# Supplementary material

|  |
| --- |
| **Supplementary Table 1** Associations between lifestyle factors and diastolic blood pressure in men and women (n=1277). |
| Variable | Values/categories | DBP |
| Men | Women |
| Mean | Beta | 95% CI | p | Mean | Beta | 95% CI | p |
| Age group | 1 | 25-44 | 80.17 | 7.36 | 4.37 to 10.34 | 0.000 | 81.33 | 9.52 | 3.51 to 15.52 | 0.003 |
| 2 | 45-54 | 80.99 | 8.17 | 3.66 to 12.69 | 0.001 | 79.99 | 8.18 | 6.02 to 10.34 | 0.000 |
| 3 | 55-64 | 78.59 | 5.78 | 3.63 to 7.92 | 0.000 | 73.94 | 2.12 | 0.19 to 4.05 | 0.032 |
| 4 | 65-74 (ref) | 72.82 | - | - | - | 71.82 | - | - | - |
| Residential area | 0 | Rural  | 76.85 | -0.18 | -2.45 to 2.10 | 0.876 | 74.87 | 0.18 | -1.96 to 2.32 | 0.863 |
| 1 | Urban (ref) | 77.02 | - | - | - | 74.69 | - | - | - |
| Education level | 1 | None/primary (ref) | 75.44 | -3.34 | -7.39 to 0.71 | 0.103 | 74.22 | -1.05 | -6.89 to 4.78 | 0.716 |
| 2 | Elementary  | 78.73 | -0.05 | -5.70 to 5.59 | 0.985 | 75.28 | 0.01 | -7.20 to 7.22 | 0.998 |
| 3 | High school | 78.14 | -0.65 | -4.11 to 2.81 | 0.705 | 75.81 | 0.53 | -4.27 to 5.33 | 0.823 |
| 4 | University | 78.78 | - | - | - | 75.27 | - | - | - |
| Income (OECD modified scale) | 1 | Low | 79.20 | 0.78 | -3.82 to 5.38 | 0.733 | 75.21 | 1.99 | -1.98 to 5.96 | 0.317 |
| 2 | Medium-low | 77.09 | -1.33 | -4.73 to 2.08 | 0.434 | 76.40 | 3.18 | -0.97 to 7.32 | 0.129 |
| 3 | Medium | 75.83 | -2.59 | -6.14 to 0.97 | 0.148 | 74.02 | 0.79 | -2.45 to 4.07 | 0.627 |
| 4 | Medium-high | 75,60 | -2.82 | -5.37 to -0.26 | 0.032 | 76.92 | 3.70 | 0.40 to 7,00 | 0.029 |
| 5 | High (ref) | 78.42 | - | - | - | 73.23 | - | - | - |
| Last consultationwith GP | 0 | <12 months | 76.41 | -3.05 | -5.67 to -0.43 | 0.024 | 74.69 | -0.84 | -7.30 to 5.61 | 0.793 |
| 1 | ≥12 months (ref) | 79.46 | - | - | - | 75.53 | - | - | - |
| Obesity | 0 | Non-obese | 75.29 | - | - | - | 73.16 | - | - | - |
| 1 | Obese (ref) | 78.72 | 3.43 | 1.26 to 5.60 | 0.003 | 76.06 | 2.90 | 0.50 to 5.31 | 0.019 |
| Added salt intake | 0 | No (ref) | 76.78 | - | - | - | 74.91 | - | - | - |
| 1 | Yes | 77.96 | 1.18 | -1.71 to 4.07 | 0.413 | 73.30 | -1.61 | -3.22 to 0.00 | 0.050 |
| Fruit and vegetable consumption | 0 | ≥4 times a day (ref) | 76.46 | - | - | - | 73.85 | - | - | - |
| 1 | <4 times a day | 77.12 | 0.66 | -1.17 to 2.49  | 0.468 | 75.24 | 1.40 | -0.66 to 3.45 | 0.176 |
| Alcohol consumption | 0 | No (ref) | 74.53 | - | - | - | 73.63 | - | - | - |
| 1 | Yes  | 77.28 | 2.74 | 0.17 to 5.31 | 0.037 | 75.38 | 1.75 | -0.36 to 3.86 | 0.100 |
| Smoking | 0 | No (ref) | 76.59 | - | - | - | 74.77 | - | - | - |
| 1 | Yes | 79.58 | 2.99 | -0.57 to 6.54 | 0.097 | 74.38 | 0.39 | -5.01 to 4.23 | 0.866 |
| Physical activity | 0 | Active (ref) | 76.57 | - | - | - | 74.76 | - | - | - |
| 1 | Sedentary | 77.41 | 0.84 | -1.38 to 3.06 | 0.448 | 74.74 | -0.01 | -2.66 to 2.63 | 0.992 |
| CI: confidence interval; Beta: regression coefficient; DBP: systolic blood pressure; GP: general practitioner; ref: reference. |

|  |
| --- |
| **Supplementary Table 2** Characteristics of non-participants (n=1575). |
|  | n | % |
| Gender |  |  |
| Men | 722 | 45.8 |
| Women | 853 | 54.2 |
| Age group |  |  |
| 25-44 years | 623 | 39.6 |
| 45-54 years | 333 | 21.1 |
| 55-64 years | 310 | 19.7 |
| 65-74 years | 309 | 19.6 |
| Antihypertensive medication |  |  |
| Yes  | 394 | 26.0 |
| No | 1122 | 74.0 |