|  |  |
| --- | --- |
| **Sedentary** | Description: Minutes spent in sedentary activities on a typical day |
| Instrument question: P16a-b:How much time do you usually spend sitting or reclining on a typical day? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Minutes spent in sedentary activities 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 | 547 | 176.1 | 154.3 - 197.9 | 959 | 158.7 | 145.2 - 172.3 | 1506 | 165.3 | 153.4 - 177.2 |
| 30-44 | 587 | 201.5 | 180.9 - 222.2 | 1025 | 187.7 | 170.1 - 205.3 | 1612 | 192.8 | 179.6 - 206.0 |
| 45-59 | 272 | 149.9 | 115.2 - 184.5 | 443 | 167.7 | 139.5 - 195.9 | 715 | 161.0 | 139.9 - 182.0 |
| 45-69 | 233 | 284.6 | 251.7 - 317.5 | 415 | 257.2 | 234.3 - 280.0 | 648 | 269.6 | 249.5 - 289.7 |
| 60-69 | 112 | 201.4 | 141.4 - 261.4 | 248 | 199.8 | 149.6 - 249.9 | 360 | 200.5 | 163.2 - 237.7 |
| **Total** | **1751** | **192.0** | **178.9 - 205.1** | **3090** | **177.7** | **168.5 - 187.0** | **4841** | **183.2** | **175.7 - 190.8** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 983 | 183.5 | 164.3 - 202.6 | 1761 | 166.6 | 153.7 - 179.5 | 2744 | 172.7 | 162.0 - 183.3 |
| Urban | 768 | 202.9 | 186.0 - 219.8 | 1329 | 195.9 | 183.6 - 208.1 | 2097 | 198.8 | 188.7 - 208.9 |