|  |  |
| --- | --- |
| **Total physical activity- mean** | Description: Mean minutes of total physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of total physical activity 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 | 260 | 174.1 | 138.6 - 209.6 | 236 | 103.1 | 82.0 - 124.2 | 496 | 133.3 | 114.0 - 152.6 |
| 30-44 | 460 | 147.0 | 121.6 - 172.4 | 502 | 105.7 | 81.2 - 130.3 | 962 | 122.0 | 103.9 - 140.1 |
| 45-59 | 438 | 183.7 | 110.5 - 257.0 | 471 | 125.1 | 85.9 - 164.4 | 909 | 155.3 | 114.1 - 196.6 |
| 60-69 | 295 | 127.0 | 101.6 - 152.4 | 301 | 97.5 | 75.5 - 119.5 | 596 | 109.8 | 92.6 - 127.0 |
| **Total** | **1453** | **165.2** | **137.5 - 192.9** | **1510** | **108.7** | **93.6 - 123.7** | **2963** | **133.6** | **118.9 - 148.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 170.0 | 115.6 - 224.5 | 446 | 110.7 | 83.5 - 138.0 | 878 | 135.9 | 108.9 - 163.0 |
| Urban | 1021 | 161.1 | 139.2 - 183.0 | 1064 | 106.7 | 93.2 - 120.2 | 2085 | 131.4 | 118.3 - 144.6 |