

Table 7 Lifestyle variables of students in Benghazi

Variable	Males (n = 154)		Females (n = 229)		Total (n = 383)	
	No.	%	No.	%	No.	%
Physical activity						
Yes	74	48.1	59	25.8	133	34.7
No	80	51.9	169	73.8	249	65.0
No answer	0	-	1	0.4	1	0.3
No. of primary meals/day						
1	4	2.6	12	5.2	16	4.2
2	33	21.4	64	27.9	97	25.3
3	100	64.9	126	55.0	226	59.0
4+	17	11.0	27	11.7	44	11.5
Meals from restaurants/day						
0	57	37.0	84	36.7	141	36.8
1	77	50.0	122	53.3	199	52.0
2	18	11.7	17	7.4	35	9.1
3+	2	1.3	6	2.6	8	2.0
Usual drinks						
Coffee	45	29.2	56	24.5	101	26.4
Tea	14	9.1	13	5.7	27	7.0
Soft drinks	45	29.2	58	25.3	103	26.9
Fresh juice	50	32.5	100	43.7	150	39.2
No answer	0	-	2	0.9	2	0.5
Usual social activities						
None	18	11.7	4	1.7	22	5.7
Wandering around	17	11.0	17	7.4	34	8.9
Charity work	0	-	3	1.3	3	0.8
Visiting relatives	112	72.7	186	81.2	298	77.8
No answer	7	4.5	19	8.3	26	6.8
Smoking						
Yes	56	36.4	10	4.4	66	17.2
No	98	63.6	219	95.6	317	82.8
Alcohol use						
Yes	18	11.7	1	0.4	19	5.0
No	136	88.3	227	99.1	363	94.8
No answer	0	-	1	0.4	1	0.3
Narcotic drug use*						
Yes	2	7.8	4	1.7	16	4.2
No	142	92.2	224	97.8	366	95.6
No answer	0	-	1	0.4	1	0.3

*Includes chewing drugs (marijuana, khat, hashish) and injecting drugs.