Supplemental Material 1

Survey on the Lifestyle of the BiH Population and behavioral risk Factors Associated with noncommunicable Diseases

Introduction and Consent

The goal of this survey is to analyze the lifestyle of the population in Bosnia and Herzegovina (age group 18 to 65) and the risk factors we can influence regarding the onset of chronic non-communicable diseases. Lifestyle is linked to numerous risk factors for non-communicable diseases, which is why it is the focus of this survey. The results will be used for scientific research. By completing this survey, you consent to your data being documented and archived for this or future scientific questions related to lifestyle. This survey is anonymous and does not contain questions that would incriminate your privacy or identity.

(The original questionnaire was translated to English from Bosnian/Croatian/Serbian languages)

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1. General Information

- 1. Year of Birth: _____
- 2. Gender: [ ] Male [ ] Female
- 3. Medical Record Location: (City and Clinic) _____
- 4. Place of Residence: [ ] Urban [ ] Rural
- 5. Highest Education Level:
    - [ ] Elementary school
    - [ ] Secondary vocational education
    - [ ] Higher vocational education
    - [ ] University degree
    - [ ] Other: _____

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2. Physical Measurements and Activity

- 6a. Body Weight (kg): _____

- 6b. Body Height (cm): _____
- 6c. Waist Circumference (cm): _____
- 7. Moderate Physical Activity (per week):
    - [ ] More than 150 minutes
    - [ ] Between 75 and 150 minutes
    - [ ] Less than 75 minutes

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3. Dietary Habits

- 8. Daily Fruit Intake: (Avg. apple/orange is 150g)
    - [ ] Several portions (> 400g)
    - [ ] One portion (200–400g)
    - [ ] Very rarely or never (< 200g)
- 9. Daily Fiber Intake: (Found in vegetables and whole-grain flour)
    - [ ] More than 30 grams
    - [ ] Between 15 and 30 grams
    - [ ] Less than 15 grams
- 10. "Fast Food" or Processed Food (high in fats and/or sugar) as a % of diet:
    - [ ] Less than 1/3
    - [ ] 2/3 of my diet
    - [ ] More than 2/3
- 11. Weekly Red or Processed Meat Intake:
    - [ ] Red meat < 500g OR processed meat < 21g

- [ ] Red meat < 500g OR processed meat 21–100g
- [ ] Red meat > 500g OR processed meat > 100g

- 12. Daily Salt Intake: (5g = approx. 3/4 of a teaspoon)
  - [ ] More than 10 grams
  - [ ] Between 5 and 10 grams
  - [ ] Less than 5 grams

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4. Lifestyle and Health Habits

- 13. Daily Alcohol Consumption: (10g alc = 280ml beer / 100ml wine / 30ml spirits)
  - [ ] 0 grams/day
  - [ ] 0–28g (Men) or 0–14g (Women)
  - [ ] More than 28g (Men) or 14g (Women)
- 14. Smoking Status:
  - [ ] Active smoker
  - [ ] Former smoker
  - [ ] Non-smoker
- 15. Daily Water Intake:
  - [ ] 8 glasses
  - [ ] 2 to 8 glasses
  - [ ] Less than 2 glasses
- 16. Daily Hours Sitting (including work): _____
- 17. Impact of Stress:
  - [ ] I manage stress successfully

- [ ] I sometimes fail to manage stress
- [ ] I cannot manage stress at all

- 18. Nightly Rest (sufficient and quality sleep):
  - [ ] Mostly yes
  - [ ] Mostly no
  - [ ] Depends on the situation
- 19. Socialization (In-person contact 3+ days a week): [ ] Yes [ ] No

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5. Chronic Conditions

- 20. Do you have a chronic or non-infectious disease? [ ] Yes [ ] No
- 21. If YES, specify:
  - [ ] Cancer
  - [ ] Diabetes
  - [ ] Hypertension
  - [ ] Metabolic disorders (Insulin resistance, PCOS, Gout, etc.)
  - [ ] Other: _____
- 22. Is the disease under control/medically compensated? [ ] Yes [ ] No
- 23. Did your lifestyle influence the disease and its outcome? [ ] Yes [ ] No

Notes:

- Participants were recruited from 20 urban and rural municipalities. The number of participating family medicine teams in each location is reported within the parentheses: Banja Luka (5), Bihać (6), Brčko (6), Cazin (1), Centar Sarajevo (3), Doboj (1), Goražde (4), Hadžići (3), Ilidža (6), Ilijaš (5), Istočno Sarajevo (6), Ljubuško (1), Mostar (5), Novi Grad Sarajevo (6), Novo Sarajevo (9), Srebrenik (3), Stari Grad Sarajevo (5), Tomislavgrad (1), Vogošća (3), and Zenica (1).