

Table 1 Age, sex and anthropometric measurements of adult workers in Kuwait with different glycaemic states (n = 460)

Variable	Impaired fasting blood glucose (n = 57) ^a		Newly detected diabetic (n = 23) ^a		Normoglycaemic (n = 380) ^a	
	Mean	SD	Mean	SD	Mean	SD
Age (years)	37.3	8.0	42.9	7.7	34.7	8.5
Height (cm)	165.0	11.0	166.4	8.1	165.4	9.7
Weight (kg)	85.0	26.0	90.0	12.7	77.2	18.1
BMI (kg/m ²)	30.8	6.5	32.5	4.5	28.1	5.6
Waist circumference (cm)	98.3	16.0	108.1	12.2	94.8	15.3
	No.	%	No.	%	No.	%
Age group (years)						
20-29	12	8.1	2	1.3	135	90.6
30-39	23	13.3	4	2.3	146	84.4
≥ 40	22	15.9	17	12.3	99	71.7
Sex						
Male	19	8.8	11	5.1	187	86.2
Female	38	15.6	12	4.9	193	79.5
BMI (kg/m²)						
Underweight (< 19)	0	0.0	0	0.0	6	100.0
Normal (19-25)	9	7.7	2	1.7	106	90.6
Overweight (> 25-30)	23	12.2	6	3.2	160	84.7
Obese (> 30-40)	21	16.6	13	10.2	93	73.2
Morbidly obese (> 40)	4	19.0	2	9.5	15	71.4
Waist circumference (cm)						
Males:						
< 102	5	4.3	2	1.7	110	94.0
≥ 102	13	13.1	9	9.1	77	77.8
Females:						
< 88	18	17.0	1	0.9	87	82.1
≥ 88	21	15.2	11	8.0	106	76.8

^aAmerican Diabetes Association 2003 criteria [13].

BMI = body mass index.