* + Choose another variables that might not highly-related
  + Use another function to read sas file like heaven
  + Clean the table content
  + Each line doesn’t longer than 80 characters
  + Check normality with motivation, motivation is too long, two paragraphs, use plots rather than giving results directly;
  + keep several sentence;
  + Nhanes and NYC hanes;
  + GGgally, make sure use it , instead just delete them;
  + previous people show hypertension has relationship ,but here we choose others; explain the term use;
  + Data wraglling;
  + check drink/diabete variables;
  + summary: add description, such as the amount of missing data;
  + use glimpes first;
  + change type--when you try to change the type, there are different classes in R;
  + when use lm()/glm();
  + what does survey weight missing data  look like;
  + R markdown cheatsheet

1. Nonpharmacologic interventions are strongly supported in the guideline for their primary and complementary effect in lowering BP. These interventions include weight loss in patients who are overweight or obese; a heart-healthy diet, such as the DASH (Dietary Approaches to Stop Hypertension) diet; sodium reduction; potassium supplementation; increased physical activity; and moderation of alcohol consumption.
2. those with stage 2 hypertension tended to be older, men, and current smokers, exercised more, consumed more alcohol, had higher BMI, and had higher fasting serum glucose and total cholesterol values.