|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variables | Total N (%) | Male N (%) | Female N (%) | *P* Value |
| **Have you measured BP in your lifetime** |  |  |  | <0.001 |
| Yes | 1661 (54.8) | 701 (42.20) | 960 (57.79) |  |
| NO | 1369 (45.2) | 676 (49.37) | 693 (50.62) |   |
| Left SBP | 113.66 ± 13.84 | 118 ± 13 | 110 ± 13 | <.001 |
| Left DBP | 72.37 ± 11.13 | 73 ± 11 | 72 ± 11 | <.001 |
| Right SBP | 116.23 ± 14.01 | 121 ± 14 | 112 ± 13 | <.001 |
| Right DBP | 72.89 ± 10.87 | 74 ± 11 | 72 ± 11 | <.001 |
| **Systolic Left hand** |  |  |  | <.001 |
| Normal | 2190 (72.3) | 829 (37.85) | 1361 (62.14) |  |
| Pre hypertension | 438 (14.5) | 265 (60.5) | 173 (39.49) |  |
| Hypertension stage 1 | 295 (9.7) | 204 (69.15) | 91(30.81) |  |
| Hypertension stage 2 | 107 (3.5) | 79 (73.83) | 28 (26.16) |  |
| **Diastolic Left hand** |  |  |  | <.001 |
| Normal and pre hypertension | 2461 (81.2) | 1082 (43.96) | 1379 (56.03) |  |
| Hypertension stage 1 | 374 (12.3) | 184 (49.19) | 190 (50.80) |  |
| Hypertension stage 2 | 195 (6.4) | 111 (56.92) | 84 (43.07) |  |
| **Systolic Right hand** |  |  |  | <.001 |
| Normal | 1995 (65.8) | 704 (35.28) | 1291 (64.71) |  |
| Pre hypertension | 516 (17.02) | 297 (57.55) | 219 (42.44) |  |
| Hypertension stage 1 | 338 (11.2) | 239 (70.71) | 99 (529.28) |  |
| Hypertension stage 2 | 181 (5.99) | 137 (75.69) | 44 (24.30) |  |
| **Diastolic Right hand** |  |  |  | <.001 |
| Normal and pre hypertension | 2394 (79.00) | 1046 (43.63) | 1348 (56.30) |  |
| Hypertension stage 1 | 432 (14.25) | 219 (50.69) | 213 (49.30) |  |
| Hypertension stage 2 | 204 (6.73) | 112 (54.90) | 92 (45.09) |  |

**Table S1:** Prevalence of hypertension among young healthy population.

Data are expressed as mean ± standard deviation or numbers (%). The p value was derived from independent t test, chi square test. BP = blood pressure; DBP = diastolic blood pressure; L = left-arm BP; R = right-arm BP; SBP = systolic blood pressure. \*Normal was defined as SBP <120 mmHg and DBP <80 mmHg; \*Prehypertension was defined as 120 to 129 mmHg for SBP and DBP <80. \*hypertension stage 1 was defined 130 – 139 for SBP and 80 – 89 for DBP. \* hypertension stage 2 was defined as ≥ 140 for SBP and ≥ 90 for DBP.