**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) |