|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to start or do more physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 249 | 53.8 | 45.4 - 62.0 | 557 | 48.2 | 43.1 - 53.4 | 806 | 50.5 | 46.0 - 55.1 |
| 30-44 | 343 | 54.8 | 47.1 - 62.4 | 706 | 61.6 | 56.1 - 66.7 | 1049 | 58.6 | 53.7 - 63.3 |
| 45-59 | 238 | 65.0 | 56.8 - 72.4 | 411 | 65.6 | 59.2 - 71.4 | 649 | 65.3 | 60.0 - 70.3 |
| 60-69 | 111 | 52.1 | 40.8 - 63.2 | 251 | 73.0 | 65.7 - 79.3 | 362 | 64.8 | 58.0 - 71.0 |
| **Total** | **941** | **56.2** | **51.1 - 61.2** | **1925** | **57.3** | **54.1 - 60.5** | **2866** | **56.9** | **53.7 - 59.9** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 755 | 55.4 | 49.9 - 60.8 | 1637 | 56.0 | 52.5 - 59.5 | 2392 | 55.8 | 52.4 - 59.0 |
| Urban | 186 | 59.0 | 46.5 - 70.4 | 288 | 64.5 | 56.1 - 72.1 | 474 | 61.6 | 53.1 - 69.5 |