Table 3 Association between hypertension and potential risk factors: national health survey, Morocco 2000

Variable	Multivariate analysis		Odds ratio
	P-value step 0	P-value final	(95% CI)
Age (years)	< 0.001	< 0.001	
20–34			1
35–44			1.41 (1.03–1.93)
45–54			3.21 (2.33–4.43)
55–64			5.53 (3.79–8.06)
≥ 65			8.00 (5.37–11.9)
Place of residence	0.017	0.005	
Urban			1
Rural			1.42 (1.11–1.81)
Sex	0.210	0.526	
Marital status	0.355	0.417	
Education level	0.849	0.912	
Cigarette smoking	0.337	0.473	
Alcohol drinking	0.745	0.763	
Walking (min/day)	< 0.001	0.001	
≤ 30			1
31–60			0.64 (0.48–0.85)
61–120			0.53 (0.39–0.71)
> 120			0.54 (0.39–0.75)
Moderate physical activity	0.913	0.600	
Intense physical activity	0.991	1.000	
BMI (kg/m^2)	0.021	0.023	
< 25			1
25–29			1.36 (1.00–1.83)
≥ 30			1.79 (1.17–2.74)
Waist size (cm)	0.001	< 0.001	
Normal			1
High			1.77 (1.28–2.44)
Very high			2.30 (1.59–3.31)
Waist-hip-ratio	0.991	0.955	
Diabetes	0.024	0.011	
No			1
Yes			1.72 (1.12–2.63)
Cholesterol (g/L)	0.001	0.0003	
< 2.0			1
2.0–2.19			1.39 (1.00–1.93)
≥ 2.20			1.88 (1.39–2.55)

Table 3 Association between hypertension and potential risk factors: national health survey, Morocco 2000 (concluded)

Variable	Mulitvariate analysis		Odds ratio (95% CI)
	P-value step 0	P-value final	
Consumption of:			
Fish	0.005	< 0.001	1
Rarely			0.85 (0.62–1.17)
Moderately			0.57 (0.43–0.76)
Frequently			
Fresh fruits	0.065	0.015	
Rarely			1
Moderately			1.07 (0.67–1.68)
Frequently			0.69 (0.48–1.01)
Lamb	0.190	0.129	
Chicken	0.200	0.130	
Eggs	0.225	0.176	
Beans	0.272	0.186	
Dried fruits	0.990	0.856	