

Daily physical activity measures after stratification for sex

Table XXI Daily physical activity measures after stratification for sex.

Measure	Male	Female	P-value
N	654	347	
Physical activity measures in very light intensity			
Time, min·day ⁻¹	807 (711 – 911)	790 (706 – 879)	0.09
EE, METs·min·day ⁻¹	1091 (877 – 1358)	875 (737 – 1258)	<0.0001
Time in ≥10-min bouts, min·day ⁻¹	666 (547 – 789)	646 (527 – 770)	0.07
Frequency of ≥10-min bouts, bouts·day ⁻¹	18 (16 – 21)	18 (16 – 21)	0.60
Average duration of ≥10-min bouts, min·bout ⁻¹	35 (28 – 43)	33 (28 – 41)	0.08
EE in ≥10-min bouts, METs·min·day ⁻¹	894 (676 – 1200)	734 (554 – 1128)	<0.0001
Physical activity measures in light intensity			
Time, min·day ⁻¹	137 (89 – 185)	155 (102 – 205)	0.002
EE, METs·min·day ⁻¹	443 (294 – 652)	420 (276 – 663)	0.36
Time in ≥10-min bouts, min·day ⁻¹	6 (0 – 18)	13 (3 – 29)	<0.0001
Frequency of ≥10-min bouts, bouts·day ⁻¹	1 (0 – 1)	1 (0 – 2)	<0.0001
Average duration of ≥10-min bouts, min·bout ⁻¹	12 (11 – 14)	13 (12 – 14)	0.008
EE in ≥10-min bouts, METs·min·day ⁻¹	21 (0 – 65)	35 (6 – 96)	0.001