

Table 1 Demographic characteristics and dietary habits of smoker and non-smoker Iranian students (n = 82 806), 2012–2013

Characteristic	Non-smokers		Smokers ^a		P-value
	Mean	SD	Mean	SD	
Age (years)	21.4	4.0	21.8±	4.1	< 0.001
Body mass index (kg/m ²)	22.5	4.03	22.6±	3.9	0.01
	No.	%	No.	%	
Age (years)					< 0.001
< 20	38 413	49.4	2 247	45.0	
20–< 25	25 095	32.2	1 714	34.3	
25–< 30	10 396	13.4	754	15.1	
≥ 30	3 910	5.0	277	5.5	
Sex					
(female)	42 613	54.8	2 507	50.2	< 0.001
Marital status (married)	7 700	9.9	608	12.2	< 0.001
Residence					
(dormitory)	43 067	56.1	2 281	46.0	< 0.001
Living in a high-risk area ^b	9 893	12.7	128	2.6	< 0.001
Education (graduate) ^c	29 709	38.4	2 239	44.9	< 0.001
Having occupation	6 027	9.4	879	19.0	< 0.001
Economic status (good)	63 483	84.6	2 776	56.3	< 0.001
Physical activity (inactive) ^d	12 170	15.7	1 080	21.8	< 0.001
Sleep pattern (regular)	45 772	59.3	2 956	61.7	0.001
Sleep duration (6–8 hours/day)	54 370	58.4	2 389	48.0	< 0.001
Electronic device use (rarely) ^e	4 561	5.9	605	12.1	< 0.001
Breakfast skipping ^f	3 565	4.6	452	9.1	< 0.001
Dietary intake					
Fruits (> 3 servings/day)	7 847	10.1	525	10.6	< 0.001
Vegetables (1 servings/day)	10 558	13.6	769	15.5	< 0.001
Dairy products (1 servings/day)	19 448	25.0	461	9.3	< 0.001
Fast foods (daily)	755	1.0	192	3.9	< 0.001
Carbonated beverages (daily)	4 528	5.9	608	12.4	< 0.001

SD = standard deviation.

P-value obtained from independent sample t-test or Chi-squared, where appropriate.

^aSmokers were defined as students who smoked at least one cigarette per week.

^bAreas in which prevalence of smoking is high.

^cStudents who were in MSc and PhD courses were considered graduate students.

^dThose who exercised rarely during a week.

^eUse of computer, cell phone and notebook.

^fStudents who consumed breakfast less than 1 day/week were defined as breakfast skippers.