| **Study** | **Participants** | **Exposure** | **IntakeStatus Ascertainment** | **Results** |
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| Haring, 2015164Location: USSetting: CommunityDesign: Prospective Cohort studyStudy Name:The Strong Heart Study. | Study of: AdultsN: NR% Male: pre-hypertension/hypertension 46.71%; normal blood pressure 78.04%Mean Age/Range/Age at Baseline: pre-hypertension/hypertension mean 29.29 (SD 6.51) years; normal blood pressure mean 27.4 (SD 6.79) yearsRace: NRSystolic BP: pre-hypertension/hypertension mean 126 (SD 11); normal blood pressure mean 108 (SD 7)Diastolic BP: pre-hypertension/hypertension mean 82 (SD 9);normal blood pressure mean 69 (SD 7)Magnesium: NRCalcium: NROther Minerals: NRMean BMI: pre-hypertension/hypertension mean 34.58 (SD 8.12); normal blood pressure mean 30.87 (SD 8.27)% with Hypertension: NR% with history of CVD: NR% with Type 2 diabetes: pre-hypertension/hypertension 16.37%; normal blood pressure 5.41%% with Kidney disease: NR% with history of Kidney stones: NRInclusion: Included study participants between ages 14 to 39.Exclusion: Excluded participants with incomplete data or extreme energy intake. Excluded participants with a history of any cardiovascular disease or stroke, for example, myocardial infarction, angina pectoris, heart failure, coronary bypass surgery, angioplasty, carotid endarterectomy, valve replacement and significant valve disease (aortic or mitral stenosis or more than mild regurgitation). | Exposure Type: Sodium-Potassium RatioExposure Unit: mg/mgExposure Type: Urinary potassium excretionExposure Unit: mmol/24hDuration: 2 yearsExposure to Follow Up Time: on average 4 yearsper 1 unit increase, Dose: NRper unit change | Sodium measure: Food Frequency QuestionnaireBest sodium measure recorded: One 119-item food frequency questionnaire at baselineSodium, Method of Validation: FFQ administered by interviewerPotassium measure: Food Frequency QuestionnaireBest potassium measure recorded: One 119-item food frequency questionnaire at baselinePotassium, Method of Validation: FFQ administered by interviewerHow was blood pressure measured? Blood pressure measured as the average of 2 blood pressure readings at baseline examination.CVD, CHD, stroke, kidney stones/disease Outcomes-Method of ascertainment: Physical examination | Change in LVMI (g/m) (mg/mg/Outcome):per unit changeIn prehypertensives/hypertensives patients, there is a positive association between sodium/potassium ratio and LVmass index.Change in LVMI (g/m) (mmol/24h/Outcome):per 1 unit increase, total: NRIn pre-hypertensive or hypertensive participants, potassium intake was not associated with changes in LV mass index. |