

**Table 1: Description of study participants by altitude level**

	Mustang		Humla		P value
	2800 m	3270 m	3620 m	2890 m	
	(Urban)	(Rural)	(Urban)	(Rural)	
	(N=165)	(N=61)	(N=44)	(N=251)	
<b>Continuous variables</b>	<b>Mean (SD)</b>				
Age	50.3 (13.7)	55.4 (13.2)	48.3 (12.5)	42.9 (11.0)	<0.001
Resting heart rate (beats/minute)	76.2 (12.7)	74.4 (10.7)	74.4 (11.2)	77.4 (10.6)	0.14
Average walk time/day (minute)	53.0 (44.8)	95.6 (79.9)	73.2 (53.0)	89.4 (89.6)	<0.001
Average vegetable & fruit consumption/day (portion)	3.7 (1.9)	2.7 (1.2)	3.2 (1.2)	4.5 (1.8)	<0.001
<b>Categorical variables</b>					
	N/165* (%)	N/61* (%)	N/44* (%)	N/251* (%)	
Sex					0.47
Male	80 (48.5)	29 (47.5)	19 (43.2)	103 (41.0)	
Female	85 (51.5)	32 (52.5)	25 (56.8)	148 (59.0)	
Education					<0.001
No formal education/illiterate	67 (40.6)	41 (67.2)	29 (65.9)	168 (66.9)	
Less than primary	45 (27.3)	19 (31.1)	6 (13.6)	18 (7.2)	
Primary level completed	25 (15.1)	0 (0)	4 (9.1)	20 (8.0)	
Secondary level completed	28 (17.0)	1 (1.6)	5 (11.4)	45 (17.9)	
Occupation					<0.001
Govt. or nov-govt. employee	25 (15.1)	1 (1.6)	7 (15.9)	39 (15.5)	
Self-employed	86 (52.1)	6 (9.8)	14 (31.8)	21 (8.4)	
Agriculture/daily waged labour	41 (24.8)	39 (63.9)	21 (47.7)	135 (53.8)	
Unemployed/retired/homemaker	13 (7.9)	15 (24.6)	2 (4.5)	56 (22.3)	
Ethnicity					<0.001
Tibetan	132(80.0)	58 (95.1)	37 (84.1)	82 (32.7)	
Khas-Aryans	33 (20.0)	3 (4.9)	7 (15.9)	169 (67.3)	
High altitude residence					<0.001
For lifetime	148 (89.7)	59 (96.7)	38 (86.4)	246 (98.0)	
>10 years	17 (10.3)	2 (3.3)	6 (13.6)	2 (0.8)	
5 to 10 years	0 (0)	0 (0)	0 (0)	3 (1.2)	
Current smoker	17 (10.3)	2 (3.3)	4 (9.1)	97 (38.6)	<0.001
Current smokeless tobacco user	49 (29.7)	19 (31.1)	11 (25.0)	27 (10.8)	<0.001
Current drinker	84 (50.9)	39 (63.9)	20 (45.4)	123 (49.0)	0.17
Overweight or obesity	81/143 (56.6)	16/60 (26.7)	21 (47.7)	52/251 (20.7)	<0.001
High TC	34/142 (23.9)	7/56 (12.5)	6/38 (15.8)	23/168 (13.7)	0.08
High TG	74/142 (52.1)	17/56 (30.4)	22/38 (57.9)	62/168 (36.9)	<0.01
Low HDL	91/142 (64.1)	22/56 (39.3)	21/38 (55.3)	120/168(71.4)	<0.001
Diabetes or medication	15/142 (10.6)	2/61 (3.3)	6/44 (13.6)	6/172 (3.5)	0.01
> 5 gram of salt intake/day	64/70 (91.4)	21/21 (100)	15/16 (93.7)	65/68 (95.6)	0.04

\*Except where indicated; hypertension,  $\geq 140/90$  mmHg; overweight, body mass index  $\geq 25$  kg/m<sup>2</sup>; obesity, body mass index  $\geq 30$  kg/m<sup>2</sup>; high TC,  $\geq 5.2$  mmol/L; high TG,  $\geq 1.7$  mmol/L; low HDL,  $< 1.3$  mmol/L for women and  $< 1.0$  mmol/L for men; diabetes, HbA1c  $\geq 48$  mmol/mol

**Table 2: Blood pressure and hypertension related characteristics by altitude level**

<b>Altitude</b>	<b>Mustang</b>			<b>Humla</b>
	<b>2800 m</b>	<b>3270 m</b>	<b>3620 m</b>	<b>2890 m</b>
	<b>(Urban)</b>	<b>(Rural)</b>	<b>(Urban)</b>	<b>(Rural)</b>
	<b>N=165</b>	<b>N=61</b>	<b>N=44</b>	<b>N=251</b>
<b>Variables</b>	<b>N (%)</b>			
HT or on medication	76 (46.1)	25 (40.9)	24 (54.5)	73 (29.1)
HT	66 (40.0)	20 (32.8)	22 (50)	73 (29.1)
HT stage I	41 (24.8)	10 (16.4)	13 (29.5)	46 (18.3)
HT stage II	25 (15.1)	9 (14.7)	9 (20.4)	27 (10.8)
Pre-HT	59 (35.8)	21 (34.4)	10 (22.7)	69 (27.5)
HT new	30 (18.2)	13 (21.3)	18 (40.9)	63 (25.1)
HT ever	51 (34.0)	17 (29.8)	7 (16.7)	21 (17.2)
BP measured ever	150 (90.9)	57 (93.4)	42 (95.4)	123 (49.0)

•HT or on medication: SBP  $\geq$ 140 or DBP  $\geq$ 90 mmHg or on anti-hypertensive medication; •HT stage I: SBP 140-159 or DBP 90-99 mmHg; •HT stage II: SBP  $\geq$ 160 or DBP  $\geq$ 100 mmHg; •pre-HT: SBP 120-139 or DBP 80-90 mmHg.

**Table 3: Estimates of the mean systolic blood pressure for altitude in a multivariate ANCOVA and associations for confounding variables**

<b>Variable and Comparison</b>	<b>Estimate (95% CI)</b>	<b>P value</b>
Altitude (per 1000 m higher)	15.6 (4.0 to 27.2)	0.009
Weight (per kg higher)	0.1 (-0.1 to 0.4)	0.36
Salt intake (per gram higher)	-0.3 (-0.7 to 0.08)	0.11
Age (per decade older)	4.6 (2.7 to 6.4)	<0.001
Sex (male compared to female)	1.3 (-4.1 to 6.8)	0.49
Alcohol intake (per standard drink higher)	0.02 (0.003 to 0.05)	0.03
Residential setting (urban compared to rural)	7.9 (2.2 to 13.6)	0.007
Current smoker (yes compared to no)	4.5 (-1.4 to 10.4)	0.13

**Table 4: Estimates of mean diastolic blood pressure for altitude in a multivariate ANCOVA and associations for confounding variables**

<b>Variable and Comparison</b>	<b>Estimate (95% CI)</b>	<b>P value</b>
Altitude (per 1000 m higher)	7.2 (-0.2 to 14.6)	0.05
Weight (per kg higher)	0.2 (0.009 to 0.3)	0.04
Salt intake (per gram higher)	-0.09 (-0.3 to 0.1)	0.44
Age (per decade older)	1.1 (-0.01 to 2.3)	0.05
Sex (male compared to female)	-0.1 (-3.6 to 3.4)	0.95
Alcohol intake (per standard drink higher)	0.02 (0.002 to 0.03)	0.02
Residential setting (urban compared to rural)	3.1 (-0.5 to 6.7)	0.09
Current smoker (yes compared to no)	2.0 (-1.7 to 5.8)	0.28