**Table 3.** Multiple Linear Regression Analysis of Total Blood Cholesterol using NHANES 2017-2018 data of men and women aged 18 years and older

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Adjusted Parameter Estimates | | | | |
| **Characteristic** | **Estimate** | **95% Confidence Interval** | **p-value** |
| Intercept | 149.6 | 137.0 – 162.1 | \*\*\* |
| Working hours | -0.3 | -0.4 – -0.1 | \*\* |
| Age | 0.8 | 0.7 – 1.0 | \*\*\* |
| BMI | 0.5 | 0.2 – 0.7 | \*\*\* |
| Rigorous recreational activity | -4.9 | -8.7 – -1.1 | \* |
| Income-to-poverty ratio | 1.7 | 0.5 – 2.8 | \*\* |
| Race / Ethnicity |  |  |  |
| White | Reference |  |  |
| Hispanic | 5.3 | 0.4 – 10.2 | \* |
| Black | -4.5 | -10.4 – 1.4 | 0.14 |
| Asian | 9.2 | 1.6 – 16.8 | \* |
| Other / Multiple | 10.1 | 1.9 – 18.3 | \* |

~ p<0.10

\* p<0.05

\*\* p<0.01

\*\*\* p<0.001