

Table 3 Prevalence of cardiovascular risk factors among adults from the northern Persian Gulf region

Variable	Males (n = 1746)		Females (n = 1977)		Total (n = 2723)	
	No.	%	No.	%	No.	%
Physical inactivity	1169	67.0	1460 <sup>a</sup>	73.8	2629	70.4
Overweight	424	24.3	418	21.1	842	22.6
Obesity	158	9.0	398 <sup>a</sup>	20.1	556	14.9
Truncal obesity	516	29.6	1780 <sup>a</sup>	90.0	2296	61.5
Diabetes	136	7.8	174	8.8	310	8.3
Hypertension	491 <sup>a</sup>	28.1	404	20.4	895	24.0
Smoking (cigarette)	346 <sup>a</sup>	19.7	7	0.4	353	9.5
Smoking (shisha)	101	5.8	261 <sup>a</sup>	13.2	362	9.7

<sup>a</sup>P < 0.0001.