

Table 5 Results of logistic regression: adjusted odds ratios (aORs) and 95% confidence intervals (95% CIs) for the risk of overweight (including obesity) in relation to selected factors

Risk factor	Category	Reference	aOR	95% CI	P
Gender	Boy	Girl	0.922	0.683–1.246	0.607
Education of father	Medium	Low	1.285	0.846–1.952	0.283
	High		1.576 [*]	1.125–2.208	0.008
Education of mother	Medium	Low	1.553	0.908–2.654	0.107
	High		1.556 [*]	0.112–2.179	0.009
Average family income (MAD/month)	6000–10 000	≤ 6000	1.374	0.784–2.406	0.266
	≥ 10 000		2.115 [*]	1.081–4.138	0.028
Computer use (h/day)	≤ 1	A few times a week	0.925	0.501–1.708	0.804
	1–2		1.527	0.843–2.766	0.162
	2–4		1.729	0.913–3.276	0.092
	≥ 4		2.561 [*]	1.331–4.931	0.004
Practise sport outside school	Yes	No	0.682	0.458–1.016	0.064
Mode of transport to school	Motor vehicle	Walking	1.765 [*]	1.104–2.821	0.017
Television viewing (h/day)	1–2	≤ 1	1.255	0.878–0.795	0.211
	2–4		1.363	0.864–0.152	0.182
	≥ 4		1.569	0.943–2.607	0.082
Sleep duration (h/day)	9–10	< 8	1.034	0.735–1.454	0.847
	> 10		1.145	0.784–1.673	0.428
Regular breakfast intake per day	Yes	No	0.919	0.675–1.284	0.622
Eat between meals every day	Yes	No	1.072	0.789–1.457	0.653
Soda and soft drinks intake (days/week)	≥ 3	< 3	1.415 [*]	1.014–1.975	0.041

MAD, Moroccan dirham

^{*}P: significance

[†]OR: odds ratio adjusted in multivariate regression model for each independent factors