

Table 3 Four-year ER values of patients according to variables that may affect presence of hypertension but are not included in FHRPS formula

Correlates	Total	Low risk (< 5%)	Moderate risk (5-10%)	High risk (> 10%)	ER
	No. (%)	No. (%)	No. (%)	No. (%)	Mean (SD)
Educational status					
≤ Elementary school	281 (25.4)	119 (42.3)	59 (21.0)	103 (36.7)	9.7 (9.4)
Primary school	143 (12.9)	70 (49.0)	33 (23.1)	40 (28.0)	7.3 (7.5)
Secondary school	248 (22.4)	164 (66.1)	54 (21.8)	30 (12.1)	4.7 (5.8)
Undergraduate	131 (11.8)	90 (68.7)	18 (13.7)	23 (17.6)	4.8 (5.6)
Graduate	303 (27.4)	214 (70.6)	55 (18.2)	34 (11.2)	4.1 (4.9)
			$\chi^2 = 91.5, P < 0.001$		$F = 30.8, P < 0.001$
Economic status					
Good income	255 (23.1)	165 (64.7)	49 (19.2)	41 (16.1)	4.8 (5.7)
Moderate income	743 (67.2)	434 (58.4)	148 (19.9)	161 (21.7)	6.5 (7.5)
Poor income	108 (9.8)	58 (53.7)	22 (20.4)	28 (25.9)	7.3 (8.3)
			$\chi^2 = 6.4, P = 0.174$		$F = 6.3, P = 0.002$
Quality of life					
Satisfied enough	821 (74.2)	483 (58.8)	163 (19.9)	175 (21.3)	6.1 (7.2)
Moderately or not satisfied	285 (25.8)	174 (61.1)	56 (19.6)	55 (19.3)	6.3 (7.5)
			$\chi^2 = 0.6, P = 0.743$		$F = 0.3, P = 0.728$
Fruit/vegetable consumption					
< 1 meal per day	239 (21.6)	139 (58.2)	43 (18.0)	57 (23.8)	6.6 (7.6)
1-2 meals per day	548 (49.5)	332 (60.6)	105 (19.2)	111 (20.3)	6.0 (7.1)
≥ 3 meals per day	319 (28.8)	186 (58.3)	71 (22.3)	62 (19.4)	6.1 (7.3)
			$\chi^2 = 3.2, P = 0.530;$		$F = 0.5, P = 0.609$
Physical activity					
None	572 (51.7)	328 (57.3)	114 (19.9)	130 (22.7)	6.6 (7.7)
Insufficient	275 (24.9)	170 (61.8)	59 (21.5)	46 (16.7)	5.6 (6.9)
Sufficient	259 (23.4)	159 (61.4)	46 (17.8)	54 (20.8)	5.7 (6.6)
			$\chi^2 = 5.0, P = 0.288$		$F = 2.3, P = 0.101$
Salt consumption					
High-salt content	209 (18.9)	134 (64.1)	43 (20.6)	32 (15.3)	5.0 (5.8)
Moderate-salt content	672 (60.8)	392 (58.3)	130 (19.3)	150 (22.3)	6.4 (7.5)
Low-salt content/no salt	225 (20.3)	131 (58.2)	46 (20.4)	48 (21.3)	6.5 (7.8)
			$\chi^2 = 4.9, P = 0.292$		$F = 3.2, P = 0.043$
Fat consumption					
High fat content	129 (11.7)	76 (58.9)	20 (15.5)	33 (25.6)	7.1 (8.7)
Moderate fat content	743 (67.2)	448 (60.3)	147 (19.8)	148 (19.9)	5.9 (6.7)
Low fat content/no fat	234 (21.2)	133 (56.8)	52 (22.2)	49 (20.9)	6.6 (8.1)
			$\chi^2 = 4.0, P = 0.412$		$F = 2.1, P = 0.129$
Total	1106 (100.0)	657 (59.4)	219 (19.8)	230 (20.8)	6.2 (7.3)

ER = estimated risk; FHRPS = Framingham Hypertension Risk Prediction Score; SD = standard deviation