

Table 2 Students' nutritional and health habits by sex

Variable	Men (n = 141)	Women (n = 159)	P-value
Mean score on nutritional habits ^a	61.8	66.7	0.003
Mean score on knowledge of healthy food ^a	56.8	57.9	0.627
Mean no. of alcohol units consumed/week	4.01	2.46	0.002
Of students exercising regularly (> 2 h/week) (%)	58.1	41.9	< 0.0001
Of overweight/obese students (%)	58.8	41.2	0.066
Of students smoking cigarettes (%)	49.5	50.5	0.615
Of students drinking alcohol (%)	50.0	50.0	0.094

^aMaximum score 100.