Are adherence to the Mediterranean diet and siesta individually or jointly associated with blood pressure in Spanish adolescents?

SUPPLEMENTARY MATERIAL

Table S1. Characteristics of the total original sample and the sample included in the present analyses.

| Variables                              | Total original sample | Sample included in the present analyses |
|----------------------------------------|-----------------------|-----------------------------------------|
| School, n (%)                          | 1378                  | 698                                     |
| CE El Ope                              | 255 (18.5)            | 142 (20.3)                              |
| IES Vicente Medina                     | 777 (56.4)            | 372 (53.3)                              |
| IES Pedro Guillén                      | 346 (25.1)            | 184 (26.4)                              |
| Age (years), mean ± SD                 | 1378 14.9 ± 1.8       | 698 13.9 ± 1.5                          |
| Female sex, n (%)                      | 1378 698 (50.7)       | 698 392 (56.2)                          |
| FAS-III, score ± SD                    | 1111 8.0 ± 2.4        | 698 8.1 ± 2.1                           |
| Tobacco smoking, n (%)                 | 897 81 (9.0)          | 698 51 (7.3)                            |
| Alcohol consumption, n (%)             | 893 179 (20.0)        | 698 131 (18.8)                          |
| BMI (kg/m^2), mean ± SD               | 1261 22.8 ± 4.9       | 698 22.8 ± 4.8                          |
| Total energy intake (kcal/d), mean ± SD| 935 3219 ± 1750       | 698 2914 ± 1553                         |
| YAP-S Physical activity (score), mean ± SD | 1082 2.6 ± 0.7       | 698 2.6 ± 0.7                           |
| YAP-S Sedentary behavior (score), mean ± SD | 1082 2.7 ± 0.6       | 698 2.6 ± 0.6                           |
| Total sleep duration (min.), mean ± SD | 1101 491 ± 48        | 698 494 ± 54                            |
| Systolic BP (mm Hg), mean ± SD         | 1261 124.1 ± 12.7     | 698 123.0 ± 11.4                        |
| Diastolic BP (mm Hg), mean ± SD        | 1261 71.2 ± 10.1      | 698 71.9 ± 9.0                          |
| Blood pressure, n (%)                  | 1261                  | 698                                     |
| Normal                                 | 781 (61.9)            | 432 (61.9)                              |
| High-normal*                          | 261 (20.7)            | 152 (21.8)                              |
| Hypertension*                         | 219 (17.4)            | 114 (16.3)                              |
| KIDMED score, mean ± SD               | 995 6.3 ± 2.9         | 698 6.5 ± 2.5                           |
| MD adherence, n (%)                    | 995 698               |                                         |
| Low-Moderate                           | 621 (62.4)            | 439 (62.9)                              |
| High                                   | 374 (37.6)            | 259 (37.1)                              |
| Siesta status, n (%)                   | 855 698               |                                         |
| No siesta                              | 682 (79.8)            | 561 (80.4)                              |
| Siesta                                 | 173 (20.2)            | 137 (19.6)                              |
| Combined MD and siesta                 | 795 698               |                                         |
| Low-Moderate MD/No siesta             | 413 (51.9)            | 362 (51.9)                              |
| Low-Moderate MD/Siesta                 | 90 (11.3)             | 77 (11.0)                               |
| High MD/No siesta                      | 224 (28.2)            | 199 (28.5)                              |
| High MD/Siesta                         | 68 (8.6)              | 60 (8.6)                                |

BMI: body mass index; BP: blood pressure; CE: Cooperativa de Enseñanza; FAS-III: Family Affluence Scale-III; IES: Instituto de Educación Secundaria; KIDMED: Mediterranean Diet Quality Index for children and teenagers; MD: Mediterranean diet; SD: standard deviation; YAP-S: Spanish Youth Activity Profile. *High-normal blood pressure status (>90th percentile) determined according to the 2016 European Society of Hypertension guidelines. †Hypertension (>95th percentile) determined according to the 2016 European Society of Hypertension guidelines.