

Table 1. Anthropometric data and BMI of the total number of individuals studied.

	Greece	Serbia	Turkey	Total
Number of participants	4032	6228	10069	20329
Males	1296	2549	5128	8973
Females	2736	3679	4941	11356
Age (mean $\pm$ SD)	44.3 $\pm$ 14.9	38.9 $\pm$ 15.1	36.8 $\pm$ 14.9	38.9$\pm$15.2
Weight (mean $\pm$ SD)	74.0 $\pm$ 14.6	72.3 $\pm$ 14.5	69.6 $\pm$ 12.6	71.0$\pm$13.8
Height (mean $\pm$ SD)	167.9 $\pm$ 9.1	172.6 $\pm$ 9.2	166.7 $\pm$ 9.0	168.7$\pm$9.5
BMI (mean $\pm$ SD)	26.2 $\pm$ 5.0	24.1 $\pm$ 4.0	24.8 $\pm$ 4.5	24.9$\pm$4.5