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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Median minutes of total physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range |
| 18-29 | 525 | 141.4 | 51.4 - 308.6 | 927 | 120.0 | 30.0 - 240.0 | 1452 | 120.0 | 40.0 - 257.1 |
| 30-44 | 554 | 184.3 | 60.0 - 432.9 | 1005 | 102.9 | 25.7 - 274.3 | 1559 | 128.6 | 34.3 - 334.3 |
| 45-59 | 246 | 218.6 | 85.7 - 385.7 | 419 | 141.4 | 48.0 - 353.4 | 665 | 171.4 | 54.3 - 372.9 |
| 45-69 | 227 | 90.0 | 12.9 - 265.7 | 407 | 21.4 | 0.0 - 128.6 | 634 | 51.0 | 0.0 - 188.6 |
| 60-69 | 103 | 94.3 | 51.4 - 265.7 | 239 | 171.4 | 42.9 - 398.6 | 342 | 111.4 | 51.4 - 338.6 |
| **Total** | **1655** | **154.3** | **51.4 - 347.1** | **2997** | **104.0** | **25.7 - 257.1** | **4652** | **120.0** | **34.3 - 291.4** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 906 | 180.0 | 70.0 - 385.7 | 1698 | 120.0 | 38.6 - 265.7 | 2604 | 139.3 | 51.4 - 308.6 |
| Urban | 749 | 120.0 | 34.3 - 300.0 | 1299 | 77.1 | 14.3 - 240.0 | 2048 | 102.9 | 21.4 - 257.1 |