|  |  |
| --- | --- |
| **Composition of total physical activity** | Description: Percentage of work, transport and recreational activity contributing to total activity |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Composition of total physical activity** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 517 | 46.2 | 41.9 - 50.4 | 29.2 | 25.5 - 32.9 | 24.7 | 21.7 - 27.6 |
| 30-44 | 579 | 62.7 | 59.0 - 66.4 | 25.7 | 22.3 - 29.1 | 11.6 | 9.8 - 13.4 |
| 45-59 | 326 | 61.2 | 54.9 - 67.6 | 25.7 | 21.1 - 30.3 | 13.1 | 8.3 - 17.9 |
| 60-69 | 142 | 62.4 | 54.6 - 70.1 | 30.8 | 24.4 - 37.2 | 6.8 | 3.2 - 10.4 |
| **Total** | **1564** | **54.7** | **51.7 - 57.6** | **27.6** | **25.1 - 30.1** | **17.8** | **16.0 - 19.5** |
| Location |  |  |  |  |  |  |  |
| Rural | 1232 | 55.5 | 52.3 - 58.7 | 27.4 | 24.7 - 30.1 | 17.2 | 15.3 - 19.0 |
| Urban | 332 | 51.9 | 44.7 - 59.1 | 28.3 | 22.3 - 34.3 | 19.8 | 15.5 - 24.1 |

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| **Composition of total physical activity** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 722 | 56.0 | 52.4 - 59.6 | 33.7 | 30.4 - 36.9 | 10.3 | 8.1 - 12.6 |
| 30-44 | 920 | 66.6 | 63.6 - 69.7 | 26.2 | 23.2 - 29.1 | 7.2 | 5.6 - 8.8 |
| 45-59 | 517 | 68.9 | 64.8 - 73.1 | 25.0 | 21.9 - 28.1 | 6.0 | 3.6 - 8.4 |
| 60-69 | 269 | 67.1 | 61.8 - 72.5 | 29.4 | 24.3 - 34.6 | 3.4 | 1.8 - 5.0 |
| **Total** | **2428** | **62.4** | **60.0 - 64.7** | **29.5** | **27.5 - 31.5** | **8.1** | **6.8 - 9.5** |
| Location |  |  |  |  |  |  |  |
| Rural | 2052 | 63.0 | 60.4 - 65.6 | 29.3 | 27.1 - 31.4 | 7.7 | 6.2 - 9.2 |
| Urban | 376 | 58.3 | 52.3 - 64.4 | 31.0 | 25.3 - 36.7 | 10.7 | 8.1 - 13.3 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Composition of total physical activity** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 1239 | 51.0 | 48.0 - 54.0 | 31.4 | 28.9 - 33.9 | 17.6 | 15.7 - 19.5 |
| 30-44 | 1499 | 64.7 | 62.1 - 67.2 | 25.9 | 23.6 - 28.3 | 9.4 | 8.1 - 10.7 |
| 45-59 | 843 | 65.4 | 61.7 - 69.1 | 25.3 | 22.5 - 28.2 | 9.3 | 6.7 - 11.8 |
| 60-69 | 411 | 65.2 | 60.5 - 69.8 | 30.0 | 25.9 - 34.1 | 4.8 | 3.0 - 6.7 |
| **Total** | **3992** | **58.6** | **56.4 - 60.7** | **28.6** | **26.8 - 30.3** | **12.9** | **11.7 - 14.0** |
| Location |  |  |  |  |  |  |  |
| Rural | 3284 | 59.5 | 57.2 - 61.8 | 28.4 | 26.5 - 30.2 | 12.2 | 10.9 - 13.4 |
| Urban | 708 | 54.5 | 49.4 - 59.5 | 29.4 | 24.8 - 33.9 | 16.2 | 13.5 - 18.8 |