|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of recreation-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 | 49.3 | 43.4 - 55.1 | 759 | 12.7 | 9.5 - 15.9 | 1285 | 31.0 | 27.5 - 34.5 |
| 30-44 | 593 | 28.4 | 22.8 - 34.0 | 964 | 13.3 | 9.3 - 17.3 | 1557 | 20.8 | 17.3 - 24.4 |
| 45-59 | 342 | 22.1 | 13.8 - 30.5 | 537 | 7.6 | 5.1 - 10.1 | 879 | 14.2 | 10.0 - 18.5 |
| 60-69 | 159 | 8.1 | 3.4 - 12.9 | 297 | 4.7 | 1.3 - 8.0 | 456 | 6.1 | 3.3 - 9.0 |
| **Total** | **1620** | **36.1** | **32.4 - 39.8** | **2557** | **11.5** | **9.4 - 13.5** | **4177** | **23.5** | **21.3 - 25.7** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1269 | 35.5 | 31.5 - 39.5 | 2140 | 10.4 | 8.3 - 12.5 | 3409 | 22.1 | 19.9 - 24.4 |
| Urban | 351 | 38.2 | 29.4 - 46.9 | 417 | 17.4 | 10.7 - 24.2 | 768 | 29.6 | 23.3 - 35.9 |