

Table 4 Association of physical activity changes with gender and length of stay in Saudi Arabia (n = 1437)

Covariate	0-5 yr, n = 634	≥ 5 yr, n = 803	P
Work			
Number of days of vigorous activity change	-0.28 (1.11)	-0.14 (1.04)	< 0.001*
Time consumed in vigorous change (in minutes)	-9.32 (46.54)	-5.85 (39.7)	0.012*
Number of days of moderate activity change	-0.67 (1.77)	-0.31 (1.65)	< 0.001*
Time consumed in moderate change (in minutes)	-25.66 (60.2)	-16.92 (65.0)	0.001*
Travel to and from places			
Number of days of Walk change	-1.64 (2.78)	-1.55 (2.74)	0.573*
Time consumed in Walk change (in minutes)	-41.5 (65.95)	-41.94 (70.81)	0.246
Recreational activities			
Number of days of sport vigorous change	-0.3 (1.53)	-0.23 (1.44)	0.248
Time consumed in of sport vigorous change (in minutes)	-10.74 (44.76)	-7.84 (48.14)	0.337*
Number of days of sport moderate change	-0.62 (2.34)	-0.48 (2.18)	0.248
Time consumed in sport moderate change (in minutes)	-13.07 (43.07)	-10.83 (43.95)	0.337
	Male, n = 840	Female, n = 597	P
Work			
Number of days of vigorous activity change	-0.25 (1.18)	-0.14 (0.9)	<0.001*
Time consumed in vigorous change(in minutes)	-8.96 (43.83)	-5.1 (41.37)	0.001*
Number of days of moderate activity change	-0.57 (1.69)	-0.32 (1.73)	0.001*
Time consumed in moderate change (in minutes)	-22.57 (58.95)	-18.25 (8.44)	0.203
Travel to and from places			
Number of days of Walk change	-0.77 (2.12)	-2.75 (3.12)	< 0.001*
Time consumed in Walk change (in minutes)	-43.42 (61.83)	-39.42 (77.26)	0.05*
Recreational activities			
Number of days of sport vigorous change	-0.29 (1.55)	-0.23 (1.39)	0.34*
Time consumed in of sport vigorous change (in minutes)	-12.39 (56.25)	-4.51 (27.68)	0.011
Number of days of sport moderate change	-0.52 (2.25)	-0.57 (2.25)	0.689*
Time consumed in sport moderate change (in minutes)	-10.93 (43.01)	-13.07 (44.35)	0.703*

Values are presented as mean (standard deviation). *Tested by Mann-Whitney U test