

Table 1 Sociodemographic characteristics of expatriate population and prevalence of behavioural risk factors and MetS (n = 1437)

Sociodemographic characteristics	Total	Men n (%) 840 (58%)	Women n (%) 597(42%)	P
Age (yr); mean (SD)	40.9 (11.7)	41.9 (11.7)	39.1 (11.5)	< 0.001
Educational level; n (%)				
Higher education (college and above)	1265 (88)	798(63)	467 (37)	< 0.001
Essential education ^a	168 (12)	42 (25)	126 (75)	<0.001
Illiterate	4 (0.3)	0	4 (100)	0.005
Participant status in KSU; n (%)				
Employee	969 (67)	773 (80)	196 (20)	< 0.001
Family member	468 (33)	67 (14)	401 (86)	< 0.001
Occupation; n (%)				
Faculty staff	555 (37)	452 (81)	103 (19)	< 0.001
Healthcare provider	96 (7)	39 (41)	57 (59)	< 0.001
Technician	16 (1)	14 (88)	2 (13)	< 0.001
Administrative	24 (2)	14 (58)	10 (42)	< 0.001
Other KSU employee	278 (19)	254 (91)	24 (9)	< 0.001
Marital status; n (%)				
Single	106 (7)	54 (51)	52(49)	0.01
Married	1321(92)	784 (59)	537(41)	0.01
Widowed / divorced	10 (1)	2 (20)	8 (80)	0.01
Behavioural risk factors; n (%)				
Tobacco use	156 (11)	134 (16)	22 (3)	< 0.001
Physical inactivity	1049 (73)	539 (64)	510 (84)	< 0.001
Low fruit/vegetable intake	1264 (88)	731 (87)	533 (89)	0.11
MetS according to NCEP-ATP III criteria; n (%)				
Total	378 (26)	233 (28)	145 (24)	0.08

^aEssential education indicated completion of any school: elementary, preparatory or high school. KSU – King Saud University; MetS – metabolic syndrome; NCEP-ATP III – National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III); SD – standard deviation.