

Table 1. Anthropometric indices in relation to glycaemic status for male and female adults in Oman, 2004-2005

Index	Normoglycaemic		Dysglycaemic			
	Mean (SD)	95% CI	IFG		DM	
			Mean (SD)	95% CI	Mean (SD)	95%CI
Males (No.)	258	-	195	-	27	-
Age (years)	29.20 (10.94)	27.86-30.55	33.84 (12.99) ^a	32.00-35.67	38.63 (11.25) ^b	34.18-43.08
BMI (kg/m ²)	24.67 (4.50)	24.12-25.23	26.22 (4.74) ^a	25.55-26.88	28.77 (4.85) ^b	26.76-30.77
WC (cm)	85.33 (11.39)	83.92-86.73	90.14 (11.42) ^a	88.54-91.75	94.88 (10.95) ^b	90.46-99.31
WHR	0.88 (0.06)	0.87-0.89	0.91 (0.07) ^a	0.89-0.92	0.94 (0.05) ^{bc}	0.92-0.96
WHtR	0.51 (0.07)	0.50-0.52	0.54 (0.07) ^a	0.53-0.55	0.58 (0.06) ^{bc}	0.55-0.60
Females (No.)	504	-	258	-	33	-
Age (years)	29.17 (9.69)	28.32-30.02	36.26 (11.84) ^a	34.79-37.73	43.81 (13.01) ^{bc}	39.12-48.50
BMI (kg/m ²)	24.65 (5.20)	24.19-25.10	27.99 (6.16) ^a	27.23-28.74	29.98 (6.41) ^b	27.70-32.25
WC (cm)	78.80 (12.67)	77.70-79.91	88.58 (13.99) ^a	86.86-90.29	97.24 (13.89) ^{bc}	92.32-102.17
WHR	0.82 (0.09)	0.81-0.82	0.88 (0.09) ^a	0.87-0.89	0.96 (0.08) ^{bc}	0.93-0.99
WHtR	0.51 (0.08)	0.05-0.52	0.58 (0.09) ^a	0.57-0.59	0.64 (0.09) ^{bc}	0.61-0.67

P-value (ANOVA) < 0.001 for all.

CI = confidence interval; IFG = impaired fasting glucose; DM = diabetes mellitus; SD = standard deviation; BMI = body mass index; WC = waist circumference; WHR = waist-to-hip-ratio; WHtR = waist-to-height-ratio.

^aP < 0.01 for normoglycaemic versus IFG.

^bP < 0.01 for normoglycaemic versus DM.

^cP < 0.05 for IFG versus DM.