

Table 2 Sociodemographic characteristics of study participants with hypertension

Characteristic	Jordanian (n = 153) N (%)	Syrian (n = 191) N (%)
Marital status		
Never married	5 (3.3)	6 (3.1)
Married	123 (80.9)	145 (75.9)
Separated	4 (2.6)	12 (6.3)
Divorced	6 (4.0)	5 (2.6)
Widowed	14 (9.2)	23 (12.0)
Urban		
Yes	130 (85.0)	164 (85.9)
No	23 (15.0)	27 (14.1)
Smoker		
Yes	38 (24.8)	21 (11.0)
No	115 (75.2)	170 (89.0)
Physical activity (Vigorous)		
Yes	8 (5.2)	11 (5.7)
No	145 (94.8)	180 (94.2)
Physical activity (Moderate)		
Yes	16 (10.5)	16 (8.4)
No	137 (89.5)	175 (91.6)
Taking medication for hypertension		
Yes	63 (41.2)	64 (33.5)
No	90 (58.8)	127 (66.5)
Using traditional healer for hypertension		
Yes	9 (5.8)	14 (7.3)
No	144 (94.1)	177 (92.7)
Taking herbal/traditional remedies for hypertension		
Yes	14 (9.2)	16 (8.4)
No	139 (90.2)	175 (91.6)
Characteristic	Jordanian (n = 153) Mean $\pm$ SD	Syrian (n = 191) Mean $\pm$ SD
Weight (kg)	81.0 $\pm$ 18.6	80.4 $\pm$ 17.6
Height (cm)	159.5 $\pm$ 7.6	159.3 $\pm$ 6.2
Body mass index	31.7 $\pm$ 7.3	31.3 $\pm$ 7.4
Waist circumference (cm)	95.1 $\pm$ 15.8	93.9 $\pm$ 15.1
Hip circumference (cm)	110.3 $\pm$ 13.6	110.3 $\pm$ 13.6
Days eating fruits per week	3.13 $\pm$ 2.3	1.32 $\pm$ 1.4
Days eating vegetables per week	6.56 $\pm$ 6.0	5.45 $\pm$ 5.6
Average BP reading 1, mean $\pm$ SD		
Systolic	128.7 $\pm$ 66.2	121.5 $\pm$ 19.0
Diastolic	91.1 $\pm$ 67.6	85.0 $\pm$ 13.5
Average BP reading 2, mean $\pm$ SD		
Systolic	120.0 $\pm$ 17.6	121.6 $\pm$ 59.3
Diastolic	83.9 $\pm$ 12.3	87.7 $\pm$ 60.4
Average BP reading 3, mean $\pm$ SD		
Systolic	118.9 $\pm$ 17.7	117.5 $\pm$ 16.5
Diastolic	83.6 $\pm$ 11.9	83.7 $\pm$ 11.8

*P < 0.05