| **Study** | **Participants** | **Exposure** | **Intake Status Ascertainment** | **Results** |
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| Haring, 2015164  Location: US  Setting: Community  Design: Prospective Cohort study  Study Name: The Strong Heart Study  . | Study of: Adults N: 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) years Race: NR Systolic 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: NR Calcium: NR Other Minerals: NR Mean 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: NR  Inclusion: 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 Ratio Exposure Unit: mg/mg  Exposure Type: Urinary potassium excretion Exposure Unit: mmol/24h  Duration: 2 years Exposure to Follow Up Time: on average 4 years  per 1 unit increase, Dose: NR per unit change | Sodium measure: Food Frequency Questionnaire Best sodium measure recorded: One 119-item food frequency questionnaire at baseline Sodium, Method of Validation: FFQ administered by interviewer Potassium measure: Food Frequency Questionnaire Best potassium measure recorded: One 119-item food frequency questionnaire at baseline Potassium, Method of Validation: FFQ administered by interviewer  How 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 change In 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: NR In pre-hypertensive or hypertensive participants, potassium intake was not associated with changes in LV mass index. |