

Table (1): Socio-demographic characteristics of the studied university students

Variable		Summary statistics (n=410)	
		No.	%
Age (yrs)	≤20	214	52.2
	>20	196	47.8
	Mean± S.D	20.26± 1.38	
	Median	20	
	Range	(17-24)	
Gender	Male	221	53.9
	Female	189	46.1
Marital status	Single	396	96.6
	Married	14	3.4
Field of study	Faculty of Science	100	24.4
	Faculty of Nursing	100	24.4
	Faculty of Education	105	25.6
	Faculty of Arts	105	25.6
Grade of university	First grade	101	24.6
	Second grade	103	25.1
	Third grade	106	25.9
	Fourth grade	100	24.4
Residence	Urban	214	52.2
	Rural	196	47.8
Living	With family	308	75.1
	With friends	74	18
	With relatives	19	4.6
	Alone	9	2.3

Table (2) Physical assessment and current lifestyle of the studied university students

Variables		Summary statistics (n=410)	
		No.	%
Height	150 - <165	169	41.2
	165 - <180	207	50.5
	180 - 195	34	8.3
	Mean ± S.D	166.96 ± 7.84	
	Median (Range)	165 (150-195)	
Weight	50 - <70	200	48.8
	70 - <90	196	47.8
	90 - 110	14	3.4
	Mean ± S.D	69.5± 11.53	
	Median (Range)	70 (50 – 110)	
BMI	Under weight	11	2.7
	Normal weight	204	49.8
	Over weight	146	35.5
	Obese	49	12
	Mean ± S.D	24.97 ± 4.05	
	Median (Range)	24.7(12.43 – 42.42)	
Regular check up	Yes	61	14.9
	No	349	85.1
Perception of health situation	Bad	19	4.6
	Moderate	143	34.9
	Good	182	44.4
	Very good	66	16.1

Table (3): Distribution of the studied university students' HPLP II Domains score

HPLP II domains	Summary statistics (n=410)			
	Mean \pm S.D	Median	Minimum	Maximum
Health responsibility	22.16 \pm 4.81	22	10	35
Physical activity	18.57 \pm 4.73	19	8	31
Nutrition	25.75 \pm 4.95	26	11	36
Spiritual growth	24.93 \pm 5.46	25	9	36
Interpersonal relationships	24.1 \pm 4.62	23	12	36
Stress management	20.5 \pm 4.28	20	9	31
Total HPLP II	132.86 \pm 20.41	131.5	78	187

Table (4) Distribution of grades of HPLP II score the studied university students

Grade	Summary statistics (n=410)	
	No.	%
Poor (52-90)	6	1.3
Moderate (91-129)	182	40.5
Good (130-168)	206	45.9
Excellent (169-208)	16	3.6

Table (5): Relation between grades of HPLP II score and socio-demographic characteristics of the studied university students

Variable		Grades of HPLP II score		P-value*
		Poor to Moderate (52-129) (n=188) (41.8%)	Good to Excellent (130-208) (n=222) (49.5)	
		No. (%)	No. (%)	
Age	≤20	100(46.7%)	114 (53.3%)	0.71
	>20	88(44.9%)	108 (55.1%)	
Gender	Male	94(42.5%)	127 (57.5%)	0.14
	Female	94(49.7%)	95 (50.3%)	
Marital status	Single	180(45.5%)	216 (54.5%)	0.38
	Married	8 (57.1%)	6 (42.9%)	
Field of study	Faculty of Science	47 (47%)	53 (53%)	<0.0001
	Faculty of Nursing	31 (31%)	69 (69%)	
	Faculty of Education	45 (42.9%)	60 (57.1%)	
	Faculty of Arts	65 (61.9%)	40 (38.1%)	
Grade of university	First grade	53 (52.5%)	48 (47.5%)	0.004
	Second grade	32 (31.1%)	71 (68.9%)	
	Third grade	49 (46.2%)	57 (53.8%)	
	Fourth grade	54 (54%)	46 (46%)	
Residence	Urban	96(44.9%)	118 (55.1%)	0.67
	Rural	92 (46.9%)	104 (53.1%)	
Current Living	With family	148(48.1%)	160 (51.9%)	0.22
	With friends	26 (35.1%)	48 (64.9%)	
	With relatives	9 (47.4%)	10 (52.6%)	
	Alone	5 (55.6%)	4 (44.4%)	

*P-value is calculated by Chi-Square Test

Table (6): Relation between grades of HPLP II score and physical assessment and current lifestyle of the studied university students.

Variable		Grades of HPLP II score		P-value*
		Poor to Moderate (52-129) (n=188) (41.8%)	Good to Excellent (130-208) (n=222) (49.5)	
		No. (%)	No. (%)	
Height	150 - <165	75 (44.4%)	94 (55.6%)	0.82
	165 - <180	98 (47.3%)	109(52.7%)	
	180 - 195	15 (44.1%)	19 (55.9%)	
Weight	50 - <70	101 (50.5%)	99 (49.5%)	0.04
	70 - <90	84 (42.9%)	112 (57.1%)	
	90 - 110	3 (21.4%)	11 (78.6%)	
BMI	Underweight	101 (49.5%)	103 (50.5%)	0.4
	Normal	21 (42.9%)	28 (57.1%)	
	Over weight	60 (41.1%)	86 (58.9%)	
	Obese	6 (54.5%)	5 (45.5%)	
Regular check	Yes	19 (31.1%)	42 (68.9%)	0.01
	No	180 (51.6%)	169 (48.4%)	
Perception of health situation	Bad	14 (73.7%)	5 (26.3%)	0.06
	Moderate	68 (47.6%)	75 (52.4%)	
	Good	76 (41.8%)	106 (58.2%)	
	Very good	30 (45.5%)	36 (54.5%)	

*P-value is calculated by Chi-Square Test

Table (7) Final model of logistic regression

Independent item	Reference group	OR	95% CI		P-value
			Lower	Upper	
Field of study	Faculty of Science				
Faculty of Nursing		0.51	0.27	0.97	0.42
Faculty of Education		0.87	0.48	1.56	0.64
Faculty of Arts		1.94	1.1	3.51	0.02
Grade of university	First grade				
Second grade		0.33	0.18	0.62	<0.0001
Third grade		0.68	0.37	1.23	0.2
Fourth grade		0.93	0.51	1.69	0.83
Weight	50 - <70				
70 - < 90		1.03	0.64	1.65	0.88
90 – 110		0.02	0.04	0.82	0.02
Regular check-up	No				
Yes		0.46	0.24	0.88	0.02
Perception of health situation	Bad				
Moderate		0.22	0.06	0.72	0.01
Good		0.19	0.06	0.63	0.006
Very good		0.19	0.05	0.66	0.009