Table 6 Multivariately adjusted odds ratios relating ischaemic heart disease electrocardiogram (dependent factor) with unhealthy lifestyle characteristics and cardiovascular disease (CVD) risk factors among adults from the northern Persian Gulf region

CVD risk factor	Males (n = 1746)			Females (n = 1977)		
	OR	95% CI	P-value	OR	95% CI	P-value
Past or present smoking	1.37	1.00–1.87	0.04	1.66	1.26–2.19	0.0001
Obesity	1.25	0.91–1.71	NS	1.37	1.04–1.81	0.02
Truncal obesity	1.78	1.30–2.45	< 0.0001	0.90	0.60–1.36	NS
Physical inactivity	1.00	0.72–1.38	NS	1.25	0.95–1.65	NS
Inadequate fruit & vegetable consumption	0.83	0.44–1.59	NS	1.24	0.82–1.86	NS
Low serum HDL-C	1.06	0.76–1.47	NS	1.55	1.17–2.05	0.002
Hypertension	2.39	1.73–3.30	< 0.0001	2.13	1.61–2.80	< 0.0001
Diabetes	1.82	1.16–2.84	0.009	2.23	1.57–3.17	< 0.0001

OR = adjusted odds ratio; CI = confidence interval; NS = not significant.
HDL-C = high density lipoprotein cholesterol.