|  |  |
| --- | --- |
| **No vigorous physical activity** | Description: Percentage of respondents not engaging in vigorous physical activity |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No vigorous physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % no vigorous activity | 95% CI | n | % no vigorous activity | 95% CI | n | % no vigorous activity | 95% CI |
| 18-29 | 526 | 22.1 | 17.6 - 27.3 | 759 | 75.1 | 71.0 - 78.9 | 1285 | 48.5 | 44.8 - 52.3 |
| 30-44 | 593 | 37.4 | 32.2 - 42.8 | 964 | 71.3 | 66.8 - 75.3 | 1557 | 54.3 | 50.4 - 58.2 |
| 45-59 | 342 | 46.8 | 40.3 - 53.5 | 537 | 75.9 | 70.9 - 80.2 | 879 | 62.6 | 58.1 - 66.9 |
| 60-69 | 159 | 58.4 | 48.9 - 67.4 | 297 | 78.7 | 72.3 - 84.0 | 456 | 70.1 | 64.4 - 75.2 |
| **Total** | **1620** | **32.8** | **29.7 - 36.0** | **2557** | **74.3** | **71.5 - 76.9** | **4177** | **54.0** | **51.6 - 56.3** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1269 | 30.7 | 27.3 - 34.4 | 2140 | 73.2 | 70.0 - 76.1 | 3409 | 53.4 | 50.7 - 56.0 |
| Urban | 351 | 40.0 | 33.7 - 46.6 | 417 | 80.5 | 74.7 - 85.3 | 768 | 56.7 | 51.8 - 61.5 |