Supplemental Online Content

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eTable 1. Baseline Participant Characteristics

Variable	Overall	6-month follow-up	No 6-month follow-up	p-value
Total	316	204	112	
Age	33.8 [18.0-39.0]	33.8 [18.0-39.0]	33.6 [19.0-39.0]	0.541
Alcohol beverages/week	5.2 [0.0-32.0]	5.6 [0.0-32.0]	4.6 [0.0-30.0]	0.192
Ambulatory diastolic BP (mmHg)	86.7 [68.0-120.0]	86.6 [68.0-110.0]	86.9 [71.0-120.0]	0.786
Ambulatory systolic BP (mmHg)	132.8 [108.0-183.0]	132.6 [108.0-172.0]	133.2 [110.0-183.0]	0.858
Body mass index (kg/m2)	34.5 [19.3-63.1]	34.0 [19.3-61.9]	35.3 [19.5-63.1]	0.274
Number of children at home	1.0 [0.0-6.0]	1.1 [0.0-6.0]	0.9 [0.0-6.0]	0.56
Office diastolic BP (mmHg)	91.3 [66.0-136.3]	90.6 [66.0-130.3]	92.6 [74.0-136.3]	0.554
Office systolic BP (mmHg)	138.1 [106.0-192.0]	137.8 [106.0-192.0]	138.8 [109.7-187.7]	0.929
Waist circumference (cm)	109.4 [65.0-178.0]	109.0 [65.0-162.0]	110.3 [68.0-178.0]	0.554
Weight (kg)	103.2 [45.0-206.0]	101.9 [53.0-200.0]	105.8 [45.0-206.0]	0.446
Cigarette tobacco status				0.003
I currently smoke cigarettes	40 (12.7)	17 (8.3)	23 (20.5)	
I have never smoked cigarettes	212 (67.1)	149 (73.0)	63 (56.2)	
I used to smoke cigarettes	59 (18.7)	38 (18.6)	21 (18.8)	
Godin-Shephard Physical Activity				0.95
Active	149 (47.2)	98 (48.0)	51 (45.5)	
Insufficiently active	162 (51.3)	106 (52.0)	56 (50.0)	
Highest level of education				0.62
I have not finished high school	15 (4.7)	11 (5.4)	4 (3.6)	
I have completed high school	42 (13.3)	19 (9.3)	23 (20.5)	
I have not finished college or vocation school	52 (16.5)	32 (15.7)	20 (17.9)	
I finished college or vocational school	137 (43.4)	97 (47.5)	40 (35.7)	
Some/completed Graduate or Professional School	65 (20.6)	45 (22.1)	20 (17.9)	
Marital status				0.345
Single	104 (32.9)	63 (30.9)	41 (36.6)	
Married/partnered	200 (63.3)	137 (67.2)	63 (56.2)	

Divorced/widower	7 (2.2)	4 (2.0)	3 (2.7)	
Number of antihypertensive medications				0.421
0	162 (51.3)	100 (49.0)	62 (55.4)	
1	97 (30.7)	66 (32.4)	31 (27.7)	
2	43 (13.6)	28 (13.7)	15 (13.4)	
3	11 (3.5)	9 (4.4)	2 (1.8)	
greater than or equal to 4	3 (0.9)	1 (0.5)	2 (1.8)	
Race				< 0.001
Black	72 (22.8)	42 (20.6)	30 (26.8)	
Other	22 (7.0)	7 (3.4)	15 (13.4)	
White non-Hispanic	222 (70.3)	155 (76.0)	67 (59.8)	
Self-perceived health status				0.352
Excellent	7 (2.2)	5 (2.5)	2 (1.8)	
Very good or good	153 (48.4)	106 (52.0)	47 (42.0)	
Fair	111 (35.1)	64 (31.4)	47 (42.0)	
Poor or no response	39 (12.3)	28 (13.7)	11 (9.8)	
Sex				0.144
Female	145 (45.9)	89 (43.6)	56 (50.0)	
Male	166 (52.5)	115 (56.4)	51 (45.5)	
Comorbidities				
Anxiety and/or depression	160 (50.6)	99 (48.5)	61 (54.5)	0.313
Chronic kidney disease	3 (0.9)	2 (1.0)	1 (0.9)	0.939
Diabetes	18 (5.7)	12 (5.9)	6 (5.4)	0.847
Dyslipidemia	73 (23.1)	53 (26.0)	20 (17.9)	0.101
Other chronic comorbidity	121 (38.3)	81 (39.7)	40 (35.7)	0.485
Risk factors				
e-cigarette/vaping use in past 6 months	26 (8.2)	13 (6.4)	13 (11.6)	0.105
Ever been on Medicaid	67 (21.2)	39 (19.1)	28 (25.0)	0.221
Family history of heart disease or stroke	113 (35.8)	75 (36.8)	38 (33.9)	0.615
Financial status: inadequate income	248 (78.5)	161 (78.9)	87 (77.7)	0.797

Continuous variables are described by median [range] and tested with Mann-Whitney-Wilcoxon tests. Categorical variables are described by count (percent) and tested with chi-square tests, with the exception of education, number of HTN medications, and self-percieved health status which were ordered and tested with Mann-Whitney-Wilcoxon tests.

eTable 2. ASA-24 Dietary Component Evaluation of Sodium, Combined Fruit and Vegetables, Whole Grain, and Saturated Fat Intake, Comparing Baseline With 6 and 12 Months

Dietary component evaluated	Time	Arm	N	Mean	Standard deviation	ANCOVA, P-value
Sodium (mg)	Baseline	Control	155	3673.81	1812.82	ref
		Intervention	149	3512.82	1765.59	
	6-month	Control	104	3968.20	1725.17	**0.003**
		Intervention	99	3354.72	1365.75	
	12-month	Control	90	4213.67	1972.37	0.138
		Intervention	86	3682.94	1874.53	
Combined fruit and vegetables (cup equivalent)	Baseline	Control	155	2.50	1.98	ref
		Intervention	149	2.34	2.02	
	6-month	Control	104	2.57	1.89	0.639
		Intervention	99	2.43	1.75	
	12-month	Control	90	2.55	1.88	0.954
		Intervention	86	2.50	1.92	
Whole grain (ounces)	Baseline	Control	155	0.85	1.41	ref
		Intervention	149	0.61	1.05	
	6-month	Control	104	1.12	1.62	0.278
		Intervention	99	0.88	1.49	
	12-month	Control	90	1.14	2.24	0.544
		Intervention	86	0.82	1.25	
Saturated fat (%kcal)	Baseline	Control	155	12.54	4.32	ref
		Intervention	149	11.91	4.19	
	6-month	Control	104	13.12	6.56	0.979
		Intervention	99	12.97	4.62	
	12-month	Control	90	13.46	4.52	0.069
		Intervention	86	12.03	4.72	

Continuous variables are described by mean (sd) and tested with t- tests.

eTable 3. Sensitivity Analyses

Measure	Godin 6mo	Godin 12mo	Sodium 6mo	Sodium 12mo	Alcohol 6mo	Alcohol 12mo
Clinic Systolic	-3.24 (-9.88 to 3.40), p = 0.340	0.35 (-7.18 to 7.88), p = 0.928	-0.55 (-2.39 to 1.29), p = 0.558	-0.43 (-2.70 to 1.85), p = 0.714	-0.10 (-0.65 to 0.46), p = 0.734	0.07 (-0.54 to 0.68), p = 0.829
Clinic Diastolic	-1.21 (-6.15 to 3.73), p = 0.632	-0.56 (-6.65 to 5.52), p = 0.856	0.02 (-1.35 to 1.39), p = 0.979	0.15 (-1.68 to 1.98), p = 0.874	-0.04 (-0.46 to 0.39), p = 0.871	0.06 (-0.44 to 0.55), p = 0.823
AMBP Systolic	-5.10 (-10.47 to 0.28), p = 0.064	-1.80 (-8.74 to 5.15), p = 0.613	0.61 (-0.90 to 2.12), p = 0.429	-0.15 (-2.28 to 1.99), p = 0.891	-0.40 (-0.85 to 0.05), p = 0.085	0.05 (-0.53 to 0.63), p = 0.868
AMBP Diastolic	-4.21 (-8.06 to -0.35), p = 0.034	-3.60 (-8.48 to 1.28), p = 0.150	0.62 (-0.46 to 1.70), p = 0.261	1.02 (-0.47 to 2.51), p = 0.183	-0.26 (-0.59 to 0.07), p = 0.123	0.10 (-0.31 to 0.51), p = 0.643

Listed results include are the coefficients, (95% CI), and p-value. The way our models are set up & the nature of the coefficients we used, the F-test p-value is the same as the interaction coefficient's p-value.

The coefficients for sodium are per +1,000mg, alcohol is +1 drink/week so negative coefficients mean larger BP decrease with more sodium or more drinks. The Godin coefficient is the difference from active & inactive groups, so a negative coefficient means larger BP decrease in the inactive group.