

Table 1 Demographic characteristics and body measurements of adolescent students in Taif

Variable	Males (n = 141)		Females (n = 143)		Total (n = 284)		P-value
	No.	%	No.	%	No.	%	
Education stage							
Preparatory	48	34.0	47	32.9	95	33.5	0.9
Secondary	93	66.0	96	67.1	189	66.5	
Father's education							
Primary/preparatory	48	34.0	40	28.0	88	31.0	0.52
Diploma/secondary	83	58.9	93	65.0	176	62.0	
University	10	7.1	10	7.0	20	7.0	
Crowding index							
≤ 2	128	90.8	140	97.9	268	94.4	0.13
> 2	13	9.2	3	2.1	16	5.7	
Weight-for-age z-score							
Normal	117	83.0	119	83.2	236	83.1	0.16
Underweight	14	9.9	20	14.0	34	12.0	
Overweight	10	7.1	4	2.8	14	4.9	
Height-for-age z-score							
Normal	130	92.2	125	87.4	225	89.8	0.24
Stunted	11	7.8	18	12.6	29	10.2	
BMI for age z-score							
Underweight	15	10.6	13	9.1	28	9.9	0.48
Normal	82	58.2	93	65.0	175	61.6	
Overweight	30	21.3	29	20.3	59	20.8	
Obese	14	9.9	8	5.6	22	7.7	
Mean (SD) age (years)	16.4 (1.9)		16.2 (1.9)		16.3 (1.9)		0.36
Mean (SD) family size	4.4 (3.6)		4.9 (3.0)		4.7 (3.1)		0.24