|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Whole sample | Normotensive |  | Hypertensive |
|  |  | *n* | % | *n* | % |  | *n* | % |
| Participants |  | 51 |  | 25 |  |  | 26 |  |
| Age (y) |  | 57.1y ±6.4y |  | 57.3y ±7.1y |  |  | 56.9y ±5.8y  |  |
| Sex | Male | 21 | *42* | 9 | *36* |  | 12 | *46* |
|  | Female | 30 | *58* | 16 | *64* |  | 14 | *54* |
| Descent | European | 51 | *100* | 25 | *100* |  | 26 | *100* |
| Family history of CVD | Myocardial infarction | 14 | *28* | 8 | *32* |  | 6 | *23* |
|  | Heart surgery | 5 | *10* | 3 | *12* |  | 2 | *8* |
|  | Stent | 3 | *6* | 2 | *8* |  | 1 | *4* |
|  | Catheter | 1 | *2* | 1 | *4* |  | 0 | *0* |
|  | Heart defect | 8 | *16* | 1 | *4* |  | 7 | *27* |
|  | Stroke | 19 | *37* | 9 | *36* |  | 10 | *38* |
| Personal history of CVD | Hypertension | 14 | *27* | 2 | *8* |  | 12 | *46* |
|  | High cholesterol | 14 | *27* | 5 | *20* |  | 9 | *35* |
|  | Diabetes | 1 | *2* | 0 | *0* |  | 1 | *4* |
|  | Heart problems | 4 | *8* | 4 | *16* |  | 0 | *0* |
|  | Artery diseases | 1 | *2* | 0 | *0* |  | 1 | *4* |
|  | Thyroid disease | 3 | *6* | 1 | *4* |  | 2 | *8* |
|  | Lung disease | 1 | *2* | 0 | *0* |  | 1 | *4* |
|  | Asthma | 11 | *22* | 4 | *16* |  | 7 | *27* |
|  | Cancer | 4 | *8* | 1 | *4* |  | 3 | *12* |
|  | Kidney disease | 0 | *0* | 0 | *0* |  | 0 | *0* |
|  | Hepatitis | 3 | *6* | 1 | *4* |  | 2 | *8* |
| Signs and symptoms of CVD | Chest pain | 8 | *16* | 4 | *16* |  | 4 | *15* |
|  | Dyspnoea | 10 | *20* | 6 | *24* |  | 4 | *15* |
|  | Heart palpitations | 8 | *16* | 5 | *20* |  | 3 | *12* |
|  | Skipped heartbeats | 4 | *8* | 4 | *16* |  | 0 | *0* |
|  | Heart murmur | 5 | *10* | 5 | *20* |  | 0 | *0* |
|  | Intermittent leg pain | 9 | *18* | 3 | *12* |  | 6 | *23* |
|  | Syncope | 12 | *24* | 7 | *28* |  | 5 | *19* |
|  | Fatigue | 12 | *24* | 4 | *16* |  | 8 | *31* |
|  | Snoring | 29 | *57* | 13 | *52* |  | 16 | *62* |
|  | Back pain | 22 | *43* | 13 | *52* |  | 9 | *34* |
| Lifestyle factors | Current smoker | 4 | *8* | 2 | *8* |  | 2 | *8* |
|  | Previous smoker | 18 | *35* | 7 | *28* |  | 11 | *42* |
|  | Current alcohol drinkers | 40 | *78* | 19 | *76* |  | 21 | *81* |
|  | Current weight loss plan | 4 | *8* | 1 | *4* |  | 3 | *12* |
| Everyday activity | Sedentary | 22 | *43* | 11 | *44* |  | 11 | *42* |
|  | Lightly active | 15 | *29* | 9 | *36* |  | 6 | *23* |
|  | Moderately active | 14 | *27* | 5 | *20* |  | 9 | *34* |
|  | Vigorously active | 0 | *0* | 0 | *0* |  | 0 | *0* |
| Medication | Statins | 3 | *6* | 2 | *8* |  | 1 | *4* |
|  | Anti-thrombotic | 0 | *0* | 0 | *0* |  | 0 | *0* |
|  | Diuretics | 0 | *0* | 0 | *0* |  | 0 | *0* |
|  | Calcium blockers | 2 | *4* | 0 | *0* |  | 2 | *8* |
|  | Alpha blockers | 2 | *4* | 1 | *4* |  | 1 | *4* |
|  | Beta blockers | 2 | *4* | 1 | *4* |  | 1 | *4* |
|  | Anticoagulants | 0 | *0* | 0 | *0* |  | 0 | *0* |
|  | Other anti-hypertensive medication | 7 | *14* | 2 | *8* |  | 5 | *19* |

**Table 1: Participant demographic data**

a Abbreviations: CVD – Cardiovascular Disease