Supplementary Tables

Table 1. Access to hypertension care and services among People Living with HIV (N=71)

	Overall n (%)		Male n (%)		Female n (%)	
Age						
25-44	49	(68.3)	15	(52.7)	34	(78.6)
45-64	23	(31.7)	13	(47.3)	9	(21.4)
Residential area of the district						
Urban area	3	(4.3)	0	(0.0)	3	(7.1)
Rural area	68	(95.7)	28	(100.0)	40	(92.9)
Blood pressure						
High (hypertension)	20	(27.3)	9	(32.7)	10	(23.8)
Access to hypertension care and services						
Have never blood pressure measured	8	(11.5)	7	(23.6)	2	(3.6)
Diagnosed as hypertensive	5	(7.2)	4	(12.7)	2	(3.6)
On treatment	0	(0.0)	0	(0.0)	0	(0.0)

Totals of percentages may differ from 100 due to rounding. Weighted values are rounded to the nearest integer.
Hypertension is defined as SBP 140 ≥ mmHg or DBP ≥90 mmHg.

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Table 2. Bivariate and Multivariate correlates of hypertension among all participants in the Mumbwa district, Central Province of Zambia, 2016 (by gender)

| | Male | | | | | | Female | | | | | |
| | Hypertension | | | | | | Hypertension | | | | | |
	n	n(%)	Crude OR (95%CI)	*p* value	Adjusted OR (95%CI)	*p* value	n	n(%)	Crude OR (95%CI)	*p* value	Adjusted OR (95%CI)	*p* value
Socio-demographic characteristics												
Age												
25-44	203	70 (34.7)	1 (Reference)		1 (Reference)		226	53 (23.6)	1 (Reference)		1 (Reference)	
45-64	132	63 (47.5)	1.05 (1.250-3.133)	<0.01	1.57 (0.95-2.58)	0.07	128	65 (51.0)	3.54 (2.236-5.616)	<0.01	2.68 (1.56-4.63)	<0.01
Marital Status												
Not married	20	7 (34.2)	1 (Reference)		–		7	2 (21.4)	1 (Reference)		–	
Married	300	120 (40.0)	1.78 (0.628-5.025)	0.29	–		257	81 (31.4)	2.01 (0.424-9.534)	0.38	–	
Divorced/Widow/Widowed	16	7 (41.9)	1.75 (0.442-6.928)	0.43	–		90	36 (40.6)	3.34 (0.686-16.232)	0.14	–	
Education												
≤primary	229	90 (39.6)	1 (Reference)		–		284	95 (33.3)	1 (Reference)		1 (Reference)	
Secondary	77	32 (41.3)	1.09 (0.644-1.860)	0.74	–		50	12 (24.5)	0.83 (0.426-1.617)	0.58	0.68 (0.32-1.45)	0.32
≥college	29	11 (36.8)	1.03 (0.469-2.283)	0.93	–		20	12 (59.0)	3.85 (1.488-9.974)	<0.01	3.39 (1.19-9.64)	0.02
Work Status												
Employed	58	19 (33.0)	1 (Reference)		1 (Reference)		28	10 (35.2)	1 (Reference)		–	
Self-employed	255	102 (39.8)	1.34 (0.726-2.456)	0.35	1.43 (0.74-2.78)	0.29	225	77 (34.0)	0.84 (0.388-1.820)	0.66	–	
Unemployed/Retired	22	12 (55.8)	2.80 (1.025-7.646)	0.045	1.95 (0.66-5.75)	0.22	101	32 (32.0)	0.69 (0.299-1.596)	0.39	–	
Monthly income (USD)												
≤50	157	61 (38.9)	1 (Reference)		–		169	51 (30.1)	1 (Reference)		–	
>50	178	72 (40.5)	1.02 (0.652-1.599)	0.93	–		185	68 (36.7)	1.29 (0.832-2.011)	0.25	–	
Residential area												
Rural	300	112 (37.2)	1 (Reference)		1 (Reference)		302	102 (33.7)	1 (Reference)		–	
Urban	35	22 (61.8)	2.46 (1.176-5.144)	0.02	2.46 (1.09-5.56)	0.03	52	17 (32.7)	0.98 (0.528-1.802)	0.94	–	
Food security												
Secure	107	33 (31.1)	1 (Reference)		–		85	25 (29.1)	1 (Reference)		–	
Insecure	228	100 (43.8)	1.47 (0.901-2.399)	0.12	–		269	94 (34.9)	1.39 (0.822-2.353)	0.22	–	
Family planning												
Not used	–	–	–		–		249	96 (38.6)	1 (Reference)		1 (Reference)	
Used	–	–	–		–		101	96 (21.8)	0.42 (0.248-0.724)	<0.01	0.61 (0.32-1.153)	0.13
No data	–	–	–		–		4	1 (14.3)	–		–	
Behavioral and psychological characteristic												
Smoking												
Never	185	66 (35.8)	1 (Reference)		–		340	113 (33.1)	1 (Reference)		–	
Ex-smoker	74	33 (44.4)	1.42 (0.816-2.463)	0.22	–		12	4 (34.8)	0.74 (0.192-2.831)	0.66	–	
Current smoker	76	34 (44.6)	1.42 (0.889-2.724)	0.11	–		3	2 (80.0)	3.93 (0.353-43.805)	0.27	–	
Alcohol												
Never	102	30 (29.3)	1 (Reference)		1 (Reference)		252	77 (30.3)	1 (Reference)		1 (Reference)	
≤a few times/m	123	49 (39.6)	1.66 (0.938-2.937)	0.08	1.43 (0.78-2.59)	0.24	82	31 (38.1)	1.40 (0.844-2.320)	0.19	1.79 (1.01-3.19)	0.046
≥a few times/w or everyday	110	54 (49.5)	2.37 (1.323-4.248)	<0.01	2.28 (1.24-4.17)	0.01	20	11 (55.3)	2.49 (1.014-6.110)	0.046	1.61 (0.58-4.49)	0.37
Fruit and vegetable intake (fruits ≥once a week, vegetables daily)												
Neither	50	20 (40.2)	1 (Reference)		–		51	14 (27.0)	1 (Reference)		–	
Either	159	66 (41.3)	1.06 (0.548-2.015)	0.86	–		160	53 (33.3)	1.18 (0.570-2.422)	0.66	–	
Both	126	47 (37.6)	1.15 (0.585-2.253)	0.69	–		142	51 (36.1)	1.44 (0.697-2.975)	0.32	–	
Physical activity (activities of daily life and sports ≥once a week)												
Neither	16	8 (46.9)	1 (Reference)		–		38	17 (45.9)	1 (Reference)		1 (Reference)	
Either	215	96 (44.7)	0.99 (0.361-2.696)	0.98	–		282	86 (30.4)	0.52 (0.266-1.032)	0.06	0.51 (0.24-1.08)	0.08
Both	104	29 (28.2)	0.53 (0.185-1.527)	0.24	–		34	15 (45.5)	0.91 (0.354-2.324)	0.84	1.60 (0.54-4.71)	0.40
Salt intake (per day)												
<5g	228	89 (39.2)	1 (Reference)		–		295	102 (34.5)	1 (Reference)		–	
≥5g	90	33 (36.4)	0.82 (0.495-1.365)	0.45	–		58	16 (27.4)	0.63 (0.347-1.156)	0.14	–	

Variable	N	n	(%)	OR	(95% CI)	p	aOR	(95% CI)	p	N	n	(%)	OR	(95% CI)	p	aOR	(95% CI)	p
Don't know	16	11	(65.6)	–					–	1	1	(100.0)	–					–
Cooking oil intake																		
Low <20.83ml	244	103	(42.2)	1	(Reference)				–	266	95	(35.7)	1	(Reference)				–
High ≥20.83ml	92	30	(33.1)	0.72	(0.429-1.218)	0.22			–	85	24	(27.7)	0.71	(0.420-1.203)	0.20			–
Don't know	–	–		–					–	1	0	(0.0)	–					–
No data	–	–		–					–	2	0	(0.0)	–					–
Sugar intake																		
Low <28.0g	168	70	(42.0)	1	(Reference)				–	185	66	(35.6)	1	(Reference)				–
High ≥28.0g	167	62	(37.0)	0.73	(0.464-1.139)	0.16			–	168	52	(30.9)	0.73	(0.471-1.140)	0.17			–
No data	1	1	(100.0)	–					–	1	1	(100.0)	–					–
Psychological distress (K6)																		
Low	166	58	(35.0)	1	(Reference)				–	169	77	(45.3)	1	(Reference)				–
High (10 and over)	169	56	(32.8)	0.73	(0.463-1.137)	0.16			–	184	94	(51.1)	0.97	(0.627-1.508)	0.90			–
Clinical characteristics																		
Body mass index (kg/m²) [c]																		
Normal (<25)	281	106	(37.9)	1	(Reference)		1	(Reference)		224	61	(27.1)	1	(Reference)		1	(Reference)	
Overweight/Obese (>=25)	54	27	(49.1)	2.04	(1.13-3.70)	0.02	1.73	(0.91-3.29)	0.09	130	58	(44.7)	2.51	(1.59-3.94)	<0.01	1.98	(1.18-3.29)	0.01
Blood lipids																		
Normal	70	27	(39.0)	1	(Reference)				–	42	9	(22.2)	1	(Reference)				–
Abnormal	263	106	(40.3)	1.09	(0.630-1.887)	0.76			–	310	109	(35.2)	1.56	(0.758-3.220)	0.23			–
No data	3	0	(0.0)	–					–	3	1	(20.0)	–					–
HbA1c																		
Normal (<5.7)	222	89	(40.1)	1	(Reference)				–	182	55	(30.1)	1	(Reference)		1	(Reference)	
High risk (5.7-6.4)	111	42	(38.1)	0.81	(0.502-1.320)	0.40			–	156	54	(34.7)	1.38	(0.879-2.179)	0.16	1.02	(0.61-1.71)	0.93
Diabetes (>=6.5)	3	2	(66.7)	3.30	(0.295-36.973)	0.33			–	15	10	(65.5)	4.87	(1.588-14.921)	<0.01	2.33	(0.68-7.96)	0.18
No data	0	0	(0.0)	–						1	0	(0.0)	–					–
Medical history (self-reported)																		
HIV infection (Self-reported)																		
No	307	124	(40.4)	1	(Reference)				–	311	108	(34.9)	1	(Reference)		1	(Reference)	
Yes	28	9	(32.7)	0.77	(0.338-1.743)	0.53			–	43	10	(23.8)	0.47	(0.226-0.983)	0.045	0.54	(0.24-1.24)	0.15

Totals of percentages may differ from 100 due to rounding. Weighted values are rounded to the nearest integer.
"No data" and "Don't know" excludes from statistical test
Hypertension is defined as SBP 140 ≥ mmHg or DBP ≥90 mmHg.
Abnormal blood lipid includes any abnormal measurements in total cholesterol, triglyceride, LDL-cholesterol, or HDL-cholesterol
Cooking oil intake is defined as low and high by median (20.83ml).
Sugar intake is defined as low and high by median (28.0g).

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Table 3: Bivariate and multivariate correlates of 'never had blood pressure measured' (Women)

	Female (n=354)	Never had blood pressure measured (n=24)					
	Total	n of total (%)		Crude OR (95CI)	*p* value	Adjusted OR (95CI)		*p* value
Age							
25-44	226	6	(2.5)	1 (reference)		1 (reference)	
45-64	128	19	(14.5)	5.33 (2.18-13.06)	<0.01	4.53 (1.81-11.35)	<0.01
Residential area							
Urban	52	4	(6.9)	1 (reference)		—	
Rural	302	21	(6.8)	1.39 (0.40-4.81)	0.60	—	
Education							
<=primary	284	19	(6.7)	1 (reference)		—	
>=Secondary	70	5	(7.3)	0.997 (0.36-2.75)	0.995	—	
Work Status							
Employed	28	3	(9.3)	1 (reference)		—	
Unemployed/Retired	326	22	(6.6)	0.71 (0.20-2.50)	0.59	—	
HIV infection							
No	311	23	(7.3)	1 (reference)		—	
Yes	43	2	(3.6)	0.83 (0.24-2.89)	0.77	—	
Smoking							
Never, Ex-smoker	352	24	(6.7)	1 (reference)		—	
Current smoker	3	1	(20.0)	6.60 (0.58-75.32)	0.13	—	
Alcohol							
Never or a few times/m	335	20	(6.0)	1 (reference)		1 (reference)	
≥a few times/w or everyday	20	4	(21.1)	3.37 (1.04-10.88)	0.04	2.19 (0.65-7.43)	0.21
Body mass index (kg/m^2)							
Normal (<25)	224	11	(4.8)	1 (reference)		1 (reference)	
Overweight/Obese (25 and over)	130	13	(10.3)	2.12 (0.95-4.72)	0.07	1.71 (0.74-3.92)	0.21

Data are numbers (%).
Totals of percentages may differ from 100 due to rounding. Weighted values are rounded to the nearest integer.
OR: Odds ratio

Table 4: Bivariate and multivariate correlates of 'never had blood pressure measured' (Overall)

	Overall (n=689)	Never had blood pressure measured (n=150)					
	Total	n of total (%)		Crude OR (95CI)	*p* value	Adjusted OR (95CI)		*p* value
Gender							
Male	335	125	(37.4)	7.71 (4.88-12.18)	<0.01	6.27 (3.84-10.23)	<0.01
Female	354	24	(6.8)	1 (reference)		1 (reference)	
Age							
25-44	429	89	(20.7)	1 (reference)		—	
45-64	260	61	(23.3)	0.90 (0.61-1.31)	0.57	—	
Residential area							
Urban	87	9	(10.7)	1 (reference)		1 (reference)	
Rural	602	140	(23.3)	3.02 (1.43-6.41)	<0.01	2.70 (1.22-5.98)	0.01
Education							
<=primary	513	115	(22.5)	1 (reference)		—	
>=Secondary	177	34	(19.5)	0.96 (0.63-1.45)	0.84	—	
Work Status							
Employed	85	16	(18.7)	1 (reference)		—	
Unemployed/Retired	604	134	(22.1)	1.16 (0.67-2.01)	0.60	—	
HIV infection							
No	618	141	(22.9)	1 (reference)		1 (reference)	
Yes	71	8	(11.5)	0.44 (0.21-0.90)	0.03	0.46 (0.21-0.995)	0.049
Smoking							
Never, Ex-smoker	611	111	(18.2)	1 (reference)		1 (reference)	
Current smoker	79	39	(49.0)	4.46 (2.74-7.28)	<0.01	2.11 (1.19-3.73)	0.01
Alcohol							
Never or a few times/m	560	105	(18.8)	1 (reference)		1 (reference)	
≥a few times/w or everyday	130	44	(34.1)	2.29 (1.50-3.50)	<0.01	0.93 (0.55-1.55)	0.77
Body mass index (kg/m^2)							
Normal (<25)	505	122	(24.1)	1 (reference)		1 (reference)	
Overweight/Obese (25 and over)	185	28	(15.0)	0.50 (0.31-0.79)	<0.01	0.91 (0.55-1.53)	0.73

Data are numbers (%).
Totals of percentages may differ from 100 due to rounding. Weighted values are rounded to the nearest integer.
OR: Odds ratio