

Table 4 Linear regression analysis of hypertension determinants related to 4-year estimated risk

Independent variables	β	95% CI	t	P	Correlation r
(Constant)	9.866	(6.827 to 12.905)	6.370	<0.001	
Education status ^a	-1.528	(-1.832 to -1.224)	-9.863	<0.001	-0.295
Economic status ^a	0.345	(-0.066 to 0.757)	1.648	0.100	-0.090
Quality of life ^a	0.371	(-0.180 to 0.922)	1.320	0.187	-0.010
Salt consumption ^a	0.564	(0.002 to 1.126)	1.969	0.049	0.064
Fat consumption ^a	-0.046	(-0.734 to 0.643)	-0.130	0.897	0.011
Physical activity ^b	-0.336	(-0.845 to 0.174)	-1.293	0.196	-0.057
Fruit/vegetable consumption ^b	-0.332	(-0.932 to 0.268)	-1.087	0.277	-0.019
Validity of the model			$F = 16.7$	< 0.001	$R^2 = 0.096$

^aEvaluated with 5-point model

^bEvaluated with 3-point model; taken as ordinal variables.