|  |  |
| --- | --- |
| **Levels of total physical activity according to former recommen-dations** | Description: Percentage of respondents classified into three categories of total physical activity according to former recommendations |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |
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| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 260 | 12.4 | 8.0 - 18.7 | 18.5 | 11.0 - 29.5 | 69.1 | 58.6 - 77.9 |
| 30-44 | 460 | 35.1 | 22.5 - 50.3 | 15.9 | 10.1 - 24.1 | 49.0 | 37.3 - 60.7 |
| 45-59 | 438 | 11.8 | 6.0 - 22.1 | 21.1 | 11.6 - 35.3 | 67.0 | 51.7 - 79.4 |
| 60-69 | 295 | 29.4 | 20.9 - 39.6 | 23.6 | 16.8 - 32.0 | 47.1 | 35.5 - 59.0 |
| **Total** | **1453** | **19.9** | **14.8 - 26.2** | **19.3** | **14.4 - 25.3** | **60.8** | **53.5 - 67.7** |
| Area |  |  |  |  |  |  |  |
| Rural | 432 | 17.9 | 9.5 - 31.1 | 15.8 | 8.4 - 27.9 | 66.3 | 52.1 - 78.0 |
| Urban | 1021 | 21.6 | 16.6 - 27.6 | 22.2 | 17.2 - 28.1 | 56.2 | 49.9 - 62.3 |

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| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 236 | 28.7 | 18.5 - 41.6 | 29.0 | 18.4 - 42.5 | 42.3 | 27.4 - 58.8 |
| 30-44 | 502 | 22.0 | 15.7 - 29.8 | 46.1 | 33.0 - 59.7 | 32.0 | 22.8 - 42.8 |
| 45-59 | 471 | 33.2 | 22.4 - 46.2 | 35.1 | 26.4 - 44.8 | 31.7 | 24.6 - 39.8 |
| 60-69 | 301 | 24.0 | 15.6 - 35.1 | 47.9 | 35.0 - 61.1 | 28.1 | 19.7 - 38.4 |
| **Total** | **1510** | **27.2** | **21.6 - 33.5** | **38.1** | **31.9 - 44.6** | **34.8** | **28.4 - 41.8** |
| Area |  |  |  |  |  |  |  |
| Rural | 446 | 21.4 | 13.2 - 32.8 | 40.5 | 30.1 - 51.9 | 38.1 | 27.2 - 50.2 |
| Urban | 1064 | 32.7 | 26.9 - 39.1 | 35.7 | 29.2 - 42.8 | 31.6 | 25.8 - 38.1 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 496 | 21.8 | 15.5 - 29.7 | 24.5 | 17.8 - 32.9 | 53.7 | 44.4 - 62.7 |
| 30-44 | 962 | 27.2 | 20.0 - 35.8 | 34.2 | 24.7 - 45.2 | 38.7 | 31.3 - 46.6 |
| 45-59 | 909 | 22.2 | 15.3 - 31.1 | 27.9 | 20.8 - 36.3 | 49.9 | 39.7 - 60.0 |
| 60-69 | 596 | 26.2 | 19.5 - 34.4 | 37.7 | 28.7 - 47.8 | 36.0 | 28.1 - 44.8 |
| **Total** | **2963** | **24.0** | **19.9 - 28.5** | **29.8** | **25.8 - 34.1** | **46.3** | **41.3 - 51.3** |
| Area |  |  |  |  |  |  |  |
| Rural | 878 | 19.9 | 13.5 - 28.3 | 30.0 | 23.5 - 37.5 | 50.1 | 41.6 - 58.6 |
| Urban | 2085 | 27.6 | 23.5 - 32.2 | 29.6 | 25.2 - 34.4 | 42.8 | 37.8 - 48.0 |