

Online supplementary Tables

eTable1: Unadjusted risk ratio for the risk factors for pre-hypertension, hypertension, overweight and obesity

eTable2: Comparison of prevalence of hypertension and obesity in first and repeat cross-sectional survey

eTable1. Unadjusted risk ratio for the risk factors for pre-hypertension, hypertension, underweight, overweight and obesity

	Pre-HTN RR [95% CI]	HTN RR [95% CI]	Underweight RR [95% CI]	Overweight RR [95% CI]	Obesity RR [95% CI]
Age					
11	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]
12	0.92[0.50,1.69]	0.87[0.44,1.69]	0.38***[0.22,0.65]	1.39[0.81,2.40]	1.27[0.69,2.32]
13	0.81[0.44,1.50]	1.59[0.88,2.87]	0.45**[0.27,0.75]	1.61[0.95,2.74]	1.75[0.99,3.10]
14	1.49[0.84,2.63]	1.04[0.54,2.00]	0.32***[0.19,0.57]	1.30[0.75,2.25]	0.62[0.31,1.24]
15	1.05[0.54,2.04]	1.51[0.78,2.92]	0.22***[0.11,0.45]	0.86[0.45,1.61]	0.37*[0.15,0.89]
16 to 17	0.43[0.18,1.04]	0.94[0.45,1.98]	0.12***[0.04,0.30]	0.36*[0.16,0.83]	0.28*[0.10,0.76]
Sex					
Male	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]
Female	1.18[0.82,1.68]	0.91[0.64,1.30]	1.77**[1.22,2.56]	1.24[0.92,1.69]	0.49***[0.33,0.72]
Location of School					
Rural	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]
Urban	1.50*[1.05,2.14]	1.56*[1.10,2.22]	0.49***[0.32,0.74]	2.40***[1.75,3.27]	4.75***[3.11,7.25]
BMI categories					
Normal	1	[1.00,1.00]			
Underweight	0.71[0.30,1.65]	-			
Overweight	2.36***[1.45,3.85]	2.64***[1.58,4.42]			
Obese	1.91[0.95,3.81]	8.88***[5.65,13.97]			
BP categories					
Normotensive			1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]
pre -hypertensive			0.71[0.30,1.65]	2.36***[1.45,3.85]	1.91[0.95,3.81]
Hypertension			-	2.64***[1.58,4.42]	8.88***[5.65,13.97]
SES					
Low	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]
Middle	1.24[0.84,1.85]	1.30[0.86,1.97]	0.87[0.60,1.26]	2.02***[1.40,2.92]	4.12***[2.15,7.90]
High	2.97***[1.62,5.44]	5.42***[3.17,9.28]	0.88[0.31,2.53]	9.43***[5.45,16.31]	61.55***[30.22,125.39]
Junk food					
No	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]
Yes	0.79[0.49,1.25]	1.42[0.80,2.51]	1.02[0.62,1.70]	1.25[0.79,1.97]	2.01*[1.04,3.90]
Added salt intake					
No	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]
Yes	0.58**[0.40,0.85]	5.55***[3.26,9.43]	1.07[0.74,1.55]	1.21[0.89,1.66]	1.86**[1.23,2.79]
Dietary pattern					
Vegetarian	1.17[0.82,1.67]	0.95[0.67,1.36]	1.33[0.92,1.91]	1.10[0.81,1.49]	0.96[0.67,1.38]
Eggetarian	0.62[0.31,1.24]	0.53[0.26,1.11]	1.17[0.68,2.03]	0.57[0.31,1.05]	0.50[0.23,1.08]
Mixed	0.99[0.69,1.44]	1.28[0.89,1.82]	0.67[0.45,1.00]	1.09[0.79,1.48]	1.29[0.89,1.86]
Exercise					
No	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]	1[1.00,1.00]
Yes	0.58**[0.40,0.85]	0.51***[0.35,0.74]	1.63*[1.00,2.63]	0.99[0.69,1.41]	0.47***[0.32,0.69]

*p-value<0.01, **p-value<0.001, ***p-value<0.0001; **Abbreviations:** HTN, Hypertension; Pre-HTN, Pre-hypertension; CI, confidence interval; SES, Socio economic status; BP, Blood pressure; BMI, Body mass index.

eTable2: Comparison of prevalence of hypertension and obesity in first and repeat cross-sectional survey

	First Survey - 2004		Repeat Survey - 2016	
	Rural	Urban	Rural	Urban
N	937	2467	1110	849
BMI categories				
Underweight			98 (8.8%)	32 (3.8%)
Normal	859 (91.6%)	2122 (86.0%)	910 (82.0%)	607 (71.5%)
Overweight	44 (4.7%)	287 (11.6%)	72 (6.5%)	115 (13.5%)
Obese	34 (3.6%)	58 (2.3%)	30 (2.7%)	95 (11.2%)
Sustained Hypertension	24 (2.6%)	165 (6.7%)	63 (5.7%)	71 (8.4%)
Mean systolic blood pressure				
Normal	106.31 +/- 19.86	115.48 +/- 22.74	107.33 +/- 14.2	112.06 +/- 12.06
hypertensive	131.63 +/- 10.13	137.59 +/- 11.91	135 +/- 4.5	135.69 +/- 5.38
Mean diastolic blood pressure				
Normal	68.84 +/- 16.96	74.18 +/- 17.41	66.2 +/- 9.0	70.07 +/- 6.9
hypertensive	79.15 +/- 7.41	84.58 +/- 8.14	77.95 +/- 8.03	78.11 +/- 10.88