

Table 3 Prevalence of other risk factors among patients with hypertension and the controls

Risk factor	Cases		Controls		P-value	OR (95% CI)
	No.	%	No.	%		
Smoking						
Non-smokers	163	73.8	183	82.8	< 0.01	1.23 ^a (1.06-1.59)
Ex-smokers	25	11.3	8	3.6		
Smokers	33	14.9	30	13.6		
Body mass index (kg/m²)						
< 25	43	19.5	74	33.5	< 0.01	2.10 ^b (1.28-3.46)
25-29.9	96	43.4	80	36.2		
≥ 30	82	37.1	67	30.3		
Physical activity level						
Active	21	9.5	36	16.3	< 0.01	2.10 ^c (1.28-3.74)
Irregular	24	10.9	41	18.6		
Inactive	176	79.6	144	65.2		
Diabetes mellitus						
Yes	58	26.2	33	14.9	< 0.01	2.03 (1.26-3.27)
No	163	73.8	188	85.1		
Family history of hypertension						
Yes	142	64.3	108	48.9	< 0.01	1.88 (1.29-2.75)
No	79	35.7	113	51.1		
Total	221	100.0	221	100.0		

^aSmokers versus non-smokers.

^bBody mass index ≥ 30 kg/m² versus < 25 kg/m².

^cInactive versus active.

OR = odds ratio; CI = confidence interval.