

Table 1 Frequencies of 1- and 4-year estimated risk (ER) and risk difference (RD) according to hypertension risk predictors

Risk predictors	n (%)	ER		RD	
		1-year	4-year	1-year	4-year
Gender					
Male	530 (47.9)	1.4 (1.3-1.5)	6.5 (5.9-7.0)	1.1 (1.0-1.2)	4.9 (4.4-5.4)
Female	576 (52.1)	1.3 (1.1-1.5)	5.9 (5.2-6.5)	0.9 (0.8-1.1)	4.2 (3.5-4.8)
Age group (years)					
1-29	328 (29.7)	0.6 (0.5-0.7)	2.9 (2.5-3.3)	0.4 (0.3-0.5)	1.9 (1.6-2.3)
30-39	447 (40.4)	1.1 (1.0-1.2)	5.0 (4.5-5.6)	0.8 (0.7-0.9)	3.3 (3.1-4.2)
40-49	248 (22.4)	2.2 (2.0-2.5)	10.1 (9.0-11.1)	1.8 (1.5-2.0)	7.9 (6.8-8.9)
≥ 50	83 (7.5)	3.0 (2.5-3.6)	13.4 (11.0-15.7)	2.2 (1.6-2.8)	9.4 (7.1-11.7)
Body mass index (kg/m²)					
< 25	484 (43.8)	0.7 (0.7-0.8)	3.5 (3.1-3.9)	0.5 (0.4-0.5)	2.1 (1.8-2.5)
25-29.9	419 (37.9)	1.4 (1.2-1.5)	6.3 (5.7-7.0)	1.0 (0.9-1.2)	4.6 (4.0-5.3)
≥ 30	203 (18.4)	2.7 (2.4-3.0)	12.1 (10.7-13.4)	2.2 (1.9-2.6)	9.9 (8.5-11.2)
Blood pressure					
Normal	713 (64.5)	0.5 (0.4-0.5)	2.3 (2.2-2.5)	0.2 (0.1-0.2)	0.7 (0.6-0.9)
Prehypertension	393 (35.5)	3.0 (2.8-3.2)	13.3 (12.5-14.1)	2.6 (2.4-2.8)	11.4(10.7-12.1)
Cigarette smoking					
Current smoker	417 (37.7)	1.4 (1.2-1.5)	6.3 (5.7-7.0)	1.1 (0.9-1.2)	4.7 (4.1-5.4)
Ex-smoker	135 (12.2)	1.5 (1.2-1.7)	6.4 (5.4-7.9)	1.1 (0.8-1.4)	4.8 (3.6-6.0)
Non-smoker	554 (50.1)	1.3 (1.2-1.4)	5.9 (5.3-6.5)	1.0 (0.8-1.1)	4.3 (3.7-4.8)
Family history of hypertension					
None	849 (76.8)	1.2 (1.1-1.3)	5.5 (5.1-5.9)	0.9 (0.8-0.9)	3.8 (3.4-4.3)
One of parents	210 (19.0)	1.8 (1.5-2.0)	7.9 (6.7-9.1)	1.4 (1.2-1.7)	6.3 (5.2-7.4)
Both parents	47 (4.2)	2.3 (1.6-3.0)	10.2 (7.0-13.3)	1.9 (1.2-1.6)	8.3 (5.4-11.3)
Total	1106 (100.0)	1.4 (1.3-1.5)	6.2 (5.7-6.6)	1.0 (0.9-1.1)	4.5 (4.1-4.9)

Results are expressed as mean % (95% confidence interval).