|  |  |
| --- | --- |
| **Sedentary** | Description: Minutes spent in sedentary activities on a typical day |
| Instrument question: P16a-b:How much time do you usually spend sitting or reclining on a typical day? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Minutes spent in sedentary activities 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 | 576 | 237.2 | 222.2 - 252.2 | 822 | 266.1 | 250.6 - 281.5 | 1398 | 251.5 | 239.8 - 263.1 |
| 30-44 | 639 | 227.1 | 213.0 - 241.1 | 1025 | 235.8 | 225.5 - 246.1 | 1664 | 231.4 | 222.2 - 240.6 |
| 45-59 | 393 | 218.3 | 202.2 - 234.4 | 580 | 220.3 | 203.7 - 236.9 | 973 | 219.3 | 208.6 - 230.1 |
| 60-69 | 179 | 242.5 | 216.7 - 268.3 | 323 | 250.3 | 229.8 - 270.8 | 502 | 246.9 | 231.2 - 262.6 |
| **Total** | **1787** | **231.1** | **221.9 - 240.4** | **2750** | **247.4** | **239.2 - 255.6** | **4537** | **239.3** | **232.3 - 246.3** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1420 | 232.9 | 222.3 - 243.5 | 2310 | 246.6 | 237.4 - 255.9 | 3730 | 240.1 | 232.2 - 248.0 |
| Urban | 367 | 224.8 | 206.6 - 243.0 | 440 | 251.6 | 234.5 - 268.7 | 807 | 236.0 | 221.6 - 250.3 |