

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.