

Preparing the NHANES Data for the Replication of: Association between sleep duration on workdays and blood pressure in non-overweight/obese population in NHANES: a public database research*

Short title goes here!

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10 December, 2023

Abstract

Introduction: Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec sit amet libero justo. Pellentesque eget nibh ex. Aliquam tincidunt egestas lectus id ullamcorper.

Methods: Proin tellus orci, posuere sed cursus at, bibendum ac odio. Nam consequat non ante eget aliquam. Nulla facilisis tincidunt elit. Nunc hendrerit pellentesque quam, eu imperdiet ipsum porttitor ut. Interdum et malesuada fames ac ante ipsum primis in faucibus. Suspendisse potenti. Duis vitae nibh mauris. Duis nec sem sit amet ante dictum mattis. Suspendisse diam velit, maximus eget commodo at, faucibus et nisi. Ut a pellentesque eros, sit amet suscipit eros. Nunc tincidunt quis risus suscipit vestibulum. Quisque eu fringilla massa.

Introduction

The clinical importance of systolic blood pressure (SBP) stands as a cornerstone extensively acknowledged and documented across the continuum of medical literature's data collection. Elevated SBP stands as an precursor linked with a spectrum of critical health conditions, notably encompassing cardiovascular disease, stroke, and renal impairment, among others. This nexus between heightened SBP and these significant health adversities underscores the gravity of SBP as a predictive marker for adverse health outcomes. Noteworthy is the pivotal concern surrounding the trajectory of SBP in the natural aging process, a trajectory observed ubiquitously across diverse populations.

Within Western societies aged 40 years and above, a demonstrable pattern emerges, revealing an approximate elevation of 7 mmHg in SBP per decade [CITE]. This discernible and consistent increment in SBP with advancing age accentuates its profound impact within the broader context of aging-related health dynamics. Concurrently, diastolic blood pressure (DBP), while demonstrating a concurrent rise correlating with age, presents a substantially lower rate of increase when juxtaposed against the ascending trajectory observed in SBP. Thus, in light of the significance attached to SBP dynamics within aging populations and the intricate interplay between age and blood pressure alterations, our investigative focus is oriented towards the exploration of variables that exert potential influence on systolic blood pressure (SBP). This deliberate focus aims to elucidate the multifaceted nature of factors contributing to SBP variability, enabling a more comprehensive understanding of its determinants within the framework of health and aging.

Beyond age, the basal metabolic rate (BMI) emerges as a recognized contributor to systolic blood pressure (SBP), with individuals exhibiting higher BMI values demonstrating a propensity for elevated SBP. Gender

*Replication files are available on the author's Github account (<http://github.com/okutse/sleepBP>). **Current version:** December 10, 2023

also holds a discernible association with SBP dynamics. Empirical evidence in CITE demonstrates that women typically manifest lower SBP than men until the onset of menopause, after which women exhibit higher SBP levels compared to men. Additionally, heightened levels of cholesterol are closely linked to vascular damage. The accumulation of cholesterol deposits and calcium within arteries precipitates arterial stiffening, necessitating augmented cardiac efforts to circulate blood, potentially culminating in elevated blood pressure. This study endeavors to examine the interrelationships between age and cholesterol levels, emphasizing consideration of potential confounding variables. Table 1 comprehensively delineates the array of variables under scrutiny, ensuring a comprehensive analysis of their collective impact

Methods

Study population

Data utilized in this paper is sourced from the National Health and Nutrition Examination Survey (NHANES), a comprehensive nationwide survey administered by the National Center for Health Statistics (NCHS) via the Centers for Disease Control and Prevention (CDC). The survey assesses the health and nutrition of the entire non-institutionalized US population, spanning all ages and residing in all 50 states as well as Washington D.C. As such, the survey provides a cross-sectional view of a representative sample of the US population. Further information about NHANES can be found at www.cdc.gov/nchs/nhanes.

Data

Our current analyses combine the 2015 - 2018 NHANES survey cycles to yield $n = 19225$ observations on 35 covariates. This sample size was comprised $n = 9971$ and $n = 9254$ observations from the 2015/2016 and 2017/2018 survey cycles, respectively. Analyses excluded individuals with missing data on sleep ($n = 6818$), blood pressure (BP) ($n = 1055$), and body mass index (BMI) or those with BMI $> 25 \text{ kg/m}^2$ (overweight) ($n = 5521$). Individuals that reported being on anti-hypertensive medication were also excluded from further analyses ($n = 2944$).

Outcome definition:

We defined our outcome as systolic and diastolic blood pressure. These variables are measured by trained examiners using standardized procedures. Given that systolic and diastolic blood pressure measurements are taken at least four times on an individual, our definition of these outcome is based on an average of the first three blood pressure measurements.

Exposure:

Sleep duration on workdays was evaluated by the questionnaire with the following questions: "Number of hours usually sleep on weekdays or workdays". Sleep duration was divided into three groups, which were < 6 h, 6–8 h, ≥ 8 h respectively, of which 6–8 h was used as the reference group.

Covariates:

In addition to the exposure and outcome variables, our analyses included the following as covariates: Race divided into four groups as Mexican American, white, black and other race. Alcohol consumption was grouped into drinking, no drinking, not recorded. Smoking status as smoking, not smoking, not recorded. Diabetes was defined as yes, no, borderline, or not recorded. Hypertension was defined as yes, no, or not recorded. Snoring was defined as yes, no, and not recorded. US citizenship status was defined as citizen by birth or naturalization, don't know, not a citizen, or refused to answer. Education level was grouped into four categories including graduate studies, high school, less than grade 12 or some college. Additional covariates included marital status, gender, age, albumin, creatinine, hemoglobin, total cholesterol (TC), aspartate aminotransferase (AST), high-density lipoprotein (HDL), and body mass index (BMI). Details about these variables can be found at <https://wwwn.cdc.gov/nchs/nhanes/search/default.aspx>. Age, albumin, creatinine, hemoglobin, TC, AST, HDL, and BMI were analyzed as continuous variables whereas gender, alcohol

consumption, diabetes, smoking, race, hypertension, and snorting were analyzed as categorical variables. Table @ref{tab:tabone} highlights the variable names and descriptions as utilized in this study.

Variable	Name	Description
SEQN	sequence number	Respondent number
SDMVPSU	psu	Masked variance unit pseudo-PSU variable for variance estimation
WTINT2YR	weights	Full sample 2-year interview weights
SDMVSTRA	strata	Masked variance unit pseudo-stratum variable for variance estimation
RIAGENDR	gender	Respondent's number
RIDAGEYR	age (yrs)	Respondent's age in years
DMDMARTL	marital status	Marital status
INDFMIN2	income category	Total family income (reported as a range value in dollars)
RIDRETH3	race	Recode of reported race and Hispanic origin information, with Non-Hispanic Asian Category
DMDHHSZA	children <5	Number of children aged 5 years or younger in the household
DMDDEDUC2	education level	What is the highest grade or level of school {you have/SP has} completed or the highest degree {you have/s/he has} received?
DMDCITZN	citizenship status	{Are you/Is SP} a citizen of the United States? [Information about citizenship is being collected by the U.S. Public Health Serv
SLD012	sleep	Number of hours usually sleep on weekdays or workdays
BMXBMI	bmi	Body mass index
ALQ121	alcohol use	In the past 12 months, how often did you drink any type of alcoholic beverage?
LBDHDDSI	hdl	High density lipoprotein
LBDSALSI	albumin	Albumin (g/L)
DIQ010	diabetes	Have you ever been told by a doctor or health professional that you have diabetes or sugar diabetes?
BPQ020	hypertension	{Have you/Has SP} ever been told by a doctor or other health professional that {you/s/he} had hypertension, also called high blood pressure?
URXCERS	creatinine	Creatinine, urine (umol/L)
SLQ040	snort	In the past 12 months, how often did {you/SP} snort, gasp, or stop breathing while {you were/s/he was} asleep?
LBDTCSI	total cholestrol levels	Total cholesterol (mmol/L)
LBXHGB	hemoglobin	Hemoglobin (g/dL)
LBXSASSI	AST	Aspartate aminotransferase
SMQ040	smoke	Do you now smoke cigarettes?
BPXDI	blood pressure	Systolic and diastolic blood pressure taken as the average of the first three measurements

Statistical modeling

With the purpose of identifying influential variables impacting blood pressure, a variable selection process was conducted. The initial approach involved employing best subset selection with 10-fold cross-validation

to ascertain the optimal number of subsets. Notably, for systolic blood pressure, the forward best subset selection method discerned 13 variables, whereas diastolic blood pressure exhibited 19 selected variables. However, a limitation inherent in forward best subset selection is its inability to eliminate previously selected features, potentially disregarding their relevance in light of newly added variables. Consequently, this methodology may yield sub-optimal variable selections due to its lack of adaptability.

In an effort to mitigate this limitation and introduce regularization, LASSO regularization was employed. This involved a 10-fold cross-validation process to determine the optimal penalty parameter, λ . For diastolic blood pressure, the λ value associated with the lowest mean squared error (MSE) led to the selection of 25 variables. Conversely, when considering systolic blood pressure, the λ value minimizing the MSE resulted in the exclusion of a sole variable. Subsequently, a λ value was strategically chosen to ensure a negligible increase of no more than 1% in MSE, ultimately leading to the inclusion of 29 variables in the model.

Results

Table 2 summarizes participant characteristics in the 2015 - 2018 NHANES survey cycles stratified by gender. Among the participants, the proportion of males and females were 44.81% (n = 1378) and 55.19% (n = 1509), respectively. With ethnicity, the proportion of Mexican American, White and Black were 6.27%, 64.62% and 9.94%, respectively. Overall, the mean (SD) values for age, albumin, creatinine, SBP, DBP, hemoglobin, TC, AST, HDL, BMI were 38.54 (17.72) years, 43.48 (3.58) g/L, 73.21 (19.73) $\mu\text{mol/L}$, 115.33 (14.56) mmHg, 68.47 (10.08) mmHg, 14.07(1.44)g/dL, 4.67 (1.01) mmol/L, 23.18 (13.01) IU/L, 1.59 (0.43) mmol/L, and 21.97(2.06) kg/m², respectively. Among the participants, 66.01% were consumed alcohol drinkers, 2.61% were diabetes, 3.16% were hypertension, 6.72% have snort or stop breathing. 17.99% were smokers. Sleep duration was divided into three groups, which were < 6 h, 6–8 h, 8 h, each with a proportion of 6.26%, 40.53%, 53.21%, respectively.

Male and female participants differed significantly on characteristics including

The uni-variate analysis of potential confounding factors is shown in Table 2.

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## Warning in styling_latex_scale_down(out, table_info): Longtable cannot be
## resized.
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Table 2: Unweighted summary characteristics of the participants in the NHANES 2015 - 2018 survey cycles stratified by gender.

Variable	Overall, N = 1,977	Female, N = 1,063	Male, N = 914	p-value
BMI	22.08 (2.03)	21.83 (2.04)	22.37 (1.98)	<0.001
HDL	1.60 (0.45)	1.73 (0.45)	1.45 (0.40)	<0.001
TC	4.81 (1.02)	4.87 (1.05)	4.73 (0.99)	0.005
Hemoglobin	13.94 (1.46)	13.20 (1.18)	14.81 (1.28)	<0.001
Albumin	43.04 (3.59)	42.40 (3.36)	43.78 (3.70)	<0.001
AST	23.47 (13.17)	21.59 (9.78)	25.66 (15.98)	<0.001
Creatinine	10,132.60 (7,349.24)	8,715.09 (6,809.53)	11,781.19 (7,609.15)	<0.001
Hypertension				0.002
Don't know	4.00 (0.20%)	2.00 (0.19%)	2.00 (0.22%)	
No	1,819.00 (92.01%)	998.00 (93.89%)	821.00 (89.82%)	
Yes	154.00 (7.79%)	63.00 (5.93%)	91.00 (9.96%)	
Diabetes				0.010
Borderline	33.00 (1.67%)	15.00 (1.41%)	18.00 (1.97%)	
No	1,844.00 (93.27%)	1,008.00 (94.83%)	836.00 (91.47%)	
Yes	100.00 (5.06%)	40.00 (3.76%)	60.00 (6.56%)	
Citizenship				0.2
Citizen by birth or naturalizati	1,616.00 (81.74%)	858.00 (80.71%)	758.00 (82.93%)	

Don't Know	1.00 (0.05%)	1.00 (0.09%)	0.00 (0.00%)	
Not a citizen of the US	357.00 (18.06%)	201.00 (18.91%)	156.00 (17.07%)	
Refused	3.00 (0.15%)	3.00 (0.28%)	0.00 (0.00%)	
Education				<0.001
GraduateStudies	646.00 (32.68%)	394.00 (37.06%)	252.00 (27.57%)	
Highschool	415.00 (20.99%)	192.00 (18.06%)	223.00 (24.40%)	
Less12grade	359.00 (18.16%)	143.00 (13.45%)	216.00 (23.63%)	
someCollege	557.00 (28.17%)	334.00 (31.42%)	223.00 (24.40%)	
Children > 5 yrs				0.002
0	1,547.00 (78.25%)	798.00 (75.07%)	749.00 (81.95%)	
1	274.00 (13.86%)	168.00 (15.80%)	106.00 (11.60%)	
2	123.00 (6.22%)	74.00 (6.96%)	49.00 (5.36%)	
3 or more	33.00 (1.67%)	23.00 (2.16%)	10.00 (1.09%)	
Age (yrs)	43.79 (17.43)	42.77 (16.65)	44.98 (18.24)	0.024
Marital status				0.003
Divorced	180.00 (9.10%)	111.00 (10.44%)	69.00 (7.55%)	
Living with partner	197.00 (9.96%)	93.00 (8.75%)	104.00 (11.38%)	
Married	961.00 (48.61%)	530.00 (49.86%)	431.00 (47.16%)	
Never married	504.00 (25.49%)	245.00 (23.05%)	259.00 (28.34%)	
Separated	54.00 (2.73%)	33.00 (3.10%)	21.00 (2.30%)	
Widowed	81.00 (4.10%)	51.00 (4.80%)	30.00 (3.28%)	
Survey cycle				0.3
0	1,063.00 (53.77%)	561.00 (52.78%)	502.00 (54.92%)	
1	914.00 (46.23%)	502.00 (47.22%)	412.00 (45.08%)	
DBP	69.60 (11.18)	68.79 (10.70)	70.55 (11.65)	<0.001
SBP	118.61 (16.41)	115.78 (16.64)	121.90 (15.52)	<0.001
Sleep				0.005
<6hrs	156.00 (7.89%)	73.00 (6.87%)	83.00 (9.08%)	
>8hrs	1,029.00 (52.05%)	588.00 (55.32%)	441.00 (48.25%)	
6-8hrs	792.00 (40.06%)	402.00 (37.82%)	390.00 (42.67%)	
Race				<0.001
Black	338.00 (17.10%)	143.00 (13.45%)	195.00 (21.33%)	
Mexican American	181.00 (9.16%)	96.00 (9.03%)	85.00 (9.30%)	
Other	768.00 (38.85%)	455.00 (42.80%)	313.00 (34.25%)	
White	690.00 (34.90%)	369.00 (34.71%)	321.00 (35.12%)	
Smoking status				<0.001
Not recorded	1,229.00 (62.16%)	763.00 (71.78%)	466.00 (50.98%)	
Not Smoking	321.00 (16.24%)	137.00 (12.89%)	184.00 (20.13%)	
Smoking	427.00 (21.60%)	163.00 (15.33%)	264.00 (28.88%)	
Snort				<0.001
No	1,590.00 (80.42%)	902.00 (84.85%)	688.00 (75.27%)	
Not recorded	115.00 (5.82%)	49.00 (4.61%)	66.00 (7.22%)	
Yes	272.00 (13.76%)	112.00 (10.54%)	160.00 (17.51%)	
Alcohol				<0.001
Drinking	1,457.00 (73.70%)	737.00 (69.33%)	720.00 (78.77%)	
No drinking	111.00 (5.61%)	52.00 (4.89%)	59.00 (6.46%)	
Not recorded	409.00 (20.69%)	274.00 (25.78%)	135.00 (14.77%)	
Income				<0.001
Low income	131.00 (6.63%)	64.00 (6.02%)	67.00 (7.33%)	
Lower-middle income	389.00 (19.68%)	187.00 (17.59%)	202.00 (22.10%)	

Middle income	550.00 (27.82%)	284.00 (26.72%)	266.00 (29.10%)
Unknown/Refused	58.00 (2.93%)	27.00 (2.54%)	31.00 (3.39%)
Upper-middle income	391.00 (19.78%)	210.00 (19.76%)	181.00 (19.80%)
Varied/High income	458.00 (23.17%)	291.00 (27.38%)	167.00 (18.27%)

¹ Mean (SD); n (%)

² Wilcoxon rank sum test; Fisher's exact test; Pearson's Chi-squared test

Foward Stepwise Best Subset

$$\begin{aligned}
\text{sbp} = & 85.65 + 0.47 \times \text{BMI} + 1.49 \times \text{total_chol} - 0.00 \times \text{creatinine} \\
& + 3.06 \times \text{educ_levelHighschool} + 2.00 \times \text{educ_levelLess12grade} + 1.31 \times \text{educ_levelsomCollege} \\
& + 4.59 \times \text{genderMale} + 0.47 \times \text{age_yr} + 2.05 \times \text{marital_statusLiving with partner} \\
& - 0.12 \times \text{marital_statusMarried} + 3.30 \times \text{marital_statusNever married} \\
& - 0.99 \times \text{marital_statusSeparated} + 7.01 \times \text{marital_statusWidowed} - 1.30 \times \text{sleep>8hrs} \\
& - 2.82 \times \text{sleep6-8hrs} - 4.60 \times \text{raceMexican American} - 3.78 \times \text{raceOther} \\
& - 5.03 \times \text{raceWhite} + \text{income_categoryLower-middle income} - 3.02 \times \text{income_categoryMiddle income} \\
& - 2.88 \times \text{income_categoryUnknown/Refused} - 2.70 \times \text{income_categoryUpper-middle income} \\
& - 4.30 \times \text{income_categoryVaried/High income}
\end{aligned}$$

$$\begin{aligned}
\text{dbp} = & 53.55 + 0.22 \times \text{BMI} + 0.78 \times \text{total_chol} + 0.85 \times \text{hemoglobin} + 0.02 \times \text{albumin} \\
& + 0.03 \times \text{AST} - 0.89 \times \text{diabetesNo} - 3.37 \times \text{diabetesYes} - 1.06 \times \text{children..51} \\
& - 1.67 \times \text{children..52} - 1.83 \times \text{children..53 or more} - 1.90 \times \text{marital_statusLiving with partner} \\
& + 0.00 \times \text{marital_statusMarried} - 2.78 \times \text{marital_statusNever married} + 0.91 \times \text{marital_statusSeparated} \\
& + 1.72 \times \text{marital_statusWidowed} - 2.40 \times \text{sleep>8hrs} - 2.37 \times \text{sleep6-8hrs} - 2.76 \times \text{raceMexican American} \\
& + 0.14 \times \text{raceOther} - 1.98 \times \text{raceWhite} - 2.16 \times \text{snortNot recorded} \\
& - 0.57 \times \text{snortYes} - 2.33 \times \text{alcoholNo drinking} - 1.79 \times \text{alcoholNot recorded}
\end{aligned}$$

LASSO

$$\begin{aligned}
\text{sbp} = & 84.13 \times (\text{Intercept}) + 0.52 \times \text{bmi} + 0.79 \times \text{hdl} + 1.43 \times \text{total_chol} + 0.04 \times \text{AST} \\
& - 0.17 \times \text{diabetesNo} + 1.88 \times \text{diabetesYes} - 14.02 \times \text{citizenship_statusDon't Know} \\
& - 0.59 \times \text{citizenship_statusNot a citizen of the US} - 12.06 \times \text{citizenship_statusRefused} \\
& + 3.09 \times \text{educ_levelHighschool} + 2.19 \times \text{educ_levelLess12grade} + 1.16 \times \text{educ_levelsomCollege} \\
& - 0.99 \times \text{children..51} - 1.17 \times \text{children..52} + 0.90 \times \text{children..53 or more} \\
& + 4.42 \times \text{genderMale} + 0.44 \times \text{age_yr} + 1.77 \times \text{marital_statusLiving with partner} \\
& + 0.01 \times \text{marital_statusMarried} + 2.95 \times \text{marital_statusNever married} - 1.05 \times \text{marital_statusSeparated} \\
& + 7.19 \times \text{marital_statusWidowed} - 1.47 \times \text{sleep>8hrs} - 2.95 \times \text{sleep6-8hrs} \\
& - 4.11 \times \text{raceMexican American} - 3.43 \times \text{raceOther} - 5.14 \times \text{raceWhite} \\
& + 1.75 \times \text{smokeNot Smoking} + 0.22 \times \text{smokeSmoking} - 2.74 \times \text{snortNot recorded} \\
& - 0.61 \times \text{snortYes} - 1.69 \times \text{alcoholNo drinking} - 0.28 \times \text{alcoholNot recorded} \\
& - 1.62 \times \text{income_categoryLower-middle income} - 3.04 \times \text{income_categoryMiddle income} \\
& - 2.64 \times \text{income_categoryUnknown/Refused} - 2.71 \times \text{income_categoryUpper-middle income} \\
& - 4.54 \times \text{income_categoryVaried/High income}
\end{aligned}$$

$$\begin{aligned}
\text{dbp} = & 47.99 + 0.24 \times \text{bmi} + 0.80 \times \text{total_chol} + 0.58 \times \text{hemoglobin} + 0.17 \times \text{albumin} \\
& + 0.04 \times \text{AST} - 0.42 \times \text{diabetesNo} - 3.18 \times \text{diabetesYes} + 1.36 \times \text{citizenship_statusDon't Know} \\
& - 0.60 \times \text{citizenship_statusNot a citizen of the US} - 1.78 \times \text{citizenship_statusRefused} \\
& - 0.11 \times \text{educ_levelHighschool} - 0.92 \times \text{educ_levelLess12grade} - 0.39 \times \text{educ_levelsCollege} \\
& - 0.99 \times \text{children..51} - 1.39 \times \text{children..52} - 2.08 \times \text{children..53 or more} \\
& + 0.59 \times \text{genderMale} + 0.01 \times \text{age_yr} - 1.77 \times \text{marital_statusLiving with partner} \\
& + 0.12 \times \text{marital_statusMarried} - 2.67 \times \text{marital_statusNever married} + 0.94 \times \text{marital_statusSeparated} \\
& + 1.69 \times \text{marital_statusWidowed} + 2.21 \times \text{cycle} - 2.21 \times \text{sleep>8hrs} \\
& - 2.25 \times \text{sleep6-8hrs} - 2.08 \times \text{raceMexican American} + 0.31 \times \text{raceOther} \\
& - 2.09 \times \text{raceWhite} + 0.44 \times \text{smokeNot Smoking} + 0.75 \times \text{smokeSmoking} \\
& - 2.15 \times \text{snortNot recorded} - 0.50 \times \text{snortYes} - 1.28 \times \text{alcoholNo drinking} \\
& - 1.17 \times \text{alcoholNot recorded}
\end{aligned}$$

Discussion and conclusion

References

@article{Gurven_Blackwell_Rodríguez_Stieglitz_Kaplan_2012a, title={Does blood pressure inevitably rise with age?}, volume={60}, url={<https://doi.org/10.1161/hypertensionaha.111.189100%7D>}, DOI={10.1161/hypertensionaha.111.189100}, number={1}, journal={Hypertension}, author={Gurven, Michael and Blackwell, Aaron D. and Rodríguez, Daniel and Stieglitz, Jonathan and Kaplan, Hillard}, year={2012}, month=jul, pages={25-33} }