

Supplementary File.

Table 1. Anthropometric Profile Pre- and Post-education (n=27)

Variable	Pre-education n(%)	Post-education n(%)
Body mass index (BMI) Pre-education, kg/m²		
Normal	2 (7.4)	2 (7.4)
Underweight	1 (3.7)	0 (0.0)
Overweight or obesity	24 (88.9)	25 (92.6)
Mid upper arm circumference (MUAC) pre-education, cm		
Normal (less than 23.5 cm)	25 (92.6)	25 (92.6)
Protein-energy malnutrition (PEM, \geq 23.5 cm)	2 (7.4)	2 (7.4)
Percentage of body fat (pre-education, %)		
Normal (\leq 20% for male and \leq 31% for female)	19 (70.4)	17 (63.0)
Over fat ($>$ 20% for male and $>$ 31% for female)	8 (29.6)	10 (37.0)
Obesity ($>$ 24% for male and $>$ 35% for female)	0 (0.0)	0 (0.0)
Blood pressure (mmHg)*		
Normal	5 (18.5)	6 (22.2)
Hypertension	22 (81.5)	21 (77.8)
Handgrip strength (HGS, kg)		
Strong (\geq 25.0 kg for male and \geq 17.8 kg for female)	8 (29.6)	6 (22.2)
Weak ($<$ 25.0 kg for male and $<$ 17.8 kg for female)	19 (70.4)	21 (77.8)

*Blood pressure was categorized as hypertension according to the 7th meeting of the Joint Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (the 7th JNC) when systolic blood pressure was \geq 140 mmHg or diastolic blood pressure (DBP) \geq 90 mmHg

Table 2. Dietary Intake Profile Pre- and Post-education (n=27)*

Variable	Pre-education n(%)	Post-education n(%)
Energy intake		
Adequate	17 (63.0)	16 (59.3)
Inadequate	10 (37.0)	11 (40.7)
Protein intake		
Adequate	20 (74.1)	20 (74.1)
Inadequate	7 (25.9)	7 (25.9)
Fat intake		
Adequate	22 (81.5)	20 (74.1)
Inadequate	5 (18.5)	7 (25.9)
Carbohydrate intake		
Adequate	13 (48.1)	15 (55.6)
Inadequate	14 (51.9)	12 (44.4)

*Adequacy food intake was defined if intake of each macro-nutrient was 70-100% of daily basis needs. The subject who has nutrient intake \geq 110% was classified to excessive, while $<$ 70% was inadequate.