

Table 1 Demographic profile of participants in the National Guard Health Measures Survey 2010 in Eastern region of Saudi Arabia (n = 1339)

| Variable | No. | % |
|------------------------|-----|------|
| Age (years) | | |
| 14–24 | 498 | 37.2 |
| 25–34 | 253 | 18.9 |
| 35–44 | 399 | 29.8 |
| 45–54 | 166 | 12.4 |
| 55+ | 23 | 1.7 |
| Sex | | |
| Male | 769 | 57.4 |
| Female | 570 | 42.6 |
| Education level | | |
| Low (grade 1–6) | 596 | 44.5 |
| Medium (grade 7–9) | 431 | 32.2 |
| High (grade \geq 10) | 312 | 23.3 |
| Family size | | |
| < 4 | 142 | 13.4 |
| 4–7 | 666 | 63.0 |
| > 7 | 250 | 23.6 |