

Table 3. Odds ratio of overweight, obesity and abdominal obesity by different physical activity patterns in women

Predictor	Overweight		Obesity		Abdominal obesity	
	Odds Ratio (95%CI)	P	Odds Ratio (95%CI)	P	Odds Ratio (95%CI)	P
Age group						
18-39	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
40-65	1.46 (1.32-1.62)	<0.001	1.82 (1.61-2.06)	<0.001	1.72 (1.56-1.89)	<0.001
>65	2.13 (1.68-2.70)	<0.001	4.57 (3.73-5.59)	<0.001	4.71 (3.62-6.13)	<0.001
Walking						
<2 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
2 – 3.9 hrs/week	0.96 (0.83-1.10)	0.535	0.97 (0.83-1.13)	0.679	0.98 (0.85-1.12)	0.720
4 – 6.9 hrs/week	1.00 (0.86-1.16)	0.994	1.06 (0.90-1.25)	0.493	1.10 (0.95-1.27)	0.211
≥7 hrs/week	0.96 (0.85-1.08)	0.482	1.05 (0.92-1.21)	0.463	1.00 (0.89-1.12)	0.938
Exercise						
<2 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
2 – 3.9 hrs/week	1.02 (0.82-1.26)	0.855	1.01 (0.79-1.29)	0.922	1.05 (0.86-1.29)	0.634
4 – 6.9 hrs/week	0.80 (0.61-1.07)	0.131	0.95 (0.69-1.32)	0.775	1.02 (0.78-1.32)	0.889
≥7 hrs/week	0.90 (0.59-1.37)	0.626	1.43 (0.94-2.18)	0.096	1.10 (0.75-1.61)	0.624
TV watching						
<16 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
≥16 hrs/week	0.95 (0.85-1.06)	0.364	0.96 (0.84-1.09)	0.490	0.91 (0.79-1.04)	0.254
Office work						
<14 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
≥14 hrs/week	0.94 (0.82-1.07)	0.345	0.91 (0.78-1.07)	0.254	0.97 (0.86-1.11)	0.688
Entertainment						
<4 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
≥4 hrs/week	0.88 (0.79-0.98)	0.025	0.92 (0.81-1.05)	0.226	0.91 (0.82-1.01)	0.089