

Supplementary Table 1: Sociodemographic and health characteristics of study respondents attending DYDH, South Africa, February–July 2023 (N = 400)

Variable	Categories	N	Percentage(%)
Gender	Male	205	51.25
	Female	195	48.75
Marital status	Single	186	46.5
	Married	151	37.75
	Others (Divorced/Widowed/Separated)	64	15.75
Employment	Pensioner	98	24.5
	Employed (Professional + Artisan+ Self)	172	43.0
	Unemployed+ Student	130	32.50
Educational attainment	No formal education	9	2.25
	Primary school education	25	6.25
	Secondary education	185	71.25
	Tertiary	81	20.25
Ethnicity	Blacks	260	65.0
	White	126	31.5
	Coloured	8	2.0
	Indians	6	1.5
Health status	Good	181	45.25
	Average	142	35.5
	Poor	68	17.0
	Don't know	9	2.25

Supplementary Table 2: Cigarette and smokeless tobacco use characteristics among tobacco users attending DYDH, South Africa, February–July 2023 (N = 365)

Variable	Categories	Frequency	Percentage(%)
Cigarettes users' group profile (n=287)			
Frequent use of cigarette	Daily (Ref)	264	91.9
	Less than daily	22	7.67

	No response	1	0.35
Type of cigarette smoked	Manufactured (menthol only)	58	20.21
	(Ref)	181	63.07
	Manufactured (non-menthol)	43	14.98
	Manufactured (either)	12	1.18
	Others		
Number of cigarettes smoked per day	Median	10 (5-15)	
	Interquartile Range (IQR)		
Length of smoking in years	Median (IQR)	20(10-35)	
Mean pack year	Mean	14.5	
Nicotine dependence level based on the heaviness of smoking index	Low	175	60.98
	Moderate	61	21.25
	High (Ref)	51	17.77
Smokeless tobacco (snuff) user profile (n=78)			
Frequent use of smokeless tobacco (snuff)	Daily (Ref)	56	71.79
	Less than daily	22	28.21
Length of snuff use in years	Median (IQR)	10 (3 to 20) years	
Number of snuff dips per day	Median (IQR)	3 (1 to 4) times	

NOTE; Interquartile Range (IQR), Ref: Reference

Supplementary Table 3: Health behaviours: Fruits vegetables intake, physical activities and alcohol use of patients attending DYDH, South Africa, February–July 2023 (N = 400)

Item	Responses	n(%)	Percentage(%)
Intake of F&Vs			
F&V intake	Less than a portion	219	54.75
	daily	181	45.25
	One portion daily	3	0.75%
	(Ref) Met WHO		
Physical activity			
Overall physical involvement	No	65	16.25
	Yes	332	83.0
	Not specified	3	0.75
Meet WHO guidelines	No	207	62.35
	Yes (Ref)	125	37.65
Workday length	Mean	8 hours	
Time spent sitting or reclining (lying)	Median (IQR)	3 (2 to 5) hours	
Alcohol intake and heaviness (n=271)			
Do you take drinks containing alcohol?	No	129	32.25
	Yes	271	67.75
Alcohol use	Harmful (Ref)	47	17.34
	Not harmful	224	82.66

NOTE; Interquartile Range (IQR), Ref: Reference