

**Table 1.** Mean BMI values in the different categories of the factors studied

|                            |                  | BMI (men)        | BMI (women)      | P*                          |
|----------------------------|------------------|------------------|------------------|-----------------------------|
|                            |                  | $\bar{x} \pm SD$ | $\bar{x} \pm SD$ | NS to Physical activity row |
| Age (years)                | 20.0-24.9        | 23.6 $\pm$ 2.7   | 21.6 $\pm$ 3.1   | <0.001                      |
|                            | 25.0-29.9        | 24.6 $\pm$ 2.5   | 22.7 $\pm$ 3.8   | <0.001                      |
|                            | 30.0-34.9        | 25.8 $\pm$ 3.4   | 24.4 $\pm$ 4.5   | <0.01                       |
|                            | 35.0-39.9        | 26.4 $\pm$ 4.1   | 25.6 $\pm$ 5.2   | NS                          |
|                            | 40.0-44.9        | 26.7 $\pm$ 4.1   | 26.4 $\pm$ 5.5   | NS                          |
|                            | 45.0-49.9        | 26.6 $\pm$ 3.5   | 28.2 $\pm$ 5.9   | <0.01                       |
|                            | 50.0-54.9        | 27.2 $\pm$ 3.5   | 28.2 $\pm$ 5.7   | NS                          |
|                            | 55.0-59.9        | 27.8 $\pm$ 3.1   | 29.8 $\pm$ 5.3   | <0.001                      |
|                            | 60.0-64.9        | 26.8 $\pm$ 3.5   | 27.9 $\pm$ 4.8   | <0.05                       |
|                            | 65.0-69.9        | 27.5 $\pm$ 3.7   | 29.0 $\pm$ 5.6   | <0.05                       |
| Education (years of study) |                  | P<0.001          | P<0.001          |                             |
|                            | 00-06            | 27.6 $\pm$ 4.6   | 27.8 $\pm$ 4.9   | NS                          |
|                            | 07-12            | 26.2 $\pm$ 3.3   | 27.1 $\pm$ 6.0   | <0.001                      |
|                            | $\geq 13$        | 25.4 $\pm$ 3.2   | 23.0 $\pm$ 3.9   | <0.001                      |
| Smoking status             |                  | P<0.001          | P<0.001          |                             |
|                            | Non-smokers      | 26.4 $\pm$ 3.5   | 26.8 $\pm$ 5.7   | <0.001                      |
|                            | Smokers          | 25.9 $\pm$ 3.8   | 25.1 $\pm$ 5.4   | <0.001                      |
| Physical activity          |                  | NS               | P<0.001          |                             |
|                            | Non-exercised    | 26.5 $\pm$ 3.8   | 26.9 $\pm$ 5.8   |                             |
|                            | Exercised        | 25.4 $\pm$ 3.1   | 23.9 $\pm$ 4.2   | <0.01                       |
|                            |                  | P<0.001          | P<0.001          |                             |
| Profession                 | Civil Employee   | 26.6 $\pm$ 3.6   | 26.5 $\pm$ 5.3   | NS                          |
|                            | Private Employee | 26.3 $\pm$ 3.7   | 24.7 $\pm$ 4.8   | <0.001                      |
|                            | Housekeeper      | –                | 26.4 $\pm$ 5.4   |                             |
|                            | Pensioner        | 26.9 $\pm$ 3.4   | 27.7 $\pm$ 4.7   | <0.05                       |
|                            | Student          | 23.4 $\pm$ 3.4   | 21.1 $\pm$ 2.6   | <0.001                      |
|                            | Self-Employed    | 26.4 $\pm$ 3.5   | 25.1 $\pm$ 4.8   | <0.001                      |

P (ANOVA): for comparison between categories of each factor, P\* (Student's t-test): for comparison of factors between males and females

NS: Non Significant