

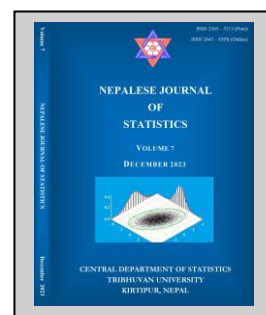
Supplementary Materials: Status of Hypertension and its Determinants among Teachers in Tribhuvan University Campus, Kirtipur, Kathmandu

Krishna Khadka and Pravat Uprety

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SUPPLEMENTARY MATERIALS

Table S1. The distribution of sample characteristics under study (n = 247).

Factors	Variables	Categories	Frequency	Percent
	Age Group	30 to 40	24	9.7
		40 to 45	64	25.9
		45 to 50	48	19.4
		50 to 55	52	21.1
		above 55	59	23.9
Gender		Female	38	15.4
		Male	209	84.6
Socio-Demographic	Ethnicity	Brahman	163	66
		Chhetri	22	8.9
		Dalit	2	0.8
		Janajati	50	20.2
		Others	10	4
Religion		Buddhist	18	7.3
		Hindu	212	85.8
		Others	12	4.9
		Secular	5	2
Family Type		Joint	100	40.5
		Nuclear	147	59.5

	Single	5	2		
Marital Status	Married	240	97.2		
	Widower	2	0.8		
	Family history of hypertension	No	105	42.5	
	Yes	142	57.5		
Modes of Transportation to workplace	Walking	60	24.3		
	Using vehicle	187	75.7		
Duration of Service	below 5 years	31	12.6		
	5 to 10 years	24	9.7		
	10 to 15 years	57	23.1		
	15 to 20 years	45	18.2		
	20 to 25 years	45	18.2		
	above 25 years	45	18.2		
Behavioral	Alcohol intake	No	123	49.8	
		Yes	124	50.2	
	Tobacco use	Never	195	78.9	
		Occasionally	35	14.2	
	Smoking cigarette	Regularly	17	6.9	
		No	195	78.9	
	Salt consumes	Yes	52	21.1	
		Too little or right amount	212	85.8	
	Fruits and/or Vegetables Intake	Too Much	35	14.2	
		insufficient intake	242	98	
	Clinical	Anti-hypertensive medication	sufficient intake	5	2
			No	177	71.7
Yes		70	28.3		
High blood sugar medication		No	211	85.4	
		Yes	36	14.6	
Other disease medication		No	232	93.9	
		Yes	15	6.1	
Obesity		Normal	51	20.6	
	Overweight	57	23.1		

	Obese	139	56.3
	Inactive	100	40.5
Physical Activeness	Minimally or HEPA active	147	59.5

Table S2. Analysis of the status of hypertension with different categorical variables within socio-demographic factors.

Variables	Categories	Status Of Hypertension			Chi-Square (P-value)
		Normotensive	Pre-hypertensive	Hypertensive	
		Count (Percent)	Count (Percent)	Count (Percent)	
Age Group (years)	30 to 40	11 (45.8%)	10 (41.7%)	3 (12.5%)	36.913 (0.000)
	40 to 45	27 (42.2%)	22 (34.4%)	15 (23.4%)	
	45 to 50	12 (25.0%)	23 (47.9%)	13 (27.1%)	
	50 to 55	8 (15.4%)	13 (25.0%)	31 (59.6%)	
	above 55	17 (28.8%)	11 (18.6%)	31 (52.6%)	
Gender	Male	53 (25.4%)	72 (34.4%)	84 (40.2%)	16.120 (0.000)
	Female	22 (57.9%)	7 (18.4%)	9 (23.7%)	
Ethnicity	Brahman	45 (27.6%)	52 (31.9%)	66 (40.5%)	13.115 (0.108)
	Chhetri	6 (27.3%)	12 (54.5%)	4 (18.2%)	
	Dalit	2 (100%)	0	0	
	Janajati	19 (38.0%)	12 (24.0%)	19 (38.0%)	
	Others	3 (30.0%)	3 (30.0%)	4 (40.0%)	
Religion	Buddhist	6 (33.3%)	6 (33.3%)	6 (33.3%)	11.271 (0.080)
	Hindu	66 (31.1%)	71 (33.5%)	75 (35.4%)	
	Others	3 (25.0%)	2 (16.7%)	7 (58.3%)	
	Secular	0	0	5 (100%)	
Family Type	Joint	30 (30.0%)	33 (33%)	37 (37%)	0.081 (0.961)
	Nuclear	45 (30.6%)	46 (31.3%)	56 (38.1%)	
Marital Status	Single	3 (60.0%)	2 (40%)	0	6.757 (0.149)
	Married	72 (30.0%)	77 (32.1%)	91 (37.9%)	
	Widower	0	0	2 (100%)	
Duration of Service (years)	below 5	16 (51.6%)	9 (29.0%)	6 (19.4%)	45.393 (0.000)
	5 to 10	16 (66.7%)	6 (25.0%)	2 (8.3%)	

	10 to 15	18 (31.6%)	24 (42.1%)	15 (26.3%)	
	15 to 20	8 (17.8%)	17 (37.8%)	20 (44.4%)	
	20 to 25	11 (24.4%)	9 (20.0%)	25 (55.6%)	
	above 25	6 (13.3%)	14 (31.1%)	25 (55.6%)	
Family History of Hypertension	No	34 (32.4%)	35 (33.3%)	36 (34.3%)	0.898 (0.638)
	Yes	41 (28.9%)	44 (31.0%)	57 (40.1%)	
Modes of Transportation	Walking	22 (36.6%)	19 (31.7%)	19 (31.7%)	1.793 (0.408)
	Vehicle	53 (28.3%)	60 (32.1%)	74 (39.6%)	

Table S3. Analysis of the status of hypertension with different categorical variables within Behavior Factors.

Variables	Categories	Status Of Hypertension			Chi-Square (P-value)
		Normotensive	Pre-hypertensive	Hypertensive	
		Count (Percent)	Count (Percent)	Count (Percent)	
Smoking Cigarette	No	73 (37.4%)	53 (27.2%)	69 (35.4%)	23.203 (0.000)
	Yes	2 (3.8%)	26 (50.0%)	24 (46.2%)	
Tobacco use	Never	64 (32.8%)	55 (28.2%)	76 (39.0%)	22.021 (0.000)
	Occasionally	10 (28.6%)	20 (57.1%)	5 (14.3%)	
	Regularly	1 (5.9%)	4 (23.5%)	12 (70.6%)	
Alcohol Intake	No	45 (36.6%)	31 (25.2%)	47 (38.2%)	6.665 (0.036)
	Yes	30 (24.2%)	48 (38.7%)	46 (37.1%)	
Salt Consumption	too little or right amount	69 (32.5%)	58 (27.4%)	85 (40.1%)	14.726 (0.00)
	Too Much	6(17.1%)	21 (60.0%)	8 (22.9%)	
Fruits and/or Vegetable intake	insufficient intake	74 (30.6%)	77 (31.8%)	91 (37.6%)	0.291 (0.865)
	sufficient intake	1 (20.0%)	2 (40.0%)	2 (40.0%)	

Table S4. The value of Cronbach's alpha.

Variable	Cronbach's Alpha	Items
Job itself	0.757	4
Role management	0.824	2
Interpersonal Relationship	0.729	2
Organization Style	0.785	4
Career Development	0.674	2
Family work conflict	0.713	3

Table S5. Analysis of the status of hypertension with different categorical variables within clinical factors.

Variables	Categories	Status Of Hypertension			Chi-Square (P-value)
		Normotensive	Pre- hypertensive	Hypertensive	
		Count (Percent)	Count (Percent)	Count (Percent)	
Physical Activeness	Inactive	13 (13.0%)	30 (30.0%)	57 (57.0%)	33.598 (0.000)
	Minimally active or HEPA active	62 (42.2%)	49 (33.3%)	36 (24.5%)	
Obesity	Normal	13 (25.5%)	24 (47.1%)	14 (27.5%)	6.985 (0.137)
	Overweight	19 (33.3 %)	16 (28.1%)	22 (38.6%)	
	Obese	43 (30.9%)	39 (28.1%)	57 (41.0%)	
Diabetes medication	No	72 (34.1%)	65 (30.8%)	74 (35.1%)	9.925 (0.007)
	Yes	3 (8.3 %)	14 (38.9%)	19 (52.8%)	
Other disease medication	No	74 (31.9%)	75 (32.3%)	83 (35.8%)	6.665 (0.036)
	Yes	1 (6.7%)	4 (26.7%)	10 (66.7%)	