Table 4 Factors associated with overweight or obesity among students: logistic regression analysis

Variable	B	SE	P	Adjusted OR^a (95% CI)
Unhealthy dietary behaviour (≥ 3 dietary risks)	1.65	0.37	< 0.001	5.20 (2.50–10.70)
Inactive (< 420 minutes of physical activity/week)	0.17	0.27	0.540	1.18 (0.69–2.01)
Sedentary screen-based behaviour (≥ 2 hours screen time/day)	0.43	0.20	0.030	1.54 (1.05–2.26)
Insufficient sleep (< 9 hours for children and < 8 hours for adolescents)	-0.52	0.26	0.048	0.60 (0.34–1.00)
Sibling obesity	0.81	0.19	< 0.001	2.24 (1.55–3.25)
Father obesity	0.51	0.21	0.015	1.66 (1.10–2.50)
Mother obesity	0.49	0.20	0.016	1.64 (1.10–2.45)
Constant	-2.74	0.45	0.064	–

B: regression coefficient; SE: standard error; OR: odds ratio; CI: confidence interval.

^a Adjusted for all other variables.

Note: 98 underweight students were excluded from this analysis.