|  |  |
| --- | --- |
| **Domain-specific physical activity- mean** | Description: Mean minutes spent in work-, transport- and recreation-related physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of work-related 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 | 154.4 | 132.5 - 176.3 | 759 | 93.3 | 81.7 - 104.9 | 1285 | 123.9 | 110.2 - 137.6 |
| 30-44 | 593 | 222.4 | 197.5 - 247.3 | 964 | 143.7 | 129.3 - 158.1 | 1557 | 183.0 | 167.3 - 198.7 |
| 45-59 | 342 | 196.2 | 166.3 - 226.0 | 537 | 144.9 | 127.1 - 162.7 | 879 | 168.3 | 150.8 - 185.9 |
| 60-69 | 159 | 152.2 | 116.1 - 188.2 | 297 | 134.2 | 108.8 - 159.6 | 456 | 141.9 | 120.5 - 163.3 |
| **Total** | **1620** | **183.3** | **166.2 - 200.3** | **2557** | **121.0** | **111.8 - 130.2** | **4177** | **151.5** | **140.8 - 162.2** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1269 | 183.5 | 165.1 - 201.9 | 2140 | 118.3 | 109.2 - 127.4 | 3409 | 148.7 | 137.9 - 159.5 |
| Urban | 351 | 182.5 | 141.2 - 223.9 | 417 | 136.4 | 103.9 - 168.9 | 768 | 163.5 | 131.3 - 195.6 |