S2. The cumulative proportions of clinical visits for participants according to the health counselor's age

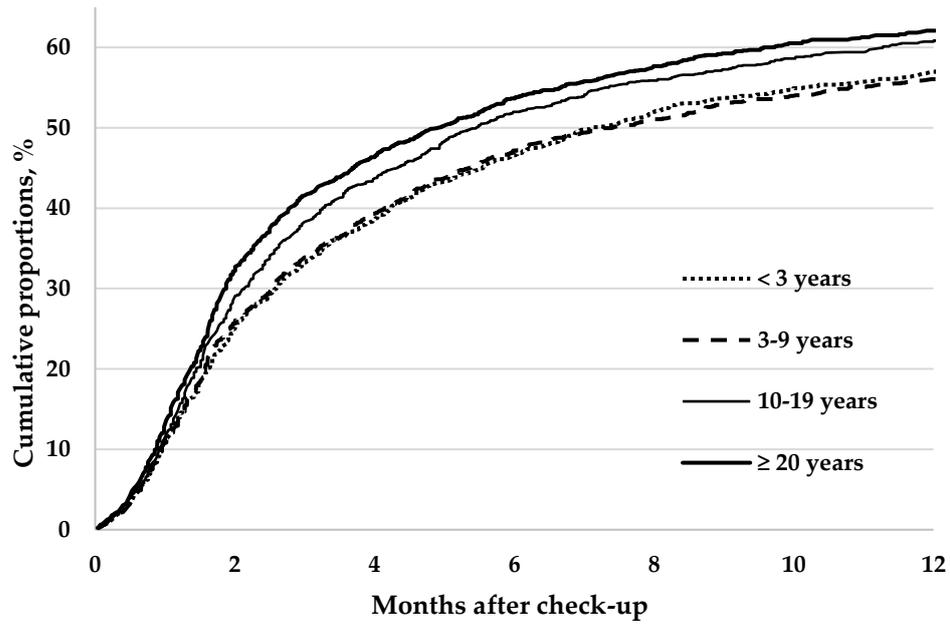


Figure S3. The cumulative proportions of clinical visits for participants according to the years of experience in general counseling

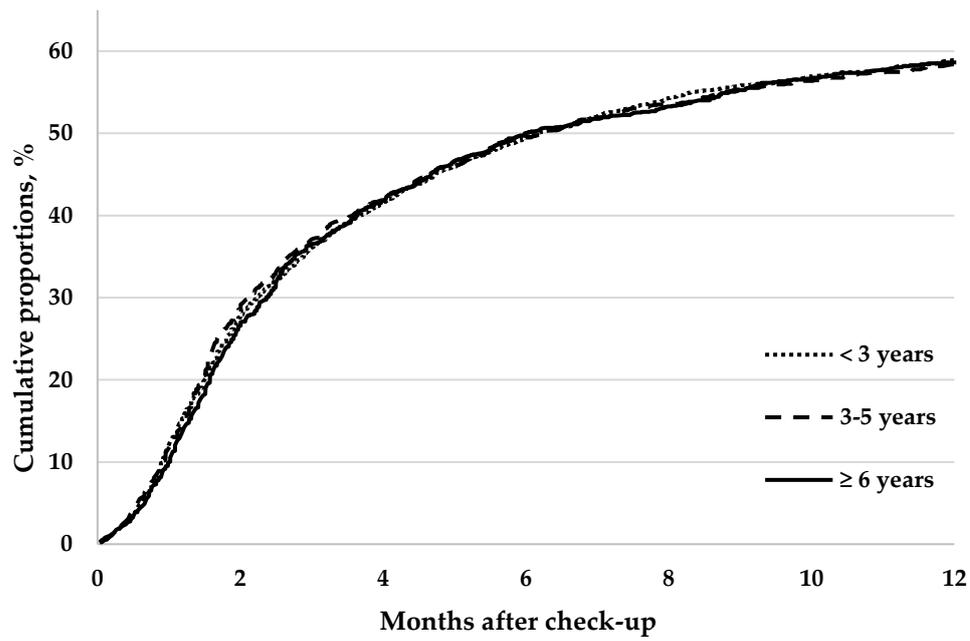


Figure S4. The cumulative proportions of clinical visits for participants according to the years of experience in lifestyle-related disease counseling