

Table 2 Risk factors for hypertension: logistic regression analysis

Risk factor	Hypertension	P-value	Crude OR (95% CI)	Adjusted OR (95% CI)
	No. (%)			
Sex				
Women	132 (30.8)	0.443	0.97 (0.74–1.28)	1.17 (0.77–1.78)
Men (ref)	175 (31.5)			
Age group (years)				
< 30 (ref)	13 (8.1)	< 0.001		
30 to < 50	123 (23.3)		3.46 (1.89–6.31)	3.04 (1.66–5.58)*
≥ 50	171 (58.0)		15.70 (8.51–28.96)	12.50 (6.71–23.26)*
Education				
Illiterate/informal education	184 (36.6)	< 0.001	1.68 (1.28–2.21)	1.07 (0.76–1.50)
Primary school & above (ref)	123 (25.6)			
Family income per month (EGP)^a				
< median value	101 (36.9)	0.017	1.43 (1.06–1.92)	1.13 (0.79–1.62)
≥ median value (ref)	206 (29.0)			
Fruit/vegetable consumption				
Low (< 5 daily portions)	290 (32.0)	0.072	1.66 (0.95–2.89)	1.88 (1.02–3.48)*
Adequate (≥ 5 daily) (ref)	17 (22.1)			
Exercise				
Low (< 150 min/wk)	301 (31.1)	0.583	1.33 (0.48–3.69)	1.52 (0.74–4.85)
Healthy (≥ 150 min/wk) (ref)	6 (37.5)			
Tobacco smoking				
Smoker	134 (31.4)	0.914	1.02 (0.77–1.33)	1.04 (0.77–1.40)
Non-smoker (ref)	173 (31.1)			
Diabetes				
Yes	49 (57.0)	< 0.001	3.05 (1.93–4.81)	1.77 (1.08–2.92)*
No (ref)	258 (28.7)			
Weight				
Obese	140 (42.6)	< 0.001	2.98 (2.05–3.32)	2.23 (1.49–3.35)*
Overweight	114 (29.3)		1.67 (1.15–2.42)	1.58 (1.06–2.35)*
Normal (ref)	53 (19.9)			

^aMedian income = 800 EGP/month; 1 US\$ = 6.1 EGP (2014).

*Significant at $P \leq 0.05$.

OR = odds ratio, CI = confidence interval.

ref = reference category, EGP = Egyptian pound, min/wk = minutes per week.