

Table 2 Prevalence of obesity and health-related risk behaviours among students by sex, Oman

Indicator	Males (n = 400)	Females (n = 314)	Total (n = 714)	P-value
Body weight category^a, no. (%)				
Underweight	63 (15.8)	35 (11.1)	98 (13.7)	0.2347
Normal	225 (56.2)	187 (59.6)	412 (57.7)	
Overweight	52 (13.0)	36 (11.5)	88 (12.3)	
Obese	60 (15.0)	56 (17.8)	116 (16.3)	
Central obesity status^b, no. (%)				
Normal < 0.5	313 (78.3)	248 (79.0)	561 (78.6)	0.8129
Obese ≥ 0.5	87 (21.8)	66 (21.0)	153 (21.4)	
Dietary behaviour, no. (%)				
Low risk (≤ 2 dietary risk behaviours)	71 (17.8)	25 (8.0)	96 (13.4)	0.0007**
Moderate risk (3–4 dietary risk behaviours)	207 (51.8)	185 (58.9)	392 (54.9)	
High risk (≥ 5 dietary risk behaviours)	122 (30.5)	104 (33.1)	226 (31.7)	
Mean (SD)	3.81 (1.37)	4.03 (1.21)	3.90 (1.31)	0.0267 ^c
Physical activity, no. (%)				
Active ^c	96 (24.0)	49 (15.6)	145 (20.3)	0.0056**
Inactive ^d	304 (76.0)	265 (84.4)	569 (79.7)	
Mean no. of minutes of physical activity a week (SD)	183.9 (146.7)	150.5 (132.9)	169.2 (141.6)	0.0017**
Sedentary screen-based behaviour, no. (%)				
Low user (≤ 2 hours a day)	224 (56.0)	203 (64.6)	427 (59.8)	0.0192 ^e
High user (> 2 hours a day)	176 (44.0)	111 (35.4)	287 (40.2)	
Mean (SD)	8.22 (5.94)	7.32 (5.39)	7.82 (5.72)	0.0380 ^e
Sleep duration, children, no. (%)				
Sufficient ^e	180 (83.7)	186 (96.9)	366 (89.9)	< 0.0001**
Insufficient ^f	35 (16.3)	6 (3.1)	41 (10.1)	
Mean (SD)	9.82 (1.31)	10.51 (1.11)	10.15 (1.17)	0.0001**
Sleep duration, adolescents, no. (%)				
Sufficient	139 (75.1)	106 (86.9)	245 (79.8)	0.0121 ^e
Insufficient	46 (24.9)	16 (13.1)	62 (20.2)	
Mean (SD)	9.59 (1.32)	9.92 (1.34)	9.96 (1.26)	0.0370 ^e

SD: standard deviation. * Significant at $P < 0.05$; ** Significant at $P < 0.01$. a Based on the age-related body mass index growth chart of the World Health Organization (19). b Based on waist-to-height ratio (18). c Active: ≥ 420 minutes of physical activity a week (60 minutes a day). d Inactive: < 420 minutes of physical activity a week. e Sufficient: ≥ 9 hours a night for children and ≥ 8 hours a night for adolescents. f Insufficient: < 9 hours a night for children and < 8 hours a night for adolescents.