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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Median minutes of total physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range |
| 18-29 | 260 | 115.7 | 55.7 - 231.4 | 236 | 82.9 | 27.9 - 150.0 | 496 | 102.9 | 34.3 - 180.0 |
| 30-44 | 460 | 102.9 | 32.9 - 171.4 | 502 | 57.1 | 36.4 - 128.6 | 962 | 64.3 | 36.4 - 145.0 |
| 45-59 | 438 | 98.6 | 70.7 - 197.1 | 471 | 85.7 | 41.4 - 128.6 | 909 | 91.4 | 51.4 - 157.1 |
| 60-69 | 295 | 77.1 | 40.7 - 175.7 | 301 | 52.9 | 34.3 - 120.0 | 596 | 75.0 | 37.1 - 141.4 |
| **Total** | **1453** | **102.9** | **51.4 - 205.7** | **1510** | **68.6** | **32.9 - 141.4** | **2963** | **85.7** | **38.6 - 157.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 107.1 | 70.7 - 175.7 | 446 | 75.7 | 36.4 - 141.4 | 878 | 94.3 | 45.7 - 150.0 |
| Urban | 1021 | 90.0 | 34.3 - 218.6 | 1064 | 68.6 | 27.9 - 137.1 | 2085 | 77.1 | 30.0 - 180.0 |