Table 1 Characteristics of the study sample by sex			
Variable	Total (n = 342)	Women (n = 193)	Men (n = 149)	P-value
Metabolic syndrome[a] [No. (%)]	115 (33.6)	71 (36.8)	44 (29.5)	0.159
Age [mean (SD)] (years)	38.0 (10.9)	37.7 (10.0)	38.4 (12.0)	0.594
Married (%)	88.0	90.7	84.6	0.08
Risk factors for CAD				
Diabetes (%)	12.6	11.9	13.4	0.677
Hypertension[b] (%)	13.2	11.4	15.4	0.273
Established CAD (%)	2.9	2.4	4.0	0.287
Dyslipidaemia (%)	8.2	9.3	6.7	0.382
Current smoker (%)	28.4	7.3	55.7	< 0.001
Family history of CAD (%)	38.0	40.4	34.9	0.297
Family history of diabetes (%)	57.6	56.5	59.1	0.632
Regular physical activity (%)	7.6	2.1	14.8	< 0.001
WC [mean (SD)] (cm)	91.2 (14.0)	89.4 (14.4)	93.5 (13.2)	0.007
Central obesity (%)	67.0	74.6	57.0	0.001
BMI [mean (SD)] (kg/m²)	29.3 (6.1)	30.4 (6.6)	27.9 (5.1)	< 0.001
Obesity (BMI ≥ 30 kg/m²) (%)	45.0	51.3	36.9	0.008
Hypertension[c] (%)	23.4	22.8	24.2	0.768

[a]Defined according to International Diabetes Federation criteria [8].
[b]Already diagnosed to have hypertension with and without treatment.
[c]Total cases of hypertension (BP ≥ 140/90 mmHg) diagnosed in this survey.
SD = standard deviation; CAD = coronary artery disease; WC = waist circumference; BMI = body mass index.