|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of transport-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 | 8.8 | 5.4 - 12.2 | 236 | 6.4 | 3.2 - 9.5 | 496 | 7.4 | 5.1 - 9.7 |
| 30-44 | 460 | 14.6 | 6.5 - 22.7 | 502 | 9.1 | 4.2 - 14.0 | 962 | 11.3 | 7.0 - 15.6 |
| 45-59 | 438 | 9.6 | 5.9 - 13.2 | 471 | 31.1 | 0.0 - 76.4 | 909 | 20.0 | 0.0 - 42.6 |
| 60-69 | 295 | 5.6 | 2.4 - 8.8 | 301 | 5.2 | 2.0 - 8.4 | 596 | 5.4 | 3.1 - 7.7 |
| **Total** | **1453** | **10.2** | **7.6 - 12.8** | **1510** | **13.2** | **1.7 - 24.6** | **2963** | **11.8** | **5.2 - 18.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 10.0 | 6.9 - 13.0 | 446 | 18.8 | 0.0 - 41.3 | 878 | 15.0 | 1.8 - 28.3 |
| Urban | 1021 | 10.3 | 6.2 - 14.4 | 1064 | 7.9 | 5.4 - 10.3 | 2085 | 9.0 | 6.4 - 11.5 |