

Table S1.- Sociodemographic variables of the study.

Characteristics	Total population (n = 78)	
	N	(%)
Sociodemographic		
Blood pressure	-	-
Normal blood pressure	43	(55)
High blood pressure	35	(45)
Physical exercise	-	-
Sedentary	20	(26)
Non-sedentary	58	(74)
Smoking habit	-	-
Non-smoker	62	(80)
Smoker	16	(20)
Educational level	-	-
Basic educational level	29	(37)
Secondary or high educational level	49	(63)

N = 78. All variables are expressed as frequencies (N) and percentages (%).