

Table 2 Distribution of health habits of our sample of Jordanian women participants according to body mass index

Health habit	Overall sample	Normal weight		Overweight		Obese	
		No.	%	No.	%	No.	%
Sample size	818	471	57.6	219	26.8	128	15.6
Physical activity							
Yes	381	183	38.9	120	54.8	78	60.9
No	437	288	61.2	99	45.2	50	39.1
Any chronic disorder							
Yes	116	21	4.5	39	17.8	56	43.8
No	701	450	95.5	180	82.2	71	55.5
No answer ^a	1	0		0		1	
Use complementary and alternative medicine for chronic disorder							
Yes	117	31	6.6	53	24.2	33	25.8
No	680	426	90.2	161	73.5	93	72.7
No answer ^a	21	15		5		2	
Weight reduction or control in previous 12 months							
Yes	444	202	42.9	148	67.6	94	73.4
No	369	268	56.9	67	30.6	34	26.6
No answer ^a	5	1		4		0	
Using CAM for weight reduction or control							
Yes	318	136	28.9	101	46.1	81	63.9
No	500	335	71.1	118	53.9	47	36.7

^aNot included in statistical analysis.