

Supplementary material

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Table S1. Descriptive characteristics of all participants WOBASZ II Study

Descriptor. Mean (95%CI)	Hypertension without hypercholesterolemia		Hypercholesterolemia without hypertension		Without hypertension and hypercholesterolemia	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Age, y	636	57.3(56-58.5)	1940	46(45.4-46.6)	1326	37.1(36.4-37.9)
Male sex, %	330	51.9(46.5-57.3)	830	42.8(39.5-46.2)	504	38.1(33.9-42.3)
BMI <25 kg/m ² , %	155	24.4(17.6-31.1)	789	40.7(37.3-44.1)	784	59.3(55.8-62.7)
BMI 25-30 kg/m ² , %	258	40.6(34.6-46.5)	787	40.6(37.2-44)	402	30.4(25.9-34.9)
BMI >30 kg/m ² , %	223	35.1(28.8-41.3)	362	18.7(14.7-22.7)	137	10.4(5.3-15.5)
SBP, mmHg	636	144.2(142.8-145.6)	1938	120.2(119.7-120.6)	1323	117.7(117.1-118.2)
DBP, mmHg	636	85.9(85.1-86.7)	1938	76.1(75.7-76.4)	1323	74.4(74-74.8)
TC, mmol/l ^a	636	4.1(4-4.1)	1935	5.6(5.6-5.7)	1326	4.2(4.2-4.3)
LDL-C, mmol/l ^a	636	2.3(2.3-2.4)	1933	3.5(3.5-3.5)	1326	2.3(2.3-2.3)
HDL-C, mmol/l ^a	636	1.2(1.2-1.3)	1933	1.5(1.5-1.5)	1326	1.4(1.4-1.4)
TG, mmol/l ^a	636	1.1(1-1.2)	1934	1.3(1.2-1.4)	1326	0.9(0.9-0.9)

Hypertension treatment, %	354	55.7(50.5-60.8)	0		0	
Hypercholesterolemia treatment, %	0		171	8.8(4.6-13.1)	0	
Diabetes, %	102	16(8.9-23.2)	57	2.9(0-7.3)	29	2.2(0-7.5)
Smoking, %	126	19.8(12.9-26.8)	512	26.4(22.6-30.2)	309	23.4(18.6-28.1)
Alcohol drinkers, %	495	77.8(74.2-81.5)	1659	85.6(83.9-87.3)	1126	85.1(83-87.2)
Education, %	474	74.5(70.6-78.5)	1727	89.1(87.6-90.6)	1220	92.2(90.7-93.7)
Physical activity, %	330	51.9(46.5-57.3)	1251	64.6(61.9-67.2)	881	66.6(63.5-69.7)
Coexisting CVD, %	199	31.3(24.8-37.7)	213	11(6.8-15.2)	99	7.5(2.3-12.7)
Married, %	152	23.9(17.1-30.7)	204	10.5(6.3-14.7)	90	6.8(1.6-12)
SCORE						
SCORE \geq 5%, %	317	68.9(63.8-74)	1263	88.8(87-90.5)	540	93.4(91.3-95.5)
SCORE \geq 5 and <10%, %	122	26.5(18.7-34.4)	144	10.1(5.2-15)	37	6.4(-1.5-14.3)
SCORE \geq 10%, %	21	4.6(0-13.5)	16	1.1(0-6.3)	1	0.2(-8-8.3)

Visits. number/y, %						
0	71	11.2(3.8-18.5)	99	5.1(0.8-9.4)	66	5(0-10.2)
1	183	28.8(22.2-35.3)	862	44.5(41.2-47.8)	593	44.8(40.8-48.8)
2-4	177	27.8(21.2-34.4)	609	31.4(27.7-35.1)	438	33.1(28.7-37.5)
5-6	43	6.8(0-14.3)	115	5.9(1.6-10.3)	80	6(0.8-11.3)
>7	162	25.5(18.8-32.2)	253	13.1(8.9-17.2)	146	11(6-16.1)
Income, %						
<= PLN 1000 (< EUR 250)	247	45.6(39.4-51.8)	749	46(42.4-49.5)	493	47(42.5-51.4)
> PLN 1000 (> EUR 250)	295	54.4(48.7-60.1)	880	54(50.7-57.3)	557	53(48.9-57.2)

^a -median

Abbreviations: y. years; BMI. body mass index; SBP. systolic blood pressure; DBP. diastolic blood pressure; TC. total cholesterol; LDL-C. low density cholesterol; HDL-C. high density cholesterol; TG. triglycerides; SCORE. Systematic COronary Risk Evaluation; Education – higher than vocational

Table S2. Odds ratios and 95% confidence limits of factors associated with control of hypertension, hypercholesterolemia or both in patients with hypertension and hypercholesterolemia in WOBASZ II study (detailed data for Fig. 1)

Descriptor	Controlled hypertension	<i>P</i>	Controlled hypercholesterolemia	<i>P</i>	Controlled hypertension and hypercholesterolemia	<i>P</i>
	OR (95%CI)		OR (95%CI)		OR (95%CI)	
Gender, female	1.51(1.25-1.83)	0,00	1.09(0.92-1.3)	0.32	1.27(0.98-1.65)	0.07
Age per 10years	1.05(0.97-1.14)	0.2	0.92(0.85-0.98)	0.02	1.11(1-1.25)	0.06
HDL-C per 1.0 mmol/l	0.83(0.4-1.74)	0.63	1.77(0.96-3.26)	0.07	1.47(0.63-3.44)	0.37
TG per 1.0mmol/l	0.85(0.5-1.43)	0.54	0.65(0.33-1.27)	0.21	0.7(0.25-1.94)	0.5
Diabetes	0.95(0.74-1.24)	0.72	1.42(1.11-1.82)	0,00	1.09(0.78-1.51)	0.62
Obesity	1.1(0.91-1.33)	0.32	0.99(0.83-1.18)	0.92	1.12(0.86-1.45)	0.41
Smokers	0.82(0.65-1.05)	0.12	0.57(0.45-0.71)	<0.001	0.51(0.34-0.76)	<0.001
Coexisting CVD	1.78(1.44-2.19)	<0.001	2.07(1.69-2.54)	<0.001	2.25(1.7-2.97)	<0.001
Visits number \geq 4/year	2.35(1.93-2.86)	<0.001	1.42(1.17-1.72)	<0.001	1.76(1.33-2.33)	<0.001

Educational level more than vocational	1.43(1.17-1.75)	0.000471	1.04(0.86-1.26)	0.67	1.37(1.04-1.81)	0.03
Income level (PLN 1000 [EUR 250])	1.16(0.96-1.41)	0.121546	1(0.83-1.2)	0.97	1.07(0.82-1.4)	0.6