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

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

\(^a\)Evaluated with 5-point model
\(^b\)Evaluated with 3-point model; taken as ordinal variables.