|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to start or do more physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 199 | 17.1 | 10.5 - 26.5 | 509 | 22.3 | 16.1 - 30.1 | 708 | 20.9 | 15.9 - 27.0 |
| 30-44 | 278 | 32.6 | 23.9 - 42.7 | 565 | 26.1 | 19.9 - 33.3 | 843 | 28.2 | 23.0 - 34.0 |
| 45-59 | 135 | 29.6 | 17.2 - 45.9 | 257 | 32.0 | 19.9 - 47.0 | 392 | 31.1 | 21.4 - 42.8 |
| 45-69 | 126 | 58.3 | 47.8 - 68.1 | 283 | 54.5 | 46.7 - 62.1 | 409 | 56.1 | 49.8 - 62.3 |
| 60-69 | 60 | 21.9 | 6.0 - 55.2 | 163 | 22.0 | 13.2 - 34.4 | 223 | 22.0 | 11.8 - 37.2 |
| **Total** | **798** | **30.4** | **25.6 - 35.6** | **1777** | **28.0** | **24.0 - 32.3** | **2575** | **28.7** | **25.6 - 32.1** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 478 | 24.9 | 19.1 - 31.9 | 1134 | 25.0 | 19.8 - 30.9 | 1612 | 25.0 | 20.9 - 29.5 |
| Urban | 320 | 38.4 | 31.2 - 46.3 | 643 | 34.8 | 29.9 - 40.1 | 963 | 36.2 | 32.0 - 40.7 |