**Appendix Table 2:** Proposed social and cultural factors.

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| **Proposed Factors** |
| * Adhering to “nourishing traditions”
* Being part of a local community
* Living in a neighborhood with few amenities
* Having low health literacy
* Associating with “commuting culture”
* Being time-poor
* Living in a community undergoing change and transition
* Having a lack of trust in health care or health care providers/government
* Being guided by peer appearance
* Feeling financially constrained (livelihood affected)
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