

4.2.4 PHYSICAL ACTIVITY

This chapter covers responses to the questions on the following areas asked in this survey; level of physical activity, duration, physical activity at work and/or home, during travel, leisure time/recreational activity and sedentary behaviours.

KEY FINDINGS

41.3% of adults did not meet the **WHO** recommended physical activity levels.

Sufficient and insufficient physical activity status

WHO recommends that, adults aged 18+ years should engage in at least 150 minutes of moderate-intensity physical activity per week or at least 75 minutes of vigorous-intensity physical activity per week or an equivalent combination of moderate and vigorous intensity activity accumulating at least 600 METS-minutes in a week. The percentage of adults engaged in sufficient and insufficient physical activity is presented in *figure 4.2.4.1*.

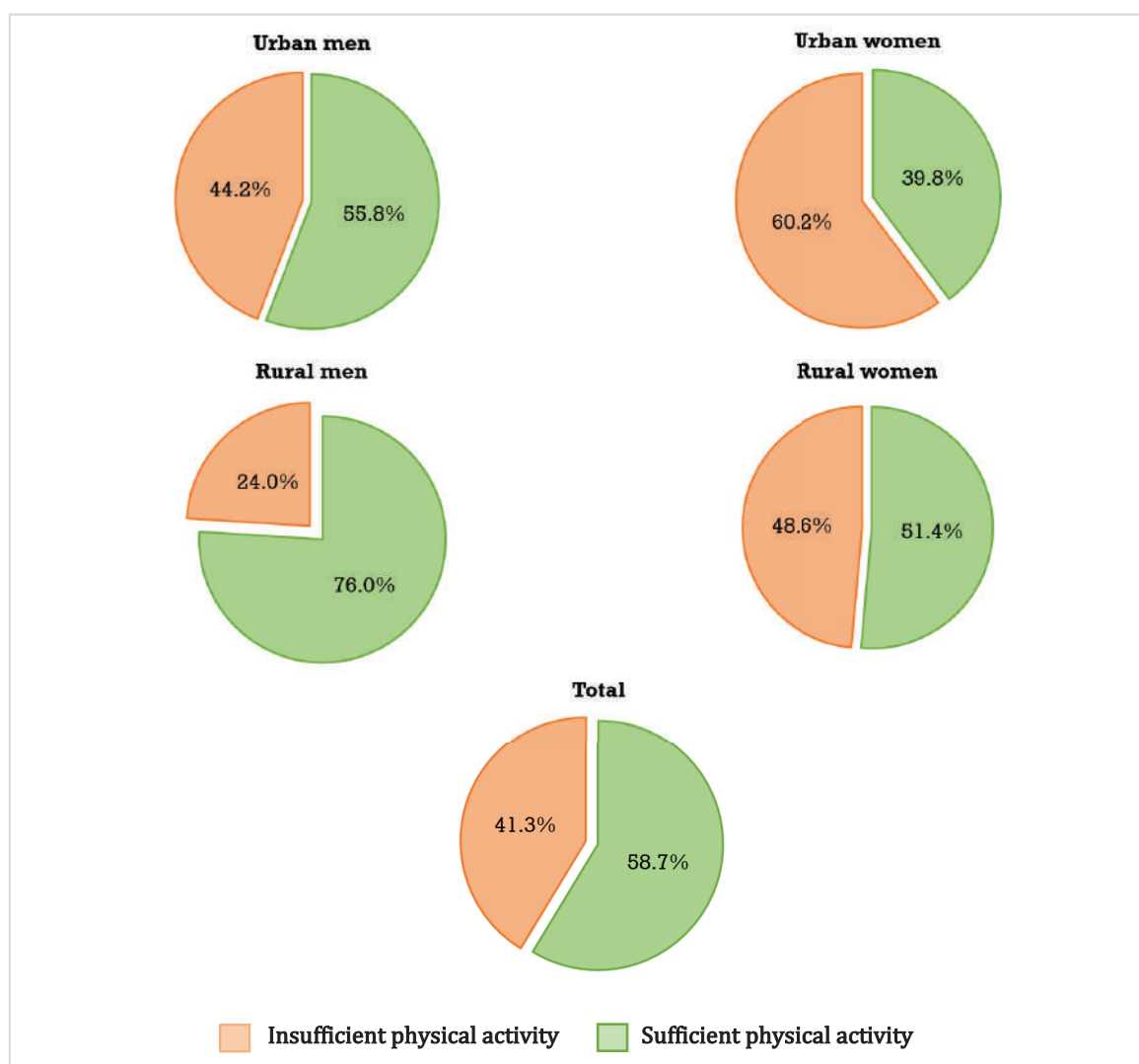


Figure 4.2.4.1 Physical activity levels by area of residence and gender (Percentage)

Total physical activity per day was recorded, considering all domains (work at home/workplace, transport and recreation related activities). Analysis of the collected data showed that 41.3% of the adults in the surveyed population did not meet the WHO recommendations on physical activity (*Figure 4.2.4.1 and annexure table 4.2.4.1a*). Insufficient physical activity among urban women was 60.2% and rural women was 48.6%.

The age-wise distributions shows, that 44.5% adults aged 45-69 years and 39.9% adults 18-44 years were engaged in insufficient physical activity. (*Annexure table 4.2.4.1b*)

Sufficient physical activity was seen among 58.7% of the population. The proportion of men engaging in sufficient physical activity was 69.1% and women was 47.6%, while 48.3% urban and 63.9% rural adults also engaged in adequate physical activity. (*Figure 4.2.4.1 and annexure table 4.2.4.1a*)

Time spent in physical activity per day

Table 4.2.4.1 Time (minutes) spent in vigorous and moderate level activities per day by area of residence and gender (Mean)

Level of physical activity (18 - 69 years)	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Vigorous activity	9.4	1.1	5.5	17.5	4.0	10.9	14.7	3.1	9.1
Moderate activity	71.1	40.6	56.7	121.3	57.8	90.2	104.1	52.2	79.0

Table 4.2.4.1 above shows that, in a day an average of 9.1 minutes were spent in vigorous activity, 5.5 minutes among adults from urban areas and 10.9 minutes rural areas; men spent 14.7 minutes and women 3.1 minutes.

The average minutes spent by adults in moderate level activities was estimated to be 79.0 minutes per day. The areas of residence and age categories distribution showed, that urban adults spent 56.7 minutes and rural adults 90.2 minutes (*Table 4.2.4.1*). Adults aged 18-44 years spent a total of 80.8 minutes and those in age group of 45-69 years spent 74.8 minutes per day in moderate activities. (*Annexure table 4.2.4.2b*)

Table 4.2.4.2 Time (minutes) spent in physical activity at work, during travel and leisure by area of residence and gender (Mean)

Place of physical activity (18 - 69 years)	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Work	37.0	30.0	33.7	83.3	46.3	65.1	67.4	41.0	54.6
Travel	15.3	6.3	11.0	35.1	13.2	24.4	28.3	10.9	19.9
Leisure time activity	28.2	5.5	17.5	20.4	2.4	11.6	23.1	3.4	13.6

Overall, respondents spent an average of 54.6 minutes in work-related physical activities at home/work place. Rural adults spent almost double the time (65.1 minutes) on work related physical activities than urban adults (33.7 minutes). Men spent 67.4 minutes and women 41.0 minutes (*Table 4.2.4.2*). This pattern was similar across all age groups. (*Annexure table 4.2.4.2b*)

Overall, 19.9 minutes were spent in travel related physical activities, 11.0 minutes urban and 24.4 minutes rural; 28.3 minutes by men and 10.9 minutes by women (*Table 4.2.4.2*). The age-wise distribution showed, that the time spent in travel related physical activities by adults from 18-44 years (19.9 minutes) and across 45-69 years (19.8 minutes) were similar. (*Annexure table 4.2.4.2b*)

The mean time spent in recreational activities like running, playing football, cycling, swimming, volleyball, walking etc., among the population was 13.6 minutes per day. Urban adults reported spending 17.5 minutes per day on leisure related physical activities while rural adults spent 11.6 minutes; men spent 23.1 minutes and women 3.4 minutes (*Table 4.2.4.2*). Time spent on leisure related physical activities decreased with the increase in the age of the population. (*Annexure table 4.2.4.2b*)

Overall, 88.1 minutes were spent on physical activity in a day; 62.2 and 101.1 minutes urban and rural; 118.8 minutes and 55.3 minutes in men and women, respectively. Age wise distribution showed, that 91.3 minutes were spent by 18-44 years and 80.8 minutes by 45-69 years. (*Annexure table 4.2.4.2a and b*)

Voluntary physical activity during recreational time

Table 4.2.4.3 Voluntary physical activity during recreational time by area of residence and gender (Percentage)

18 - 69 years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Voluntary physical activity	22.7	5.9	14.8	14.3	2.1	8.3	17.2	3.4	10.5

It was observed that, only 10.5% of all adults were engaged in doing any form of voluntary physical activity (like sports, fitness etc.) during recreational time, urban 14.8% and rural 8.3%; men 17.2% and women 3.4%; 18-44 years 11.8% and 45-69 years 7.6%. (*Table 4.2.4.3 and annexure table 4.2.4.3a*)

Time spent in being sedentary

Table 4.2.4.4 Time (minutes) spent being sedentary per day by area of residence and gender (Mean)

18 - 69 years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Sedentary	314.8	335.2	324.4	277.9	325.2	301.1	290.5	328.5	308.9

Table 4.2.4.4 shows, average minutes spent in sedentary behaviours like sitting, reclining and watching television, working on a computer, playing games in mobile/tablet, talking with friends or doing other sitting activities like knitting, embroidery etc., including the time spent sitting in office and excluding time spent sleeping in a typical day.

The time spent in being sedentary in a typical day was 308.9 minutes (290.5 minutes for men and 328.5 for women). Urban adults spent a mean of 324.4 minutes in a day being sedentary while, rural adults spent 301.1 minutes (*Table 4.2.4.4*). The mean minutes spent increased with age. (*Annexure table 4.2.4.4a*)