|  |  |
| --- | --- |
| **Domain-specific physical activity- mean** | Description: Mean minutes spent in work-, transport- and recreation-related physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of work-related 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 | 106.0 | 77.6 - 134.5 | 236 | 64.8 | 43.9 - 85.6 | 496 | 82.3 | 65.1 - 99.5 |
| 30-44 | 460 | 76.7 | 54.3 - 99.2 | 502 | 72.7 | 51.1 - 94.4 | 962 | 74.3 | 58.7 - 89.9 |
| 45-59 | 438 | 152.0 | 76.7 - 227.3 | 471 | 76.2 | 57.7 - 94.7 | 909 | 115.2 | 74.5 - 156.0 |
| 60-69 | 295 | 93.2 | 68.6 - 117.7 | 301 | 71.9 | 52.7 - 91.1 | 596 | 80.8 | 65.3 - 96.3 |
| **Total** | **1453** | **112.4** | **84.3 - 140.5** | **1510** | **70.9** | **61.0 - 80.8** | **2963** | **89.2** | **75.4 - 103.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 121.8 | 63.9 - 179.7 | 446 | 62.5 | 48.0 - 77.1 | 878 | 87.7 | 61.6 - 113.9 |
| Urban | 1021 | 104.4 | 86.9 - 121.9 | 1064 | 78.9 | 65.7 - 92.1 | 2085 | 90.5 | 79.4 - 101.6 |