

Table 1 Sample characteristics of 4500 adults in the Kenya STEPS Survey, 2015

Variable name (no. of missing data)	Variable specification	Total	Male	Female	P
Sample	n (%)	4500	1799 (40.0)	2701 (60.0)	
Median age, yr (0)	Range 18–64, median (IQR)	38.0 (29–52)	39.0 (30–52)	38.0 (28–52)	0.214
Systolic blood pressure (67)	mmHg, mean (SD)	125.8 (18.1)	128.3 (17.0)	123.4 (18.8)	< 0.001
Diastolic blood pressure (63)	mmHg, mean (SD)	81.4 (11.7)	81.1 (11.8)	81.6 (11.5)	0.789
		n (%)	n (%)	n (%)	
Hypertension (67)		1428 (28.6)	563 (29.2)	865 (27.9)	0.529
Of hypertensives	Aware	475 (29.6)	114 (18.2)	361 (41.2)	< 0.001
Of hypertensives	Treated	115 (6.5)	24 (3.3)	91 (9.6)	< 0.001
Of hypertensives	Controlled	187 (12.5)	38 (5.7)	149 (19.3)	< 0.001
Education (0)	None/less than primary	1855 (35.8)	580 (29.8)	1275 (41.5)	< 0.001
	Primary or more	2645 (64.2)	1219 (70.2)	1426 (58.5)	
Wealth status (0)	Poorest/Second	1800 (39.8)	663 (36.5)	1137 (42.9)	0.009
	Middle	900 (18.4)	345 (17.9)	555 (18.8)	
	Fourth/Richest	1800 (41.9)	791 (45.6)	1009 (38.3)	
Residence (0)	Rural	2306 (51.2)	853 (47.4)	1453 (53.8)	0.022
	Urban	2194 (48.8)	946 (52.6)	1248 (46.2)	
Body weight status and health behaviour					
Body mass index (208)	Normal	2432 (60.1)	1165 (68.0)	1267 (52.0)	< 0.001
	Underweight	518 (11.9)	254 (14.3)	264 (9.5)	
	Overweight	886 (18.9)	254 (13.2)	632 (24.7)	
	Obese	447 (9.1)	87 (4.4)	360 (13.8)	
Add salt or a salty sauce to food (10)	Every/most meals	1084 (23.2)	500 (26.3)	584 (20.3)	0.070
Use spices other than salt when cooking (3)	Yes	886 (25.6)	371 (26.0)	515 (25.3)	0.733
Add sugar to beverages (8)	Always or often	1681 (35.8)	710 (37.9)	971 (33.9)	0.114
Soft drinks (21)	6–7 d/wk	158 (4.0)	80 (4.4)	78 (3.7)	0.466
Fruit and vegetable consumption (21)	<5 servings/d	4147 (80.1)	1651 (78.6)	2496 (81.5)	0.089
Physical activity (107)	Low	530 (10.9)	147 (9.9)	383 (11.8)	0.032
	Moderate	668 (14.4)	209 (12.0)	459 (16.7)	
	High	3194 (74.7)	1409 (78.1)	1786 (71.4)	
Tobacco use (4)	Current	551 (13.4)	433 (23.2)	118 (4.0)	< 0.001
Alcohol use (1)	Past month binge drinking	463 (13.6)	392 (24.9)	71 (2.7)	< 0.001
Type 2 diabetes (319)	Yes	149 (2.7)	48 (2.3)	101 (3.1)	0.149

IQR – interquartile range; SD – standard deviation.