

Table 1 Hypertension risk factors of participants  $\geq 20$  years according to hypertension status and prevalence of hypertension: national health survey, Morocco 2000

Variable	Non-hypertensives		Hypertensives		Prevalence of hypertension	P-value
	No.	%	No.	%	%	
Age (years)						< 0.001
20–34	460	42.2	109	15.3	19.2	
35–44	313	28.7	134	18.8	30.0	
45–54	175	16.1	183	25.7	51.1	
55–64	81	7.4	140	19.6	63.3	
$\geq 65$	60	5.5	147	20.6	71.0	
Mean (SD)	38.7 (13.3)		50.6 (15.1)*			
Sex						0.082
Male	474	43.5	281	39.4	37.2	
Female	615	56.5	432	60.6	41.3	
Place of residence						0.046
Urban	566	52.0	336	47.1	37.3	
Rural	523	48.0	377	52.9	41.9	
Marital status <sup>a</sup>						< 0.001
Single	211	19.4	51	7.2	19.5	
Married	785	72.1	528	74.1	40.2	
Widow	59	5.4	117	16.4	66.5	
Divorced	30	2.8	16	2.2	34.8	
Education level <sup>b</sup>						< 0.001
None	607	55.7	509	71.4	45.6	
Koranic school	69	6.3	47	6.6	40.5	
Primary	185	17.0	86	12.1	31.7	
Secondary	175	16.1	52	7.3	22.9	
University	51	4.7	18	2.5	26.1	
Socioeconomic status						0.677
Satisfactory	26	2.4	17	2.4	39.5	
Low	473	43.4	296	41.5	38.5	
Very low	590	54.2	400	56.1	40.4	
Family history of hypertension						0.988
No	961	88.2	630	88.4	39.6	
Yes	128	11.8	83	11.6	39.3	
Cigarette smoking						< 0.001
Never smoked	826	75.8	576	80.8	41.1	
Current smoker	179	16.4	65	9.1	26.6	
Ex-smoker	84	7.7	72	10.1	46.2	

Table 1 Hypertension risk factors of participants aged 20 years and over according to hypertension status and prevalence of hypertension: national health survey, Morocco 2000 (continued)

Variable	Non-hypertensives		Hypertensives		Prevalence of hypertension	P-value
	No.	%	No.	%	%	
Alcohol drinking						0.066
Never drank	958	88.0	650	91.2	40.4	
Current drinker	36	3.3	14	2.0	28.0	
Ex-drinker	95	8.7	49	6.9	34.0	
Moderate physical activity (min/day)						0.004
≤ 120	477	43.8	365	51.2	43.3	
121–240	300	27.5	184	25.8	38.0	
> 240	312	28.7	164	23.0	34.5	
Mean (SD)	187.6 (161.5)*		159.9 (157.0)			
Intense physical activity (min/day)						< 0.001
≤ 60	860	79.0	607	85.1	41.4	
> 60	229	21.0	106	14.9	31.6	
Mean (SD)	62.5(135.9)*		39.2(105.3)			
Walking (min/day)						< 0.001
≤ 30	313	28.8	298	41.8	48.8	
31–60	301	27.6	175	24.5	36.8	
61–120	261	24.0	137	19.2	34.4	
> 120	214	19.7	103	14.4	32.5	
Mean (SD)	88.5 (97.5)*		69.1 (86.8)			
BMI <sup>a</sup> (kg/m <sup>2</sup> )						< 0.001
< 25	697	64.0	308	43.2	30.6	
25–29	269	24.7	234	32.8	46.5	
≥ 30	121	11.1	168	23.6	58.1	
Mean (SD)	24.2 (4.4)		26.7 (5.3)*			
Waist size <sup>b</sup> (cm)						< 0.001
Normal	737	67.7	296	41.5	28.7	
High	171	15.7	151	21.2	46.9	
Very high	177	16.3	266	37.3	60.0	
Mean (SD)	80.8 (11.1)		88.6 (12.2)*			
Waist–hip ratio <sup>c</sup>						< 0.001
Normal	880	81.1	468	65.6	34.7	
High	205	18.9	245	34.4	54.4	
Mean (SD)	0.84 (0.08)		0.88 (0.08)*			

Table 1 Hypertension risk factors of participants aged 20 years and over according to hypertension status and prevalence of hypertension: national health survey, Morocco 2000 (concluded)

Variable	Non-hypertensives		Hypertensives		Prevalence of hypertension	P-value
	No.	%	No.	%	%	
Fasting blood sugar <sup>d</sup> (g/L)						< 0.001
< 1.26	957	87.9	565	79.2	37.1	
≥ 1.26	48	4.4	91	12.8	65.5	
Missing data	84	7.7	57	8.0	40.4	
Mean (SD)	0.94 (0.34)		1.06 (0.48)*			
Cholesterol <sup>d</sup> (g/L)						< 0.001
< 2.0	750	68.9	349	48.9	31.8	
2.0–2.2	122	11.2	113	15.8	48.1	
> 2.2	133	12.2	195	27.3	59.5	
Mean (SD)	1.76 (0.39)		2.00 (0.46)*			
Missing data	84	7.7	56	7.9	40.0	
HDL cholesterol <sup>e</sup> (g/L)						0.462
Normal	955	87.7	610	85.6	39.0	
Low	42	3.9	34	4.8	44.7	
Mean (SD)	0.50 (0.15)		0.51 (0.14)			
Missing data	92	8.4	69	9.7	42.9	

\*P < 0.001.

<sup>a</sup>Unknown for 5 people; <sup>b</sup>unknown for 3 people; <sup>c</sup>unknown for 4 people.

<sup>d</sup>1662 people consented to give a blood sample.

<sup>e</sup>Blood sample was insufficient to test high-density lipoprotein cholesterol in 21 people.

Mean (SD) systolic/diastolic blood pressure was 118.5 (10.8)/69.4 (8.7) mmHg in the non-hypertensive group and 154.9 (22.0)/90.1 (14.1) mmHg in the hypertensive group (P < 0.01).

SD = standard deviation; HDL= high-density lipoprotein.