|  |  |
| --- | --- |
| **Sedentary** | Description: Minutes spent in sedentary activities on a typical day |
| Instrument question: P16a-b:How much time do you usually spend sitting or reclining on a typical day? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Minutes spent in sedentary activities on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI |
| 18-29 | 263 | 329.0 | 286.2 - 371.9 | 241 | 306.1 | 257.6 - 354.7 | 504 | 315.8 | 283.2 - 348.5 |
| 30-44 | 466 | 332.9 | 292.2 - 373.7 | 503 | 276.0 | 231.3 - 320.6 | 969 | 298.8 | 266.7 - 330.8 |
| 45-59 | 440 | 252.8 | 204.9 - 300.7 | 477 | 254.6 | 220.5 - 288.6 | 917 | 253.7 | 224.4 - 282.9 |
| 60-69 | 296 | 212.2 | 187.2 - 237.1 | 302 | 201.6 | 175.7 - 227.5 | 598 | 206.0 | 188.0 - 224.1 |
| **Total** | **1465** | **292.4** | **269.5 - 315.3** | **1523** | **271.6** | **246.9 - 296.4** | **2988** | **280.8** | **262.2 - 299.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 441 | 253.9 | 222.4 - 285.4 | 449 | 239.1 | 198.3 - 279.8 | 890 | 245.4 | 215.2 - 275.7 |
| Urban | 1024 | 325.7 | 296.3 - 355.0 | 1074 | 302.6 | 277.5 - 327.7 | 2098 | 313.0 | 293.7 - 332.4 |