

Table S1: Socio-demographic Profile of the study participants (N=1010)

| Variables | n | % |
|---------------------------------|------------|------|
| Residence | | |
| Urban | 509 | 50.4 |
| Rural | 501 | 49.6 |
| Class in which studying | | |
| 6 to 8 | 497 | 49.2 |
| 9 to 10 | 327 | 32.4 |
| 11 to 12 | 186 | 18.4 |
| Age groups (adolescence) | | |
| Early (10-13 years) | 350 | 34.7 |
| Middle (14-16 years) | 521 | 51.6 |
| Late (17-19 years) | 138 | 13.7 |
| Mean age | 14.25±1.88 | |
| Gender | | |
| Girls | 639 | 63.3 |
| Boys | 371 | 36.7 |
| Religion | | |
| Hindu | 905 | 89.6 |
| Muslim | 105 | 10.4 |
| Caste category | | |
| SC/ST* | 352 | 34.9 |
| OBC* | 500 | 49.5 |
| Other | 158 | 15.6 |
| Type of family | | |
| Nuclear | 623 | 61.7 |
| Joint | 387 | 38.3 |
| Family size | | |
| ≤5 | 315 | 31.2 |
| >5 | 695 | 68.8 |
| Mean Family size | 7.44±3.66 | |
| No. of siblings | | |
| ≤2 | 312 | 30.9 |
| >2 | 698 | 69.1 |
| Mean No. of siblings | 3.38±1.60 | |

*SC-Schedule Caste, ST- Schedule Tribe, OBC- Other Backward Caste

Table S2: Educational and occupational status of parents of adolescents (N=1010)

| Variables | n | % |
|----------------------------|-----|------|
| Father's education | | |
| Illiterate | 98 | 9.7 |
| Pre-primary | 101 | 10 |
| Primary | 212 | 21 |
| Middle | 261 | 25.8 |
| Secondary | 232 | 23 |
| Higher sec. and above | 106 | 10.5 |
| Mother's education | | |
| Illiterate | 356 | 35.2 |
| Pre-primary | 195 | 19.3 |
| Primary | 221 | 21.9 |
| Middle | 133 | 13.2 |
| Secondary | 78 | 7.7 |
| Higher sec. and above | 27 | 2.7 |
| Father's occupation | | |
| Farmer | 229 | 22.7 |
| Skilled Labor | 167 | 16.5 |
| Unskilled Labor | 531 | 52.6 |
| Shopkeeper/Businessman | 28 | 2.8 |
| Govt. or Pvt. Job | 49 | 4.9 |
| Unemployed | 6 | 0.6 |
| Mother's occupation | | |
| Farmer | 41 | 4.1 |
| Skilled Labor | 31 | 3.1 |
| Unskilled Labor | 38 | 3.8 |
| Shopkeeper/Businessman | 2 | 0.2 |
| Govt. or Pvt. Job | 29 | 2.9 |
| Housewife | 869 | 86 |

Table S3: Distribution of adolescents as per the knowledge related variables (N=1010)

| Variables | n | % |
|--|-----|------|
| Ever heard of any NCDs | 918 | 90.9 |
| Heard about different NCDs | | |
| Hypertension | 912 | 90.3 |
| CHD | 824 | 81.6 |
| Obesity | 894 | 88.5 |
| Diabetes Mellitus | 855 | 84.7 |
| Cancer | 854 | 84.6 |
| Stroke | 603 | 59.7 |
| Blindness | 606 | 60 |
| Accidents | 720 | 71.3 |
| Aware about the risk factors for NCDs | | |
| Cigarette | 956 | 94.7 |
| Bidi | 966 | 95.6 |
| Alcohol | 961 | 95.1 |
| Passive smoking | 852 | 84.4 |
| Junk food | 809 | 80.1 |
| Obesity | 865 | 85.6 |
| Excess salt consumption | 822 | 81.4 |
| Stress | 800 | 79.2 |
| Anxiety | 906 | 89.7 |
| Lack of physical activity | 813 | 80.5 |
| Knowledge about complications of NCDs | | |
| Joint pain | 911 | 90.2 |
| Heart attack | 916 | 90.7 |
| Chronic respiratory disease | 804 | 79.6 |
| Chronic kidney disease | 753 | 74.6 |
| Diabetic Retinopathy | 843 | 83.5 |
| Stroke | 682 | 67.5 |
| Hypercholesterolemia | 573 | 56.7 |
| NCDs are preventable | | |
| Yes | 916 | 90.7 |
| No/Don't know | 94 | 9.3 |
| Knowledge about preventable NCDs | | |
| Hypertension | 844 | 83.6 |
| CHD | 763 | 75.5 |
| Obesity | 860 | 85.1 |
| Diabetes Mellitus | 847 | 83.9 |
| Cancer | 812 | 80.4 |
| Stroke | 565 | 55.9 |
| Blindness | 582 | 57.6 |
| Accidents | 698 | 69.1 |
| Methods to prevent NCDs | | |
| Meditation / yoga | 978 | 96.8 |
| Avoid bidi/cigarette | 990 | 98 |
| Avoid alcohol | 993 | 98.3 |
| Active exercise | 981 | 97.1 |
| Avoid excess salt consumption | 905 | 89.6 |

Table S4: Scoring of risk factors of adolescents

| Variables | Score (total 30) |
|---|------------------|
| Fruit intake (days per week) | |
| None | 3 |
| ≤3 | 2 |
| 4 to 6 | 1 |
| Everyday | 0 |
| Average servings of consumption on the day fruits are consumed | |
| ≤2 | 1 |
| >2 | 0 |
| Vegetable intake (days per week) | |
| Irregularly | 1 |
| Daily | 0 |
| Average servings of consumption on the day vegetables are consumed | |
| ≤2 | 1 |
| >2 | 0 |
| Had meal cooked outside home in last 7 days | |
| >2 meals | 2 |
| 1-2 meals | 1 |
| Never | 0 |
| Skipped breakfast in last 30 days | |
| Did not have breakfast | 2 |
| Irregular skips | 1 |
| Never skip | 0 |
| Duration and frequency of Moderate to vigorous physical activity | |
| No physical activity | 4 |
| Irregularly <60 minutes | 3 |
| Irregularly ≥60 minutes | 2 |
| Daily <60 minutes | 1 |
| Daily ≥60 minutes | 0 |
| Time spend sitting or reclining in a typical day | |
| >8 hours | 2 |
| 5-8 hours | 1 |
| ≤4 hours | 0 |
| Positive family history of NCDs | |
| Hypertension | 1 |
| Chronic Heart Diseases | 1 |
| Obesity | 1 |
| Diabetes Mellitus | 1 |
| Cancer | 1 |
| Stroke | 1 |
| Blindness | 1 |
| Accidents/fall | 1 |
| Positive addiction history | |
| Smoking | 1 |
| Alcohol | 1 |
| Chewing Tobacco | 1 |
| Nutritional status (BMI) | |
| Obese (>95th percentile) | 3 |
| Overweight/ (>85th to 95th percentile) | 2 |
| Undernourished (<5th percentile) | 1 |
| Normal (5th to 85th percentile) | 0 |

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Supplementary Tables 1 – 4 and Supplementary Figure 1

Supplementary Figure 1: