Table 2 Predictors of hypertension among adults in the Kenya STEPS Survey, 2015 (unweighted n=4035)

Variable	COR (95% CI)[a]	P	AOR (95% CI)[b]	P
Sociodemographic factors				
Age, yr				
18–29	1 (reference)	< 0.001	1 (reference)	< 0.001
30–44	1.91 (1.40–2.62)		1.61 (1.16–2.24)	
45–59	4.49 (3.33–6.05)		3.77 (2.86–4.98)	
60–69	6.50 (4.81–8.80)		6.45 (4.50–9.23)	
Sex				
Female	1 (reference)			
Male	1.05 (0.85–1.39)	0.635		
Education				
Primary school complete or more	1 (reference)		1 (reference)	
No schooling/primary school incomplete	0.65 (0.56–0.79)	<0.001	0.76 (0.61–0.95)	0.018
Wealth quintile				
Poorest/Second	1 (reference)	0.004	1 (reference)	0.187
Middle	1.43 (1.11–1.85)		1.22 (0.94–1.60)	
Fourth/Richest	1.47 (1.16–1.86)		0.95 (0.72–1.26)	
Residence				
Urban	1 (reference)			
Rural	1.11 (0.88–1.39)	0.370	—	
Body weight status and health behaviour				
Body mass index				
Normal	1 (reference)	< 0.001	1 (reference)	<0.001
Underweight	0.51 (0.37–0.71)		0.52 (0.37–0.72)	
Overweight	1.73 (1.31–2.29)		1.72 (1.28–2.29)	
Obese	2.60 (1.96–3.45)		2.60 (1.95–3.48)	
Salt or salty sauce (every/most meals) (base=sometimes (every week) or rarely or never)	0.96 (0.70–1.30)	0.782	—	
Spices instead of salt when cooking (Yes) (base = no)	0.83 (0.58–1.19)	0.315	—	
Add sugar to beverages (every day/drink) (base = <every day/drink)	0.94 (0.78–1.13)	0.495	—	
Soft drinks (6–7 d/wk) (base= <6–7 d/wk)	0.96 (0.44–2.10)	0.912	—	
Processed food high in sugar (daily, every meal) (base=<daily or never)	1.23 (0.77–1.95)	0.386	—	
Fruit and vegetable consumption (< 5 servings) (base = 5 or more)	0.83 (0.68–1.02)	0.071	0.87 (0.70–1.08)	0.198
Physical activity				
Low	1 (reference)	0.918	—	
Moderate	0.97 (0.63–1.48)			
High	0.86 (0.58–1.34)			
Current tobacco use (base = no)	0.86 (0.65–1.15)		—	
Past month binge drinking (base = no)	1.53 (1.12–2.08)	0.008	1.82 (1.31–2.51)	<0.001
Type 2 diabetes (base = no)	3.57 (2.18–5.83)	<0.001	3.48 (2.10–5.76)	<0.001

[a]Adjusted for age; [b]adjusted for all covariates.
AOR = adjusted odds ratio; CI = confidence interval; COR = crude odds ratio.