

Table 1. Weight, height, waist circumference and BMI of participants

Variable (Group)	Normal group (Mean±SD) N (369)	Overweight or obese group (Mean±SD) N (231)	P value
Weight	56.67±5.46	70.90±6.65	<0.001
Length	158.63±3.88	159.16±3.19	0.08
Waist circumference	72.39±5.22	80.96±5.56	<0.001
BMI	22.51±1.83	27.94±2.18	<0.001

Table 2. Dietary behaviors and food consumption patterns

Variable (Group)	Normal group No (%) (369)	Overweight or obese group No (%) (231)	Chi square	P value
Breakfast During last month	1_9/month	94 (25.5%)	13.920	0.008
	10_19/month	138 (37.4%)		
	20_29/month	43 (11.7%)		
	Always	77 (20.9%)		
	No	17 (4.6%)		
Cause of no breakfast	Can't eat in morning	87 (23.6%)	62.915	<0.001
	No time	124 (33.5%)		
	Not find prepared food	64 (17.4%)		
	Other	3 (0.8%)		
	Eat always	90 (24.4%)		
	To lose weight	1 (0.3%)		
Eating fruits per day During last month	No	15 (4.1%)	6.729	0.119
	Once daily	160 (43.4%)		
	Less than once daily	49 (13.3%)		
	Twice daily	113 (30.6%)		
	3 times daily	26 (7%)		
	4 times daily	6 (1.6%)		

Table 3. Dairy products and fatty food

Variable	(Group)	Normal group No (%) (369)	Overweight or obese group No (%) (231)	Chi square	P value
Dairy products During last month	No	47 (12.7%)	19 (8.2%)	13.992	0.01
	Once daily	180 (48.8%)	110 (47.6%)		
	Less than once daily	56 (15.2%)	21 (9.1%)		
	Twice daily	69 (18.7%)	63 (27.3%)		
	3 times daily	14 (3.8%)	15 (6.5%)		
	4 times daily	3 (0.8%)	3 (1.3%)		
Fatty food During last month	No	3 (0.8%)	2 (0.9%)	21.312	0.002
	Once daily	140 (37.9%)	72 (31.1%)		
	Less than once daily	45 (12.2%)	10 (4.3%)		
	Twice daily	124 (33.6%)	88 (38.1%)		
	3 times daily	35 (9.5%)	39 (16.9%)		
	4 times daily	19 (5.1%)	17 (7.4%)		
	5 times daily	1 (0.4%)	0 (0%)		
	More than 5 daily	2 (0.5%)	3 (1.3%)		

Table 4. Univariate Binary Regression Analysis between normal participants and overweight or obese participants

	B	P value	Odd's ratio	CI for Odd's	
				Lower	Upper
Age	0.000	0.994	1.000	0.895	1.119
Marital status	1.257	<0.001	3.515	1.809	6.830
Breakfast	0.474	0.738	1.607	0.100	25.818
Eating fruits	0.497	0.200	1.644	0.769	3.514
Eating vegetables	-20.7	1.000	0.000	0.000	.
Soft drinks	-0.646	0.052	0.524	0.273	1.007
Exercise	0.582	0.014	1.789	1.125	2.845
Watching TV	-0.610	0.051	0.543	0.294	1.004
Walking 10 minutes	-20.73	0.999	0.000	0.000	.

Table 5. Multivariate Binary Regression Analysis between normal participants and overweight or obese participants Regarding marital state, soft drinks, exercise, and watching TV

	B	P value	Odd's ratio	CI for Odd's	
				Lower	Upper
Marital status	-1.222	<0.001	0.295	0.150	0.578
Soft drinks	-0.617	0.079	0.540	0.278	1.050
Exercise	0.572	0.017	1.772	1.106	2.840
Watching TV	-0.649	0.043	0.52	0.279	0.980

Table 6. Final model of multivariate logistic regression.

	B	P value	Odd's ratio	CI for Odd's	
				Lower	Upper
Marital status	1.219	<0.001	3.383	1.730	6.614
Exercise	0.571	0.017	1.771	1.106	2.834
Watching TV	-0.688	0.031	0.50	0.269	0.941