|  |  |
| --- | --- |
| **Domain-specific physical activity- mean** | Description: Mean minutes spent in work-, transport- and recreation-related physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of work-related 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 | 127.7 | 104.5 - 150.8 | 927 | 108.7 | 93.8 - 123.7 | 1452 | 115.9 | 102.6 - 129.2 |
| 30-44 | 554 | 193.0 | 165.0 - 221.0 | 1005 | 127.9 | 110.4 - 145.3 | 1559 | 151.5 | 136.1 - 167.0 |
| 45-59 | 246 | 181.8 | 137.3 - 226.2 | 419 | 143.7 | 110.0 - 177.4 | 665 | 158.0 | 131.5 - 184.5 |
| 45-69 | 227 | 115.0 | 88.9 - 141.1 | 407 | 67.7 | 45.7 - 89.7 | 634 | 89.1 | 71.8 - 106.4 |
| 60-69 | 103 | 125.6 | 63.9 - 187.3 | 239 | 172.2 | 130.2 - 214.1 | 342 | 152.6 | 118.6 - 186.6 |
| **Total** | **1655** | **151.8** | **136.1 - 167.5** | **2997** | **118.5** | **108.7 - 128.2** | **4652** | **131.2** | **122.5 - 139.9** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 906 | 168.8 | 145.5 - 192.1 | 1698 | 123.6 | 110.5 - 136.7 | 2604 | 139.6 | 127.4 - 151.9 |
| Urban | 749 | 131.0 | 111.6 - 150.3 | 1299 | 110.2 | 96.1 - 124.2 | 2048 | 118.9 | 107.1 - 130.7 |