|  |  |
| --- | --- |
| **Total physical activity- mean** | Description: Mean minutes of total physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of total physical activity 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 | 525 | 200.2 | 173.9 - 226.5 | 927 | 163.7 | 143.2 - 184.2 | 1452 | 177.5 | 160.5 - 194.5 |
| 30-44 | 554 | 256.2 | 225.7 - 286.7 | 1005 | 179.7 | 158.6 - 200.9 | 1559 | 207.5 | 189.5 - 225.5 |
| 45-59 | 246 | 260.2 | 206.2 - 314.3 | 419 | 200.9 | 163.1 - 238.6 | 665 | 223.2 | 190.7 - 255.7 |
| 45-69 | 227 | 168.7 | 137.8 - 199.5 | 407 | 101.3 | 77.3 - 125.3 | 634 | 131.7 | 111.9 - 151.5 |
| 60-69 | 103 | 175.5 | 106.7 - 244.3 | 239 | 219.8 | 169.9 - 269.7 | 342 | 201.2 | 162.7 - 239.6 |
| **Total** | **1655** | **219.6** | **201.8 - 237.4** | **2997** | **170.9** | **158.4 - 183.4** | **4652** | **189.5** | **178.9 - 200.1** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 906 | 246.0 | 219.2 - 272.8 | 1698 | 179.4 | 161.7 - 197.2 | 2604 | 203.0 | 187.6 - 218.4 |
| Urban | 749 | 187.2 | 166.4 - 208.0 | 1299 | 157.1 | 141.4 - 172.8 | 2048 | 169.8 | 156.9 - 182.7 |