

Appendix 1. Medical History of Participants

Self-history			
Breast cancer	No	249	99.6%
	Yes	1	0.4%
Colon cancer	No	249	99.6%
	Yes	1	0.4%
Diabetes	No	215	86.0%
	Yes	35	14.0%
Hypertension	No	226	90.4%
	Yes	24	9.6%
CVD	No	241	96.4%
	Yes	9	3.6%
Non	No	47	18.8%
	Yes	203	81.2%
Family history			
Breast cancer	No	244	97.6%
	Yes	6	2.4%
Colon cancer	No	243	97.2%
	Yes	7	2.8%
Diabetes	No	141	56.4%
	Yes	109	43.6%
Hypertension	No	172	68.8%
	Yes	78	31.2%
CVD	No	220	88.0%
	Yes	30	12.0%
Non	No	129	51.6%
	Yes	121	48.4%