|  |  |
| --- | --- |
| **Levels of total physical activity according to former recommen-dations** | Description: Percentage of respondents classified into three categories of total physical activity according to former recommendations |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 526 | 6.5 | 4.1 - 10.2 | 11.4 | 8.1 - 15.8 | 82.1 | 77.1 - 86.2 |
| 30-44 | 593 | 12.3 | 9.3 - 16.0 | 12.9 | 9.9 - 16.7 | 74.8 | 70.3 - 78.9 |
| 45-59 | 342 | 17.4 | 12.8 - 23.3 | 15.8 | 11.7 - 21.1 | 66.7 | 60.3 - 72.7 |
| 60-69 | 159 | 30.1 | 21.9 - 39.9 | 14.9 | 9.2 - 23.2 | 55.0 | 45.7 - 64.0 |
| **Total** | **1620** | **11.3** | **9.3 - 13.7** | **12.7** | **10.4 - 15.5** | **76.0** | **72.6 - 79.0** |
| Location |  |  |  |  |  |  |  |
| Rural | 1269 | 9.7 | 7.5 - 12.5 | 13.0 | 10.3 - 16.2 | 77.3 | 73.4 - 80.7 |
| Urban | 351 | 16.7 | 12.6 - 21.8 | 11.9 | 8.1 - 17.1 | 71.4 | 64.5 - 77.4 |

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| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 759 | 23.0 | 19.5 - 27.1 | 36.5 | 31.6 - 41.6 | 40.5 | 36.1 - 45.1 |
| 30-44 | 964 | 18.1 | 15.0 - 21.5 | 27.3 | 23.4 - 31.7 | 54.6 | 49.8 - 59.3 |
| 45-59 | 537 | 18.7 | 14.1 - 24.2 | 26.6 | 21.7 - 32.2 | 54.7 | 49.1 - 60.2 |
| 60-69 | 297 | 33.2 | 26.5 - 40.6 | 19.0 | 13.6 - 25.9 | 47.8 | 40.1 - 55.6 |
| **Total** | **2557** | **21.3** | **19.2 - 23.6** | **30.7** | **27.9 - 33.6** | **47.9** | **44.9 - 51.0** |
| Location |  |  |  |  |  |  |  |
| Rural | 2140 | 20.7 | 18.5 - 23.2 | 31.1 | 28.0 - 34.4 | 48.2 | 44.9 - 51.4 |
| Urban | 417 | 24.8 | 19.3 - 31.3 | 28.4 | 22.5 - 35.2 | 46.8 | 38.5 - 55.3 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 1285 | 14.8 | 12.5 - 17.4 | 23.9 | 20.7 - 27.4 | 61.4 | 57.6 - 64.9 |
| 30-44 | 1557 | 15.2 | 13.1 - 17.5 | 20.1 | 17.6 - 23.0 | 64.7 | 61.4 - 67.9 |
| 45-59 | 879 | 18.1 | 14.9 - 21.8 | 21.7 | 18.3 - 25.6 | 60.2 | 55.9 - 64.4 |
| 60-69 | 456 | 31.9 | 26.7 - 37.6 | 17.2 | 13.0 - 22.6 | 50.9 | 45.0 - 56.8 |
| **Total** | **4177** | **16.4** | **14.9 - 18.1** | **21.9** | **19.9 - 24.1** | **61.6** | **59.1 - 64.1** |
| Location |  |  |  |  |  |  |  |
| Rural | 3409 | 15.6 | 13.9 - 17.4 | 22.7 | 20.3 - 25.2 | 61.7 | 58.9 - 64.5 |
| Urban | 768 | 20.0 | 16.6 - 24.0 | 18.7 | 15.2 - 22.8 | 61.2 | 55.7 - 66.5 |