|  |  |
| --- | --- |
| **No vigorous physical activity** | Description: Percentage of respondents not engaging in vigorous physical activity |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No vigorous physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % no vigorous activity | 95% CI | n | % no vigorous activity | 95% CI | n | % no vigorous activity | 95% CI |
| 18-29 | 260 | 12.1 | 7.7 - 18.4 | 236 | 55.8 | 39.8 - 70.6 | 496 | 37.2 | 28.5 - 46.8 |
| 30-44 | 460 | 41.7 | 29.3 - 55.4 | 502 | 53.2 | 40.7 - 65.3 | 962 | 48.7 | 39.8 - 57.6 |
| 45-59 | 438 | 25.7 | 14.7 - 41.1 | 471 | 85.1 | 78.0 - 90.3 | 909 | 54.6 | 42.5 - 66.1 |
| 60-69 | 295 | 59.0 | 46.2 - 70.6 | 301 | 91.5 | 84.5 - 95.5 | 596 | 77.9 | 70.1 - 84.2 |
| **Total** | **1453** | **29.3** | **23.3 - 36.2** | **1510** | **66.6** | **58.2 - 74.0** | **2963** | **50.2** | **44.6 - 55.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 25.0 | 15.0 - 38.5 | 446 | 61.8 | 46.7 - 74.8 | 878 | 46.1 | 36.2 - 56.4 |
| Urban | 1021 | 33.0 | 27.2 - 39.4 | 1064 | 71.1 | 65.3 - 76.3 | 2085 | 53.8 | 49.2 - 58.3 |