

Table 1. Prevalence of obesity, abdominal obesity, metabolic comorbidities and features of physical activity of the study population and according to gender

	Total (%)	Males (%)	Females (%)
Obesity status			
Normal	42.4	33.1	50.9
Overweight	35.2	41.1	29.8
Obese	22.3	25.9	19.2
Abdominal obesity			
Absence		73.1	64.5
Presence		26.9	35.5
Comorbidities			
Diabetes	4.2	4.7	3.6
Hypercholesterolemia	13.3	12.6	8.2
Hypertension	8.6	9.4	7.9
Walking			
<2 hrs/week	36.9	37.4	36.6
2 – 3.9 hrs/week	16.9	14.9	18.7
4 – 6.9 hrs/week	13.8	12.1	15.3
≥7 hrs/week	32.4	35.5	29.4
Exercise			
<2 hrs/week	90.3	91.3	89.4
2 – 3.9 hrs/week	4.4	2.9	5.6
4 – 6.9 hrs/week	3.3	3.3	3.4
≥7 hrs/week	2.2	2.5	1.6
TV watching			
<16 hrs/week	62.1	62.2	62.1
≥16 hrs/week	37.9	37.8	37.9
Office work			
<14 hrs/week	79.5	75.5	83.1
≥14 hrs/week	20.5	24.5	16.9
Entertainment			
<4 hrs/week	66.3	59.3	72.6
≥4 hrs/week	33.7	40.7	27.4