|  |  |
| --- | --- |
| **Composition of total physical activity** | Description: Percentage of work, transport and recreational activity contributing to total activity |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Composition of total physical activity** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 253 | 48.0 | 41.1 - 54.8 | 8.2 | 4.5 - 12.0 | 43.8 | 37.5 - 50.1 |
| 30-44 | 446 | 41.8 | 32.8 - 50.7 | 7.1 | 4.4 - 9.9 | 51.1 | 41.0 - 61.2 |
| 45-59 | 419 | 65.1 | 54.6 - 75.6 | 11.1 | 4.0 - 18.1 | 23.8 | 13.8 - 33.9 |
| 60-69 | 279 | 62.9 | 55.7 - 70.1 | 7.3 | 2.4 - 12.2 | 29.8 | 24.1 - 35.5 |
| **Total** | **1397** | **53.7** | **48.0 - 59.5** | **8.8** | **5.9 - 11.6** | **37.5** | **31.6 - 43.4** |
| Area |  |  |  |  |  |  |  |
| Rural | 420 | 58.1 | 47.6 - 68.5 | 8.6 | 5.5 - 11.8 | 33.3 | 22.3 - 44.3 |
| Urban | 977 | 50.0 | 43.8 - 56.1 | 8.9 | 4.4 - 13.5 | 41.1 | 35.5 - 46.7 |

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| **Composition of total physical activity** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 221 | 51.9 | 40.3 - 63.5 | 12.3 | 6.3 - 18.3 | 35.8 | 25.2 - 46.3 |
| 30-44 | 474 | 59.8 | 52.7 - 66.8 | 11.3 | 7.2 - 15.5 | 28.9 | 22.9 - 34.9 |
| 45-59 | 433 | 62.3 | 50.1 - 74.5 | 15.9 | 1.1 - 30.7 | 21.8 | 16.7 - 26.8 |
| 60-69 | 285 | 70.6 | 62.6 - 78.7 | 4.6 | 2.0 - 7.2 | 24.8 | 16.3 - 33.2 |
| **Total** | **1413** | **59.2** | **54.7 - 63.8** | **11.9** | **7.9 - 15.9** | **28.9** | **24.3 - 33.5** |
| Area |  |  |  |  |  |  |  |
| Rural | 416 | 54.6 | 47.5 - 61.7 | 13.1 | 5.8 - 20.4 | 32.3 | 23.8 - 40.8 |
| Urban | 997 | 63.7 | 58.9 - 68.5 | 10.7 | 7.4 - 14.1 | 25.6 | 21.9 - 29.2 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Composition of total physical activity** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 474 | 50.2 | 42.9 - 57.5 | 10.5 | 6.9 - 14.2 | 39.3 | 32.7 - 45.8 |
| 30-44 | 920 | 52.6 | 47.0 - 58.2 | 9.6 | 6.9 - 12.4 | 37.8 | 31.8 - 43.7 |
| 45-59 | 852 | 63.8 | 56.3 - 71.3 | 13.3 | 5.5 - 21.2 | 22.9 | 17.0 - 28.8 |
| 60-69 | 564 | 67.5 | 62.0 - 72.9 | 5.7 | 3.1 - 8.3 | 26.8 | 21.5 - 32.2 |
| **Total** | **2810** | **56.8** | **53.3 - 60.2** | **10.5** | **7.8 - 13.2** | **32.7** | **29.0 - 36.5** |
| Area |  |  |  |  |  |  |  |
| Rural | 836 | 56.1 | 50.1 - 62.1 | 11.2 | 6.7 - 15.7 | 32.7 | 25.8 - 39.7 |
| Urban | 1974 | 57.4 | 53.5 - 61.2 | 9.9 | 7.0 - 12.8 | 32.8 | 29.5 - 36.0 |