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**Table S5. Dataset used for the hands-on activity. Information about 250 participants, their blood pressure before and after treatment and subject demographics.**

Treatment	Baseline SBP (mmHg)	Post treatment SBP (mmHg)	Sex	Ethnicity	Smoker	Age (years)	Decrease in SBP more than 5 mmHg
2	115	169	Male	Malay	Yes	59.64	No
1	195	165	Female	Chinese	Yes	52.13	Yes
1	144	165	Male	Chinese	Yes	44.07	No
2	175	164	Male	Malay	Yes	70.54	Yes
2	194	164	Female	Chinese	Yes	71.39	Yes
1	191	161	Male	Chinese	Yes	72.52	Yes
1	127	161	Male	Chinese	Yes	55.51	No
2	135	161	Male	Chinese	Yes	42.98	No
2	139	158	Female	Chinese	Yes	39.92	No
1	186	156	Male	Chinese	Yes	53.51	Yes
1	162	156	Male	Chinese	Yes	42.94	Yes
2	137	156	Male	Chinese	Yes	75.77	No
1	182	152	Female	Chinese	Yes	64.96	Yes
1	178	148	Male	Chinese	Yes	67.53	Yes
1	109	148	Male	Chinese	Yes	36.97	No
2	132	148	Female	Chinese	Yes	52.36	No
2	105	147	Male	Chinese	Yes	61.12	No
1	110	146	Male	Chinese	Yes	46.41	No
2	139	146	Male	Chinese	Yes	67.56	No
2	176	146	Male	Chinese	Yes	59.56	Yes
1	148	142	Male	Malay	Yes	42.97	Yes
2	146	142	Female	Indian	Yes	42.63	No
2	140	141	Male	Chinese	Yes	40.41	No
2	171	141	Male	Chinese	Yes	67.77	Yes
2	171	141	Female	Chinese	Yes	76.56	Yes
1	170	170	Male	Chinese	Yes	56.07	No
1	127	170	Male	Chinese	Yes	65.74	No
1	169	169	Female	Chinese	Yes	40.15	No
1	133	169	Male	Chinese	Yes	37.66	No
2	168	169	Male	Chinese	Yes	42.47	No
1	187	168	Female	Indian	Yes	58.79	Yes
2	168	168	Male	Chinese	Yes	67.12	No

1	167	167	Male	Chinese	Yes	43.63	No
1	134	167	Male	Chinese	Yes	59.15	No
1	124	167	Female	Chinese	Yes	46.01	No
2	186	167	Male	Chinese	Yes	61.01	Yes
2	127	167	Female	Chinese	Yes	41.13	No
1	131	166	Male	Chinese	Yes	67.16	No
2	112	166	Male	Malay	Yes	65.03	No
2	166	166	Male	Chinese	Yes	40.03	No
1	166	165	Female	Chinese	Yes	43.06	No
2	143	165	Female	Indian	Yes	46.89	No
2	165	165	Female	Chinese	Yes	62.32	No
1	154	164	Female	Malay	Yes	74.05	No
2	178	164	Male	Malay	Yes	50.31	Yes
2	164	164	Male	Chinese	Yes	42.13	No
1	163	163	Female	Chinese	Yes	69.32	No
1	158	163	Male	Chinese	Yes	46.41	No
2	139	162	Male	Chinese	Yes	71.33	No
2	169	162	Female	Chinese	Yes	63.32	Yes
1	161	161	Male	Chinese	Yes	74.75	No
1	142	161	Male	Chinese	Yes	74.71	No
1	144	159	Male	Chinese	Yes	65.27	No
1	159	159	Female	Chinese	Yes	66.75	No
2	139	159	Male	Chinese	Yes	69.80	No
2	159	159	Female	Chinese	Yes	46.38	No
1	158	158	Female	Chinese	Yes	44.83	No
1	170	158	Female	Chinese	Yes	74.52	Yes
2	123	158	Male	Chinese	Yes	41.10	No
2	123	157	Female	Malay	Yes	46.37	No
2	157	157	Male	Chinese	Yes	68.27	No
1	131	155	Female	Chinese	Yes	59.61	No
1	136	154	Female	Chinese	Yes	73.52	No
2	144	154	Male	Malay	Yes	55.45	No
2	114	154	Female	Chinese	Yes	39.97	No
2	154	154	Female	Chinese	Yes	62.12	No
1	136	153	Female	Malay	Yes	43.63	No
1	153	153	Female	Chinese	Yes	76.61	No
1	133	153	Female	Chinese	Yes	67.90	No
2	109	153	Female	Malay	Yes	42.84	No
2	138	153	Male	Chinese	Yes	41.58	No
2	153	153	Male	Chinese	Yes	60.66	No
1	109	148	Male	Chinese	Yes	68.02	No
1	141	148	Male	Chinese	Yes	52.73	No
1	148	148	Female	Chinese	Yes	38.39	No
1	148	148	Female	Chinese	Yes	44.72	No
1	159	148	Female	Chinese	Yes	61.33	Yes

2	158	148	Male	Malay	Yes	45.15	Yes
2	165	148	Male	Chinese	Yes	66.44	Yes
2	116	148	Female	Chinese	Yes	33.55	No
2	148	148	Female	Chinese	Yes	40.60	No
1	147	147	Male	Chinese	Yes	49.86	No
1	123	147	Male	Chinese	Yes	38.40	No
1	130	147	Female	Chinese	Yes	43.74	No
1	147	147	Female	Chinese	Yes	72.08	No
2	147	147	Male	Chinese	Yes	36.46	No
2	162	147	Male	Chinese	Yes	43.29	Yes
2	101	147	Female	Chinese	Yes	40.10	No
2	141	147	Female	Chinese	Yes	62.73	No
2	147	147	Male	Chinese	Yes	37.33	No
1	129	146	Male	Malay	Yes	37.26	No
1	148	146	Male	Chinese	Yes	43.87	No
2	146	146	Male	Chinese	Yes	40.17	No
1	186	145	Male	Chinese	No	63.56	Yes
2	177	145	Male	Chinese	No	62.63	Yes
2	139	145	Female	Chinese	No	40.82	No
1	143	143	Male	Chinese	No	36.47	No
1	127	143	Female	Chinese	No	38.34	No
2	156	143	Male	Chinese	No	67.39	Yes
1	90	142	Male	Chinese	No	38.98	No
1	98	142	Female	Chinese	No	41.16	No
2	137	142	Female	Chinese	No	37.13	No
2	142	142	Male	Chinese	No	46.38	No
1	122	141	Female	Malay	No	41.97	No
2	122	141	Male	Indian	No	37.14	No
1	134	140	Male	Indian	No	43.09	No
1	117	140	Male	Malay	No	42.14	No
1	121	140	Female	Chinese	No	55.14	No
2	126	140	Male	Chinese	No	36.07	No
2	144	140	Female	Chinese	No	64.15	No
2	140	140	Male	Chinese	No	35.06	No
2	140	140	Male	Chinese	No	58.32	No
1	139	139	Female	Chinese	No	65.29	No
1	194	139	Male	Malay	No	51.80	Yes
1	169	139	Male	Chinese	No	70.32	Yes
1	196	139	Female	Chinese	No	77.48	Yes
2	188	139	Female	Indian	No	75.81	Yes
2	136	139	Male	Chinese	No	52.84	No
2	135	139	Female	Chinese	No	58.17	No
2	139	139	Female	Chinese	No	43.62	No
1	138	138	Male	Chinese	No	51.40	No
1	153	138	Female	Chinese	No	66.86	Yes

1	172	138	Female	Chinese	No	73.14	Yes
2	162	138	Male	Malay	No	67.81	Yes
2	128	138	Male	Chinese	No	37.55	No
2	183	138	Female	Chinese	No	63.09	Yes
2	138	138	Male	Chinese	No	39.59	No
1	137	137	Female	Chinese	No	45.63	No
1	166	137	Male	Chinese	No	42.36	Yes
2	160	137	Female	Chinese	No	66.43	Yes
1	135	135	Male	Chinese	No	67.85	No
2	117	135	Female	Chinese	No	59.32	No
2	134	134	Female	Chinese	No	38.55	No
1	133	133	Male	Chinese	No	45.70	No
1	152	133	Male	Chinese	No	59.58	Yes
1	124	133	Female	Chinese	No	47.49	No
2	112	133	Male	Chinese	No	37.56	No
2	143	133	Female	Chinese	No	36.46	Yes
2	146	132	Male	Chinese	No	44.40	Yes
1	140	131	Female	Malay	No	44.54	Yes
1	131	131	Male	Chinese	No	39.83	No
1	131	131	Female	Chinese	No	43.89	No
1	111	131	Male	Chinese	No	41.12	No
1	143	131	Male	Chinese	No	37.57	Yes
1	133	131	Female	Chinese	No	39.72	No
2	179	131	Male	Malay	No	70.26	Yes
2	181	131	Male	Chinese	No	56.82	Yes
2	117	131	Female	Chinese	No	36.88	No
2	199	131	Female	Chinese	No	73.12	Yes
2	131	131	Male	Chinese	No	42.13	No
2	131	131	Female	Chinese	No	36.56	No
1	130	130	Female	Chinese	No	54.08	No
1	130	130	Male	Chinese	No	40.63	No
1	165	130	Male	Chinese	No	42.62	Yes
1	140	130	Female	Chinese	No	38.33	Yes
2	176	130	Male	Chinese	No	54.44	Yes
2	130	130	Female	Chinese	No	42.38	No
1	127	127	Male	Chinese	No	45.31	No
1	179	127	Female	Chinese	No	73.90	Yes
2	139	127	Male	Chinese	No	42.83	Yes
1	126	126	Female	Chinese	No	43.85	No
2	178	126	Female	Chinese	No	71.63	Yes
1	125	125	Male	Malay	No	41.77	No
1	125	125	Male	Chinese	No	60.05	No
1	118	125	Male	Chinese	No	44.11	No
2	120	125	Male	Indian	No	38.62	No
2	138	125	Male	Chinese	No	38.31	Yes

1	132	123	Male	Malay	No	61.70	Yes
1	200	123	Male	Chinese	No	75.17	Yes
1	136	123	Female	Chinese	No	63.65	Yes
2	139	123	Male	Chinese	No	40.31	Yes
2	123	123	Male	Chinese	No	44.67	No
2	123	123	Female	Chinese	No	57.72	No
1	114	122	Male	Chinese	No	43.00	No
1	163	122	Female	Chinese	No	43.58	Yes
2	181	122	Male	Chinese	No	64.96	Yes
2	161	122	Female	Chinese	No	66.83	Yes
2	122	122	Male	Chinese	No	37.77	No
1	115	121	Female	Indian	No	42.16	No
1	121	121	Female	Chinese	No	47.05	No
2	121	121	Male	Malay	No	35.72	No
2	146	121	Male	Chinese	No	47.99	Yes
1	120	120	Male	Chinese	No	38.07	No
1	138	120	Female	Indian	No	41.95	Yes
1	120	120	Male	Chinese	No	52.00	No
1	163	120	Female	Chinese	No	55.12	Yes
1	172	120	Female	Chinese	No	68.65	Yes
2	108	120	Male	Chinese	No	44.79	No
2	131	120	Male	Chinese	No	40.49	Yes
2	135	120	Female	Chinese	No	36.07	Yes
2	155	120	Female	Chinese	No	55.05	Yes
2	184	120	Female	Chinese	No	57.61	Yes
2	120	120	Male	Chinese	No	40.66	No
2	120	120	Male	Chinese	No	47.59	No
1	167	119	Male	Malay	No	47.05	Yes
1	118	118	Female	Chinese	No	47.47	No
1	129	118	Female	Chinese	No	37.98	Yes
2	132	118	Female	Chinese	No	73.54	Yes
1	120	117	Male	Chinese	No	40.56	No
2	95	117	Female	Chinese	No	59.82	No
2	117	117	Male	Chinese	No	42.58	No
1	184	116	Female	Malay	No	62.79	Yes
1	115	115	Male	Chinese	No	44.46	No
1	127	115	Female	Chinese	No	74.14	Yes
2	122	115	Male	Chinese	No	37.58	Yes
2	166	115	Female	Chinese	No	64.36	Yes
1	114	114	Male	Chinese	No	36.84	No
1	132	114	Male	Chinese	No	54.52	Yes
1	134	114	Female	Chinese	No	58.52	Yes
2	135	114	Male	Chinese	No	36.53	Yes
2	162	114	Male	Chinese	No	42.06	Yes
2	114	114	Female	Chinese	No	56.59	No

1	120	112	Female	Chinese	No	56.12	Yes
2	112	112	Male	Chinese	No	37.77	No
1	111	111	Male	Chinese	No	43.04	No
2	144	111	Female	Chinese	No	61.45	Yes
1	145	110	Female	Chinese	No	41.72	Yes
2	110	110	Female	Chinese	No	52.56	No
1	104	109	Male	Chinese	No	40.78	No
2	109	109	Male	Chinese	No	42.07	No
2	109	109	Male	Chinese	No	51.62	No
1	108	108	Female	Chinese	No	41.30	No
1	160	108	Male	Chinese	No	45.55	Yes
2	153	108	Male	Chinese	No	61.91	Yes
1	106	106	Male	Chinese	No	42.72	No
1	161	106	Male	Chinese	No	41.45	Yes
2	163	106	Male	Chinese	No	77.02	Yes
2	147	106	Female	Chinese	No	43.73	Yes
2	106	106	Female	Chinese	No	53.35	No
1	105	105	Male	Chinese	No	46.07	No
1	165	105	Male	Chinese	No	72.42	Yes
1	147	105	Female	Chinese	No	37.81	Yes
2	128	105	Male	Chinese	No	36.37	Yes
2	105	105	Male	Chinese	No	58.28	No
2	157	104	Female	Chinese	No	51.12	Yes
1	103	103	Female	Chinese	No	42.89	No
2	153	103	Male	Chinese	No	64.08	Yes
1	131	102	Male	Chinese	No	46.48	Yes
1	145	102	Female	Chinese	No	46.11	Yes
2	107	102	Male	Malay	No	39.92	Yes
2	98	101	Female	Chinese	No	36.10	No
2	99	99	Female	Chinese	No	57.72	No
1	192	92	Male	Chinese	No	68.67	Yes
2	92	92	Male	Chinese	No	41.40	No
1	90	90	Male	Malay	No	45.70	No
1	133	90	Female	Malay	No	37.47	Yes
1	122	90	Male	Chinese	No	44.78	Yes
1	138	90	Female	Chinese	No	36.90	Yes
2	181	90	Male	Chinese	No	63.79	Yes
2	130	90	Female	Chinese	No	36.97	Yes