bp upf and na

Table of Contents

# BP and UPF and Na in NDNS Dissertation calculation and results

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### Data preparation

The data is then arranged into a format which allows processing. This includes identifying continuous and categorical variables. It also includes naming the categories of the categorical variables.

The data is then combined into two comprehensive tables.

The food diary data needs more processing. In particular the NOVA categorisation is not in the data set. I have derived UPFNOVA from a paper which had a data table identifying the NDNS sub food groups by Rauber et al.

#### Processing the food diaries

The Nova group is attached to the foods in the food diaries from Rauber et al @rauberUltraprocessedFoodsExcessive2019b. The tables are reduced to the necessary variables.

To work out the gram weight amount of food intake by each individual, first the diary entries for each individual are totalled up. The total gram weight value of intake of each food is then worked out as a percentage of the total intake.

All these individual calculations are then built back up into tables. This is done for years 9-11 and then 1-4.

The process can be done for food level energy intake also.

After that, this information is added to the other data. This gives us the nova group information by weight and weight percent for all participants .

The data is now ready for analysis first by descriptive analysis.

### Exclusions

eg hypertensives and pregnant/breastfeeding possible future set with only England?

I have excluded those who are taking diuretics, bblockers, ace inhibitors, calcium channel blockers and other bp drugs. There are no participants who are pregnant or breastfeeding. I have included normotensive untreated individuals. I have restricted the data set to England only. Over 18s only

## Descriptive data analysis

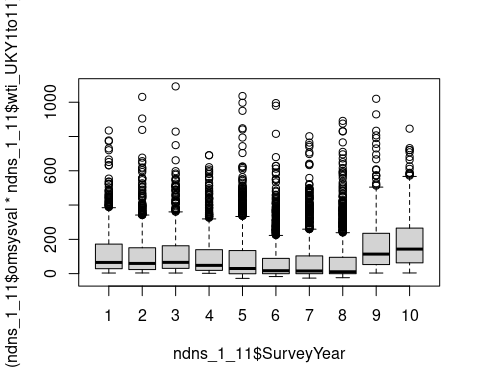
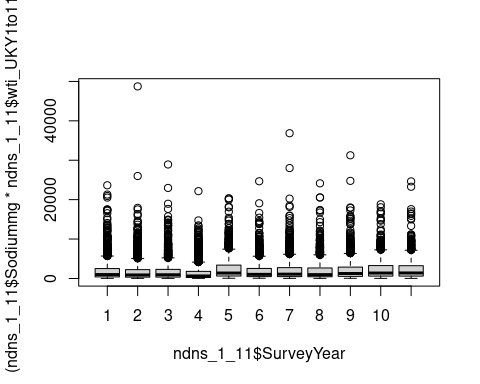
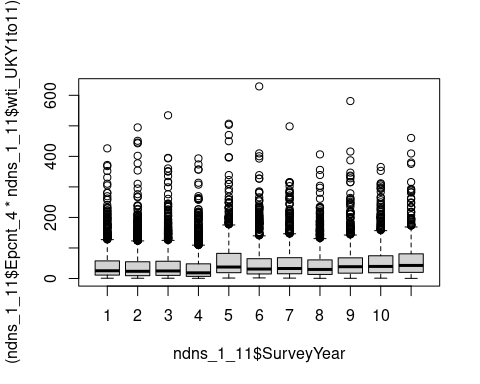
This section will review the data which will be used for the statistical analysis. The data is summarised, with Mean median, and range for continuous variables. Counts are available for categorical variables. First for years 1-4 then for 9-11.

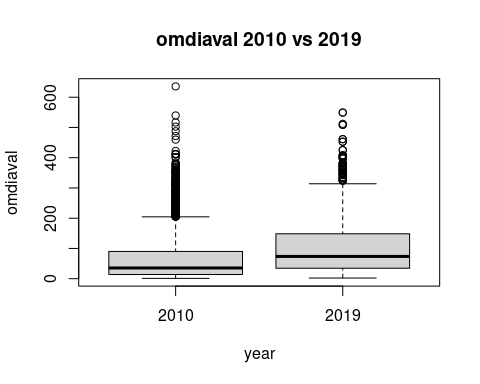
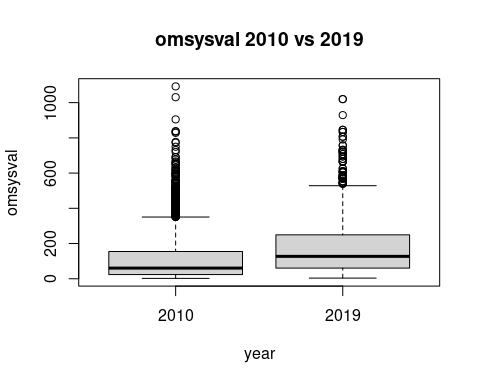
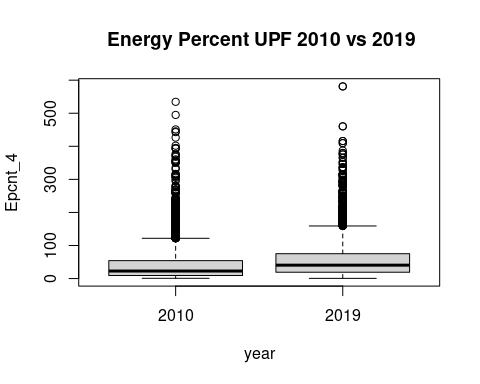
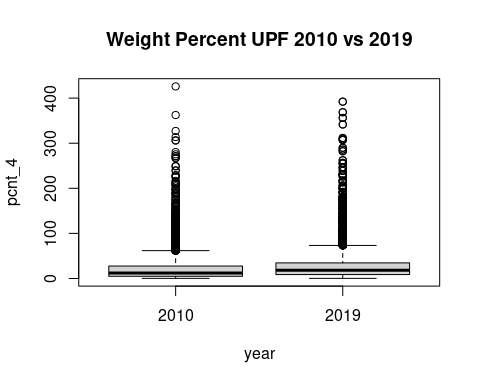
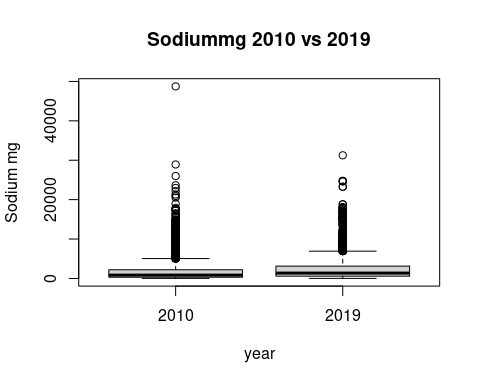
The key variables are omsysval which is the dependant variable, and UPF energy proportion intake and sodiummg. These variables are the ones which most relate to the research question. There are a number of related variables in the dataset. These were chosen for reliability and practicality. These variables are ones whch can also influence BP. The omsysval is a validated measurement with significant quality assessment within the dataset. Raw systolic values are present in the dataset but are made up of data with issues around quality. In particular the systolic values are assessed for the effects of exercise, temperature and ill health.

The sodium value is one calculated from intake based on food diaries and standard food nutrient values. This only reflects standard foods and is the result of assumptions about the content being consistent. Serum sodium values are available for the early dataset, but not the later one. There are also values for 24 urinary sodium which is probably a better indicator of dietary sodium for parts of the dataset, but again these are not found in both time periods.

Summary Description of the key variables of sodium intake, Total energy intake, and BP Show the data. This is the whole dataset without exclusions. The means show the change between the time periods.

## Min. 1st Qu. Median Mean 3rd Qu. Max. NA's names  
## 1: 19.9900 320.100 856.80 1819.00 2217.00 48740.0 19.9900 Sodiummg  
## 2: 30.5900 582.600 1343.00 2297.00 3124.00 31250.0 30.5900 Sodiummg  
## 3: 0.2045 4.827 11.98 21.85 27.58 426.0 0.2045 pcnt\_4  
## 4: 0.1502 8.486 18.22 28.04 34.29 392.1 0.1502 pcnt\_4  
## 5: 0.6781 9.127 22.80 40.98 54.16 534.5 0.6781 Epcnt\_4  
## 6: 0.4185 18.800 40.23 55.10 74.46 581.1 0.4185 Epcnt\_4  
## 7: NA NA NA NaN NA NA 6828.0000 omsysval  
## 8: NA NA NA NaN NA NA 3558.0000 omsysval  
## 9: NA NA NA NaN NA NA 6828.0000 omdiaval  
## 10: NA NA NA NaN NA NA 3558.0000 omdiaval

 These boxplots show how the percentage of energy derived from UPF, the sodium intake, and the Systolic bp have changeed over the years.

 ## Statistical Comparison of key variables ## Comparison of key variables ### comparing UPF and Sodium intake calculated from diet

In order to confirm there has been a change in intake a t.test compares the means of the two samples. One compares the means of sodium in years 1-4 with sodium in years 9-11.

The second compares the means of pcnt UPF intake in over the same periods. A third compares the percentage energy provided by UPF.

## Var statistic p.value  
## 1: Epcnt\_4 13.230 1.78e-39  
## 2: pcnt\_4 9.062 1.68e-19  
## 3: Na 8.863 9.70e-19

##   
## Welch Two Sample t-test  
##   
## data: ndns\_1\_11[SurveyYear >= 9, pcnt\_4 \* wti\_UKY1to11] and ndns\_1\_11[SurveyYear <= 4, pcnt\_4 \* wti\_UKY1to11]  
## t = 9.0624, df = 6233.9, p-value < 2.2e-16  
## alternative hypothesis: true difference in means is not equal to 0  
## 95 percent confidence interval:  
## 4.849281 7.526345  
## sample estimates:  
## mean of x mean of y   
## 28.04142 21.85361

##   
## Welch Two Sample t-test  
##   
## data: ndns\_1\_11[SurveyYear >= 9, Epcnt\_4 \* wti\_UKY1to11] and ndns\_1\_11[SurveyYear <= 4, Epcnt\_4 \* wti\_UKY1to11]  
## t = 13.231, df = 6796.4, p-value < 2.2e-16  
## alternative hypothesis: true difference in means is not equal to 0  
## 95 percent confidence interval:  
## 12.03483 16.22122  
## sample estimates:  
## mean of x mean of y   
## 55.10377 40.97575

##   
## Welch Two Sample t-test  
##   
## data: ndns\_1\_11[SurveyYear >= 9, Sodiummg \* wti\_UKY1to11] and ndns\_1\_11[SurveyYear <= 4, Sodiummg \* wti\_UKY1to11]  
## t = 8.8635, df = 7012.8, p-value < 2.2e-16  
## alternative hypothesis: true difference in means is not equal to 0  
## 95 percent confidence interval:  
## 372.3000 583.7443  
## sample estimates:  
## mean of x mean of y   
## 2297.148 1819.126

It seems the mean percentage UPF intake changes less by 2 % and this reduction is statistically significant. The sodium intake has changed by 5.5 mg and is also statistically significant with a p value less than 0.05.

### what about outcome BP?

The next t tests compare mean systolic values in the two time periods and then the mean diastolic values.

## Var statistic p.value  
## 1: Sys 12.06 1.830e-32  
## 2: Dia 12.42 2.892e-34

There is a reduction in systolic, with a less significant reduction in diastolic

In summary there is a reduction in UPF and Na intake and a drop in both systolic and diastolic pressures.

Has another factor affected the BP change ?

### Statistical analysis of Confounding variables

How are confounding variables distributed between the two datasets The NDNS dataset was weighted to keep many of these the same between datasets.

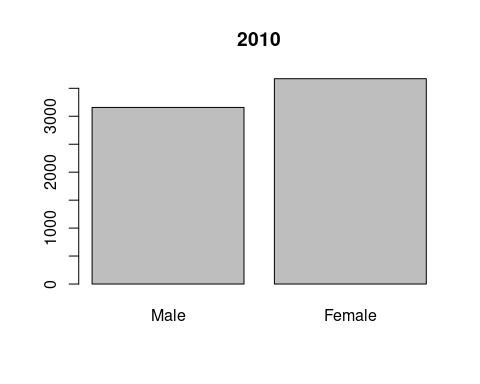
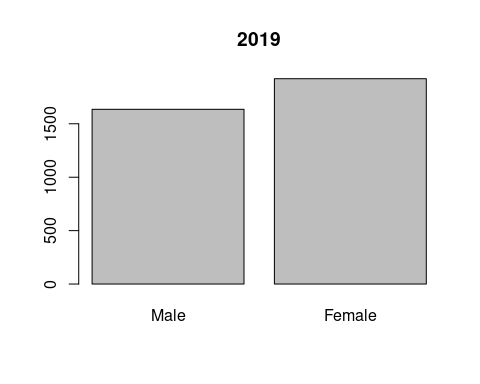
## name pvalue statistic  
## 1: Age 4.323e-38 12.9900  
## 2: Calciummg 6.929e-40 13.3100  
## 3: Totalsugarsg 1.966e-18 8.7840  
## 4: Glucoseg 1.444e-16 8.2840  
## 5: Fructoseg 2.055e-20 9.2910  
## 6: Sucroseg 3.788e-10 6.2710  
## 7: Lactoseg 6.278e-32 11.8300  
## 8: SOFTDRINKSLOWCALORIE 1.063e-23 10.0900  
## 9: SOFTDRINKSNOTLOWCALORIE 7.123e-01 -0.3688  
## 10: TEACOFFEEANDWATER 3.623e-53 15.5200

They seem to all be significantly different between the datasets! (except calciummg, and lactose)

There is a difference of 5 years in the mean ages. The change in Age might be explained by more younger people being on anti-hypertensive meds. or hypertension being diagnosed earlier

There has been a change in the intake of soft drinks, tea coffee and water.

## name pvalue  
## 1: Sex 0.8205



Again significant differences Are there time differences in diagnosis of hypertension/treatment between sexes ie are more women now on meds compared with the number of men than previously? There appears to be more men excluded in the 1-4 population compared to females, when this is compared to the 2017-19 population. This supports the idea of greater equality in prescribing more recently.

comparing individual data sets looking for similarity in two

## name pvalue pvalue  
## 1: htval 9.325e-58 16.20  
## 2: wtval 7.901e-44 14.00  
## 3: bmival 2.238e-50 15.07

This table suggests that there is a significant difference between the height, and bmi of the groups. The 11 population is shorter by 4 cm and 7 kilos lighter The mean bmi has dropped from 25.86 which is overweight. It is now 23.48 which is in the normal range. This would also highlight a preferential detection of high BP in those overweight.

## name p.value statistic  
## 1: vegetarn 7.709e-06 23.55

These values identify a significant difference in the number of vegetarians

## name statistic p.value  
## 1: ethgrp5 68.41 4.919e-14  
## 2: ethgrp2 6494.00 0.000e+00

## name statistic p.value  
## 1: EIMD\_2007\_quintile 6.968 0.1376  
## 2: EIMD\_2010\_quintile 5.139 0.2733  
## 3: EIMD\_2015\_quintile 6.968 0.1376

## name statistic p.value  
## 1: educfin 695.9 5.287e-146

There are differences in ethnicity as divided into 5 subgroups. The differences in qimd, using the 2010 definitions, are not statistically significant. There is a difference in the age of finishing education.

## name p.value  
## 1: agegad1 0.0002328  
## 2: agegad2 0.0021990

The age groups show some discrepancy with the p value significant only in the child age groups.

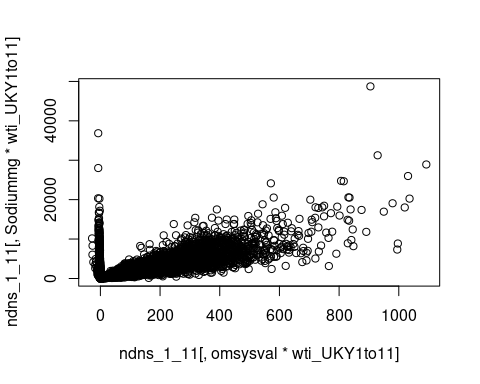
## name p.value  
## 1: bpmedc 1.132e-27  
## 2: bpmedd 1.915e-16  
## 3: diur 5.526e-32  
## 4: beta 2.006e-15  
## 5: calciumb 4.713e-09  
## 6: aceinh 2.601e-29  
## 7: obpdrug 1.212e-04  
## 8: PregNowB NaN

## Regression Analysis

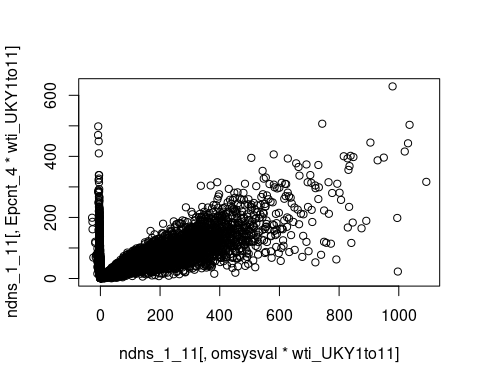
### linear regression

Simple linear regression equations look for the relationship between the dependant variable, and the independent variable. For these I am looking at the whole dataset Firstly I will plot omsysval and sodiummg, then omsysval and Epcnt, then omsysval and pcnt.

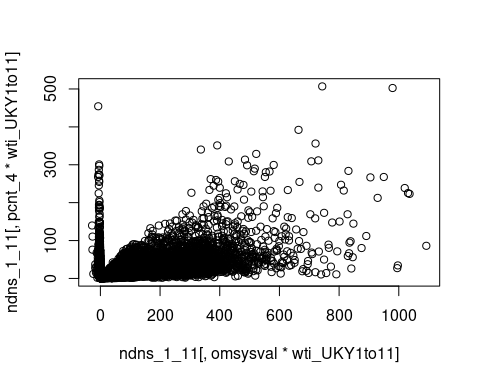
plot(ndns\_1\_11[,omsysval\*wti\_UKY1to11], ndns\_1\_11[,Sodiummg\*wti\_UKY1to11])



plot(ndns\_1\_11[,omsysval\*wti\_UKY1to11], ndns\_1\_11[,Epcnt\_4\*wti\_UKY1to11])



plot(ndns\_1\_11[,omsysval\*wti\_UKY1to11], ndns\_1\_11[,pcnt\_4\*wti\_UKY1to11])



The regression models for teh individual variables against omsysval pcnt\_4

##   
## Call:  
## lm(formula = (omsysval) ~ (pcnt\_4), data = ndns\_1\_11, weights = wti\_UKY1to11)  
##   
## Coefficients:  
## (Intercept) pcnt\_4   
## 105.4761 -0.3656

## Analysis of Variance Table  
##   
## Response: (omsysval)  
## Df Sum Sq Mean Sq F value Pr(>F)   
## pcnt\_4 1 422912 422912 144.98 < 2.2e-16 \*\*\*  
## Residuals 10105 29476994 2917   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 114196.7

## Sensitivity Analysis to Unobserved Confounding  
##   
## Model Formula: (omsysval) ~ (pcnt\_4)  
##   
## Null hypothesis: q = 1 and reduce = TRUE   
##   
## Unadjusted Estimates of ' pcnt\_4 ':  
## Coef. estimate: -0.36564   
## Standard Error: 0.03037   
## t-value: -12.04069   
##   
## Sensitivity Statistics:  
## Partial R2 of treatment with outcome: 0.01414   
## Robustness Value, q = 1 : 0.11282   
## Robustness Value, q = 1 alpha = 0.05 : 0.09538   
##   
## For more information, check summary.

Epcnt\_4

##   
## Call:  
## lm(formula = omsysval ~ Epcnt\_4, data = ndns\_1\_11, weights = wti\_UKY1to11)  
##   
## Coefficients:  
## (Intercept) Epcnt\_4   
## 109.4494 -0.2724

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Epcnt\_4 1 183990 183990 62.566 2.846e-15 \*\*\*  
## Residuals 10105 29715916 2941   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 114278.3

## Sensitivity Analysis to Unobserved Confounding  
##   
## Model Formula: omsysval ~ Epcnt\_4  
##   
## Null hypothesis: q = 1 and reduce = TRUE   
##   
## Unadjusted Estimates of ' Epcnt\_4 ':  
## Coef. estimate: -0.27245   
## Standard Error: 0.03444   
## t-value: -7.90989   
##   
## Sensitivity Statistics:  
## Partial R2 of treatment with outcome: 0.00615   
## Robustness Value, q = 1 : 0.07565   
## Robustness Value, q = 1 alpha = 0.05 : 0.05746   
##   
## For more information, check summary.

sodiummg

##   
## Call:  
## lm(formula = omsysval ~ Sodiummg, data = ndns\_1\_11, weights = wti\_UKY1to11)  
##   
## Coefficients:  
## (Intercept) Sodiummg   
## 85.078412 0.005583

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Sodiummg 1 213171 213171 72.561 < 2.2e-16 \*\*\*  
## Residuals 10105 29686735 2938   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 114268.4

## Sensitivity Analysis to Unobserved Confounding  
##   
## Model Formula: omsysval ~ Sodiummg  
##   
## Null hypothesis: q = 1 and reduce = TRUE   
##   
## Unadjusted Estimates of ' Sodiummg ':  
## Coef. estimate: 0.00558   
## Standard Error: 0.00066   
## t-value: 8.51825   
##   
## Sensitivity Statistics:  
## Partial R2 of treatment with outcome: 0.00713   
## Robustness Value, q = 1 : 0.08122   
## Robustness Value, q = 1 alpha = 0.05 : 0.06314   
##   
## For more information, check summary.

There are relationships between Na and g pcnt as well as E pcnt and omsysval .

### multi variable regression

This uses a model of variables. It can highlight the contributions of each.

This first model looks at the relationships between BP and Age and Sex

##   
## Call:  
## lm(formula = omsysval ~ Age + Sex, data = ndns\_1\_11, weights = wti\_UKY1to11)  
##   
## Coefficients:  
## (Intercept) Age SexFemale   
## 75.0673 0.5791 -4.9983

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Age 1 1769230 1769230 636.986 < 2.2e-16 \*\*\*  
## Sex 1 66818 66818 24.057 9.499e-07 \*\*\*  
## Residuals 10104 28063857 2777   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 113702.2

## Sensitivity Analysis to Unobserved Confounding  
##   
## Model Formula: omsysval ~ Age + Sex  
##   
## Null hypothesis: q = 1 and reduce = TRUE   
##   
## Unadjusted Estimates of ' Age ':  
## Coef. estimate: 0.5791   
## Standard Error: 0.02282   
## t-value: 25.37882   
##   
## Sensitivity Statistics:  
## Partial R2 of treatment with outcome: 0.05993   
## Robustness Value, q = 1 : 0.22261   
## Robustness Value, q = 1 alpha = 0.05 : 0.20741   
##   
## For more information, check summary.

The next model looks at a large number of variables

##   
## Call:  
## lm(formula = omsysval ~ Age + Sex + Sodiummg + sqrt(pcnt\_4) +   
## ethgrp2 + VitaminDµg + educfinh + EIMD\_2010\_quintile, data = ndns\_1\_11,   
## weights = wti\_UKY1to11, na.action = na.exclude)  
##   
## Coefficients:  
## (Intercept) Age SexFemale   
## 88.557116 0.706411 -4.538339   
## Sodiummg sqrt(pcnt\_4) ethgrp2Non-white   
## 0.005084 -0.850576 -4.062843   
## VitaminDµg educfinh2 educfinh3   
## 0.061692 2.334624 -27.906156   
## educfinh4 educfinh5 educfinh6   
## -24.012858 -21.896943 -30.151416   
## educfinh7 educfinh8 EIMD\_2010\_quintile2   
## -18.825992 -20.297516 1.347304   
## EIMD\_2010\_quintile3 EIMD\_2010\_quintile4 EIMD\_2010\_quintile5   
## -1.860396 -3.458201 -1.521799

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Age 1 1559649 1559649 427.7233 < 2.2e-16 \*\*\*  
## Sex 1 82259 82259 22.5589 2.101e-06 \*\*\*  
## Sodiummg 1 117498 117498 32.2230 1.460e-08 \*\*\*  
## sqrt(pcnt\_4) 1 12302 12302 3.3738 0.06631 .   
## ethgrp2 1 8338 8338 2.2866 0.13057   
## VitaminDµg 1 462 462 0.1268 0.72181   
## educfinh 7 158105 22586 6.1942 3.082e-07 \*\*\*  
## EIMD\_2010\_quintile 4 19303 4826 1.3234 0.25866   
## Residuals 4553 16602047 3646   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 49677.65

These models can be compared with others with different variables to understand how they help predict values more or less effectively.

##   
## Call:  
## lm(formula = omsysval ~ Age + Sex + Sodiummg + Epcnt\_4 + ethgrp2 +   
## VitaminDµg + educfinh + EIMD\_2010\_quintile, data = ndns\_1\_11,   
## weights = wti\_UKY1to11, na.action = na.exclude)  
##   
## Coefficients:  
## (Intercept) Age SexFemale   
## 86.610656 0.722447 -4.495471   
## Sodiummg Epcnt\_4 ethgrp2Non-white   
## 0.004918 -0.054007 -3.964023   
## VitaminDµg educfinh2 educfinh3   
## 0.079276 2.248365 -27.848157   
## educfinh4 educfinh5 educfinh6   
## -23.844388 -21.783289 -30.052146   
## educfinh7 educfinh8 EIMD\_2010\_quintile2   
## -18.582150 -20.029629 1.325492   
## EIMD\_2010\_quintile3 EIMD\_2010\_quintile4 EIMD\_2010\_quintile5   
## -1.858827 -3.506289 -1.581726

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Age 1 1559649 1559649 427.5777 < 2.2e-16 \*\*\*  
## Sex 1 82259 82259 22.5512 2.109e-06 \*\*\*  
## Sodiummg 1 117498 117498 32.2121 1.468e-08 \*\*\*  
## Epcnt\_4 1 6487 6487 1.7783 0.1824   
## ethgrp2 1 8064 8064 2.2107 0.1371   
## VitaminDµg 1 523 523 0.1435 0.7049   
## educfinh 7 158255 22608 6.1979 3.047e-07 \*\*\*  
## EIMD\_2010\_quintile 4 19527 4882 1.3383 0.2531   
## Residuals 4553 16607702 3648   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 49679.2

this model has sodium and gram percent

##   
## Call:  
## lm(formula = omsysval ~ Age + Sex + Sodiummg + sqrt(pcnt\_4),   
## data = ndns\_1\_11, weights = wti\_UKY1to11, na.action = na.exclude)  
##   
## Coefficients:  
## (Intercept) Age SexFemale Sodiummg sqrt(pcnt\_4)   
## 68.055024 0.545971 -2.372123 0.005581 -0.950488

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Age 1 1769230 1769230 641.1453 < 2.2e-16 \*\*\*  
## Sex 1 66818 66818 24.2140 8.757e-07 \*\*\*  
## Sodiummg 1 168043 168043 60.8964 6.611e-15 \*\*\*  
## sqrt(pcnt\_4) 1 19512 19512 7.0708 0.007847 \*\*   
## Residuals 10102 27876303 2759   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 113638.4

This model has Sodium and energy pcnt

##   
## Call:  
## lm(formula = omsysval ~ Age + Sex + Sodiummg + Epcnt\_4, data = ndns\_1\_11,   
## weights = wti\_UKY1to11, na.action = na.exclude)  
##   
## Coefficients:  
## (Intercept) Age SexFemale Sodiummg Epcnt\_4   
## 65.562212 0.567038 -2.310931 0.005395 -0.051931

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Age 1 1769230 1769230 640.8299 < 2.2e-16 \*\*\*  
## Sex 1 66818 66818 24.2021 8.811e-07 \*\*\*  
## Sodiummg 1 168043 168043 60.8664 6.712e-15 \*\*\*  
## Epcnt\_4 1 5792 5792 2.0978 0.1475   
## Residuals 10102 27890023 2761   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 113643.4

this model has Age sex and g pcnt only

##   
## Call:  
## lm(formula = omsysval ~ Age + Sex + sqrt(pcnt\_4), data = ndns\_1\_11,   
## weights = wti\_UKY1to11)  
##   
## Coefficients:  
## (Intercept) Age SexFemale sqrt(pcnt\_4)   
## 77.5194 0.5656 -5.1000 -0.3948

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Age 1 1769230 1769230 637.0028 < 2.2e-16 \*\*\*  
## Sex 1 66818 66818 24.0575 9.496e-07 \*\*\*  
## sqrt(pcnt\_4) 1 3492 3492 1.2574 0.2622   
## Residuals 10103 28060365 2777   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 113703

##   
## Call:  
## lm(formula = omsysval ~ Age + Sex + Epcnt\_4, data = ndns\_1\_11,   
## weights = wti\_UKY1to11)  
##   
## Coefficients:  
## (Intercept) Age SexFemale Epcnt\_4   
## 75.398635 0.577815 -5.008067 -0.005773

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Age 1 1769230 1769230 636.9252 < 2.2e-16 \*\*\*  
## Sex 1 66818 66818 24.0546 9.51e-07 \*\*\*  
## Epcnt\_4 1 74 74 0.0265 0.8708   
## Residuals 10103 28063784 2778   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 113704.2

## Sensitivity Analysis to Unobserved Confounding  
##   
## Model Formula: omsysval ~ Age + Sex + Epcnt\_4  
##   
## Null hypothesis: q = 1 and reduce = TRUE   
##   
## Unadjusted Estimates of ' Epcnt\_4 ':  
## Coef. estimate: -0.00577   
## Standard Error: 0.03549   
## t-value: -0.16269   
##   
## Sensitivity Statistics:  
## Partial R2 of treatment with outcome: 0   
## Robustness Value, q = 1 : 0.00162   
## Robustness Value, q = 1 alpha = 0.05 : 0   
##   
## For more information, check summary.

What has removing the sodium done to anova and AIC?

This last model is just sodium with Age and sex

##   
## Call:  
## lm(formula = omsysval ~ Age + Sex + Sodiummg, data = ndns\_1\_11,   
## weights = wti\_UKY1to11)  
##   
## Coefficients:  
## (Intercept) Age SexFemale Sodiummg   
## 62.951602 0.578571 -2.305097 0.005235

## Analysis of Variance Table  
##   
## Response: omsysval  
## Df Sum Sq Mean Sq F value Pr(>F)   
## Age 1 1769230 1769230 640.760 < 2.2e-16 \*\*\*  
## Sex 1 66818 66818 24.199 8.823e-07 \*\*\*  
## Sodiummg 1 168043 168043 60.860 6.735e-15 \*\*\*  
## Residuals 10103 27895815 2761   
## ---  
## Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

## [1] 113643.5

## Sensitivity Analysis to Unobserved Confounding  
##   
## Model Formula: omsysval ~ Age + Sex + Sodiummg  
##   
## Null hypothesis: q = 1 and reduce = TRUE   
##   
## Unadjusted Estimates of ' Sodiummg ':  
## Coef. estimate: 0.00524   
## Standard Error: 0.00067   
## t-value: 7.80127   
##   
## Sensitivity Statistics:  
## Partial R2 of treatment with outcome: 0.00599   
## Robustness Value, q = 1 : 0.07466   
## Robustness Value, q = 1 alpha = 0.05 : 0.05645   
##   
## For more information, check summary.

## This final set analyses the whole dataset together across the key variables

Then tests them across two sets of UPF data one calculated using Rauber, the other from ZC. First for gram percent UPF 4

the second set compares Energy percent upf between the two datasets

## Summary

The data from 2008-11 and 2017-19 NDNS datasets have been downloaded and adapted into a form to approach the research question.

The key variables of BP, ‘omsysval’ and ‘omdiaval’ are taken directly from the data. The diary entries are identified by NOVA type. The total weight of each nova type is calculated for each individual. The percentage of the total weight food intake per person is then calculated. This gives the derived value ‘pcnt\_4’, which is the percentage of intake which is NOVA 4 or UPF. The total energy in kJ of each nova type is calculated for each individual. The percentage of the total energy food intake per person is then calculated. This gives the derived value ‘Epcnt\_4’, which is the percentage of intake which is NOVA 4 or UPF.

There is a table with summary values for theses variables across the dataset.

Statistical analysis of the key variables shows the change in all the variables between the two time periods.

Confounding variables are analysed and show if there has been a significant change in the balance of the populations. #Removing those with antihypertensive medications has removed more men in the earlier cohort compared to women.

Regression shows a degree of association between the BP and UPF intake by weight and by energy. It also shows the same for sodium intake.

Using Anova analysis of different multi variable regression models the key variables are significant for sodium in several models, and sometimes for energy percentage. Sodium intake shows the strongest association in the latter 9-11 cohort.

## Conclusion

The percentage by weight of NOVA group 4 foods has decreased from 2008 to 2019. The percentage by energy of NOVA group 4 foods has decreased from 2008 to 2019. The mean sodium intake in mg has reduced between the two time periods. The systolic and diastolic BP have reduced between the two time periods.

In each period there is a correlation between systolic BP and sodium intake. In each period there is a correlation between systolic BP and UPF intake.

The regression models identify that age and sex are statistically significant contributors to the BP. Only those models from the later time period show sodium as being statistically significant in importance. Combining the data shows the energy percentage of UPF as being a statistically significant contributor.