**Supplementary Table 1: Association of National Institute of Alcohol Abuse and Alcoholism drinking status and CM risk in Ghana**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **ODDS RATIO** | **95% CONFIDENCE INTERVALS** | **P-value** |
| **Elevated Blood Sugar** |
|  | **Light drinkers** | 1.08 | 0.626↔1.85 | 0.789 |
|  | **Heavy drinkers** | 0.851 | 0.270↔2.68 | 0.782 |
| **Elevated Blood Pressure** |
|  | **Light drinkers** | 2.29 | 1.25↔4.22 | 0.008 |
|  | **Heavy drinkers** | 1.09 | 0.289↔4.12 | 0.898 |
| **High Triglycerides** |
|  | **Light drinkers** | 2.30 | 1.06↔5.00 | 0.035 |
|  | **Heavy drinkers** | 6.39 | 2.07↔19.7 | 0.001 |
| **Low HDL** |
|  | **Light drinkers** | 0.740 | 0.477↔1.15 | 0.178 |
|  | **Heavy drinkers** | 3.51 | 1.21↔10.2 | 0.021 |
| **Abdominal Obesity** |
|  | **Light drinkers** | 2.15 | 1.14↔4.05 | 0.017 |
|  | **Heavy drinkers** | 1.91 | 0.565↔6.46 | 0.297 |
| **High CM Risk**  |
|  | **Light drinkers** | 2.25 | 1.08↔4.68 | 0.030 |
|  | **Heavy drinkers** | 2.19 | 0.577↔8.35 | 0.249 |

Associations adjusted for sex, smoking status, physical activity, and age. The reference is Non-Drinking status as defined by the National Institute of Alcohol Abuse and Alcoholism (NIAAA) Guidelines (23).

**Supplementary Table 2: Association of National Institute of Alcohol Abuse and Alcoholism drinking status and CM risk in South Africa**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **ODDS RATIO** | **95% CONFIDENCE INTERVALS** | **P-value** |
| **Elevated Blood Sugar** |
|  | **Light drinkers** | 1.17 | 0.307↔4.44 | 0.819 |
|  | **Heavy drinkers** | 0.520 | 0.155↔1.75 | 0.290 |
| **Elevated Blood Pressure** |
|  | **Light drinkers** | 1.28 | 0.659↔2.50 | 0.464 |
|  | **Heavy drinkers** | 1.79 | 1.11↔2.91 | 0.018 |
| **High Triglycerides** |
|  | **Light drinkers** | 1.06 | 0.375↔3.01 | 0.908 |
|  | **Heavy drinkers** | 1.24 | 0.562↔2.73 | 0.595 |
| **Low HDL** |
|  | **Light drinkers** | 0.359 | 0.179↔0.720 | 0.004 |
|  | **Heavy drinkers** | 0.314 | 0.191↔0.515 | <0.0005 |
| **Abdominal Obesity** |
|  | **Light drinkers** | 0.753 | 0.272↔2.08 | 0.584 |
|  | **Heavy drinkers** | 0.962 | 0.483↔1.91 | 0.912 |
| **High CM Risk** |
|  | **Light drinkers** | 1.04 | 0.372↔2.91 | 0.940 |
|  | **Heavy drinkers** | 0.854 | 0.334↔1.84 | 0.687 |

Associations adjusted for sex, smoking status, physical activity, and age. The reference is Non-Drinking status as defined by the National Institute of Alcohol Abuse and Alcoholism (NIAAA) guidelines (23).

**Supplementary Table 3: Association of National Institute of Alcohol Abuse and Alcoholism drinking status and CM risk in Jamaica**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **ODDS RATIO** | **95% CONFIDENCE INTERVALS** | **P-value** |
| **Elevated Blood Sugar** |
|  | **Light drinkers** | 0.962 | 0.281↔3.30 | 0.951 |
|  | **Heavy drinkers** | 1.43 | 0.371↔5.49 | 0.605 |
| **Elevated Blood Pressure** |
|  | **Light drinkers** | 0.567 | 0.319↔1.01 | 0.054 |
|  | **Heavy drinkers** | 0.677 | 0.331↔1.39 | 0.286 |
| **High Triglycerides** |
|  | **Light drinkers** | 1.44 | 0.713↔2.90 | 0.310 |
|  | **Heavy drinkers** | 1.10 | 0.475↔2.56 | 0.820 |
| **Low HDL** |
|  | **Light drinkers** | 1.08 | 0.646↔1.82 | 0.760 |
|  | **Heavy drinkers** | 0.868 | 0.456↔1.65 | 0.665 |
| **Abdominal Obesity** |
|  | **Light drinkers** | 0.747 | 0.419↔1.33 | 0.321 |
|  | **Heavy drinkers** | 1.18 | 0.549↔2.54 | 0.669 |
| **High CM risk**  |
|  | **Light drinkers** | 0.971 | 0.449↔2.10 | 0.939 |
|  | **Heavy drinkers** | 1.09 | 0.403↔2.95 | 0.864 |

Associations adjusted for sex, smoking status, physical activity, and age. The reference is Non-Drinking status as defined by the National Institute of Alcohol Abuse and Alcoholism (NIAAA) Guidelines (23).

**Supplementary Table 4: Association of National Institute of Alcohol Abuse and Alcoholism drinking status and CM risk in Seychelles**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **ODDS RATIO** | **95% CONFIDENCE INTERVALS** | **P-value** |
| **Elevated Blood Sugar** |
|  | **Light drinkers** | 0.536 | 0.227↔1.27 | 0.156 |
|  | **Heavy drinkers** | 0.725 | 0.324↔1.62 | 0.433 |
| **Elevated Blood Pressure** |
|  | **Light drinkers** | 0.521 |  0.255↔1.06 | 0.074 |
|  | **Heavy drinkers** | 0.934 |  0.479↔1.82 | 0.841 |
| **High Triglycerides** |
|  | **Light drinkers** | 0.800 |  0.196↔3.26 | 0.756 |
|  | **Heavy drinkers** | 1.78 |  0.496↔6.40 | 0.376 |
| **Low HDL** |
|  | **Light drinkers** | 1.09 | 0.548↔2.15 | 0.814 |
|  | **Heavy drinkers** | 1.11 | 0.571↔2.17 | 0.751 |
| **Abdominal Obesity** |
|  | **Light drinkers** | 0.683 | 0.349↔1.34 | 0.266 |
|  | **Heavy drinkers** | 0.619 | 0.320↔1.19 | 0.153 |
| **High CM risk**  |
|  | **Light drinkers** | 0.532 | 0.201↔1.41 | 0.204 |
|  | **Heavy drinkers** | 0.883 | 0.363↔2.15 | 0.785 |

Associations adjusted for sex, smoking status, physical activity and age. The reference is non-drinking status as defined by the National Institute of Alcohol Abuse and Alcoholism (NIAAA) Guidelines (23).

**Supplementary Table 5: Association of National Institute of Alcohol Abuse and Alcoholism drinking status and CM risk in USA**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **ODDS RATIO** | **95% CONFIDENCE INTERVALS** | **P-value** |
| **Elevated Blood Sugar** |
|  | **Light drinkers** | 0.998 | 0.497↔2.00 | 0.996 |
|  | **Heavy drinkers** | 1.26 | 0.589↔0.68 | 0.555 |
| **Elevated Blood Pressure** |
|  | **Light drinkers** | 2.05 | 1.11↔3.78 | 0.022 |
|  | **Heavy drinkers** | 2.93 | 1.50↔5.74 | 0.002 |
| **High Triglycerides** |
|  | **Light drinkers** | 0.960 | 0.465↔1.98 | 0.912 |
|  | **Heavy drinkers** | 1.11 | 0.499↔2.46 | 0.802 |
| **Low HDL** |
|  | **Light drinkers** | 0.613 | 0.348↔1.08 | 0.090 |
|  | **Heavy drinkers** | 0.513 | 0.271↔0.970 | 0.040 |
| **Abdominal Obesity** |
|  | **Light drinkers** | 1.18 | 0.622↔2.24 | 0.610 |
|  | **Heavy drinkers** | 1.69 | 0.828↔3.43 | 0.150 |
| **High CM risk**  |
|  | **Light drinkers** | 1.42 | 0.737↔2.74 | 0.294 |
|  | **Heavy drinkers** | 1.38 | 0.663↔2.88 | 0.387 |

Associations adjusted for sex, smoking status, physical activity, and age. The reference is non-drinking status as defined by the National Institute of Alcohol Abuse and Alcoholism (NIAAA) Guidelines (23).