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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Median minutes of total physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range |
| 18-29 | 526 | 196.4 | 102.9 - 400.0 | 759 | 85.7 | 34.3 - 180.0 | 1285 | 128.6 | 60.0 - 282.9 |
| 30-44 | 593 | 278.6 | 93.6 - 471.4 | 964 | 137.1 | 51.4 - 275.0 | 1557 | 192.9 | 68.6 - 377.1 |
| 45-59 | 342 | 214.3 | 60.0 - 402.9 | 537 | 137.1 | 48.6 - 287.1 | 879 | 167.1 | 51.4 - 342.9 |
| 60-69 | 159 | 154.3 | 25.7 - 312.9 | 297 | 126.4 | 34.3 - 235.7 | 456 | 135.0 | 33.6 - 265.7 |
| **Total** | **1620** | **222.9** | **96.4 - 428.6** | **2557** | **105.0** | **42.9 - 235.7** | **4177** | **150.0** | **60.0 - 330.0** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1269 | 224.3 | 102.9 - 411.4 | 2140 | 103.6 | 44.3 - 234.3 | 3409 | 150.0 | 60.7 - 321.4 |
| Urban | 351 | 188.6 | 81.4 - 462.9 | 417 | 107.1 | 36.4 - 263.6 | 768 | 153.4 | 53.6 - 394.3 |