

Table 4 Predictors of hypertension in the study population according to the 2017 ACC/AHA and JNC7 classifications

Characteristic *	2017 ACC/AHA		P	JNC 7		P
	BP < 130/80 (n = 378)	BP ≥ 130/80 (n = 140)		BP < 140/90 (n = 497)	BP ≥ 140/90 (n = 21)	
Age, mean (SD), years	20.5 (1.8)	20.4 (1.7)	0.631	20.4 (1.8)	21.5 (2.1)	0.006
BMI, mean (SD), kg/m ²	23.5 (4.9)	25.8 (6.7)	< 0.001	24.0 (5.4)	28.0 (7.7)	0.001
Heart rate, mean (SD), beats/min	82.6 (10.6)	87.2 (11.3)	< 0.001	83.5 (10.8)	90.7 (11.7)	0.003
	No. (%)	No. (%)		No. (%)	No. (%)	
Diagnosed with chronic disease	39 (10.3)	17 (12.1)	0.552	51 (10.3)	5 (23.8)	0.050
Diabetes	3 (0.8)	4 (2.9)	0.396	5 (1.0)	2 (9.5)	0.016
Family history (father/mother) of hypertension	176/350 (50.3)	65/125 (52.0)	0.742	224/454 (49.3)	17/21 (81.0)	0.005
Hypercholesterolemia	19/363 (5.2)	7/137 (5.1)	0.955	25/479 (5.2)	1/21 (4.8)	0.926
Smoking	25/376 (6.6)	10/138 (7.2)	0.971	32/493 (6.5)	3/21 (14.3)	0.319
Exercise*	85/283 (30.0)	29/100 (29.0)	0.846	111/370 (30.0)	3/13 (23.1)	0.592
Diet						
Oil/fat used for meal preparation			0.690			0.398
Oil/ve	166 (49.0)	61 (52.6)		219 (50.0)	8 (47.1)	
Butter/ghee/margarine	32 (9.4)	8 (6.9)		38 (8.7)	2 (11.8)	
Milk			0.969			0.240
0	78 (28.2)	31 (28.7)		101 (27.4)	8 (47.1)	
1-2	190 (68.6)	74 (68.5)		255 (69.3)	9 (52.0)	
≥ 3	9 (3.2)	3 (2.8)		12 (3.3)	0 (0.0)	
Yogurt			0.989			0.556
0	93 (38.6)	34 (38.2)		120 (37.0)	7 (53.8)	
1-2	142 (58.9)	53 (59.6)		189 (59.6)	6 (46.2)	
≥ 3	6 (2.5)	2 (2.2)		8 (2.5)	0 (0.0)	
Fruit/vegetable			0.608			0.670
0	9 (17.0)	14 (12.5)		22 (13.8)	1 (6.7)	
1-4	37 (69.8)	78 (69.6)		110 (69.2)	5 (33.3)	
≥ 5	7 (13.2)	20 (17.9)		27 (17.0)	0 (0.0)	
Poultry meat			0.076			0.080
0	13 (5.4)	11 (12.5)		21 (6.6)	3 (25.0)	
1-2	207 (86.3)	72 (81.8)		270 (85.4)	9 (75.0)	
≥ 3	20 (8.3)	5 (5.7)		25 (7.9)	0 (0.0)	
Red meat			0.909			0.590
0	80 (38.6)	32 (41.0)		107 (38.9)	5 (50.0)	
1-2	124 (59.9)	45 (57.7)		164 (59.6)	5 (50.0)	
≥ 3	3 (1.4)	1 (1.3)		4 (1.5)	0 (0.0)	
Fish			0.087			0.749
0	135 (62.2)	59 (72.8)		185 (64.9)	9 (69.2)	
1-2	82 (37.8)	22 (27.2)		100 (35.1)	4 (30.8)	
Sweetened beverage			0.083			0.690
0	93 (38.0)	23 (26.3)		112 (35.7)	4 (30.8)	
1-2	128 (53.6)	55 (62.5)		171 (55.4)	9 (69.2)	
≥ 3	18 (7.5)	10 (11.4)		28 (8.9)	0 (0.0)	
Fast food, days eaten per week			0.432			0.731
0	30 (10.7)	7 (7.1)		36 (9.9)	1 (6.7)	
1-2	144 (51.2)	57 (57.6)		194 (53.2)	7 (46.7)	
≥ 3	107 (38.1)	35 (35.4)		135 (37.0)	7 (46.7)	

Dietary components are average servings per day (unless stated differently).

SD = standard deviation.

*P value was based on Chi squared test, Fisher's exact test or t-test as appropriate.

†For variables with missing data, either the available sample size or the number of missing data was provided.

‡Data missing for 4 participants.

*Vigorous activity for at least 30 minutes 3 times/week or moderate activity for 30 minutes 5 times/week.