

Table 3 Association of physical activity level with demographic and physical factors

Variable	Total No.	Physical activity level ^a			P-value
		Low %	Moderate %	High %	
Place of work					
Office of directorate of education	128	28.1	39.8	32.0	< 0.001
Office of university president	118	32.2	39.0	28.8	
School	155	11.6	31.6	56.8	
University	138	34.8	29.0	36.2	
Type of work					
Nonteaching	256	30.1	39.4	30.5	< 0.001
Teaching	293	22.5	30.4	47.1	
Sex					
Male	269	27.1	35.3	37.5	0.634
Female	270	24.8	33.7	41.5	
Age (years)					
15-29	241	23.7	34.0	42.3	0.578
30-44	208	26.4	36.5	37.0	
45-64	90	31.1	31.1	37.8	
Sitting time (hours per day)					
0.5-4.5	178	16.3	34.3	49.4	< 0.001
5.0-9.5	289	26.6	34.3	39.1	
≥ 10.0	72	47.2	36.1	16.7	
BMI (kg/m²)					
< 18.0	16	31.3	31.3	37.5	0.750
18.0-24.9	248	25.0	35.9	39.1	
25.0-29.9	195	24.6	36.4	39.0	
≥ 30.0	80	31.3	26.2	42.5	
Season of survey					
Spring	472	23.3	35.8	40.9	< 0.001
Summer	67	44.8	25.3	29.9	

^aInternational physical activity questionnaire short form cutoffs [6].