|  |  |
| --- | --- |
| **Domain-specific physical activity- median** | Description: Median 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 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Median minutes of work-related 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 | 48.6 | 10.0 - 141.4 | 236 | 30.0 | 8.6 - 128.6 | 496 | 38.6 | 8.6 - 128.6 |
| 30-44 | 460 | 17.1 | 2.9 - 94.3 | 502 | 30.0 | 15.0 - 77.1 | 962 | 30.0 | 8.6 - 85.7 |
| 45-59 | 438 | 77.1 | 25.7 - 171.4 | 471 | 45.0 | 10.0 - 85.7 | 909 | 60.0 | 17.1 - 128.6 |
| 60-69 | 295 | 50.0 | 10.0 - 120.0 | 301 | 38.6 | 15.0 - 90.0 | 596 | 38.6 | 15.0 - 102.9 |
| **Total** | **1453** | **51.4** | **8.6 - 128.6** | **1510** | **34.3** | **8.6 - 90.0** | **2963** | **38.6** | **8.6 - 120.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 60.0 | 15.0 - 128.6 | 446 | 30.0 | 8.6 - 90.0 | 878 | 38.6 | 8.6 - 120.0 |
| Urban | 1021 | 42.9 | 4.3 - 154.3 | 1064 | 38.6 | 10.0 - 90.0 | 2085 | 38.6 | 8.6 - 120.0 |