

Table 3. Anthropometric characteristics of study participants (N = 731)

Parameter	Total (N = 731) %	95% CI	Women (n = 352) %	95% CI	Men (n = 379) %	95% CI	P value
BMI class							< 0.001
Underweight	5.7	4.01–7.38	4.5	2.33–6.66	6.9	4.34–9.45	
Normal	42.8	39.21–46.38	30.1	25.30–34.89	54.6	49.58–59.61	
Overweight	30.8	27.45–34.14	31.0	26.16–35.83	30.6	25.96–35.23	
Obese	20.7	17.76–23.63	34.4	29.43–39.36	7.9	5.18–10.61	
Central obesity*	–	–	61.1	–	8.7	–	< 0.001
	Mean (SD)	95% CI	Mean (SD)	95% CI	Mean (SD)	95% CI	
Waist size (cm)	86.54 (15.02)	85.45–87.62	89.34 (16.95)	87.56–91.11	84.00 (12.51)	82.74–85.25	0.001

*Central obesity was assessed using the waist-to-hip ratio

CI = confidence interval; BMI = body mass index; SD = standard deviation; P significant at < 0.05

Table 4. Medical history of study participants (N = 731)

Condition	Total (N = 731) %	95% CI	Women (n = 352) %	95% CI	Men (n = 379) %	95% CI	P value
Diabetes	6.6	4.8–8.39	10.3	7.12–13.47	3.2	1.42–4.97	< 0.001
Hypertension	9.6	7.46–11.73	14.8	11.09–18.5	4.8	2.64–6.95	< 0.001
Both	3.0	1.76–4.23	4.8	2.56–7.03	1.3	0.15–2.44	0.006

CI = confidence interval; P significant at < 0.05.