

To be a confounder a variable has to meet 5 criteria:

IT MUST:

1. Be associated with the exposure of interest.
2. Be associated with the outcome.
3. Affect the measure of association between the exposure of interest and the outcome (i.e., $OR_{crude} \neq OR_{strata}$).

IT MUST *NOT*:

4. Be an effect modifier.
5. Be in the causal pathway.

Here's a little table of 3 situations you will encounter when looking at crude and strata-specific ORs:

What your ORs or RRs look like:	Effect Modification	Confounding	Neither	You Should Present:
$Crude = Strata_1 = \dots Strata_n$			X	Crude
$Crude \neq Strata_1 = \dots Strata_n$		X		Summary (Mantel-Haenszel)
$Crude \neq Strata_1 \neq Strata_n$	X			Strata specific - do not present a summary