|  |  |
| --- | --- |
| **Not meeting WHO recommendations on physical activity for health (“Insufficient physical activity”)** | Description: Percentage of population not meeting WHO recommendations on physical activity for health (population doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent) |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Not meeting WHO recommendations on physical activity for health** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI |
| 18-29 | 525 | 11.3 | 7.1 - 17.4 | 927 | 19.0 | 15.3 - 23.4 | 1452 | 16.1 | 13.1 - 19.5 |
| 30-44 | 554 | 13.4 | 9.3 - 18.9 | 1005 | 22.0 | 18.1 - 26.4 | 1559 | 18.9 | 16.0 - 22.2 |
| 45-59 | 246 | 7.4 | 4.1 - 13.0 | 419 | 12.3 | 7.0 - 20.7 | 665 | 10.5 | 6.7 - 16.0 |
| 45-69 | 227 | 28.7 | 22.4 - 35.9 | 407 | 49.3 | 42.8 - 55.7 | 634 | 40.0 | 35.2 - 44.9 |
| 60-69 | 103 | 10.7 | 4.6 - 23.1 | 239 | 18.1 | 9.7 - 31.3 | 342 | 15.0 | 9.1 - 23.6 |
| **Total** | **1655** | **13.1** | **10.5 - 16.2** | **2997** | **21.3** | **18.9 - 23.8** | **4652** | **18.1** | **16.3 - 20.1** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 906 | 8.1 | 5.6 - 11.7 | 1698 | 17.1 | 14.0 - 20.6 | 2604 | 13.9 | 11.6 - 16.5 |
| Urban | 749 | 19.2 | 14.8 - 24.5 | 1299 | 28.1 | 24.7 - 31.7 | 2048 | 24.3 | 21.6 - 27.3 |