Table 3. Distribution and proportions of physical activity categorization based on MET score

Physical activity categorization	2014 (n = 1228)	2014 (n = 1228)	2023 (n = 1517)	2023 (n = 1517)	χ^2	P
	n	%	n	%		
Inactive	457	37.3	606	39.9		
Minimally active	509	41.4	621	40.9		
Very active	262	21.3	290	19.2	3.013	0.222
Total	1228	100	1517	100		

MET = metabolic equivalent of task.