

Table 2 Dietary and physical activity patterns among expatriates before and after residing in Saudi Arabia (*n* = 1437)

Question	Before living in Saudi Arabia	After living in Saudi Arabia	Mean difference	<i>P</i>
Dietary pattern, mean (SD)				
In a typical week, on how many days do you eat fruit?	4.59 (2.14)	4.81 (2.06)	0.22	< 0.001*
How many servings of fruit do you eat a day?	1.95 (1.18)	1.92 (1.13)	0.03	< 0.001*
In a typical week, on how many days do you eat vegetables?	5.17 (1.96)	5.10 (1.98)	0.07	< 0.001*
How many servings of vegetables do you eat a day?	2.34 (1.35)	2.32 (1.32)	0.02	< 0.001*
How many fast food meals per week do you eat that were not prepared at home?	1.27 (2.35)	3.42 (5.40)	-2.14	< 0.001*
Physical activities				
Work				
In a typical week, how many days do you do vigorous-intensity activities as part of your work?	0.50 (1.45)	0.30 (1.05)	0.20	< 0.001*
How much time do you spend doing vigorous-intensity activities at work on a typical day? (min)	18.27 (57.07)	11.16 (42.10)	7.37	< 0.001*
In a typical week, how many days do you do moderate-intensity activities as part of your work?	3.50 (2.82)	3.03 (2.62)	0.47	< 0.001*
How much time do you spend doing moderate-intensity activities at work on a typical day? (min)	75.49 (87.69)	54.36 (70.61)	21.13	< 0.001
Travel to and from places				
In a typical week, on how many days do you do walk or cycle for ≥ 10 min continuously to get to/from places?	5.08 (2.72)	3.51 (2.92)	1.57	< 0.001*
How much time do you spend walking or cycling for travel on a typical day? (min)	78.28 (74.87)	36.95 (43.78)	44.33	< 0.001*
Recreational activities				
In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities?	0.83 (1.68)	0.57 (1.38)	0.26	< 0.001
How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day? (min)	23.04 (52.18)	13.59 (33.68)	9.11	< 0.001
In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational activities?	2.07 (2.59)	1.53 (2.18)	0.54	< 0.001*
How much time do you spend doing moderate-intensity sports, fitness or recreational activities on a typical day? (min)	33.94 (50.15)	21.92 (33.85)	12.021	< 0.001*

*Tests were done using Mann-Whitney U test. SD = standard deviation.