

Table 1) Distribution of frequency in life style of staffs in Hamedan based on demographic data

Demographic variable	Group	In needs of recovery	Average medium	Good	Very good	Excellent	Sig
		N (%)	N (%)	N (%)	N (%)	N (%)	
Age	Below 35	3 (0.6)	85 (17.5)	313 (64.3)	85 (17.5)	1 (0.2)	0.043
	More than 35	4 (0.6)	108 (15.5)	427 (59.9)	174 (24.4)	--	
Gender	Male	4 (0.7)	94 (15.5)	362 (59.6)	146 (24.1)	1 (0.2)	0.022
	Female	3 (0.5)	99 (16.2)	378 (63.7)	113 (19.1)	--	
Marital status	Married	6 (0.6)	142 (14.5)	596 (60.7)	237 (24.1)	1 (0.1)	0.002
	Single	1 (0.5)	49 (23.1)	141 (66.5)	21 (9.9)	--	
Job experience	Less than 10 years	3 (0.6)	88 (17.5)	319 (63.4)	92 (18.3)	1 (0.2)	0.015
	11-20 years	--	55 (14.8)	236 (63.4)	81 (21.8)	--	
	More than 20 years	7 (0.6)	193 (16.1)	740 (61.7)	259 (21.6)	1 (0.1)	
Income satisfaction	Yes	1 (0.1)	16 (9)	98 (55.1)	63 (35.4)	--	0.001
	No	4 (0.8)	114 (23)	295 (59.6)	82 (16.6)	--	
	Almost	2 (0.4)	63 (12)	347 (65.8)	114 (21.6)	1 (0.2)	

Table 2) The distribution of frequency in different levels of changing stages regarding the physical activity in terms of gender (Fisher Exact test)

Changing stages stages of change	Male	Female	Sig
	N (%)	N (%)	
Pre-reflection Precontemplation	91 (64.1)	51 (35.9)	0.001
reflection contemplation	92 (51.1)	88 (48.9)	
Preparation	301 (51)	289 (49)	
Act Action	103 (44)	131 (56)	
Maintenance	20 (37)	34 (63)	
Total	607 (50.6)	593 (49.4)	

Table 3) Distribution of life style components among staffs in Hamedan

Components	Never	Rarely	Sometimes	Often	Always
	N (%)	N (%)	N (%)	N (%)	N (%)
getting support from the family	(3.5) 42	(9.8) 117	(24.4) 293	(26.7) 320	(35.7) 428
Getting support from friends	(1) 12	(5.4) 65	(16.3) 195	(43.6) 523	(33.8) 405
Balance diet	(4.6) 55	(11) 132	(26) 312	(40.3) 484	(18.1) 217
Drug abuse	(96.5) 1158	(0.3) 9	(2) 24	(0.1) 1	(0.7) 8
Taking over the counter drugs	(47.8) 574	(27.7) 332	(18.2) 218	(4.1) 49	(2.3) 27
Safe sleep	(4.4) 53	(8.3) 100	(21.4) 257	(42.4) 509	(23.4) 281
Fastening the seatbelt(in and out of the city)	(2.7) 32	(2.5) 30	(7.5) 90	(23.7) 284	(63.7) 764
Ability to struggle with stress	(2.4) 29	(10.1) 121	(31.8) 381	(43.8) 526	(11.9) 143
Being calm and enjoying the free time	(3) 36	(11.4) 137	(29.9) 359	(39.8) 478	(15.8) 190
Safe sexual relationship	(23.8) 285	(3.1) 37	(4.3) 51	(14.9) 179	(54) 648
Hastiness	(17.8) 213	(20.5) 246	(32.1) 385	(21.9) 263	(7.8) 93
Feeling angry	(32.4) 389	(30.2) 362	(27.5) 330	(7.5) 90	(2.4) 29
Being optimist to life	(2.7) 32	(7.5) 90	(20.2) 242	(45.7) 548	(24) 288
Feeling sad and disappointed (of life)	(28.7) 344	(33.7) 404	(28.4) 341	(6.8) 81	(2.5) 30
Feeling depression(of life)	(31.8) 382	(33.6) 403	(25.5) 306	(6) 27	(3.1) 37
Job satisfaction	(5.1) 61	(9.5) 114	(15.9) 191	(40.9) 491	343 (28.6)

Table 4) Distribution of frequency of physical activity among the staffs in Hamedan

Kind of activity	Less than 1	1-2 times in	3times in a	4 times in	More than 5
	time in week	a week	week	a week	times a week
	N (%)	N (%)	N (%)	N (%)	N (%)
Intense physical activity	852 (71)	162 (13.5)	92 (7.7)	32 (2.7)	62 (5.2)
Average-Medium physical activity	282 (23.5)	211 (17.6)	170 (14.2)	11 (9.3)	426 (35.5)

Table 5) Distribution of frequency of BMI among the staffs in Hamedan

State	BMI	N	%
Underweight	Less than 18.5	12	1
Ordinary Normal	18.6 - 24.99	482	40
Overweight	25 - 29.99	539	44.9
Obesity type I	30 - 39.34	143	11.9
Obesity type II	35 - 39.99	18	1.5
Obesity type III	More than 40	6	0.5