

In-depth Interview / FGD guideline for participant:

1. What do you know about healthy lifestyle habits?
2. Where do you obtain information related to this?
3. What benefits do you gain from practicing healthy lifestyle habits?
4. What health dangers/risks can arise from unhealthy lifestyle habits?
5. What does your daily diet look like?
6. What are the barrier and facilitator affecting your daily healthy diet?
7. What does your daily physical activity look like?
8. What are the barrier and facilitator affecting your daily physical activity habits?
9. If you suffer from non-communicable diseases such as hypertension or diabetes, do you regularly see a doctor? Probing: If not, what is the reason?
10. If you suffer from non-communicable diseases such as hypertension or diabetes, do you take medication regularly? Probing: If not, what is the reason?
11. Is there anything you would like to add regarding the information that has been provided?

In-depth Interview guideline for community leader/health cadre/community health worker:

1. What do you know about healthy lifestyle habits?
2. Where do you obtain information related to this?
3. What benefits do you gain from practicing healthy lifestyle habits?
4. What health dangers/risks can arise from unhealthy lifestyle habits?
5. What activities already exist to support healthy lifestyle in the community for the prevention and control of non-communicable diseases?
6. What are facilitators, including activities that already exist to support healthy lifestyle in the community for the prevention and control of non-communicable diseases?
7. What are barriers, including activities that already exist to support healthy lifestyle in the community for the prevention and control of non-communicable diseases?
8. Is there anything you would like to add regarding the information that has been provided?