

Table 2 Univariate regression analysis of risk factors for diabetes in a group of adult workers in Kuwait, using newly-detected diabetes as the dependent variable

Variable	OR (95% CI)	P-value
Sex		
Female	Ref.	
Male	1.04 (0.45–2.40)	0.93
Female with macrosomia	2.11 (0.59–7.52)	0.25
Age (years)		
20–34	Ref.	
≥ 35	6.82 (2.00–23.3)	0.002
BMI		
BMI per kg/m ² increment from 15 kg/m ²	1.10 (1.04–1.16)	0.002
Waist circumference (cm)		
< 100	Ref.	
≥ 100	10.8 (3.17–37.1)	< 0.001
Exercise		
< 65 years and little or no exercise	1.90 (0.43–8.28)	0.40
Leisure time physical activity	1.16 (0.49–2.74)	0.74
Physical activity < 4 hours per week	1.18 (0.34–4.09)	0.79
Diet		
Consumption of vegetables, fruits or berries	1.05 (0.45–2.43)	0.91
Smoking status		
Non-smoker	Ref.	
Previous smoker	3.09 (0.96–9.91)	0.05
Current smoker	0.66 (0.19–2.32)	0.52
Medical history		
Parent with diabetes	1.60 (0.65–3.97)	0.31
Sibling with diabetes	3.46 (1.48–8.07)	0.004
Both siblings and parent with diabetes	2.87 (1.20–6.86)	0.02
On steroids	2.50 (0.81–7.78)	0.11
Has hypertension	2.43 (0.86–6.85)	0.09
Previous diagnosis of hypertension	4.66 (1.87–11.6)	< 0.001
Currently on hypertension treatment	3.92 (1.36–11.3)	0.01

Ref. = reference category; BMI = body mass index; OR = odds ratio; CI = confidence interval.