|  |  |
| --- | --- |
| **Not meeting WHO recommendations on physical activity for health (“Insufficient physical activity”)** | Description: Percentage of respondents not meeting WHO recommendations on physical activity for health (respondents doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent) |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Not meeting WHO recommendations on physical activity for health** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI |
| 18-29 | 260 | 7.5 | 4.1 - 13.2 | 236 | 17.6 | 10.0 - 29.2 | 496 | 13.3 | 8.5 - 20.2 |
| 30-44 | 460 | 15.6 | 9.1 - 25.6 | 502 | 13.1 | 8.7 - 19.1 | 962 | 14.1 | 9.9 - 19.6 |
| 45-59 | 438 | 8.0 | 3.1 - 18.9 | 471 | 16.5 | 11.1 - 24.0 | 909 | 12.1 | 8.1 - 17.8 |
| 60-69 | 295 | 12.6 | 6.9 - 22.0 | 301 | 17.4 | 10.2 - 28.3 | 596 | 15.4 | 10.4 - 22.3 |
| **Total** | **1453** | **10.3** | **7.3 - 14.3** | **1510** | **15.9** | **12.1 - 20.6** | **2963** | **13.4** | **10.9 - 16.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 7.8 | 4.2 - 14.1 | 446 | 14.4 | 8.5 - 23.2 | 878 | 11.6 | 7.6 - 17.3 |
| Urban | 1021 | 12.4 | 8.2 - 18.2 | 1064 | 17.4 | 13.3 - 22.4 | 2085 | 15.1 | 12.3 - 18.5 |