|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of transport-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 | 44.5 | 37.1 - 51.8 | 927 | 49.2 | 36.8 - 61.6 | 1452 | 47.4 | 39.2 - 55.7 |
| 30-44 | 554 | 48.8 | 39.7 - 57.9 | 1005 | 47.1 | 34.9 - 59.2 | 1559 | 47.7 | 39.6 - 55.8 |
| 45-59 | 246 | 53.8 | 33.1 - 74.4 | 419 | 53.4 | 30.4 - 76.4 | 665 | 53.5 | 37.2 - 69.9 |
| 45-69 | 227 | 45.6 | 27.9 - 63.3 | 407 | 28.0 | 18.9 - 37.0 | 634 | 35.9 | 26.4 - 45.4 |
| 60-69 | 103 | 45.9 | 31.0 - 60.8 | 239 | 47.3 | 23.8 - 70.9 | 342 | 46.7 | 31.9 - 61.5 |
| **Total** | **1655** | **47.1** | **41.7 - 52.5** | **2997** | **47.5** | **39.6 - 55.3** | **4652** | **47.3** | **42.1 - 52.6** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 906 | 53.3 | 45.2 - 61.4 | 1698 | 52.4 | 40.3 - 64.6 | 2604 | 52.7 | 44.4 - 61.1 |
| Urban | 749 | 39.5 | 32.9 - 46.1 | 1299 | 39.4 | 33.5 - 45.2 | 2048 | 39.4 | 35.2 - 43.7 |