

# **Dietary factors and hypertension risk in West Africa: A systematic review and meta-analysis of observational studies.**

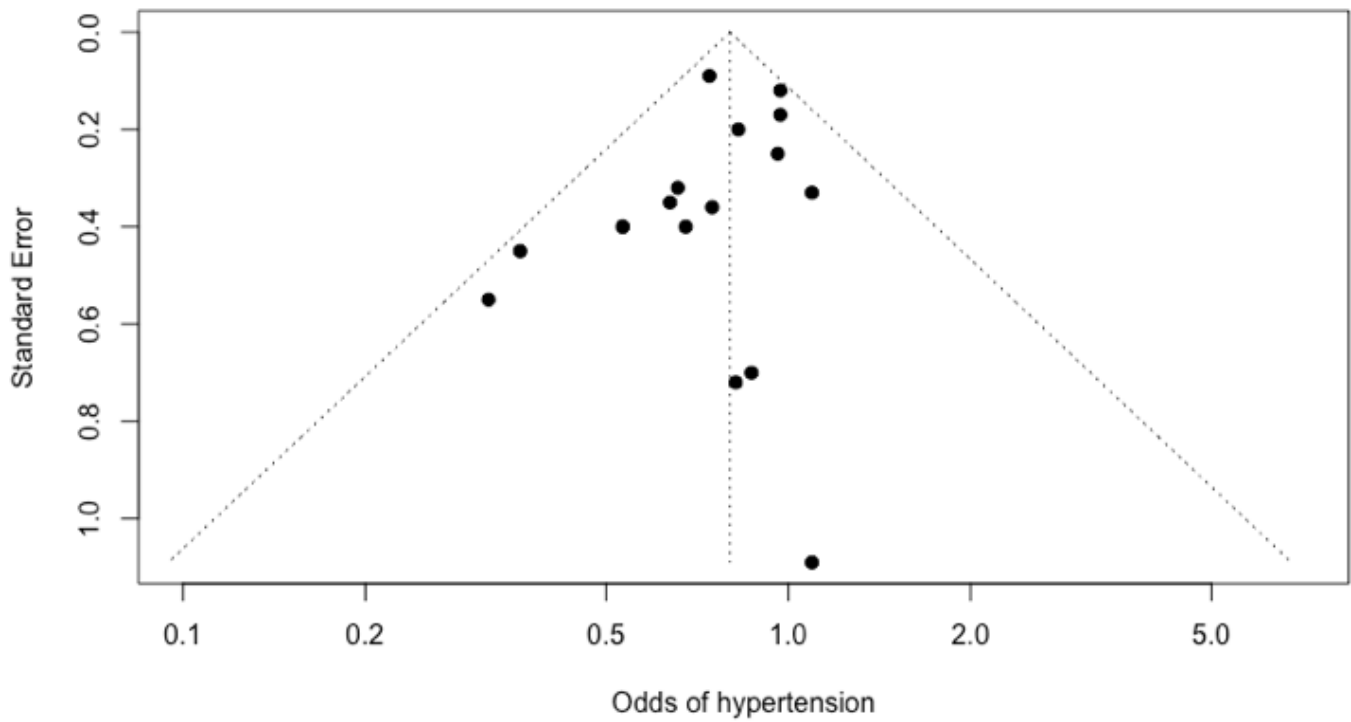
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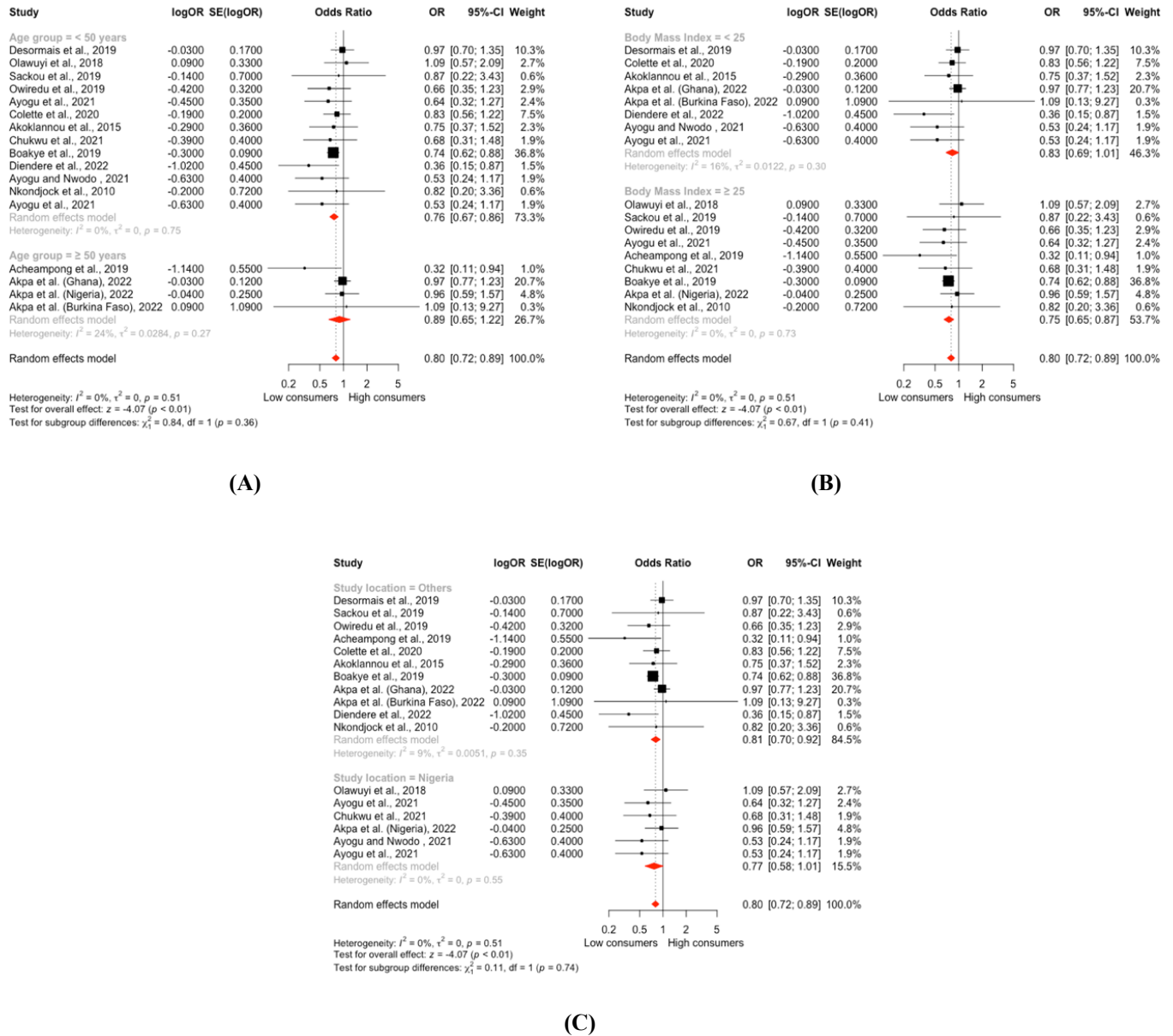
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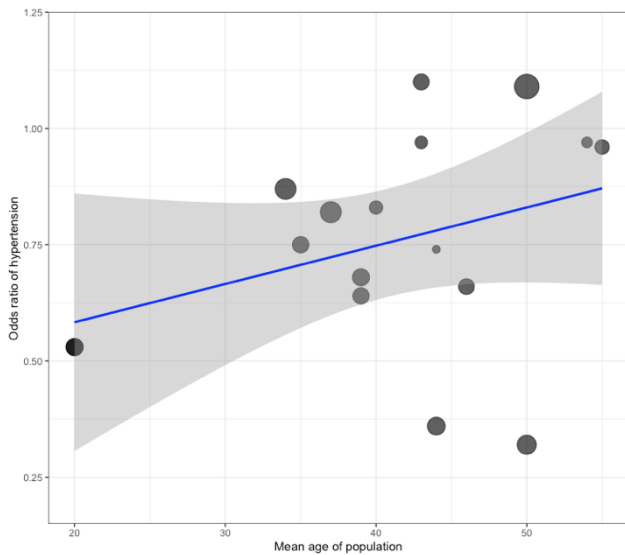
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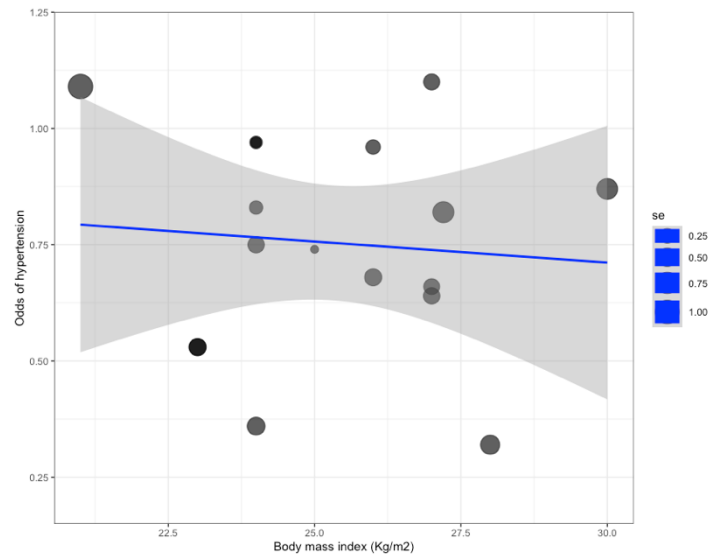
**Figure S1:** Funnel plot of 17 studies reported the association between fruit and vegetable consumption and hypertension in West Africa with an odds ratio (x-axis) vs standard error (y-axis). No publication bias was demonstrated by the funnel plot, Egger's regression test ( $p=0.18$ ), and rank correlation test ( $p=0.17$ ) in the meta-analysis.



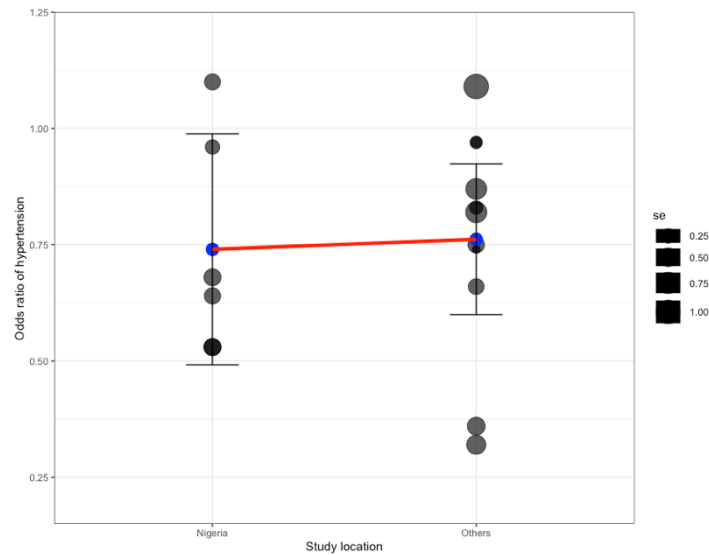
**Figure S2.** Forest plot of Subgroup analysis of the moderating effect of (A) mean age, (B) BMI, and study location (C) on the association between fruit and vegetable consumption and hypertension in West Africa. The result in (A) suggests that mean age significantly moderates the effect size and shows a stronger association in individuals < 50 years than those  $\geq 50$  years old. No significant moderating effect was observed for BMI and study location in (B) and (C), respectively. CI: Confidence interval, logOR: Treatment effect, OR: Odds ratio, SE (logOR): Standard error.



(A)

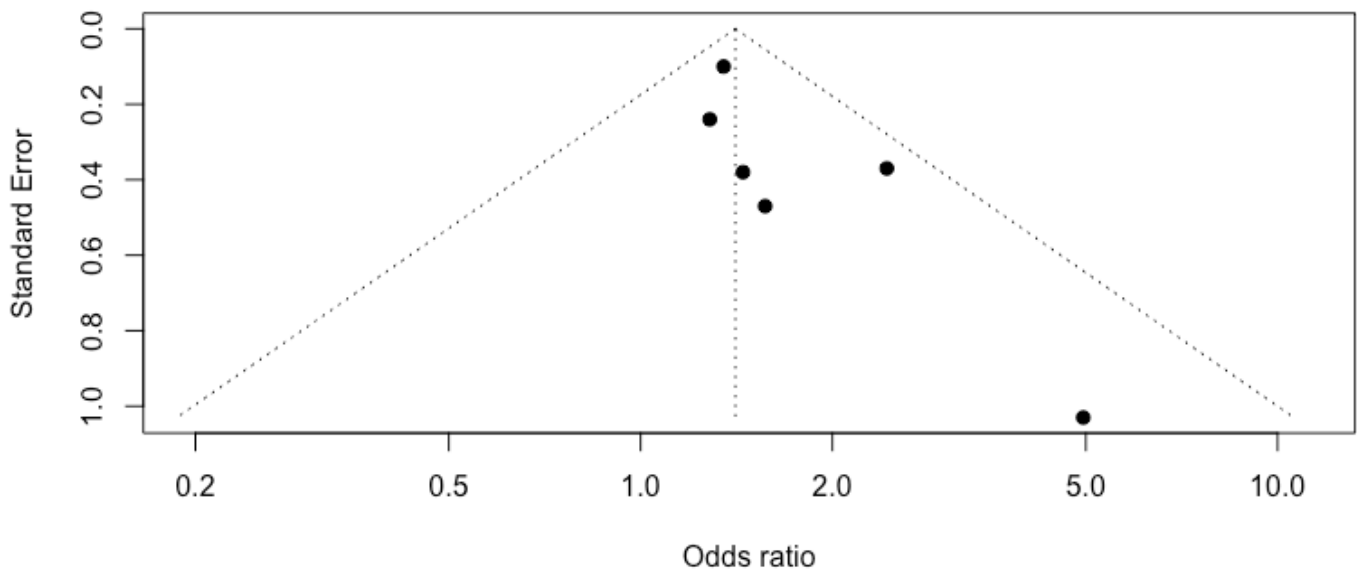


(B)

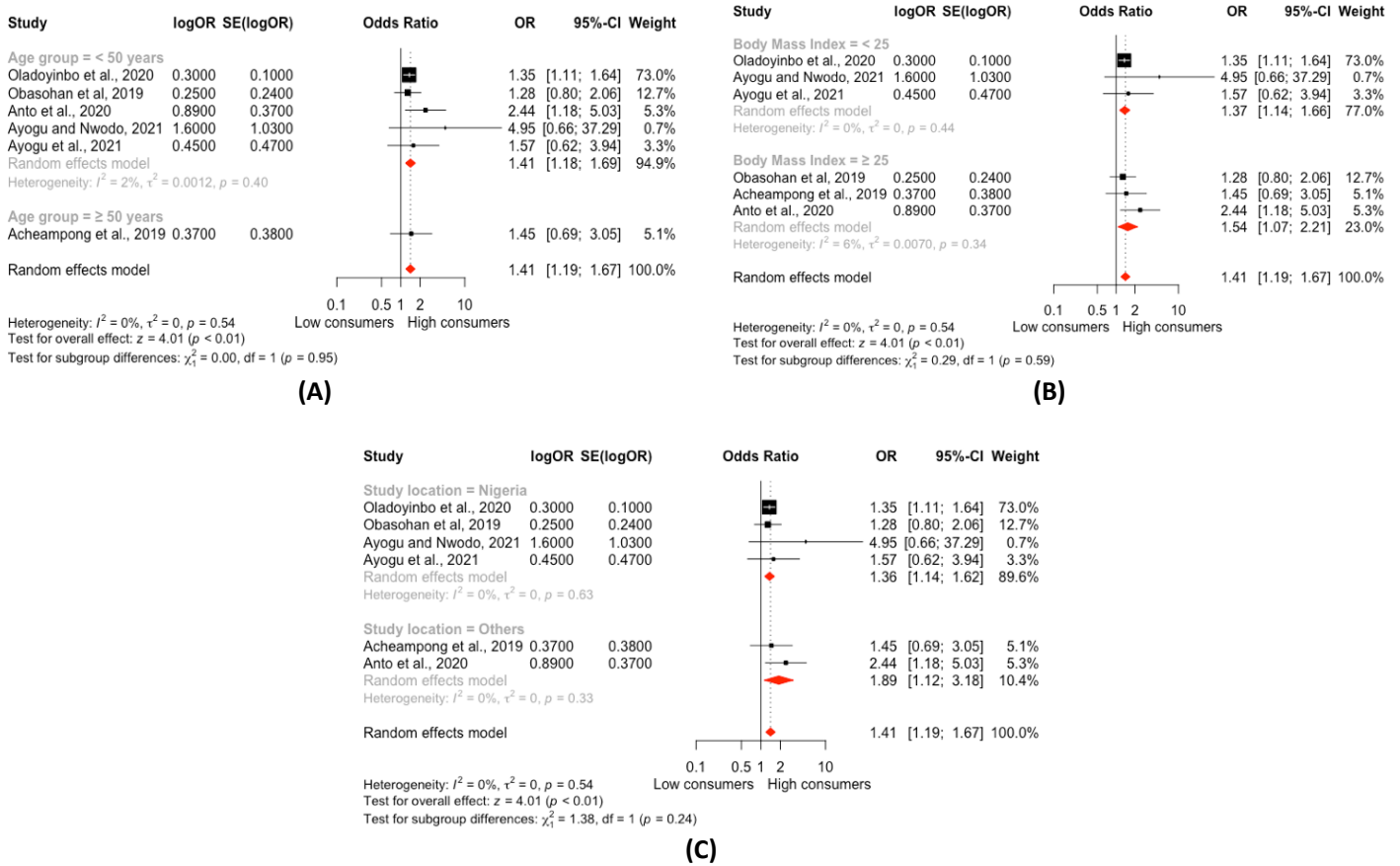


(C)

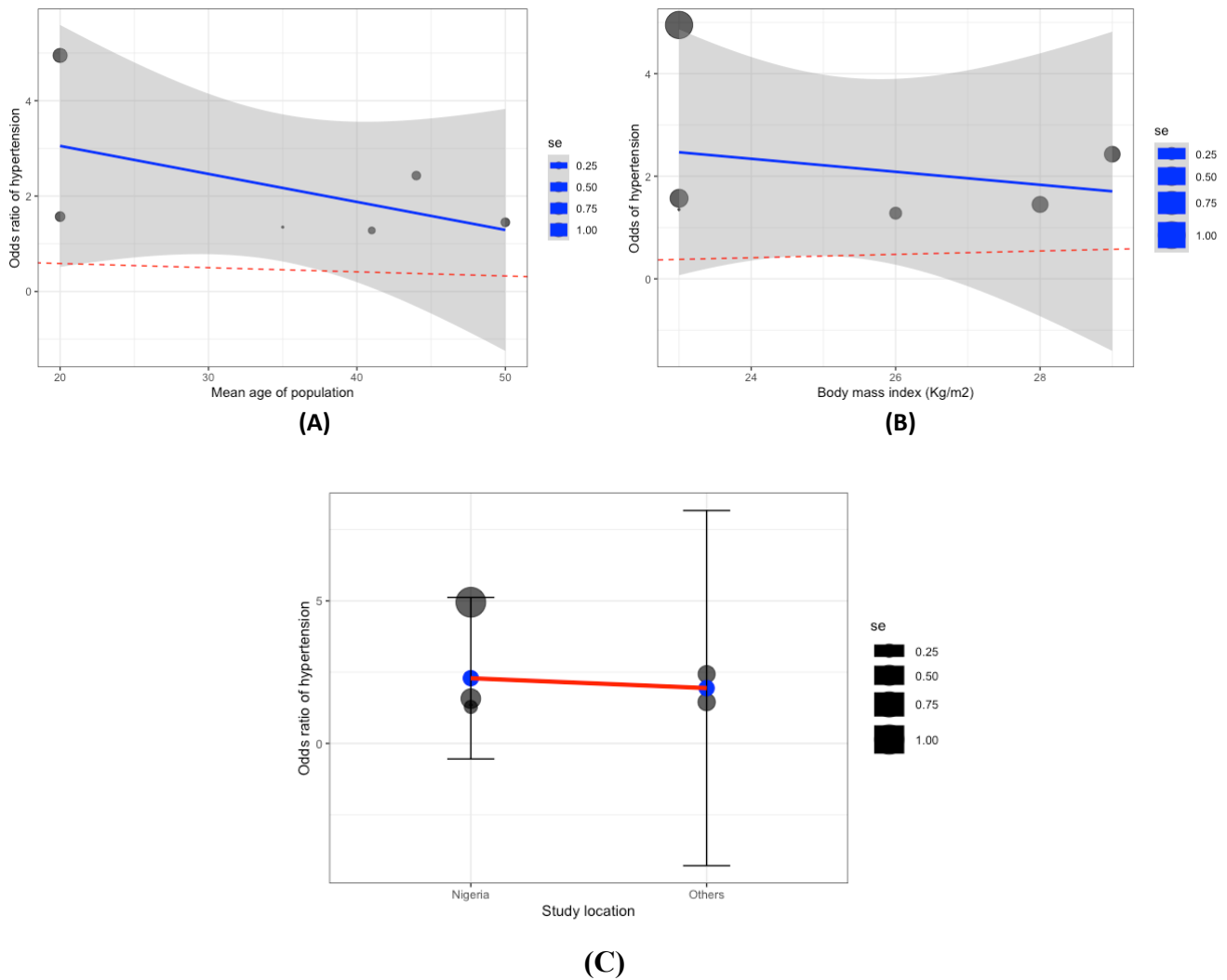
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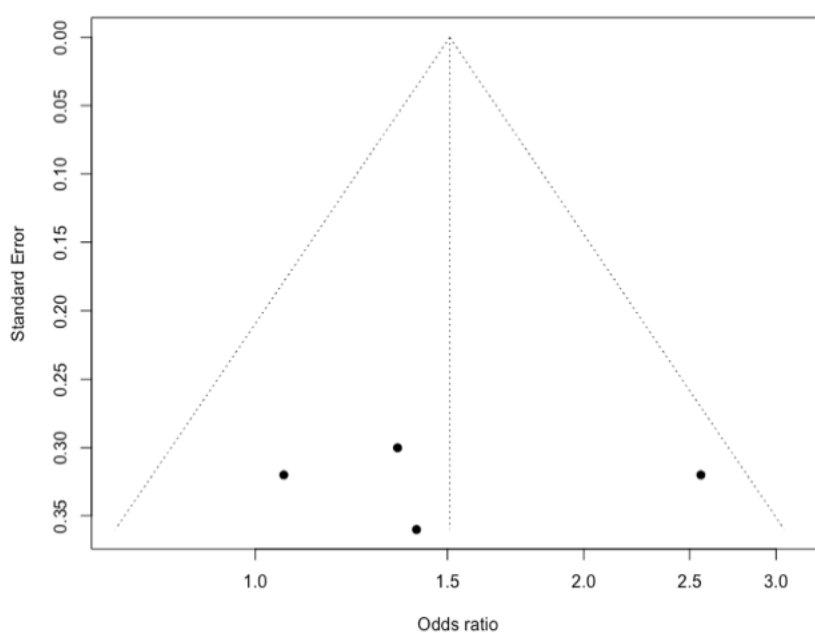
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**Figure S5.** Forest plots of Subgroup analysis of the moderating effect of (A) mean age, (B) BMI, and study location (C) on the association between junk food consumption and hypertension in West Africa. No significant moderating effect was observed for mean age, BMI, and study location in (A), (B), and (C) on the effect size, respectively. CI: Confidence interval, logOR: Treatment effect, OR: Odds ratio, SE (logOR): Standard error.

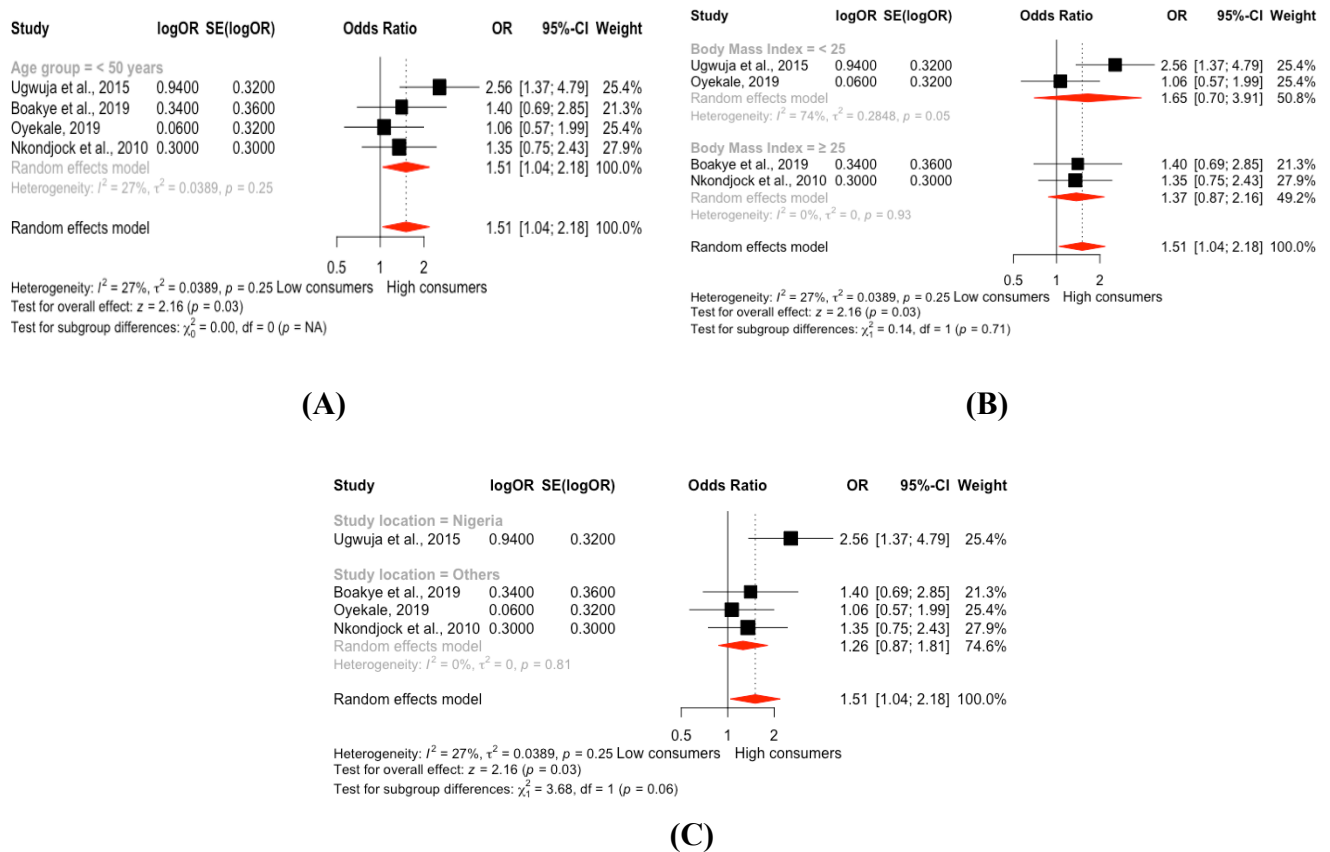


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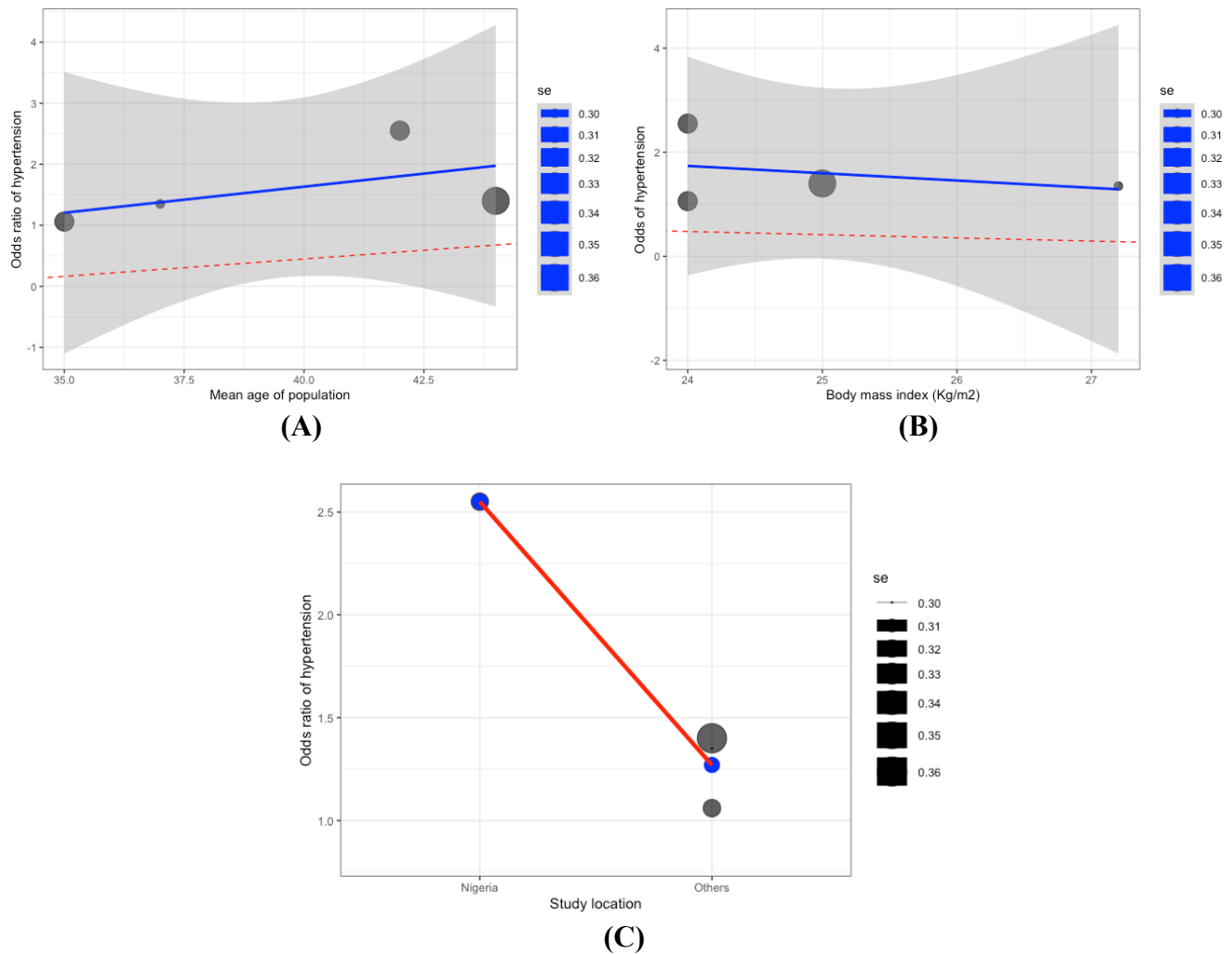


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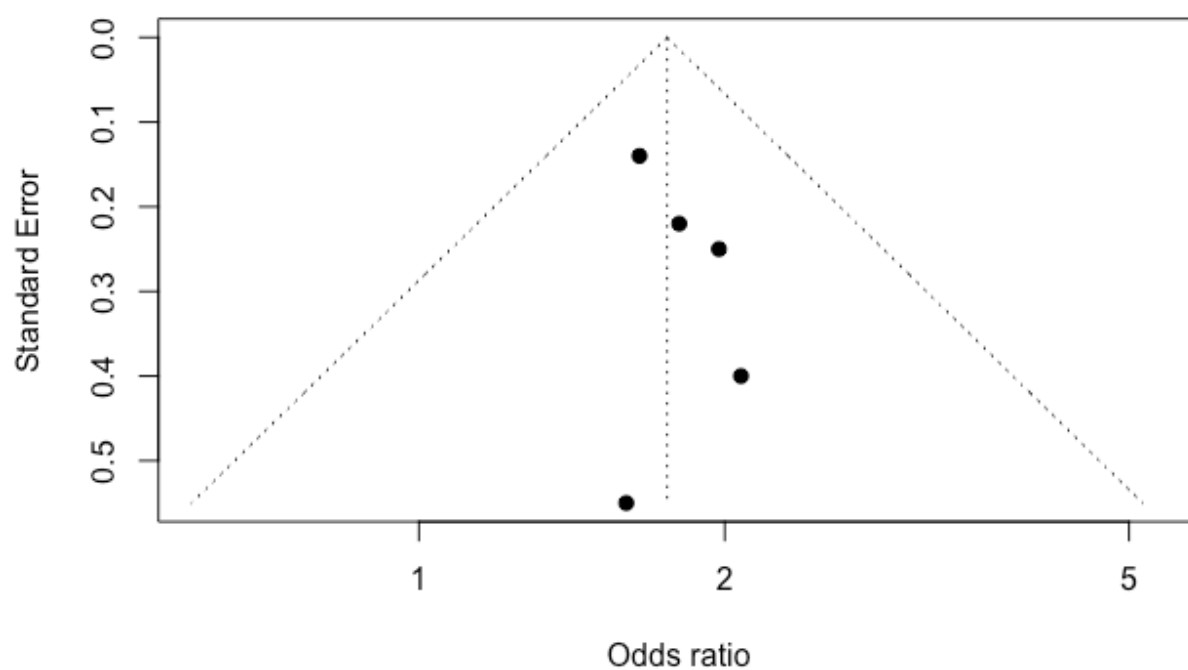




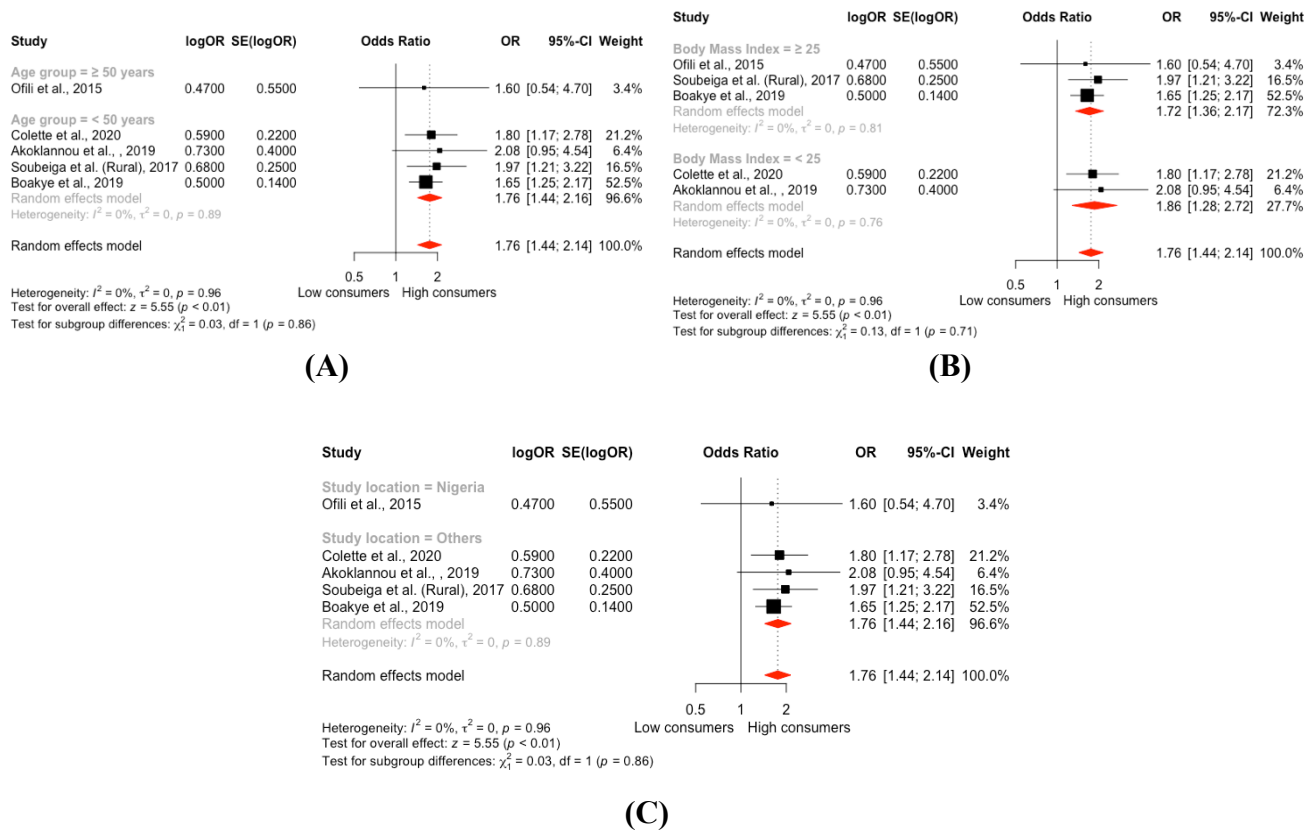
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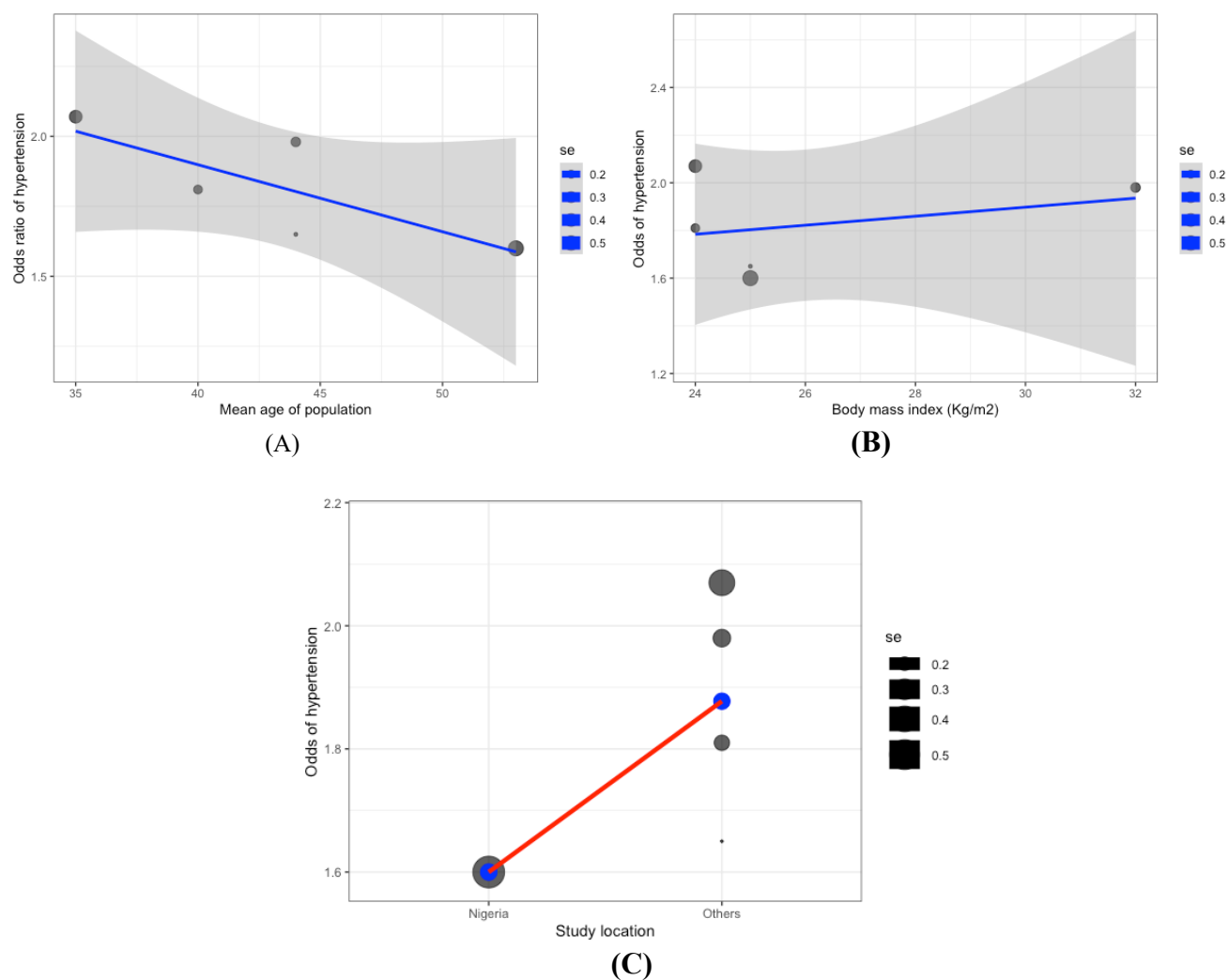
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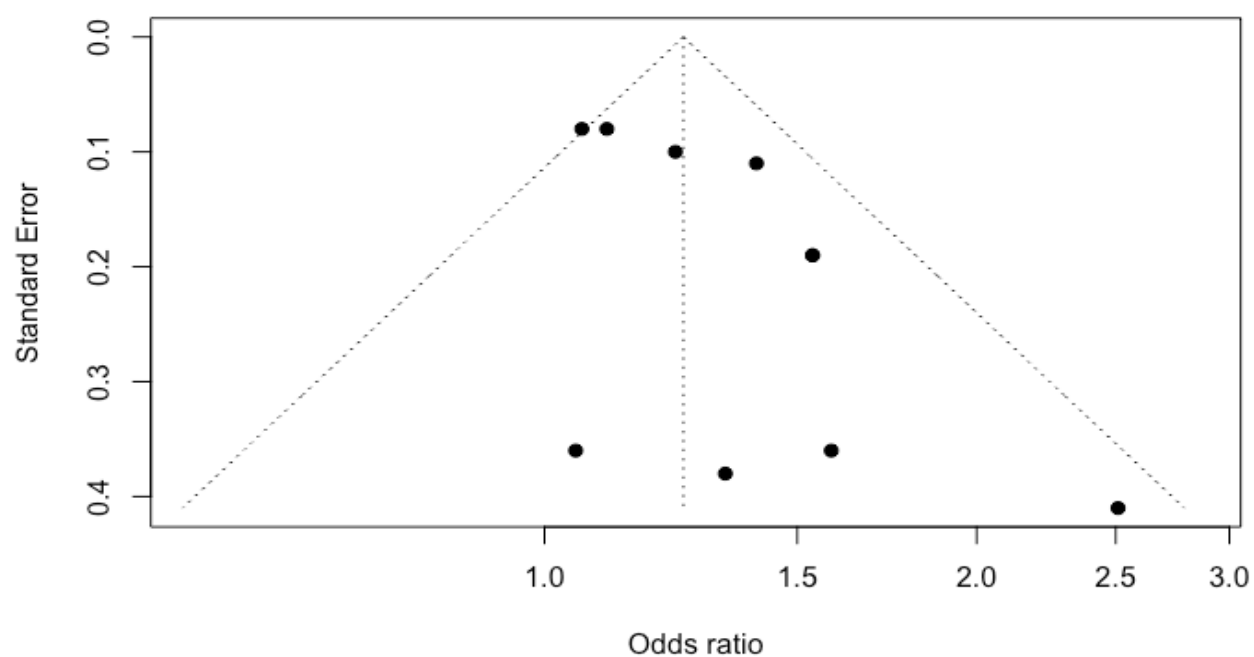
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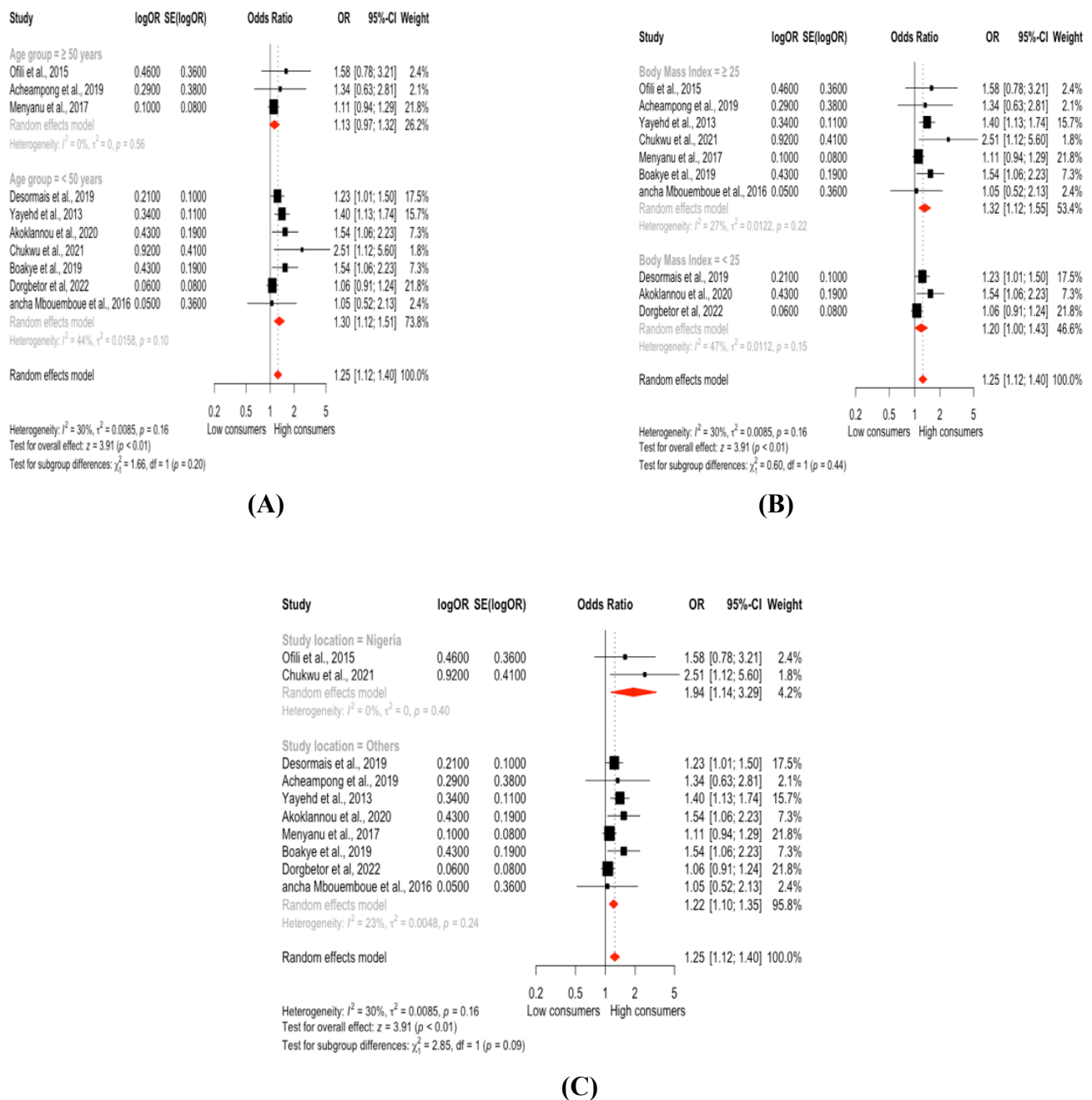
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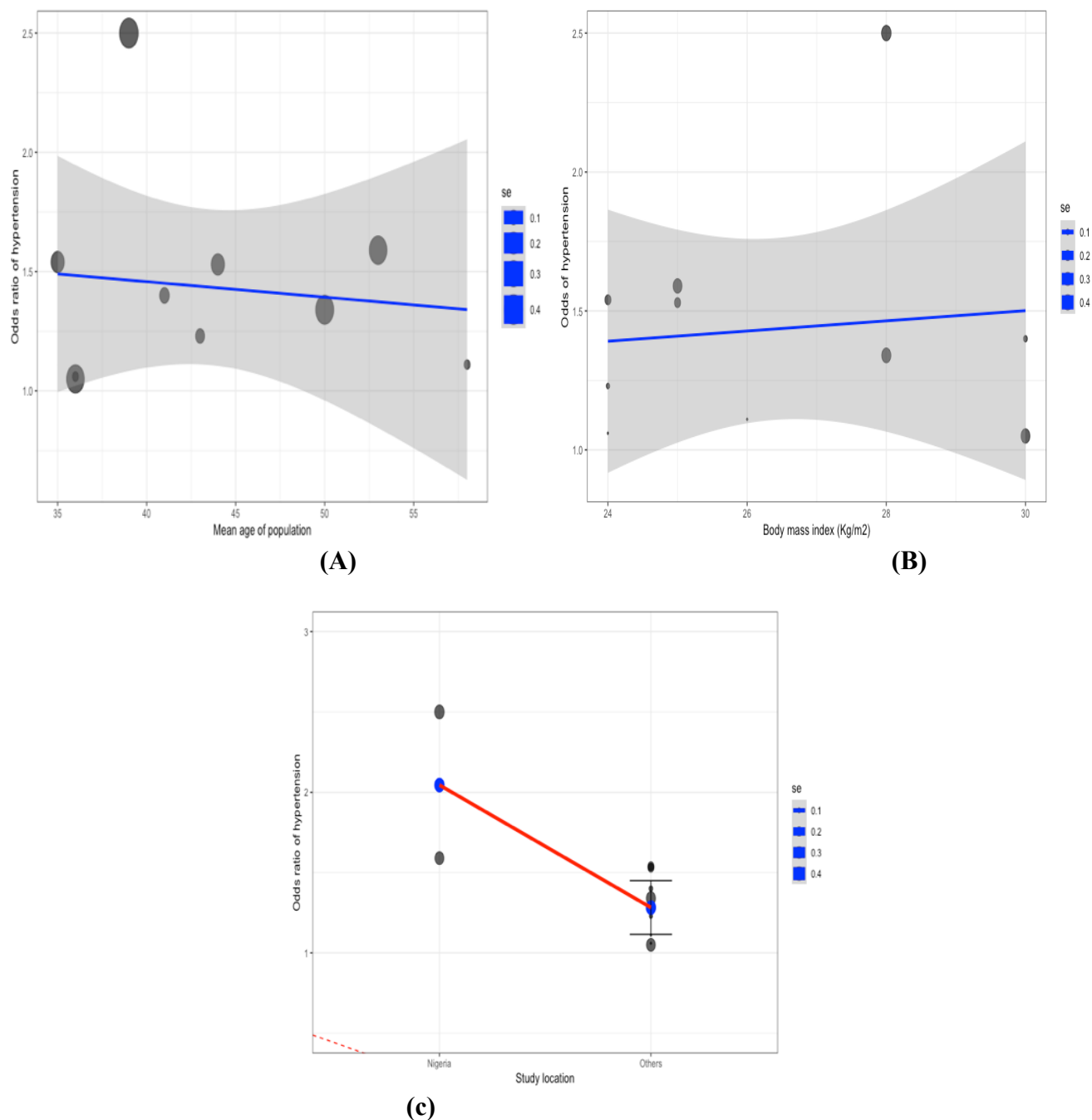
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**Figure S13.** Funnel plot of 10 studies reported the association between dietary salt consumption and hypertension in West Africa with an odds ratio (x-axis) vs standard error (y-axis). No publication bias was demonstrated by the funnel plot, Egger's regression test ( $p=0.31$ ), and rank correlation test ( $p=0.05$ ) in the meta-analysis.

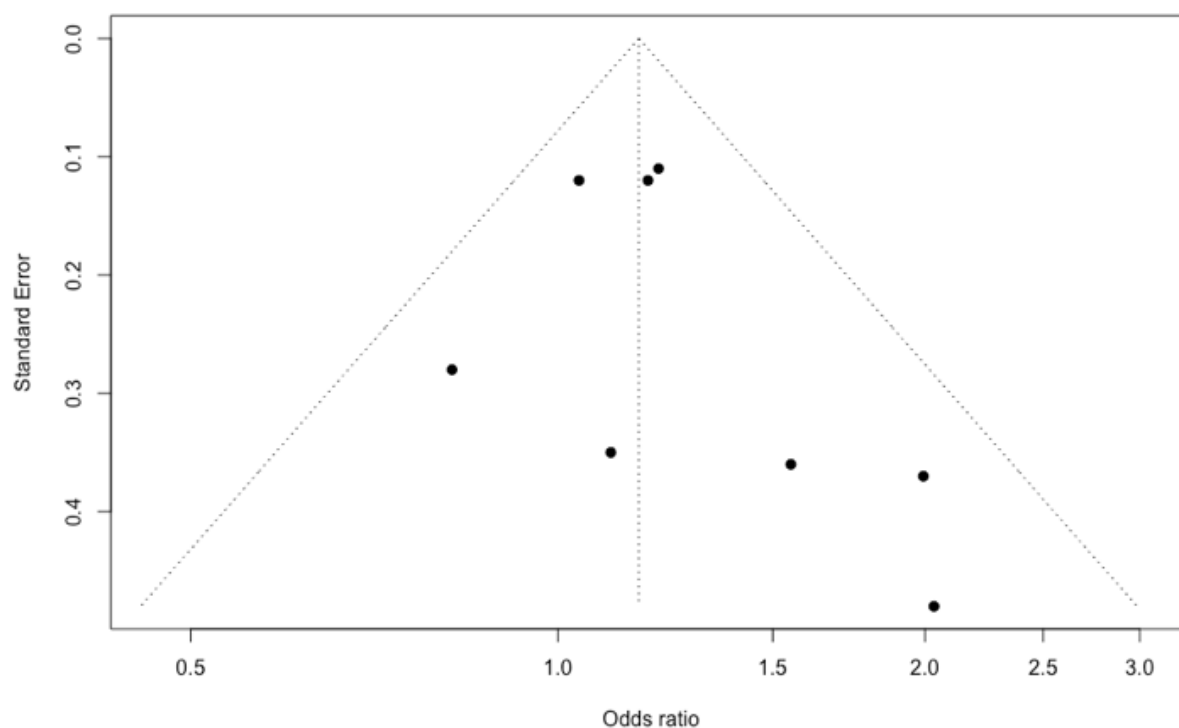


**Figure S14.** Forest plot of Subgroup analysis of the moderating effect of (A) mean age, (B) BMI, and study location (C) on the association between dietary salt consumption and hypertension in West Africa. No significant moderating effect was observed for mean age, BMI, and study location in (A), (B), and (C) on the effect size, respectively. CI: Confidence interval, logOR: Treatment effect, OR: Odds ratio, SE (logOR): Standard error.

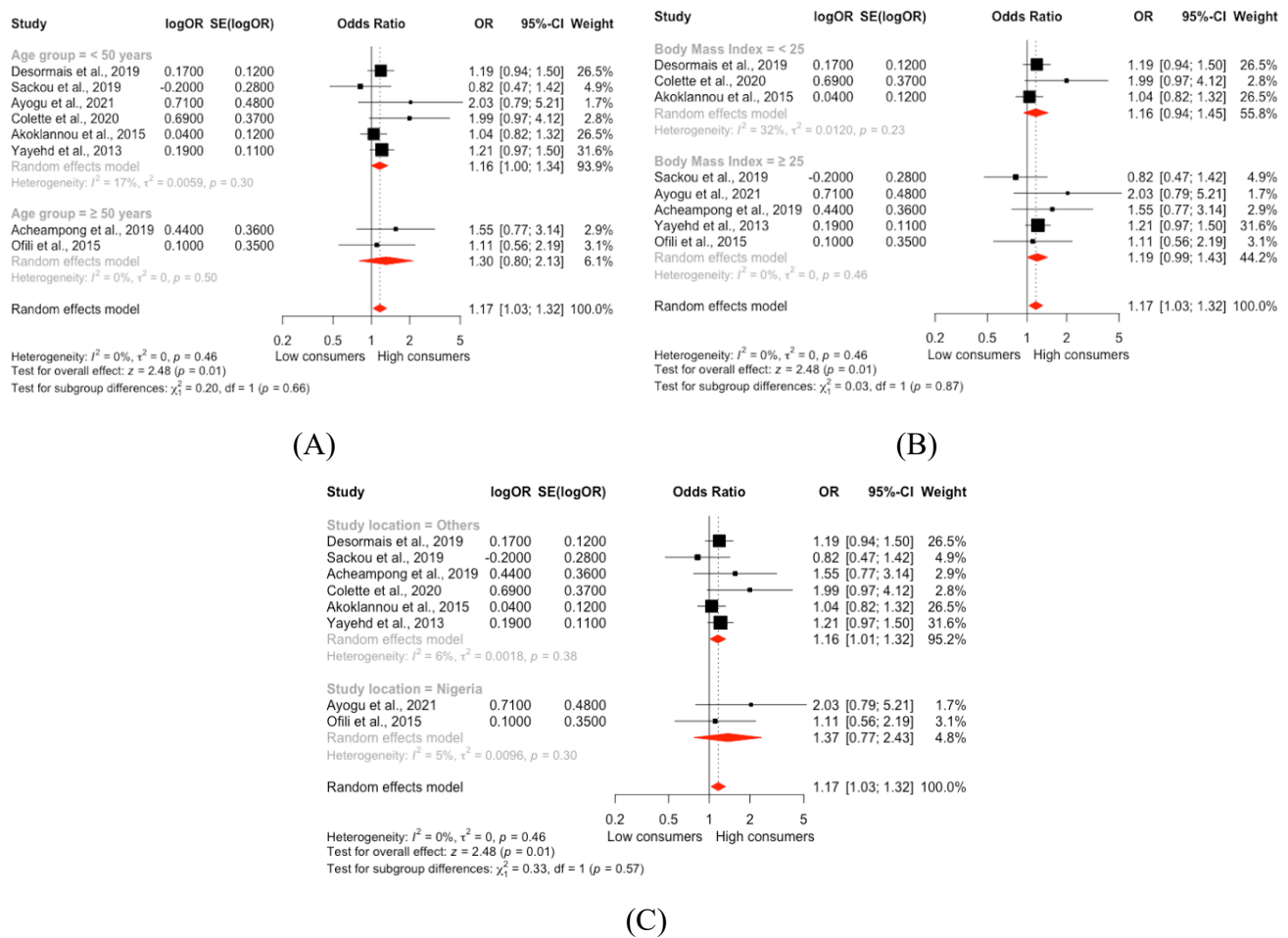


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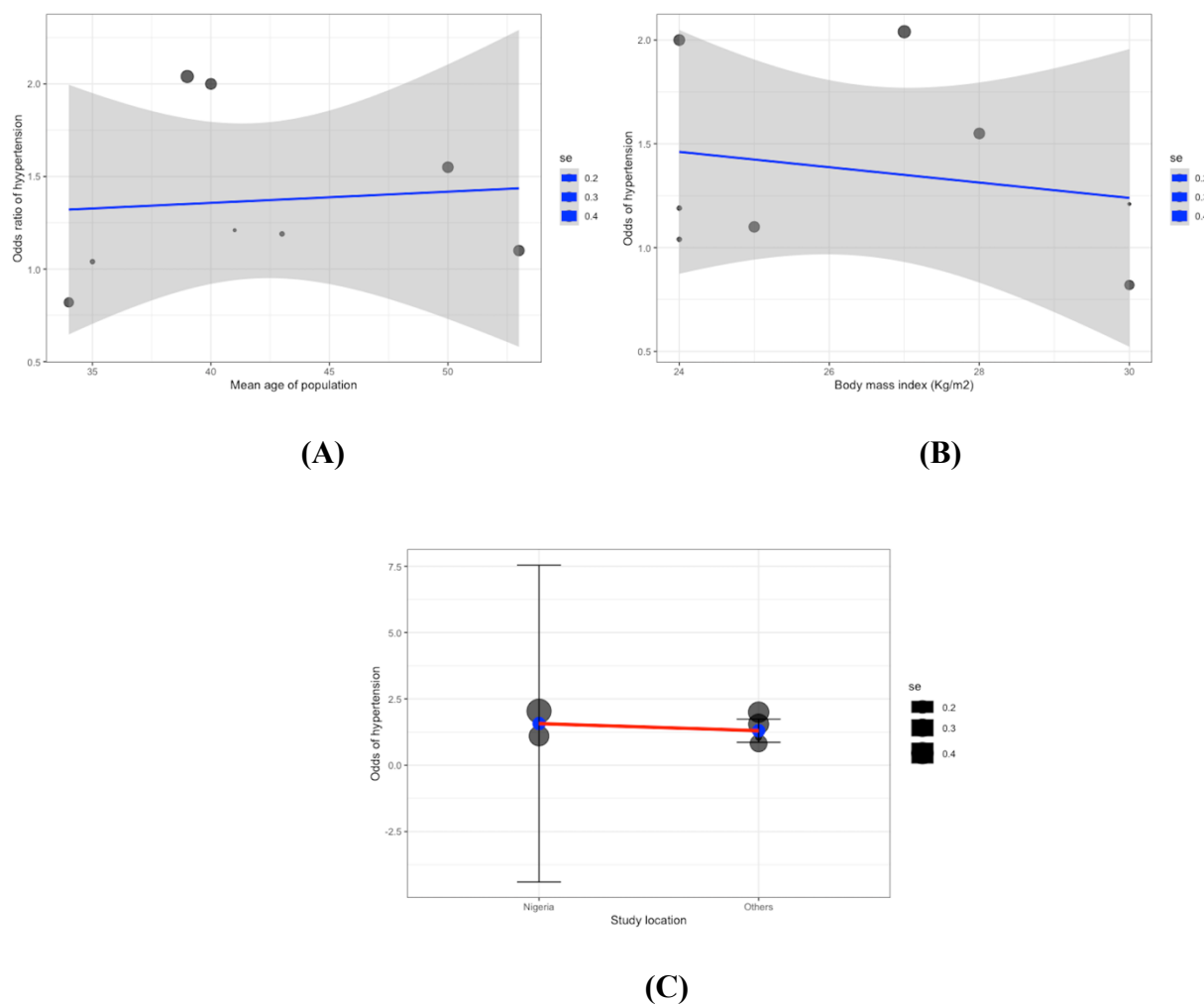




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**Figure S17.** Forest plot of Subgroup analyses of the moderating effect of (A) mean age, (B) BMI, and study location (C) on the association between alcohol consumption and hypertension in West Africa. No significant moderating effect was observed for mean age, BMI, and study location in (A), (B), and (C) on the effect size, respectively. CI: Confidence interval, logOR: Treatment effect, OR: Odds ratio, SE (logOR): Standard error.



**Figure S18.** Bubble plot 5 studies that reported on the association between alcohol consumption and hypertension. The bubble plot illustrates the relationship of moderating effects of (A) mean age, (B) body mass index (BMI), and (C) study location on the association between alcohol consumption and hypertension. The bubble plot in (A), (B), and (C) suggests that there is no significant moderating effect of the mean age, BMI, and study location on the relationship between alcohol consumption and hypertension.