

Table 1. Prevalence of type 2 diabetes mellitus and hypertension by sociodemographic, domain-specific physical activities, sedentary behaviour and DASH score.

	T2DM (n=2867)				Hypertension (n=2849)				
	Yes (n=384)		No (n=2,483)		Yes (n=663)		No (n=2186)		
	n	%	n	%	n	%	n	%	
<b>Age group, years</b>									
18–34	4	0.2	810	99.8	19	1.8	793	98.3	
35–49	45	3.8	666	96.2	79	11.9	628	88.1	
50–64	166	15.5	600	84.5	253	33.2	505	66.8	
65 and above	169	20.7	407	79.3	312	52.6	260	47.4	
<b>Sex</b>									
Female	188	7.1	1270	93.0	328	19.1	1122	80.9	
Male	196	9.9	1213	90.1	335	22.4	1064	77.6	
<b>Ethnicity</b>									
Chinese	61	7.3	730	92.7	177	21.4	610	78.6	
Malay	143	11.9	818	88.1	241	20.0	713	80.0	
Indian	165	14.2	743	85.8	204	16.7	698	83.3	
Others	15	4.4	192	95.6	41	15.4	165	84.6	

Table 1. Prevalence of type 2 diabetes mellitus and hypertension by sociodemographic, domain-specific physical activities, sedentary behaviour and DASH score. (Cont'd)

	T2DM (n=2867)				Hypertension (n=2849)			
	Yes (n=384)		No (n=2483)		Yes (n=663)		No (n=2186)	
<b>Educational level</b>								
Primary	148	16.4	483	83.6	273	43.3	351	56.7
Secondary	121	11.5	560	88.5	192	24.3	485	75.7
A-level/polytechnic/ vocational school/ITE <sup>a</sup>	71	5.7	789	94.3	112	13.1	744	87.0
Degree and above	44	3.5	651	96.5	86	10.5	606	89.5
<b>Income level (SGD)</b>								
Below 2000	259	12.1	1182	87.9	435	27.5	997	72.5
2000–5999	84	5.7	922	94.3	168	16.3	832	83.7
6000 and above	28	4.9	268	95.1	42	13.9	253	86.1
<b>BMI classification (international)</b>								
Normal range	104	5.2	1149	94.8	219	16.7	1027	83.3
Underweight	3	1.4	147	98.7	12	6.0	137	94.0
Overweight	132	11.8	716	88.2	214	25.4	632	74.6
Obese	85	17.0	330	83.0	130	32.2	279	67.8
<b>Work-related physical activity</b>								
0 MET-minute	203	9.7	1069	90.3	334	22.3	932	77.7
>0–805 MET-minutes	79	6.4	661	93.6	173	21.4	561	78.6
>1805 MET-minutes	102	7.8	753	92.2	156	16.1	693	83.9
<b>Transport-related physical activity</b>								
0 MET-minute	93	8.5	497	91.5	166	22.4	419	77.6
>0–1028 MET-minutes	196	8.4	1277	91.6	343	19.9	1121	80.1
>1038 MET-minutes	95	8.3	709	91.7	154	20.7	646	79.3
<b>Leisure-related physical activity</b>								
0 MET-minute	199	13.6	782	86.4	319	29.2	651	70.9
>0–826 MET-minutes	115	7.5	819	92.5	217	20.5	716	79.5
>826 MET-minutes	70	4.3	882	95.7	127	12.5	819	87.5
<b>Sedentary behaviour</b>								
0–5 hours	157	9.5	1049	90.5	285	22.4	912	77.6
>5–8 hours	117	8.3	792	91.7	195	20.1	708	79.9
>8 hours	109	6.9	642	93.1	182	18.7	566	81.3
<b>Mean DASH score (SD)</b>	20.5 (6.1)		18.9 (4.4)		20.0 (4.8)		18.8 (4.5)	

BMI: body mass index; DASH: Dietary Approaches to Stop Hypertension; ITE: Institute of Technical Education; MET: metabolic equivalent of task; SD: standard deviation

Number of missing data: Income level (n for diabetes = 124, n for hypertension = 122),

BMI classification (n for diabetes = 201, n for hypertension = 199), sedentary behaviour (n for diabetes = 1, n for hypertension = 1).

<sup>a</sup> These are post-secondary educational qualifications.