

Table 3. BMI (kg/m²) distribution in males, females, and in the total study population by age groups.

Age-groups (yrs)	Total		Males		Females	
	N	BMI	N	BMI	N	BMI
18-29	184	23.8 (5.4)*	88	24.3 (3.5)*	96	21.9 (4.8)*
30-39	179	26.3 (5.6)*	83	27.9 (3.5)	96	23.9 (5.5)*
40-49	178	28.8 (6.8)*	86	28.7 (5.9)*	92	26.4 (7.3)*
50-59	153	29.1 (5.3)*	72	28.2 (4.5)*	81	27.5 (6.5)*
60-70	158	29.4 (6.7)*	73	27.5 (6.0)*	85	29.3 (6.2)*

Values are expressed as mean (SD) with the exception of those with skewed distribution (marked with *), which are expressed as median (IQR).

In linear regression analysis, age categories and gender were independent predictors of BMI ($p < 0.001$ and $p = 0.042$, respectively). Similarly, independent predictors of BMI were age categories when analysis for each gender was done separately for males ($p < 0.001$) and females ($p < 0.001$).