

Supplemental tables

Supplemental table 1: Comparison between included and excluded participants, analysis 1.

	Included	Excluded	P-value
Sample size	3299	3434	
Women	1954 (59.2)	1590 (46.3)	<0.001
Age (years)	49.3 ± 9.6	55.9 ± 10.8	<0.001
Age groups			<0.001
[35-44[1291 (39.1)	696 (20.3)	
[45-54[1091 (33.0)	876 (25.5)	
[55-64[691 (21.0)	1087 (31.7)	
[65+	226 (6.9)	775 (22.6)	
BMI (kg/m ²)	24.5 ± 3.8	27.0 ± 4.8	<0.001
BMI categories			<0.001
Normal	1988 (60.3)	1249 (36.4)	
Overweight	1058 (32.1)	1404 (40.9)	
Obese	253 (7.7)	778 (22.7)	
Smoking categories			<0.001
Never	1365 (41.4)	1367 (39.9)	
Former	1035 (31.4)	1148 (33.5)	
Current	899 (27.3)	913 (26.6)	
Alcohol consumption			<0.001
None	900 (27.3)	1015 (29.6)	
1-13/week	1987 (60.2)	1666 (48.5)	
14-34/week	383 (11.6)	652 (19.0)	
35+/week	29 (0.9)	101 (2.9)	
Education categories			<0.001
Basic	526 (15.9)	871 (25.5)	
Apprenticeship	1086 (32.9)	1291 (37.8)	
High school	889 (27.0)	736 (21.5)	
University	798 (24.2)	522 (15.3)	
Physically active			<0.001
No	1437 (43.6)	1789 (52.1)	
Yes	1862 (56.4)	1645 (47.9)	
Personal history of CVD			<0.001
No	3214 (97.4)	3108 (90.6)	
Yes	85 (2.6)	322 (9.4)	
Family history of CVD			0.013
No	2455 (74.4)	2463 (71.7)	

Yes	844 (25.6)	971 (28.3)
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BMI, body mass index; CVD, cardiovascular disease. Results are expressed as number (percentage) for categorical variables or as average \pm standard deviation for continuous variables. Between-group comparisons were performed using chi-square for categorical variables and student's t-test for continuous variables.

Supplemental table 2: Comparison between included and excluded participants, analysis 2

	Included	Excluded	P-value
Sample size	3728	3005	
Women	2165 (58.1)	1379 (45.9)	<0.001
Age (years)	49.3 ± 9.7	56.7 ± 10.6	<0.001
Age groups			<0.001
[35-44[1462 (39.2)	525 (17.5)	
[45-54[1219 (32.7)	748 (24.9)	
[55-64[779 (20.9)	999 (33.2)	
[65+	268 (7.2)	733 (24.4)	
BMI (kg/m ²)	24.6 ± 3.9	27.3 ± 4.8	<0.001
BMI categories			<0.001
Normal	2214 (59.4)	1023 (34.1)	
Overweight	1217 (32.6)	1245 (41.5)	
Obese	297 (8)	734 (24.5)	
Smoking categories			0.002
Never	1522 (40.8)	1210 (40.4)	
Former	1150 (30.9)	1033 (34.4)	
Current	1056 (28.3)	756 (25.2)	
Alcohol consumption			<0.001
None	1033 (27.7)	882 (29.4)	
1-13/week	2202 (59.1)	1451 (48.3)	
14-34/week	458 (12.3)	577 (19.2)	
35+/week	35 (0.9)	95 (3.2)	
Education categories			<0.001
Basic	631 (16.9)	766 (25.6)	
Apprenticeship	1220 (32.7)	1157 (38.7)	
High school	987 (26.5)	638 (21.3)	
University	890 (23.9)	430 (14.4)	
Physically active			<0.001
No	1654 (44.4)	1572 (52.3)	
Yes	2074 (55.6)	1433 (47.7)	
Personal history of CVD			<0.001
No	3627 (97.3)	2699 (89.8)	
Yes	101 (2.7)	306 (10.2)	
Family history of CVD			<0.001
No	2789 (74.8)	2129 (70.9)	
Yes	939 (25.2)	876 (29.2)	

BMI, body mass index; CVD, cardiovascular disease. Results are expressed as number (percentage) for categorical variables or as average \pm standard deviation for continuous variables. Between-group comparisons were performed using chi-square for categorical variables and student's t-test for continuous variables.

Supplemental table 3: Multivariable analysis of the factors associated with incident hypertension at 1) the second follow-up only or 2) at the first or the second follow-up, CoLaus study, Lausanne, Switzerland, with inverse probability weighting for non-participation in the follow-up.

	Between baseline and second follow-up only	Between baseline and first or second follow-up
Sample size	3299	3728
Gender		
Woman	1 (ref.)	1 (ref.)
Man	1.23 (1.09 - 1.39)	1.29 (1.16 - 1.44)
Age groups		
[35-44[1 (ref.)	1 (ref.)
[45-54[1.46 (1.25 - 1.71)	1.45 (1.26 - 1.67)
[55-64[1.86 (1.58 - 2.19)	1.86 (1.61 - 2.15)
[65+	2.63 (2.17 - 3.19)	2.71 (2.30 - 3.19)
p-value for trend	<0.001	<0.001
BMI categories		
Normal	1 (ref.)	1 (ref.)
Overweight	1.60 (1.41 - 1.82)	1.56 (1.40 - 1.75)
Obese	1.59 (1.31 - 1.93)	1.74 (1.48 - 2.04)
p-value for trend	<0.001	<0.001
Smoking categories		
Never	1 (ref.)	1 (ref.)
Former	1.18 (1.03 - 1.35)	1.11 (0.98 - 1.24)
Current	0.93 (0.80 - 1.09)	0.94 (0.82 - 1.07)
p-value for trend	0.376	0.535
Education categories		
University	1 (ref.)	1 (ref.)
High school	1.06 (0.89 - 1.26)	1.04 (0.90 - 1.21)
Apprenticeship	1.14 (0.97 - 1.34)	1.07 (0.93 - 1.23)
Basic	1.20 (0.99 - 1.44)	1.12 (0.95 - 1.31)
p-value for trend	0.040	0.152
Physically active		
No	1 (ref.)	1 (ref.)
Yes	0.88 (0.78 - 0.99)	0.92 (0.83 - 1.02)
Personal hist. of CVD		
No	1 (ref.)	1 (ref.)
Yes	1.60 (1.27 - 2.01)	1.51 (1.24 - 1.83)
Family history of CVD		
No	1 (ref.)	1 (ref.)

Yes	1.19 (1.05 - 1.35)	1.21 (1.09 - 1.36)
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BMI, body mass index; CVD, cardiovascular disease. Results expressed as multivariable adjusted incident rate ratio and (95% confidence interval). Statistical analysis performed using Poisson regression adjusting for all the variables in the table.

Supplemental table 4: Multivariable analysis, with further adjustment for baseline systolic and diastolic blood pressure, of the factors associated with incident hypertension at 1) the second follow-up only or 2) at the first or the second follow-up, CoLaus study, Lausanne, Switzerland, with inverse probability weighting for non-participation in the follow-up.

	Between baseline and second follow-up only	Between baseline and first or second follow-up
Sample size	3299	3728
Gender		
Woman	1 (ref.)	1 (ref.)
Man	0.94 (0.83 - 1.05)	0.99 (0.90 - 1.10)
Age groups		
[35-44[1 (ref.)	1 (ref.)
[45-54[1.28 (1.10 - 1.48)	1.26 (1.10 - 1.43)
[55-64[1.41 (1.20 - 1.65)	1.40 (1.22 - 1.61)
[65+	1.80 (1.48 - 2.19)	1.89 (1.61 - 2.23)
p-value for trend	<0.001	<0.001
BMI categories		
Normal	1 (ref.)	1 (ref.)
Overweight	1.33 (1.18 - 1.50)	1.30 (1.17 - 1.45)
Obese	1.17 (0.97 - 1.41)	1.29 (1.11 - 1.51)
p-value for trend	0.101	0.001
Smoking categories		
Never	1 (ref.)	1 (ref.)
Former	1.20 (1.06 - 1.36)	1.13 (1.02 - 1.27)
Current	1.07 (0.92 - 1.24)	1.05 (0.93 - 1.19)
p-value for trend	0.375	0.432
Education categories		
University	1 (ref.)	1 (ref.)
High school	1.05 (0.89 - 1.24)	1.03 (0.90 - 1.18)
Apprenticeship	1.08 (0.93 - 1.26)	1.04 (0.91 - 1.18)
Basic	1.12 (0.94 - 1.34)	1.08 (0.93 - 1.25)
p-value for trend	0.191	0.334
Physically active		
No	1 (ref.)	1 (ref.)
Yes	0.86 (0.77 - 0.96)	0.90 (0.82 - 0.99)
Personal hist. of CVD		
No	1 (ref.)	1 (ref.)
Yes	1.75 (1.41 - 2.16)	1.69 (1.41 - 2.03)

Family history of CVD

No	1 (ref.)	1 (ref.)
Yes	1.12 (0.99 - 1.26)	1.15 (1.03 - 1.27)

BMI, body mass index; CVD, cardiovascular disease. Results expressed as multivariable adjusted incident rate ratio and (95% confidence interval). Statistical analysis performed using Poisson regression adjusting for all the variables in the table.