

Table 3 Calculated prevalence rates/mean body mass index (BMI) of obesity, overweight and underweight by BMI categories and sex

Sex/BMI category	No.	%	95% CI	Mean (SD) BMI (kg/m ²)	Median (IQR) BMI (kg/m ²)
Males (n = 919)					
< 18.5 kg/m ²	185	20.1	16.8–17.0	16.9 (1.2)	17.3 (1.5)
18.5–24.9 kg/m ²	546	59.4	21.4–21.7	21.5 (1.8)	21.5 (2.8)
25–25.9 kg/m ²	165	18.0	26.7–27.1	26.9 (1.3)	26.7 (1.9)
≥ 30 kg/m ²	23	2.5	31.5–33.5	32.5 (2.3)	31.6 (3.5)
Females (n = 1581)					
< 18.5 kg/m ²	231	14.6	16.7–17.0	16.9 (1.2)	17.0 (1.6)
18.5–24.9 kg/m ²	730	46.2	21.6–21.9	21.7 (1.9)	21.6 (3.3)
25–25.9 kg/m ²	423	26.8	27.1–27.3	27.2 (1.4)	27.1 (2.3)
≥ 30 kg/m ²	197	12.4	32.6–33.5	33.1 (3.0)	32.4 (3.3)

CI = confidence interval; SD = standard deviation; IQR = interquartile range (25%, 75%);