

Table 1 Characteristics of the cases and controls

Variable	Cases (n = 221)	Controls (n = 230)	P-value*
<i>Age in years, mean (SD)</i>	9.0 (3.8)	9.1 (3.2)	0.247
<i>Sex, female, no. (%)</i>	122 (52.2)	118 (51.3)	0.487
<i>BMI in kg/m², mean (SD)</i>	18.8 (3.1)	18.3(3.2)	0.835
<i>BMI category, no. (%)</i>			0.285
Underweight	11 (5.0)	12 (5.2)	
Normal weight	135 (61.1)	158 (68.7)	
Overweight	55 (24.9)	47 (20.4)	
Obese	20 (9.0)	13 (5.6)	
<i>Maternal educational level, no. (%)</i>			0.301
Primary school and below	69 (31.2)	55 (23.9)	
Secondary school	117 (52.9)	123 (53.5)	
University	35 (15.8)	52 (22.6)	
<i>Paternal educational level, no. (%)</i>			0.235
Primary school and below	40 (18.1)	31 (13.5)	
Secondary school	86 (38.9)	84 (36.5)	
University	95 (43.0)	115 (50.0)	
<i>Socioeconomic status of family, no. (%)</i>			0.065
Level 1 (low status)	41 (18.6)	34 (14.8)	
Level 2 (moderate status)	141 (63.8)	135 (58.7)	
Level 3 (high status)	39 (17.6)	61 (26.5)	
<i>KIDMED index score, mean (SD)</i>	4.0 (2.5)	6.3 (2.4)	< 0.001
<i>Adherence to Mediterranean diet, no. (%)</i>			< 0.001
Low (≤ 3)	95 (43.0)	25 (10.9)	
Moderate (4–7)	108 (48.9)	124 (53.9)	
High (≥ 8)	18 (8.1)	81 (35.2)	

BMI= body mass index; SD= standard deviation;

*P < 0.05 statistically significant.