Blood Pressure and Dietary Calcium

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### Introduction

Table 1: Dataset variables and description

Variable

Description

id

Participants identification number each survey year. This is a yearly survey that follows participants across many years and the ids are unique to these participants and reused for the given participant each year

age

Participant age at each survey year

location

Participants living location at the time of survey. This categories here can be 1 or 2 where 1 denotes urban location and 2 for rural location

gender

Participants gender. 1 for male and 2 for female

nation

Participant nationality

waves

The survey year. The dataset starts from 2000 to 2009 and within this period the survey has held for 2000, 2004, 2006 and 2009

smoking

Denotes if the given participant smokes or not. 0 for non-smokers and 1 for smokers

alcohol

This is the alcohol consumption frequency per week. 1 unit represents one glass of alcohol. The values here tell how many units participant took per week on average

dgHBP

This is the hypertension diagnostic report. Categories here are either 0 or 1. 0 meaning no hypertention diagnostic report and 1 for any diagnostic report

sbp

This is the average (mean) systolic blood pressure measurement taken from 3 measurements

dbp

This is the average (mean) diastolic blood pressure measurement taken from 3 measurements

bmi

The Body ass Index calculated using participan’s weight and height with an Adolphe Quetelet Formula (Weight (Cm)/[Height (m)]^2)

nrg

Energy intake of the participant expressed in kCal

dietCa

Partiicpants dietary calcium intake measured in mg

met\_m

Physical activity of participants expressed in the number of hours per week of physical activity