

Table 1 Basic characteristics of participants based on sex and age

Characteristics	Female n = 696	Male n = 688	Total n = 1384	Girls n = 386	Boys n = 400	Total n = 786
	Mean (SD)					
Age (yr)	37.6 (9.8)	38.2 (11.4)	37.9 (10.6)	12.4 (3.4)	12.5 (3.3)	12.5 (3.4)
Education (yr)	10.5 (3.9)	11.3 (3.6)	10.9 (3.8)	–	–	–
Paternal education (yr)	–	–	–	11.4 (4.3)	11.7 (4.2)	11.6 (3.9)
Maternal education (yr)	–	–	–	10.8 (4)	10.6 (4.1)	10.7 (3.7)
Physical activity (METs min/wk)	448.3 (226.9)	512.6 (244.1)	481.1 (234.4)	524.8 (203.6)	596.2 (247.5)	569.4 (222.6)
BMI (kg/m ²)	27.3 (5)	26.1 (4.1)	26.7 (5.2)	20.6 (4.8)	21.0 (5.3)	20.8 (5.1)
WC (cm)	89.3 (12.1)	93 (11.2)	91.1 (11.7)	71.6 (12.1)	74.8 (14.6)	73.3 (13.5)
	Frequency n (%)					
Marital status, n (%)						
Single	82 (11.8)	156 (22.7)	238 (17.2)	383 (99.2)	393 (98.2)	776 (98.7)
Married	591 (84.9)	518 (75.3)	1109 (80.1)	3 (0.8)	7 (1.8)	10 (1.3)
Spouse (dead/divorced)	23 (3.3)	14 (2)	37 (2.6)	-	-	-
Smokers, n (%)	4 (0.6)	117 (17)	121 (8.7)	1 (0.3)	7 (1.7)	8 (1)

BMI = body mass index; METs = metabolic equivalent task units; SD = standard deviation; WC = waist circumference.