|  |  |
| --- | --- |
| **Total physical activity- mean** | Description: Mean minutes of total physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of total physical activity 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 | 526 | 262.8 | 238.5 - 287.1 | 759 | 132.1 | 119.2 - 144.9 | 1285 | 197.6 | 181.5 - 213.6 |
| 30-44 | 593 | 302.4 | 274.7 - 330.0 | 964 | 187.1 | 170.9 - 203.4 | 1557 | 244.7 | 227.2 - 262.1 |
| 45-59 | 342 | 255.7 | 227.2 - 284.3 | 537 | 181.9 | 162.5 - 201.4 | 879 | 215.7 | 198.0 - 233.3 |
| 60-69 | 159 | 199.5 | 162.5 - 236.5 | 297 | 163.3 | 136.7 - 189.9 | 456 | 178.7 | 156.7 - 200.7 |
| **Total** | **1620** | **271.6** | **253.5 - 289.7** | **2557** | **160.3** | **150.3 - 170.4** | **4177** | **214.7** | **202.8 - 226.7** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1269 | 272.6 | 252.8 - 292.4 | 2140 | 157.0 | 147.5 - 166.5 | 3409 | 210.9 | 198.6 - 223.2 |
| Urban | 351 | 268.2 | 225.3 - 311.0 | 417 | 179.2 | 140.5 - 218.0 | 768 | 231.4 | 196.9 - 266.0 |