

Supplementary

Tamarind Intake and Hypertension: An Alarming Association Found in the Bandar Kong Cohort Study

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Supplementary Table 1. Characteristics of the study population

Characteristic		Total (n=2823)	Men (n=1138;40.3%)	Women (n=1685;59.7%)	P value
Residence	Urban	2397(84.9)	971(85.3)	1426(84.6)	0.630 ^b
	Rural	426(15.1)	167(14.7)	259(15.4)	
Education	<6 years	1628(57.7)	481(42.3)	1147(68.1)	<0.001 ^b
	6-12 years	929(32.9)	500(43.9)	429(25.5)	
	>12	266(9.4)	157(13.8)	109(6.5)	
Occupation	Unoccupied	1557(55.3)	160(14.1)	1397(83.1)	<0.001 ^b
	Occupied	1261(44.7)	977(85.9)	284(16.9)	
Physical Activity	Low	706(25.0)	300(26.4)	406(24.1)	<0.001 ^b
	Medium	1413(50.1)	503(44.2)	910(54.0)	
	High	704(24.9)	335(29.4)	369(21.9)	
Body Mass Index	≤24.9	1101(39.1)	551(48.6)	550(32.7)	<0.001 ^b
	25-29.9	1055(37.5)	416(36.7)	639(38.0)	
	≥30	658(23.4)	167(14.7)	491(29.2)	
Marital Status	Single	83(2.9)	18(1.6)	65(3.9)	<0.001 ^b
	Married	2517(89.2)	1106(97.2)	1411(83.7)	
	Widowed/ Divorced	223(7.9)	14(1.2)	209(12.4)	
Cigarette smoking	No	2446 (87.1)	774(68.4)	1672(99.7)	<0.001 ^b
	Yes	363(12.9)	358(31.6)	5(0.3)	
Alcohol drinker	No	2674(95.2)	1001(88.4)	1673(99.8)	<0.001 ^b
	Yes	135(4.8)	131(11.6)	4(0.2)	
Hookah use	No	2358(83.9)	889(78.5)	1469(87.6)	<0.001 ^b
	Yes	451(16.1)	243(21.5)	208(12.4)	
Drug use	No	2694(95.9)	1025(90.5)	1669(99.5)	<0.001 ^b
	Yes	115(4.1)	107(9.5)	8(0.5)	
Socio-economic status	Low	1070(38.0)	355(31.3)	715(42.6)	<0.001 ^b

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	Medium	586(20.8)	242(21.3)	344(20.5)	
	High	1158(41.2)	538(47.4)	620(36.9)	
Family history of hypertension^b	No	1272(45.1)	602(52.9)	670(39.8)	<0.001 ^b
	Yes	1551(54.9)	536(47.1)	1015(60.2)	

Data are mean \pm standard deviation for quantitative variables or frequency (percent) for categorical variables. ^aIndependent samples t test, ^b χ^2 test

Supplementary Table 2. Associations between hypertension and other variables in women and men

Characteristic		Men (n=1138;40.3%)			Women (n=1685;59.7%)		
		Crude OR	95%CI ^a	P value	Crude OR	95%CI ^a	P value
Residence	Urban	Reference					
	Rural	1.19	0.82-1.71	0.362	1.92	1.44-2.55	<0.001
Education	<6 years	2.56	1.61-4.06	<0.001	7.51	3.26-17.26	<0.001
	6-12 years	1.26	0.78-2.02	0.340	2.26	0.94-5.43	0.067
	>12	Reference					
Occupation	Unoccupied	3.81	2.69-5.39	<0.001	2.29	1.60-3.30	<0.001
	Occupied	Reference					
Physical Activity	Low	1.83	1.27-2.63	0.001	1.25	0.89-1.74	0.194
	Medium	1.41	1.01-1.97	0.047	1.19	0.89-1.59	0.238
	High	Reference					
Body Mass Index	≤ 24.9	Reference					
	25-29.9	1.23	0.92-1.66	0.168	1.63	1.22-2.12	0.001
	≥ 30	1.87	1.28-2.73	0.001	2.77	2.06-3.72	<0.001
Marital Status	Single	Reference					
	Married	2.71	0.62-11.87	0.185	1.48	0.76-2.86	0.244
	Widow/Divorce	6.00	0.98-36.71	0.053	2.32	1.14-4.71	0.020
Hookah use	No	Reference					
	Yes	1.66	1.22-2.26	0.001	0.99	0.71-1.40	0.985
Socio -economic status	Low	1.03	0.76-1.40	0.856	1.38	1.07-1.77	0.013
	Medium	1.03	0.73-1.46	0.876	1.08	0.79-1.49	0.618
	High	Reference					

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Family history of hypertension	No	Reference					
	Yes	1.49	1.14-1.95	0.004	1.64	1.29-2.08	<0.001

^a 95% confidence interval for odds ratio