|  |  |
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| **Composition of total physical activity** | Description: Percentage of work, transport and recreational activity contributing to total activity |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Composition of total physical activity** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 495 | 45.8 | 39.6 - 52.1 | 35.3 | 30.1 - 40.6 | 18.9 | 14.6 - 23.1 |
| 30-44 | 519 | 58.4 | 52.8 - 64.0 | 31.8 | 26.9 - 36.7 | 9.8 | 6.2 - 13.4 |
| 45-59 | 234 | 56.9 | 47.9 - 65.9 | 30.7 | 23.8 - 37.6 | 12.4 | 2.8 - 22.0 |
| 45-69 | 176 | 50.6 | 43.2 - 58.1 | 41.9 | 34.6 - 49.1 | 7.5 | 4.3 - 10.7 |
| 60-69 | 92 | 54.7 | 38.1 - 71.3 | 41.8 | 24.7 - 58.8 | 3.5 | 0.0 - 8.0 |
| **Total** | **1516** | **51.7** | **48.1 - 55.3** | **34.5** | **31.4 - 37.7** | **13.7** | **11.2 - 16.3** |
| Location |  |  |  |  |  |  |  |
| Rural | 859 | 53.3 | 48.4 - 58.3 | 33.2 | 28.9 - 37.5 | 13.5 | 9.9 - 17.1 |
| Urban | 657 | 49.6 | 44.5 - 54.7 | 36.4 | 32.0 - 40.8 | 14.1 | 10.5 - 17.6 |

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| **Composition of total physical activity** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 852 | 49.9 | 45.2 - 54.5 | 43.6 | 38.8 - 48.4 | 6.5 | 4.6 - 8.4 |
| 30-44 | 895 | 55.4 | 51.0 - 59.7 | 39.3 | 35.3 - 43.3 | 5.3 | 3.5 - 7.1 |
| 45-59 | 399 | 55.7 | 46.3 - 65.1 | 41.5 | 32.3 - 50.8 | 2.8 | 1.1 - 4.4 |
| 45-69 | 270 | 36.3 | 30.2 - 42.5 | 55.9 | 49.9 - 62.0 | 7.7 | 4.6 - 10.9 |
| 60-69 | 214 | 67.6 | 60.1 - 75.1 | 32.2 | 24.8 - 39.7 | 0.2 | 0.0 - 0.3 |
| **Total** | **2630** | **52.3** | **49.3 - 55.2** | **42.3** | **39.4 - 45.2** | **5.5** | **4.4 - 6.5** |
| Location |  |  |  |  |  |  |  |
| Rural | 1572 | 56.3 | 52.2 - 60.4 | 40.0 | 36.0 - 44.0 | 3.7 | 2.6 - 4.8 |
| Urban | 1058 | 44.9 | 41.1 - 48.6 | 46.5 | 42.7 - 50.2 | 8.6 | 6.3 - 10.9 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Composition of total physical activity** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 1347 | 48.3 | 44.5 - 52.2 | 40.5 | 36.9 - 44.1 | 11.2 | 9.1 - 13.2 |
| 30-44 | 1414 | 56.5 | 53.2 - 59.8 | 36.5 | 33.5 - 39.5 | 7.0 | 5.3 - 8.7 |
| 45-59 | 633 | 56.2 | 49.6 - 62.8 | 37.3 | 30.9 - 43.8 | 6.5 | 2.5 - 10.5 |
| 45-69 | 446 | 43.6 | 38.5 - 48.7 | 48.8 | 43.8 - 53.8 | 7.6 | 5.4 - 9.9 |
| 60-69 | 306 | 62.1 | 53.6 - 70.5 | 36.3 | 27.8 - 44.8 | 1.6 | 0.0 - 3.5 |
| **Total** | **4146** | **52.1** | **49.8 - 54.3** | **39.3** | **37.2 - 41.4** | **8.7** | **7.5 - 9.9** |
| Location |  |  |  |  |  |  |  |
| Rural | 2431 | 55.2 | 52.1 - 58.4 | 37.5 | 34.6 - 40.5 | 7.2 | 5.8 - 8.7 |
| Urban | 1715 | 46.9 | 43.8 - 50.0 | 42.1 | 39.2 - 45.0 | 11.0 | 9.0 - 13.0 |