

Table 4. Comparative analysis of selected characteristics among individuals based on their physical activity status

Characteristics		HEPA active		Minimally active		Inactive		Total	
		n	%	n	%	n	%	χ^2	P
Gender (2014)	Male (597)	174	29.1	226	37.9	197	33.0	42.39	<0.001
	Female (631)	88	13.9	283	44.8	260	41.2		
Gender (2023)	Male (743)	183	24.6	319	42.9	241	32.4	45.14	<0.001
	Female (774)	107	13.8	302	39.0	365	47.2		
Male: $\chi^2 = 4.66, P = 0.037$; Female: $\chi^2 = 5.61, P = 0.06^*$									
Age group, yr (2014)	25-34 (445)	112	25.2	190	42.7	143	32.1	19.02	<0.001
	35-44 (274)	69	25.2	103	37.6	102	37.2		
	45-64 (509)	81	15.9	216	42.4	212	41.7		
Age group, yr (2023)	25-34 (561)	129	23.0	252	44.9	180	32.1	24.36	<0.001
	35-44 (362)	63	17.4	138	38.1	161	44.5		
	45-64 (594)	98	16.5	231	38.9	265	44.6		
25-34: $\chi^2 = 0.769, P = 0.681$; 35-44: $\chi^2 = 6.54, P = 0.038^*$; 45-64: $\chi^2 = 1.46, P = 0.481^*$									

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Characteristics		HEPA active		Minimally active		Inactive		Total	
		n	%	n	%	n	%	χ^2	P
Education (2014)	< 12 yr (470)	167	19.7	362	42.8	317	37.5	4.47	0.107
	≥ 12 yr (758)	95	24.9	147	38.5	140	36.6		
Education (2023)	< 12 yr (288)	129	21.3	247	40.8	230	38.0	3.50	0.174
	≥ 12 yr (1229)	161	17.7	374	41.1	376	41.3		
< 12 yr: $\chi^2 = 0.784, P = 0.679$; ≥ 12 yr: $\chi^2 = 8.92, P = 0.012^*$									
Marital status (2014)	Single (256)	74	28.9	106	45.3	66	25.8	23.36	<0.001
	Married (869)	173	19.9	352	40.5	344	39.6		
Marital status (2023)	Widowed/divorced (103)	15	14.6	41	39.8	47	45.6	24.42	<0.001
	Single (432)	100	23.1	201	46.5	131	30.3		
Marital status (2023)	Married (1016)	180	17.7	394	38.8	441	43.5	24.42	<0.001
	Widowed/divorced (69)	10	14.5	26	37.7	33	47.8		
Single: $\chi^2 = 3.31, P = 0.190$; Married: $\chi^2 = 3.18, P = 0.102$; Widowed/divorced: $\chi^2 = 0.91, P = 0.956^*$									
Economic status (2014)	Bad (360)	79	21.9	167	46.4	114	31.7	9.56	0.048
	Moderate (714)	154	21.6	286	40.1	274	38.4		
Economic status (2023)	Good (154)	29	18.8	56	36.4	69	44.8	0.97	0.913
	Bad (125)	7	21.6	50	40.0	48	38.4		
Economic status (2023)	Moderate (905)	171	18.9	366	40.4	368	40.7	0.97	0.913
	Good (487)	92	18.9	205	42.1	190	39.0		
Bad: $\chi^2 = 14.89, P < 0.001$; Moderate: $\chi^2 = 1.96, P = 0.375$; Good: $\chi^2 = 1.91, P = 0.384^*$									
Smoking (2014)	Yes (363)	105	28.9	145	39.9	113	31.1	20.04	<0.001
	No (772)	137	17.7	326	42.2	309	40.0		
Smoking (2023)	Quit (93)	20	21.5	38	40.9	35	37.6	29.21	<0.001
	Yes (455)	113	24.8	168	36.9	174	38.2		
Smoking (2023)	No (983)	152	15.5	409	42.6	412	41.9	29.21	<0.001
	Quit (79)	25	31.6	34	43.0	20	25.3		
Yes: $\chi^2 = 4.66, P = 0.097$; No: $\chi^2 = 1.76, P = 0.405$; Quit: $\chi^2 = 3.75, P = 0.153^*$									
Chronic disease (2014)	Yes (373)	53	14.2	152	40.8	168	45.0	21.63	<0.001
	No (855)	209	24.4	357	41.8	289	33.8		
Chronic disease (2023)	Yes (388)	70	18.0	152	39.2	166	42.8	1.76	0.405
	No (1129)	220	19.5	469	41.5	440	39.0		
Yes: $\chi^2 = 2.07, P = 0.356$; No: $\chi^2 = 9.08, P = 0.011^*$									
BMI (kg/m ²) (2014)	< 25 (455)	107	23.5	194	42.6	154	33.8	4.06	0.131
	≥ 25 (773)	155	20.1	315	40.8	303	39.2		
BMI (kg/m ²) (2023)	< 25 (640)	128	20.0	270	42.2	242	37.8	2.14	0.343
	≥ 25 (877)	162	18.5	351	40.0	364	41.5		
BMI < 25: $\chi^2 = 2.70, P = 0.259$; BMI ≥ 25: $\chi^2 = 1.13, P = 0.569^*$									
Being parent (2014)	Yes (887)	175	19.7	350	39.5	362	40.8	18.02	<0.001
	No (341)	87	25.5	159	46.6	95	27.9		
Being parent (2023)	Yes (972)	169	17.4	375	38.6	429	44.0	19.20	<0.001
	No (545)	121	22.2	246	45.1	178	32.7		
Yes: $\chi^2 = 2.872, P = 0.263$; No: $\chi^2 = 2.65, P = 0.266^*$									

*Change between 2014 and 2023 is compared. BMI = body mass index.