

Table 2 Prevalence of unhealthy lifestyle among adults from the northern Persian Gulf region

Variable	Males (n = 1746)		Females (n = 1977)		Total (n = 2723)	
	No.	%	No.	%	No.	%
Inadequate fruit & vegetable consumption	1624 <sup>a</sup>	93.0	1790	90.5	3414	91.7
Unhealthy body weight	946	54.2	1308 <sup>b</sup>	66.2	2254	60.5
Current smoking	436 <sup>b</sup>	25.09	267	13.5	703	19.0
Physical inactivity	1169	67.0	1460 <sup>b</sup>	73.8	2629	70.6

<sup>a</sup>P = 0.005; <sup>b</sup>P < 0.0001.