|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of recreation-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 | 28.0 | 19.4 - 36.7 | 927 | 5.8 | 4.1 - 7.4 | 1452 | 14.2 | 10.7 - 17.6 |
| 30-44 | 554 | 14.4 | 10.4 - 18.4 | 1005 | 4.8 | 3.2 - 6.4 | 1559 | 8.3 | 6.6 - 10.0 |
| 45-59 | 246 | 24.7 | 2.0 - 47.4 | 419 | 3.8 | 1.6 - 5.9 | 665 | 11.7 | 2.9 - 20.4 |
| 45-69 | 227 | 8.0 | 4.7 - 11.4 | 407 | 5.6 | 2.7 - 8.6 | 634 | 6.7 | 4.5 - 8.9 |
| 60-69 | 103 | 4.0 | 0.6 - 7.4 | 239 | 0.3 | 0.0 - 0.8 | 342 | 1.9 | 0.4 - 3.3 |
| **Total** | **1655** | **20.7** | **15.7 - 25.8** | **2997** | **5.0** | **4.0 - 6.0** | **4652** | **11.0** | **9.0 - 13.0** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 906 | 24.0 | 15.4 - 32.5 | 1698 | 3.4 | 2.5 - 4.3 | 2604 | 10.7 | 7.6 - 13.8 |
| Urban | 749 | 16.7 | 12.7 - 20.8 | 1299 | 7.5 | 5.4 - 9.7 | 2048 | 11.4 | 9.3 - 13.5 |