# Contribution Title

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**Abstract.** The abstract should summarize the contents of the paper in short terms, i.e. 150-250 words.

**Keywords:** First Keyword, Second Keyword, Third Keyword.

## 1 Introduction

## 2 Materials and Methods

We used the database and questionnaires from the Encuesta Nacional de Salud y Nutrición Continua 2023 (ENSANUT 2023).

The main limitation of this study is that we only used the health questionnaire, which includes responses from individuals aged 20 years or older. Additionally, we focused exclusively on participants who answered "yes" to the question: "*Algún medico lee ha dicho que tiene le paresión alta?" (Has any doctor told you that you have high blood pressure?).*

Therefore, the scope of this study is to observe the associations between health-related habits and hypertension-related complications in the Mexican population diagnosed with high blood pressure by a medical professional.

The database contains 6,722 records, of which 1,429 correspond to individuals who reported having hypertension, also, it has 758 variables. The analysis was conducted on these 1,429 records and limited to 17 variables selected based on their relevance to complications and hypertension-related habits. The selected variables are shown in Table 1.

**Table 1. Selected variables**

| Mnemonic | Category | Question | Response | Response values |
|---|---|---|---|---|
| a0404 | Treatments | Do you currently take any medicines (pills) to control your high blood pressure? | Yes, No. | 1,2 |
| a0401 | Data | Has a doctor told you that you have high blood pressure? | | 1, 2, 3 |

| | | | | |
|---|---|---|---|---|
| | | | Yes, Yes, during pregnancy, No. | |
| a0405aa | Habit | In the last three months, have you stopped taking any of your blood pressure medications for at least 1 day? | Yes, No, Don't Know | 1, 2, 9 |
| A0408A | Treatments | | Meal plan (diet recommended by health personnel) | 1 |
| A0408B | Treatments | What other treatment do you currently have to control your high blood pressure? | Do some physical exercise | 2 |
| A0408C | Treatments | | Decrease in salt consumption | 3 |
| A0408D | Treatments | | Alternative medicine | 4 |
| A0408E | Treatments | | None | 5 |
| a0410a | Complication | Has hypertension caused retinal damage? | Yes, No. | 1, 2 |
| a0410b | Complication | Have you been on dialysis due to hypertension? | Yes, No. | 1, 2 |
| a0410c | Complication | Have you suffered a heart attack due to hypertension? | Yes, No. | 1, 2 |
| a0410d | Complication | Have you had a heart attack or stroke due to hypertension? | Yes, No. | 1, 2 |
| a0410e | Complication | Due to hypertension, have you gone to an emergency department in the last year? | Yes, No. | 1, 2 |
| a0410f | Complication | Have you been hospitalized for more than 24 hours in the past year because of hypertension? | Yes, No. | 1, 2 |
| a0502a | Complication | Has your doctor told you that you have (or had) a heart attack? | Yes, No. | 1, 2 |
| a0502c | Complication | Has your doctor told you that you have (or had) heart failure (weakened pumping ability of the heart, leading to edema in the feet, ankles, and legs, tiredness, and shortness of breath)? | Yes, No. | 1, 2 |

| | | | | |
|---|---|---|---|---|
| a0502d | Complication | Has your doctor told you that you have (or had) a stroke or stroke? | Yes, No. | 1, 2 |

## 2.1 Data Preprocessing

The dataset was cleaned by removing unselected variables and excluding records where a0401 indicated no hypertension. Fortunately, the registers on the variable a0401 didn't present any empty value, that's why we only had to check if the values on the register were 1 or 2.

For missing values in the selected variables, missing entries were imputed as 0, if a lack of response indicated absence of the habit or complication. The categorical variables were coded as binary variables to facilitate logistic regression and calculate conditional probabilities consistently. For dichotomous response variables (Yes/No), the values were coded as 1, while responses of "No" or "Don't know" were coded as 0. The variables corresponding to treatments were coded in the next form, considering that the codes could appear in different columns:

- A0408A: 1 if A0408A is 1
- A0408B: 1 if A0408A is 2 or if A0408B is 2
- A0408C: 1 if A0408A is 3 or if A0408B is 3 or if A0408C is 3
- A0408D: 1 if A0408A is 4 or if A0408B is 4 or if A0408C is 4 or if A0408D is 4
- A0408E: 1 if A0408A is 5

For the variable a0401 we assigned the value 1 if the response was 1 or 2 (Yes/Yes, during pregnancy).

## 2.2 Statistical analysis

To analyze the data, we used three strategies:

Univariate analysis. For each variable, we made a simple association analysis using 2x2 contingency tables between each binarized habit and the presence of the complication. Based on these tables, crude odds ratios, p-values (Fisher's exact test), and rates for each group were calculated.

Multivariate logistic regression models. A logistic regression model was fitted, simultaneously considering all selected habits as independent variables and each complication as a dependent variable. Thanks to this process, log-odds coefficients were obtained and adjusted odds ratios (exp(coefficient)).

Adjusted Probabilities Estimation. From the multivariate logistic regression model, adjusted probabilities were calculated using counterfactual simulations. For each habit, the other variables were set to their median value. The estimated probabilities of developing the complication were compared with the habit present (1) and absent (0). Finally, we add the difference in probability attributable to each habit.

### 2.3 Software

All analyses were performed using Python (version 3.12.2), with the library's pandas, numpy, sklearn, and scipy.

## 3 Results

### 3.1 Variable a0410a

**Table 2.** Univariate analysis a0410a

| Variable | Odds ratio | P value | Prob event if 1 | Prob event if 0 | Rate 1 | Rate 0 |
|---|---|---|---|---|---|---|
| a0404 | 2.19076087 | 0.00010626 | 0.180765806 | 0.091503268 | 18.07658059 | 9.150326797 |
| a0405aa | 1.899948427 | 4.58E-05 | 0.232686981 | 0.137640449 | 23.26869806 | 13.76404494 |
| A0408A | 1.479593792 | 0.012060014 | 0.202597403 | 0.146551724 | 20.25974026 | 14.65517241 |
| A0408B | 1.043877551 | 0.839263595 | 0.166666667 | 0.160787531 | 16.66666667 | 16.07875308 |
| A0408C | 1.466323024 | 0.035650542 | 0.208163265 | 0.152027027 | 20.81632653 | 15.2027027 |
| A0408D | 0.800694444 | 0.703477052 | 0.134615385 | 0.162672476 | 13.46153846 | 16.26724764 |
| A0408E | 0.637976023 | 0.00222617 | 0.135365854 | 0.197044335 | 13.53658537 | 19.7044335 |

**Table 3.** Multivariate logistic regression models a0410a

| Variable | Log odds | Odds ratio |
|---|---|---|
| a0405aa | 0.229871002 | 1.258437663 |
| a0404 | 0.117376025 | 1.124542206 |
| A0408E | -0.265944987 | 0.766481293 |
| A0408A | -0.0639088 | 0.938090549 |
| A0408C | 0.042172213 | 1.043074094 |
| A0408D | -0.088331782 | 0.915457094 |
| A0408B | -0.115012027 | 0.891355423 |

**Table 4.** Adjusted Probabilities Estimation a0410a

| Habit | P event if habit_0 | P event if habit_1 | Probability difference |
|---|---|---|---|
| a0405aa | 0.451320122 | 0.508632323 | 0.057312201 |
| a0404 | 0.422452347 | 0.451320122 | 0.028867775 |
| A0408E | 0.517644347 | 0.451320122 | -0.066324226 |
| A0408A | 0.451320122 | 0.435548802 | -0.01577132 |
| A0408C | 0.451320122 | 0.461783168 | 0.010463046 |
| A0408D | 0.451320122 | 0.429554242 | -0.02176588 |
| A0408B | 0.451320122 | 0.423029235 | -0.028290887 |

### 3.2 Variable a0410b

**Table 5.** Univariate analysis a0410b

| Variable | Odds ratio | P value | Prob event if 1 | Prob event if 0 | Rate 1 | Rate 0 |
|---|---|---|---|---|---|---|
| a0404 | 1.36732852 | 0.77810306 | 0.013357079 | 0.009803922 | 1.335707925 | 0.980392157 |
| a0405aa | 0.843537415 | 1 | 0.011080332 | 0.013108614 | 1.108033241 | 1.310861423 |
| A0408A | 0.77240345 | 0.79322535 | 0.01038961 | 0.013409962 | 1.038961039 | 1.340996169 |
| A0408B | 1.163285024 | 0.739209805 | 0.014285714 | 0.012305168 | 1.428571429 | 1.230516817 |
| A0408C | 0.600823045 | 0.753642805 | 0.008163265 | 0.013513514 | 0.816326531 | 1.351351351 |
| A0408D | 1.568627451 | 0.488953864 | 0.019230769 | 0.012345679 | 1.923076923 | 1.234567901 |
| A0408E | 1.16934487 | 0.814532278 | 0.013414634 | 0.011494253 | 1.341463415 | 1.149425287 |

**Table 6.** Multivariate logistic regression models a0410b

| Variable | Log odds | Odds ratio |
|---|---|---|
| A0408C | -0.646278926 | 0.523991967 |
| a0404 | 0.220407677 | 1.246584831 |
| A0408A | -0.420513918 | 0.656709238 |
| A0408D | -1.04536212 | 0.351564488 |
| A0408E | -0.496609767 | 0.60859043 |
| a0405aa | 0.035214315 | 1.035841682 |
| A0408B | -0.188084659 | 0.828544561 |

**Table 7.** Adjusted Probabilities Estimation a0410b

| Habit | P event if habit_0 | P event if habit_1 | Probability difference |
|---|---|---|---|
| A0408C | 0.366279923 | 0.232457149 | -0.133822774 |
| a0404 | 0.316778319 | 0.366279923 | 0.049501604 |
| A0408A | 0.366279923 | 0.275135029 | -0.091144894 |
| A0408D | 0.366279923 | 0.168881991 | -0.197397932 |
| A0408E | 0.487102933 | 0.366279923 | -0.12082301 |
| a0405aa | 0.366279923 | 0.374491652 | 0.008211729 |
| A0408B | 0.366279923 | 0.323815044 | -0.042464878 |

### 3.3 Variable a0410c

**Table 8.** Univariate analysis a0410c

| Variable | Odds ratio | P value | Prob event if 1 | Prob event if 0 | Rate 1 | Rate 0 |
|---|---|---|---|---|---|---|

| | | | | | | |
|---|---|---|---|---|---|---|
| a0404 | 9.811580882 | 0.003127728 | 0.031166518 | 0.003267974 | 3.116651825 | 0.326797386 |
| a0405aa | 2.161436829 | 0.030921742 | 0.041551247 | 0.019662921 | 4.155124654 | 1.966292135 |
| A0408A | 0.901595745 | 1 | 0.023376623 | 0.025862069 | 2.337662338 | 2.586206897 |
| A0408B | 0.72026699 | 0.810521525 | 0.019047619 | 0.026251025 | 1.904761905 | 2.625102543 |
| A0408C | 1.895253682 | 0.112585135 | 0.040816327 | 0.021959459 | 4.081632653 | 2.195945946 |
| A0408D | 0 | 0.638872822 | 0 | 0.026143791 | 0 | 2.614379085 |
| A0408E | 0.9265625 | 0.865316796 | 0.024390244 | 0.026272578 | 2.43902439 | 2.6272578 |

**Table 9.** Multivariate logistic regression models a0410c

| Variable | Log odds | Odds ratio |
|---|---|---|
| a0404 | 0.713439534 | 2.040999286 |
| a0405aa | 0.243016432 | 1.275089577 |
| A0408C | 0.42649189 | 1.531874103 |
| A0408D | -0.852216908 | 0.426468442 |
| A0408B | -0.033007701 | 0.967531109 |
| A0408A | -0.167835906 | 0.845492563 |
| A0408E | 0.135370841 | 1.144961304 |

**Table 10.** Adjusted Probabilities Estimation a0410c

| Habit | P event if habit_0 | P event if habit_1 | Probability difference |
|---|---|---|---|
| a0404 | 0.419795445 | 0.596240901 | 0.176445455 |
| a0405aa | 0.596240901 | 0.653133779 | 0.056892879 |
| A0408C | 0.596240901 | 0.693454251 | 0.09721335 |
| A0408D | 0.596240901 | 0.386418875 | -0.209822026 |
| A0408B | 0.596240901 | 0.588270106 | -0.007970795 |
| A0408A | 0.596240901 | 0.555270825 | -0.040970076 |
| A0408E | 0.563272853 | 0.596240901 | 0.032968048 |

### 3.4 Variable a0410e

**Table 11.** Univariate analysis a0410e

| Variable | Odds ratio | P value | Prob event if 1 | Prob event if 0 | Rate 1 | Rate 0 |
|---|---|---|---|---|---|---|
| a0404 | 1.620739978 | 0.19182111 | 0.056990205 | 0.035947712 | 5.699020481 | 3.594771242 |
| a0405aa | 1.514880952 | 0.102470849 | 0.069252078 | 0.046816479 | 6.925207756 | 4.68164794 |
| A0408A | 1.057692308 | 0.893654256 | 0.054545455 | 0.051724138 | 5.454545455 | 5.172413793 |
| A0408B | 1.355971897 | 0.315301539 | 0.066666667 | 0.050041017 | 6.666666667 | 5.004101723 |
| A0408C | 1.332247798 | 0.344066982 | 0.065306122 | 0.049831081 | 6.530612245 | 4.983108108 |
| A0408D | 1.109693878 | 0.750988196 | 0.057692308 | 0.052287582 | 5.769230769 | 5.22875817 |
| A0408E | 0.710055791 | 0.151887633 | 0.045121951 | 0.062397373 | 4.512195122 | 6.239737274 |

**Table 12.** Multivariate logistic regression models a0410e

| Variable | Log odds | Odds ratio |
|---|---|---|
| a0405aa | 0.086832676 | 1.090714162 |
| a0404 | 0.110525721 | 1.116865076 |
| A0408E | -0.444435602 | 0.641186058 |
| A0408B | -0.053170069 | 0.948218737 |
| A0408C | -0.055631718 | 0.945887425 |
| A0408A | -0.302165102 | 0.739216009 |
| A0408D | -0.059830649 | 0.941924036 |

**Table 13.** Adjusted Probabilities Estimation a0410e

| Habit | P event if habit_0 | P event if habit_1 | Probability difference |
|---|---|---|---|
| a0405aa | 0.406991502 | 0.428105775 | 0.021114274 |
| a0404 | 0.380614184 | 0.406991502 | 0.026377318 |
| A0408E | 0.516998241 | 0.406991502 | -0.110006739 |
| A0408B | 0.406991502 | 0.394225077 | -0.012766424 |
| A0408C | 0.406991502 | 0.39363736 | -0.013354142 |
| A0408A | 0.406991502 | 0.336577964 | -0.070413537 |
| A0408D | 0.406991502 | 0.392635579 | -0.014355923 |

### 3.5 Variable a0410f

**Table 14.** Univariate analysis a0410f

| Variable | Odds ratio | P value | Prob event if 1 | Prob event if 0 | Rate 1 | Rate 0 |
|---|---|---|---|---|---|---|
| a0404 | 2.716328413 | 0.057427378 | 0.034728406 | 0.013071895 | 3.472840606 | 1.307189542 |
| a0405aa | 2.416666667 | 0.006645869 | 0.052631579 | 0.02247191 | 5.263157895 | 2.247191011 |
| A0408A | 1.999128065 | 0.034789906 | 0.046753247 | 0.02394636 | 4.675324675 | 2.394636015 |
| A0408B | 1.339745403 | 0.509200673 | 0.038095238 | 0.028712059 | 3.80952381 | 2.871205906 |
| A0408C | 1.915547556 | 0.06479898 | 0.048979592 | 0.026182432 | 4.897959184 | 2.618243243 |
| A0408D | 2.046428571 | 0.203544799 | 0.057692308 | 0.029048656 | 5.769230769 | 2.90486565 |
| A0408E | 0.347394541 | 0.001433686 | 0.017073171 | 0.047619048 | 1.707317073 | 4.761904762 |

**Table 15.** Multivariate logistic regression models a0410f

| Variable | Log odds | Odds ratio |
|---|---|---|
| A0408E | -0.643391288 | 0.525507252 |
| a0405aa | 0.215788211 | 1.240839555 |
| A0408A | -0.006985126 | 0.993039213 |
| a0404 | 0.321281714 | 1.37889398 |
| A0408C | 0.062347567 | 1.064332207 |

| | | |
|---|---|---|
| A0408D | 0.143620554 | 1.154445976 |
| A0408B | -0.242862815 | 0.784379112 |

**Table 16.** Adjusted Probabilities Estimation a0410f

| Habit | P event if habit 0 | P event if habit 1 | Probability difference |
|---|---|---|---|
| A0408E | 0.504836485 | 0.348862098 | -0.155974388 |
| a0405aa | 0.348862098 | 0.399330246 | 0.050468148 |
| A0408A | 0.348862098 | 0.347277055 | -0.001585043 |
| a0404 | 0.27982568 | 0.348862098 | 0.069036418 |
| A0408C | 0.348862098 | 0.363154857 | 0.014292759 |
| A0408D | 0.348862098 | 0.382151964 | 0.033289867 |
| A0408B | 0.348862098 | 0.295898182 | -0.052963916 |

### 3.6 Variable a0502a

**Table 17.** Univariate analysis a0502a

| Variable | Odds ratio | P value | Prob event if 1 | Prob event if 0 | Rate 1 | Rate 0 |
|---|---|---|---|---|---|---|
| a0404 | 1.928369463 | 0.074368455 | 0.055209261 | 0.029411765 | 5.520926091 | 2.941176471 |
| a0405aa | 1.349587623 | 0.26327098 | 0.060941828 | 0.04588015 | 6.094182825 | 4.588014981 |
| A0408A | 1.146923077 | 0.585746782 | 0.054545455 | 0.04789272 | 5.454545455 | 4.789272031 |
| A0408B | 0.622306034 | 0.302172379 | 0.033333333 | 0.052502051 | 3.333333333 | 5.250205086 |
| A0408C | 1.560266407 | 0.143961791 | 0.069387755 | 0.045608108 | 6.93877551 | 4.560810811 |
| A0408D | 0.366106443 | 0.513207583 | 0.019230769 | 0.050835149 | 1.923076923 | 5.083514887 |
| A0408E | 0.848174843 | 0.538983859 | 0.046341463 | 0.054187192 | 4.634146341 | 5.418719212 |

**Table 18.** Multivariate logistic regression models a0502a

| Variable | Log odds | Odds ratio |
|---|---|---|
| a0404 | 0.358929567 | 1.431795952 |
| A0408C | 0.221315005 | 1.247716406 |
| A0408B | -0.19880454 | 0.819710098 |
| a0405aa | 0.005779723 | 1.005796458 |
| A0408D | -0.132078243 | 0.87627243 |
| A0408E | -0.118835108 | 0.887954205 |
| A0408A | -0.130847225 | 0.877351802 |

**Table 19.** Adjusted Probabilities Estimation a0502a

| Habit | P event if habit 0 | P event if habit 1 | Probability difference |
|---|---|---|---|

| | | | |
|---|---|---|---|
| a0404 | 0.443257511 | 0.532697679 | 0.089440168 |
| A0408C | 0.532697679 | 0.587173429 | 0.05447575 |
| A0408B | 0.532697679 | 0.483049773 | -0.049647906 |
| a0405aa | 0.532697679 | 0.534136155 | 0.001438476 |
| A0408D | 0.532697679 | 0.49972485 | -0.03297283 |
| A0408E | 0.562130412 | 0.532697679 | -0.029432732 |
| A0408B | 0.451320122 | 0.423029235 | -0.028290887 |

### 3.7 Variable a0502c

**Table 20.** Univariate analysis a0502c

| Variable | Odds ratio | P value | Prob event if 1 | Prob event if 0 | Rate 1 | Rate 0 |
|---|---|---|---|---|---|---|
| a0404 | 2.496028006 | 0.016157989 | 0.055209261 | 0.022875817 | 5.520926091 | 2.287581699 |
| a0405aa | 1.219701957 | 0.478378017 | 0.055401662 | 0.04588015 | 5.540166205 | 4.588014981 |
| A0408A | 1.475900277 | 0.163222822 | 0.062337662 | 0.043103448 | 6.233766234 | 4.310344828 |
| A0408B | 0.983050847 | 1 | 0.047619048 | 0.048400328 | 4.761904762 | 4.840032814 |
| A0408C | 1.906725664 | 0.031481045 | 0.07755102 | 0.04222973 | 7.755102041 | 4.222972973 |
| A0408D | 1.682051282 | 0.312526551 | 0.076923077 | 0.047204067 | 7.692307692 | 4.720406681 |
| A0408E | 0.555014606 | 0.017924273 | 0.036585366 | 0.064039409 | 3.658536585 | 6.403940887 |

**Table 21.** Multivariate logistic regression models a0502c

| Variable | Log odds | Odds ratio |
|---|---|---|
| A0408E | -0.013029385 | 0.98705513 |
| A0408C | 0.25628333 | 1.292118772 |
| a0404 | 0.808712664 | 2.245016035 |
| A0408A | 0.091862792 | 1.096214402 |
| A0408D | 0.342715762 | 1.408768279 |
| a0405aa | -0.035014014 | 0.965591884 |
| A0408B | -0.262972653 | 0.76876292 |

**Table 22.** Adjusted Probabilities Estimation a0502c

| Habit | P event if habit 0 | P event if habit 1 | Probability difference |
|---|---|---|---|
| A0408E | 0.635456284 | 0.632432712 | -0.003023571 |
| A0408C | 0.632432712 | 0.689749995 | 0.057317282 |
| a0404 | 0.433878242 | 0.632432712 | 0.198554471 |
| A0408A | 0.632432712 | 0.653515966 | 0.021083254 |
| A0408D | 0.632432712 | 0.707936508 | 0.075503796 |
| a0405aa | 0.632432712 | 0.62425622 | -0.008176492 |
| A0408B | 0.632432712 | 0.569471394 | -0.062961319 |

### 3.8 Variable a0502d

**Table 23.** Univariate analysis a0502d

| Variable | Odds ratio | P value | Prob event if 1 | Prob event if 0 | Rate 1 | Rate 0 |
|---|---|---|---|---|---|---|
| a0404 | 1.147186933 | 1 | 0.018699911 | 0.016339869 | 1.869991095 | 1.633986928 |
| a0405aa | 1.580715241 | 0.261108594 | 0.024930748 | 0.015917603 | 2.493074792 | 1.5917603 |
| A0408A | 1.713333333 | 0.185187745 | 0.025974026 | 0.01532567 | 2.597402597 | 1.53256705 |
| A0408B | 0.478766026 | 0.410982999 | 0.00952381 | 0.019688269 | 0.952380952 | 1.968826907 |
| A0408C | 1.461087866 | 0.429219217 | 0.024489796 | 0.016891892 | 2.448979592 | 1.689189189 |
| A0408D | 1.060392157 | 1 | 0.019230769 | 0.01815541 | 1.923076923 | 1.815541031 |
| A0408E | 0.738537794 | 0.549028316 | 0.015853659 | 0.02134647 | 1.585365854 | 2.134646962 |

**Table 24.** Multivariate logistic regression models a0502d

| Variable | Log odds | Odds ratio |
|---|---|---|
| A0408A | 0.358202753 | 1.430755681 |
| a0405aa | 0.127604395 | 1.136103466 |
| A0408B | -0.267964346 | 0.764935054 |
| A0408C | 0.254009912 | 1.289184583 |
| A0408E | 0.218463791 | 1.244163966 |
| a0404 | 0.129950639 | 1.138772171 |
| A0408D | -0.863521468 | 0.421674551 |

**Table 25.** Adjusted Probabilities Estimation a0502d

| Habit | P event if habit 0 | P event if habit 1 | Probability difference |
|---|---|---|---|
| A0408A | 0.526418168 | 0.613956477 | 0.087538309 |
| a0405aa | 0.526418168 | 0.558080522 | 0.031662354 |
| A0408B | 0.526418168 | 0.459540364 | -0.066877804 |
| A0408C | 0.526418168 | 0.58898744 | 0.062569272 |
| A0408E | 0.471856623 | 0.526418168 | 0.054561545 |
| a0404 | 0.493955428 | 0.526418168 | 0.03246274 |
| A0408D | 0.526418168 | 0.3191349 | -0.207283268 |

## 4 Discussion

## 5 Conclusions

## 6 Conflict Statement (IA disclosure)

## 7 References

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