

Table 4. Percent body fat content, WC, and W/H ratio in males and females by age categories

Age category (yrs)	Males				Females			
	N	Body fat content (%)	WC (cm)	W/H ratio	N	Body fat content (%)	WC (cm)	W/H ratio
18-29	88	16.3 (4.5)	89.5 (12.4)*	0.88 (0.09)*	96	24.2 (7.6)	74.0 (14.0)*	0.77 (0.09)*
30-39	83	21.0 (5.9)	96.9 (9.8)	0.91 (0.05)	96	27.8 (7.4)	79.0 (15.5)*	0.79 (0.08)*
40-49	86	25.3 (5.8)	100.0 (14.8)*	0.94 (0.08)*	92	32.7 (7.1)	84.5 (19.5)*	0.83 (0.07)
50-59	72	26.2 (5.0)	101.7 (12.7)	0.97 (0.09)*	81	37.1 (7.6)*	91.0 (17.0)*	0.85 (0.09)
60-70	73	28.7 (6.4)*	102.0 (15.0)*	0.98 (0.09)*	85	38.6 (5.9)	99.8 (11.8)	0.90 (0.08)
18-70	402	24.6 (9.2)*	99.0 (15.0)*	0.95 (0.09)*	450	30.9 (8.9)	84.0 (21.0)*	0.81 (0.12)*

WC: Waist circumference, W/H: Waist to Hip ratio

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 category ($p < 0.001$), and gender ($p < 0.001$) were independent predictors of % body fat content, WC, and W/H ratio. When analysis for each gender was done separately, age category ($p < 0.001$) was independent predictor of % body fat content, WC, and W/H ratio.