|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to start or do more physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 153 | 31.0 | 21.2 - 42.8 | 162 | 34.7 | 22.3 - 49.7 | 315 | 33.3 | 25.0 - 42.8 |
| 30-44 | 335 | 58.9 | 49.0 - 68.2 | 372 | 59.1 | 45.3 - 71.7 | 707 | 59.0 | 49.6 - 67.8 |
| 45-59 | 310 | 73.8 | 52.3 - 87.9 | 376 | 78.3 | 70.0 - 84.8 | 686 | 76.1 | 65.2 - 84.3 |
| 60-69 | 235 | 69.9 | 56.9 - 80.4 | 258 | 59.1 | 43.1 - 73.5 | 493 | 63.6 | 53.1 - 73.0 |
| **Total** | **1033** | **58.1** | **48.6 - 67.1** | **1168** | **56.4** | **48.5 - 64.1** | **2201** | **57.1** | **51.4 - 62.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 301 | 56.6 | 37.3 - 74.1 | 353 | 55.5 | 40.2 - 69.8 | 654 | 55.9 | 44.7 - 66.6 |
| Urban | 732 | 59.2 | 51.1 - 66.9 | 815 | 57.2 | 50.1 - 64.1 | 1547 | 58.1 | 52.7 - 63.2 |