

Supplementary Tables

Supplementary Table 1: Crude and Adjusted odds ratios for factors associated with overweight and obesity compared to normal weight among women of Myanmar, MDHS 2015-16.

Variable	Crude Odds Ratio (COR)	95% CI	<i>p</i> -value ¹	Adjusted Odds Ratio (AOR)	95% CI	<i>p</i> -value ¹
Age Group (in years)						
15-24	Ref			Ref		
25-34	3.11	2.73-3.54	<0.001	2.34	2.01-2.73	<0.001
35-49	5.21	4.66 - 5.83	<0.001	3.65	3.14-4.26	<0.001
Place of Residence						
Urban	Ref			Ref		
Rural	0.54	0.47-0.61	<0.001	0.74	0.64-0.87	<0.001
Region of Residence						
Kachin	Ref			Ref		
Kayah	0.68	0.49-0.94	0.019	0.68	0.50-0.92	0.012
Kayin	0.84	0.64-1.10	0.202	0.88	0.69-1.12	0.301
Chin	0.45	0.33-0.61	<0.001	0.50	0.38-0.66	<0.001

Sagaing	0.85	0.65-1.11	0.234	0.88	0.67-1.15	0.343
Taninthayi	0.91	0.70-1.17	0.459	1.03	0.78-1.36	0.832
Bago	0.65	0.51-0.82	<0.001	0.68	0.54-0.87	0.002
Magway	0.56	0.43-0.74	<0.001	0.60	0.46-0.77	<0.001
Mandalay	0.67	0.52-0.87	0.002	0.64	0.50-0.82	<0.001
Mon	0.84	0.64-1.11	0.217	0.87	0.63-1.20	0.381
Rakhine	0.39	0.29-0.52	<0.001	0.61	0.45-0.82	0.001
Yangon	1.18	0.90-1.55	0.224	0.98	0.75-1.27	0.854
Shan	0.81	0.60-1.09	0.165	0.91	0.68-1.20	0.486
Ayeyarwaddy	0.66	0.50-0.88	0.005	0.81	0.61-1.08	0.152
Naypyitaw	0.69	0.53-0.90	0.006	0.68	0.52-0.90	0.008
Highest Educational Status						
No Formal Education	Ref			Ref		
Primary	1.29	1.13-1.48	<0.001	1.24	1.06-1.45	0.006
Secondary	1.13	0.97-1.32	0.115	1.26	1.04-1.53	0.018
Higher	1.50	1.22-1.83	<0.001	1.10	0.86-1.40	0.452
Currently employment						
No	Ref					

Yes	1.02	0.91-1.13	0.762			
Wealth index						
Poorest	Ref			Ref		
Poorer	1.49	1.29-1.72	<0.001	1.46	1.24-1.72	<0.001
Middle	1.87	1.61-2.18	<0.001	1.92	1.62-2.28	<0.001
Richer	2.31	1.97-2.72	<0.001	2.26	1.88-2.72	<0.001
Rich	3.16	2.68-3.72	<0.001	2.82	2.28-3.48	<0.001
Marital Status						
Single	Ref			Ref		
Married	3.03	2.73-3.37	<0.001	1.60	1.30-1.98	<0.001
Separated/ Divorced/ Widowed	2.10	1.75-2.51	<0.001	1.03	0.80-1.32	0.820
Parity						
0	Ref			Ref		
1	2.42	2.13-2.75	<0.001	1.44	1.15-1.81	0.002
2	3.13	2.73-3.59	<0.001	1.50	1.19-1.88	0.001
3	3.53	3.07-4.06	<0.001	1.61	1.29-2.02	<0.001

3+	2.62	2.30-2.99	<0.001	1.42	1.13-1.79	0.003
Number of Household Member						
≤5	Ref			Ref		
>5	0.83	0.76-0.92	<0.001	0.92	0.83-1.03	0.150
Frequency of watching TV						
Not at all	Ref			Ref		
Less than once a week	1.20	1.03-1.40	0.020	1.01	0.87-1.19	0.870
At least once a week	1.49	1.32-1.69	<0.001	1.16	1.02-1.32	0.023

MDHS: Myanmar Demographic and Health Survey

CI: Confidence Interval

¹ Variable with p-value less than <0.2 from unadjusted model were included into multivariable analysis

Supplementary Table 2: Crude odds ratios for factors associated with overweight and obesity compared to normal weight for urban area among women of Myanmar, MDHS 2015-16.

Variable	Crude Odds Ratio (COR)	95% CI	<i>p</i> -value ¹	Adjusted Odds Ratio (AOR)	95% CI	<i>p</i> -value ¹
Age Group (in years)						
15-24	Ref			Ref		
25-34	3.43	2.72-4.33	<0.001	2.67	2.07-3.44	<0.001
35-49	7.63	6.32-9.21	<0.001	5.52	4.30-7.08	<0.001
Region of Residence						
Kachin	Ref			Ref		
Kayah	0.70	0.42-1.19	0.188	0.63	0.38-1.05	0.075
Kayin	0.95	0.75-1.19	0.646	0.94	0.69-1.28	0.675
Chin	0.76	0.56-1.02	0.070	0.71	0.51-0.99	0.041
Sagaing	0.96	0.72-1.28	0.790	0.99	0.70-1.40	0.943
Taninthayi	0.62	0.47-0.82	0.001	0.61	0.38-0.98	0.042
Bago	0.71	0.53-0.93	0.015	0.62	0.43-0.89	0.010
Magway	0.59	0.36-0.97	0.038	0.50	0.29-0.86	0.013
Mandalay	0.98	0.79-1.22	0.848	0.85	0.62-1.18	0.334

Mon	0.77	0.49-1.20	0.243	0.62	0.32-1.20	0.154
Rakhine	0.61	0.41-0.89	0.012	0.60	0.43-0.83	0.002
Yangon	1.00	0.76-1.34	0.975	1.01	0.71-1.46	0.944
Shan	1.03	0.69-1.55	0.885	1.05	0.65-1.70	0.839
Ayeyarwaddy	0.74	0.52-1.06	0.099	0.89	0.55-1.44	0.632
Naypyitaw	0.80	0.51-1.25	0.322	0.75	0.49-1.15	0.181
Highest Educational Status						
No Formal Education	Ref			Ref		
Primary	1.14	0.84-1.56	0.389	1.10	0.76-1.58	0.605
Secondary	0.78	0.57-1.06	0.107	1.13	0.76-1.68	0.530
Higher	0.84	0.59-1.20	0.346	0.92	0.61-1.40	0.704
Currently employment						
No	Ref			Ref		
Yes	1.22	1.00-1.49	0.046	1.29	1.06-1.56	0.010
Wealth index						
Poorest	Ref			Ref		
Poorer	1.35	0.76-2.37	0.302	1.44	0.69-2.99	0.330

Middle	1.53	0.94-2.50	0.089	1.99	1.09-3.64	0.025
Richer	2.14	1.28-3.57	0.004	2.65	1.43-4.91	0.002
Rich	2.43	1.47-4.02	0.001	3.08	1.63-5.82	0.001
Marital Status						
Single	Ref			Ref		
Married	3.21	2.73-3.78	<0.001	1.46	1.01-2.11	0.042
Separated/ Divorced/ Widowed	2.67	2.01-3.55	<0.001	1.05	0.70-1.56	0.828
Parity						
0	Ref			Ref		
1	2.61	2.05-3.33	<0.001	1.36	0.89-2.08	0.152
2	3.21	2.60-3.96	<0.001	1.27	0.87-1.85	0.221
3	3.95	3.01-5.20	<0.001	1.50	1.03-2.18	0.034
3+	3.91	2.96-5.17	<0.001	1.44	0.97-2.14	0.072
Number of Household Member						
≤5	Ref			Ref		
>5	0.94	0.79-1.11	0.449	1.13	0.92-1.38	0.250

Frequency of watching TV*						
Not at all	Ref			Ref		
Less than once a week	1.15	0.80-1.67	0.441	1.05	0.73-1.51	0.779
At least once a week	1.25	0.93-1.69	0.144	1.14	0.85-1.52	0.389

MDHS: Myanmar Demographic and Health Survey

CI: Confidence Interval

¹ Variable with p-value less than <0.2 from unadjusted model were included into multivariable analysis

Supplementary Table 3: Adjusted odds ratios for factors associated with overweight and obesity compared to normal weight for rural area among women of Myanmar, MDHS 2015-16.

Variable	Crude Odds Ratio (COR)	95% CI	<i>p</i> -value ¹	Adjusted Odds Ratio (AOR)	95% CI	<i>p</i> -value ¹
Age Group (in years)						
15-24	Ref			Ref		
25-34	3.10	2.65-3.62	<0.001	2.09	1.75-2.51	<0.001
35-49	4.61	4.01-5.30	<0.001	2.89	2.39-3.49	<0.001
Region of Residence						
Kachin	Ref			Ref		
Kayah	0.70	0.46-1.06	0.091	0.71	0.48-1.06	0.091
Kayin	0.85	0.58-1.24	0.401	0.89	0.63-1.25	0.497
Chin	0.36	0.23-0.57	<0.001	0.43	0.28-0.64	<0.001
Sagaing	0.90	0.63-1.30	0.586	0.88	0.61-1.25	0.466
Taninthayi	1.10	0.77-1.56	0.606	1.25	0.88-1.78	0.206
Bago	0.68	0.49-0.94	0.018	0.72	0.52-0.99	0.044
Magway	0.62	0.44-0.87	0.006	0.62	0.44-0.86	0.005
Mandalay	0.58	0.40-0.83	0.004	0.57	0.40-0.81	0.002
Mon	0.90	0.63-1.29	0.570	1.03	0.72-1.49	0.860
Rakhine	0.39	0.26-0.58	<0.001	0.63	0.43-0.93	0.022
Yangon	1.07	0.77-1.49	0.681	1.07	0.75-1.52	0.713
Shan	0.78	0.51-1.17	0.222	0.86	0.59-1.24	0.418
Ayeyarwaddy	0.71	0.49-1.03	0.074	0.82	0.56-1.18	0.282
Naypyitaw	0.64	0.44-0.93	0.020	0.67	0.46-0.97	0.035

Highest Educational Status						
No Formal Education	Ref			Ref		
Primary	1.27	1.09-1.47	<0.001	1.24	1.04-1.47	0.018
Secondary	0.98	0.82-1.17	0.84	1.26	1.00-1.57	0.047
Higher	1.13	0.84-1.52	0.40	1.18	0.84-1.67	0.328
Currently employment						
No	Ref					
Yes	1.01	0.89-1.14	0.890			
Wealth index						
Poorest	Ref			Ref		
Poorer	1.49	1.28-1.73	<0.001	1.50	1.27-1.77	<0.001
Middle	1.87	1.59-2.20	<0.001	2.00	1.67-2.40	<0.001
Richer	2.05	1.72-2.45	<0.001	2.30	1.88-2.81	<0.001
Rich	2.59	2.01-3.35	<0.001	2.97	2.27-3.88	<0.001
Marital Status						
Single	Ref			Ref		
Married	3.35	2.93-3.83	<0.001	1.69	1.29-2.21	<0.001
Separated/ Divorced/ Widowed	1.92	1.53-2.42	<0.001	0.97	0.70-1.36	0.877
Parity						
0	Ref			Ref		
1	2.44	2.07-2.87	<0.001	1.47	1.12-1.93	0.005
2	3.37	2.83-4.03	<0.001	1.63	1.22-2.18	0.001
3	3.86	3.26-4.57	<0.001	1.71	1.29-2.28	<0.001
3+	2.92	2.48-3.43	<0.001	1.51	1.12-2.02	0.006

Number of Household Member						
≤5	Ref			Ref		
>5	0.74	0.66-0.83	<0.001	0.83	0.73-0.95	0.005
Frequency of watching TV						
Not at all	Ref			Ref		
Less than once a week	1.11	0.93-1.32	0.242	0.98	0.82-1.17	0.829
At least once a week	1.26	1.10-1.44	0.001	1.16	1.01-1.34	0.040

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¹ Variable with *p*-value less than <0.2 from unadjusted model were included into multivariable analysis