Supplementary Table 1: Inclusion criteria for the five iterations of National Family Health Surveys in India.

| Iteration | Year   | Women |        | Men |          |
|-----------|--------|-------|--------|-----|----------|
|           |        | Age (years) | N      | Age (years) | N      |
| 1         | 1992-93| Ever married 13-49 | 89,777 |       | NA       |
| 2         | 1998-99| Ever married 15-49  | 89,111  |       | NA       |
| 3         | 2005-06| 15-49            | 124,385 | 15-54 | 74,369   |
| 4         | 2015-16| 15-49            | 699,686 | 15-54 | 112,122  |
| 5         | 2019-20| 15-49            | 724,115 | 15-54 | 101,839  |

Abbreviation: NA = not available. Previously published data was obtained from the NFHS-1, NFHS-2, NFHS-3, NFHS-4 and NFHS-5

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Supplementary Table 2: Estimates of hypertension in Bihar India for 2021 and 2036 using the age-specific estimates of hypertension from the NCDRI Study and population estimates from the 2011 Census of India.

| Group | Age (years) | Population (N) | Hypertension (N) |
|-------|-------------|----------------|------------------|
|       |             | 2021           | 2036  | 2021 | 2036 |
| All   | 35-39       | 7,266,000      | 11,462,000 | 1,282,951 | 2,023,835 |
|       | 40-49       | 12,807,000     | 16,275,000 | 2,855,373 | 3,628,578 |
|       | 50-59       | 8,955,000      | 13,032,000 | 2,632,517 | 3,831,039 |
|       | 60-70       | 5,488,000      | 9,455,000  | 2,035,435 | 3,506,748 |
| All   |             | 34,516,000     | 50,224,000 | 9,385,632 | 13,656,969 |
| Women | 35-39       | 3,655,000      | 5,426,000  | 538,046  | 798,751  |
|       | 40-49       | 6,392,000      | 7,740,000  | 1,359,568 | 1,646,286 |
|       | 50-59       | 4,276,000      | 6,660,000  | 1,226,206 | 1,909,853 |
|       | 60-70       | 2,697,000      | 4,694,000  | 1,086,122 | 1,890,344 |
| All   |             | 17,020,000     | 24,520,000 | 4,652,759 | 6,703,035 |
| Men   | 35-39       | 3,611,000      | 6,036,000  | 741,545  | 1,239,536 |
|       | 40-49       | 6,415,000      | 8,535,000  | 1,494,757 | 1,988,738 |
|       | 50-59       | 4,679,000      | 6,372,000  | 1,408,557 | 1,918,215 |
|       | 60-70       | 2,791,000      | 4,761,000  | 948,054  | 1,617,229 |
| All   |             | 17,496,000     | 25,704,000 | 4,824,807 | 7,088,297 |

Hypertension was defined as a SBP ≥140 mmHg or DBP ≥ 90 mmHg at baseline or a diagnosis of hypertension and were receiving blood pressure-lowering medication. The age and sex-specific estimates of hypertension obtained from the NCDRI Study were applied to projected population estimates for 2021 and 2036 using data from the 2011 Census of India Population Projections for India and States 2011–2036 Report\textsuperscript{10}. 
**Supplementary Table 3: Estimates of BMI in Bihar India for 2021 and 2036 using the age-specific estimates of BMI from the NCDRI Study and population estimates from the 2011 Census of India.**

| Group | Age (years) | Population (N) | Underweight (<18.5 kg/m²) (N) | Normal weight (18.5-25.0 kg/m²) (N) | Overweight (≥25.0 kg/m²) (N) |
|-------|-------------|----------------|-------------------------------|-----------------------------------|-----------------------------|
|       | 2021        | 2036           | 2021                         | 2021                              | 2021                        |
|       |             |                | 2021                         | 2021                              | 2021                        |
| All   | 35-39       | 7,266,000      | 11,462,000                   | 1,551,961                         | 2,448,194                   | 4,068,020                   | 6,417,237                   | 1,646,019                   | 2,596,569                   |
|       | 40-49       | 12,807,000     | 16,275,000                   | 2,196,073                         | 1,744,409                   | 7,778,611                   | 6,178,793                   | 2,832,317                   | 2,249,798                   |
|       | 50-59       | 8,955,000      | 13,032,000                   | 1,676,070                         | 1,664,278                   | 5,251,685                   | 5,214,738                   | 2,027,246                   | 2,012,984                   |
|       | 60-70       | 5,488,000      | 9,455,000                    | 1,279,851                         | 1,949,161                   | 3,102,358                   | 4,724,765                   | 1,105,791                   | 1,684,074                   |
|       | All         | 34,516,000     | 50,224,000                   | 6,703,954                         | 7,806,042                   | 20,200,673                  | 22,535,533                  | 7,611,373                   | 8,543,426                   |
|       |             |                | 2021                         | 2021                              | 2021                        |
|       | 35-39       | 3,655,000      | 5,426,000                    | 909,112                           | 1,349,614                   | 2,003,757                   | 2,974,660                   | 742,132                     | 1,101,726                   |
|       | 40-49       | 6,392,000      | 7,740,000                    | 1,318,984                         | 1,597,143                   | 3,449,651                   | 4,177,143                   | 1,623,365                   | 1,965,715                   |
|       | 50-59       | 4,276,000      | 6,660,000                    | 801,750                           | 1,248,750                   | 2,546,735                   | 3,966,617                   | 927,515                     | 1,444,633                   |
|       | 60-70       | 2,697,000      | 4,694,000                    | 695,606                           | 1,210,670                   | 1,305,787                   | 2,272,661                   | 695,606                     | 1,210,670                   |
|       | All         | 17,020,000     | 24,520,000                   | 3,725,452                         | 5,406,177                   | 9,305,930                   | 13,391,081                  | 3,988,619                   | 5,722,743                   |
|       |             |                | 2021                         | 2021                              | 2021                        |
| Women | 35-39       | 3,611,000      | 6,036,000                    | 548,098                           | 916,178                     | 2,095,669                   | 3,503,035                   | 967,232                     | 1,616,785                   |
|       | 40-49       | 6,415,000      | 8,355,000                    | 871,942                           | 1,160,097                   | 4,338,948                   | 5,772,864                   | 1,204,110                   | 1,602,039                   |
|       | 50-59       | 4,679,000      | 6,372,000                    | 874,277                           | 1,190,616                   | 2,703,782                   | 3,682,090                   | 1,100,941                   | 1,499,294                   |
|       | 60-70       | 2,791,000      | 4,761,000                    | 602,502                           | 1,027,771                   | 1,736,622                   | 2,962,400                   | 451,876                     | 770,829                     |
|       | All         | 17,496,000     | 25,704,000                   | 2,896,818                         | 4,294,663                   | 10,875,022                  | 15,920,390                  | 3,724,160                   | 5,488,947                   |

BMI was calculated as weight in kilograms divided by the square of height in meters, and it was further categorized as: underweight (<18.5 kg/m²), normal weight (18.5-25.0 kg/m²) and overweight (≥ 25.0 kg/m²). The age and sex-specific estimates BMI obtained from the NCDRI Study were applied to projected population estimates for 2021 and 2036 using data from the 2011 Census of India Population Projections for India and States 2011–2036 Report¹⁰.
Supplementary Figure 1: Population pyramid for Bihar India for men and women in 2021 and 2036 using population estimates from the 2011 Census of India.

Projected population estimates for 2021 and 2036 were obtained from the 2011 Census of India Population Projections for India and States 2011–2036 Report. 