|  |  |
| --- | --- |
| **Levels of total physical activity according to former recommen-dations** | Description: Percentage of population classified into three categories of total physical activity according to former recommendations |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 525 | 18.8 | 13.5 - 25.6 | 16.5 | 11.9 - 22.5 | 64.7 | 57.4 - 71.4 |
| 30-44 | 554 | 21.0 | 16.0 - 27.1 | 16.3 | 11.7 - 22.3 | 62.7 | 55.8 - 69.1 |
| 45-59 | 246 | 20.7 | 12.3 - 32.7 | 12.0 | 5.9 - 23.0 | 67.2 | 54.4 - 77.9 |
| 45-69 | 227 | 38.8 | 31.7 - 46.5 | 22.1 | 16.1 - 29.6 | 39.0 | 31.5 - 47.2 |
| 60-69 | 103 | 20.5 | 9.5 - 38.7 | 21.6 | 8.4 - 45.1 | 57.9 | 37.7 - 75.8 |
| **Total** | **1655** | **21.8** | **18.4 - 25.5** | **16.6** | **13.7 - 20.0** | **61.6** | **57.3 - 65.8** |
| Location |  |  |  |  |  |  |  |
| Rural | 906 | 15.9 | 11.8 - 21.1 | 16.6 | 12.6 - 21.5 | 67.5 | 61.3 - 73.2 |
| Urban | 749 | 28.9 | 23.8 - 34.7 | 16.7 | 12.7 - 21.6 | 54.3 | 48.5 - 60.0 |

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| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 927 | 26.4 | 22.0 - 31.3 | 22.8 | 18.5 - 27.7 | 50.8 | 45.3 - 56.4 |
| 30-44 | 1005 | 28.1 | 23.8 - 32.7 | 24.2 | 19.4 - 29.8 | 47.7 | 42.1 - 53.4 |
| 45-59 | 419 | 24.7 | 15.2 - 37.5 | 20.1 | 13.2 - 29.3 | 55.2 | 44.2 - 65.7 |
| 45-69 | 407 | 56.3 | 49.8 - 62.6 | 17.9 | 13.5 - 23.4 | 25.8 | 20.4 - 32.1 |
| 60-69 | 239 | 25.5 | 16.2 - 37.8 | 15.2 | 9.0 - 24.5 | 59.2 | 47.4 - 70.1 |
| **Total** | **2997** | **28.9** | **26.1 - 31.9** | **22.2** | **19.5 - 25.2** | **48.9** | **45.5 - 52.3** |
| Location |  |  |  |  |  |  |  |
| Rural | 1698 | 22.8 | 19.1 - 26.9 | 25.1 | 21.1 - 29.4 | 52.2 | 47.3 - 57.0 |
| Urban | 1299 | 38.9 | 34.8 - 43.1 | 17.6 | 14.6 - 21.0 | 43.5 | 39.4 - 47.7 |

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| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 1452 | 23.5 | 20.0 - 27.4 | 20.4 | 17.0 - 24.2 | 56.1 | 51.5 - 60.5 |
| 30-44 | 1559 | 25.5 | 22.2 - 29.1 | 21.4 | 17.8 - 25.4 | 53.1 | 48.7 - 57.5 |
| 45-59 | 665 | 23.2 | 16.1 - 32.2 | 17.1 | 11.9 - 23.8 | 59.7 | 51.0 - 67.9 |
| 45-69 | 634 | 48.4 | 43.4 - 53.4 | 19.8 | 16.1 - 24.2 | 31.8 | 27.1 - 36.9 |
| 60-69 | 342 | 23.4 | 16.1 - 32.7 | 17.9 | 10.5 - 28.9 | 58.7 | 48.3 - 68.4 |
| **Total** | **4652** | **26.2** | **23.9 - 28.6** | **20.1** | **18.1 - 22.3** | **53.7** | **51.0 - 56.4** |
| Location |  |  |  |  |  |  |  |
| Rural | 2604 | 20.3 | 17.4 - 23.6 | 22.0 | 19.1 - 25.3 | 57.6 | 53.7 - 61.5 |
| Urban | 2048 | 34.7 | 31.5 - 38.1 | 17.2 | 14.8 - 20.0 | 48.1 | 44.7 - 51.5 |