

Table 1 Demographic characteristics of the study sample and their cardiovascular risk factors overall by sex

Characteristic	Overall (n = 984)	Men (n = 556)	Women (n = 428)	P-value ^a
	No. (%)	No. (%)	No. (%)	
Age group (years)				
< 30 years	161 (16.4)	78 (14.0)	83 (19.4)	0.076
30 to < 50	528 (53.7)	305 (54.9)	223 (52.1)	
≥ 50	295 (30.0)	173 (31.1)	122 (28.5)	
Education				
Illiterate/informal education	503 (51.1)	283 (50.9)	220 (51.4)	0.876
Primary school & above	481 (48.9)	273 (49.1)	208 (48.6)	
Family income per month (EGP)^b				
< 250	39 (4.0)	16 (2.9)	23 (5.4)	0.127
250–499	153 (15.6)	83 (14.9)	70 (16.4)	
500–749	239 (24.3)	147 (26.4)	92 (21.5)	
750–999	157 (16.0)	92 (16.4)	65 (15.2)	
≥ 1000	396 (40.2)	218 (39.2)	178 (41.6)	
Fruit/vegetable consumption				
Low (< 5 daily portions)	907 (92.2)	517 (93.0)	390 (91.1)	0.280
Adequate (≥ 5 daily portions)	77 (7.8)	39 (7.0)	38 (8.9)	
Physical activity				
Low (< 150 min/wk)	968 (98.4)	552 (99.3)	416 (97.2)	0.021
Healthy (≥ 150 min/wk)	16 (1.6)	4 (0.7)	12 (2.8)	
Current tobacco smoking				
Smokers	427 (43.4)	407 (73.2)	20 (4.7)	< 0.001
Non-smokers	557 (56.6)	149 (26.8)	408 (95.3)	
Weight				
Normal	266 (27.0)	155 (27.9)	111 (25.9)	0.788
Overweight	389 (39.5)	218 (39.2)	171 (40.0)	
Obese	329 (33.4)	183 (32.9)	146 (34.1)	
Diabetes				
Yes	86 (8.7)	63 (11.3)	23 (5.4)	< 0.001
No	898 (91.3)	493 (88.7)	405 (94.6)	
Hypertension				
Yes	307 (31.2)	175 (31.5)	132 (30.8)	0.832
No	677 (68.8)	381 (68.5)	296 (69.2)	
Number of risk factors				
≥ 3	825 (83.8)	511 (91.9)	314 (73.4)	< 0.001
< 3	159 (16.2)	45 (8.1)	114 (26.6)	

^aChi-squared test; statistically significant at P < 0.05.^b1 US\$ = 6.1 EGP at the time of the study (2014).

Min/wk = minutes per week, EGP = Egyptian pounds.