

Table 1 Demographic characteristics of our sample of Jordanian women participants

Characteristic	Overall	Normal weight		Overweight		Obese	
		No.	%	No.	%	No.	%
Sample size	818	471	57.6	219	26.8	128	15.6
Age (years)							
18–25	423	330	78.0	80	18.9	13	3.1
26–30	78	46	59.0	22	28.2	10	12.8
31–35	69	34	49.3	22	31.9	13	18.8
36–40	56	18	32.1	27	48.2	11	19.6
41–45	74	22	29.7	30	40.5	22	29.7
≥ 46	114	19	16.7	37 ⁰	32.5	58	50.9
No answer *	4	2		1		1	
Education level							
Primary school	28	7	25.0	4	14.3	17	60.7
High school	98	30	30.6	35	35.7	33	33.7
Community college	113	45	39.8	33	29.2	35	31.0
University graduate	507	345	68.1	130	25.6	32	6.3
Postgraduate	59	37	62.7	13	22.0	9	15.3
No answer ^b	13	7		3		2	
Income (JOD/month)^c							
Less than 500 (low)	156	73	46.8	44	28.2	39	25.0
500–1500 (medium)	420	262	62.4	105	25.0	53	12.6
More than 1500 (high)	217	122	56.2	62	28.6	33	15.2
No answer *	25	14		8		3	
Marital status							
Single	449	341	75.9	91	20.3	17	3.7
Married	328	121	36.9	106	32.2	91	27.4
Divorced	17	8	47.0	6	35.3	3	17.6
Widowed	22	1	4.5	5	22.7	16	72.7
No answer *	2	0		1		1	
Occupation							
School student	18	14	77.8	1	5.6	3	16.7
University student	336	262	78.0	67	19.9	7	2.1
Business owner	22	8	36.4	8	36.4	6	27.3
Private sector employee	84	57	67.9	18	21.4	9	10.7
Public sector employee	117	54	46.2	45	38.5	18	15.4
Housewife	188	53	29.2	66	35.1	69	36.7
Retired	13	2	15.4	2	15.4	9	69.2
Unemployed	23	11	47.8	8	34.8	4	17.4
Other	4	2	50.0	1	25.0	1	25.0
No answer *	13	8		3		2	

*Not included in statistical analysis.

^cUS\$ 1 = JOD 0.71 (Jordanian dinar).Normal weight (18.5 to < 25 kg/m²); overweight (25.0 to < 30 kg/m²); obese (> 30 kg/m²).