

4.3.4 PHYSICAL ACTIVITY

This chapter covers responses to the questions on type, duration and levels of physical activity at school, home, during travel and leisure time. It also includes information on time spent being sedentary.

Levels of physical activity

The *figure 4.3.4.1* below presents the physical activity of the adolescent study population using definitions of physical activity per day as per WHO recommendations.

KEY FINDINGS

25.2% adolescents had not met the WHO recommended levels of physical activity.

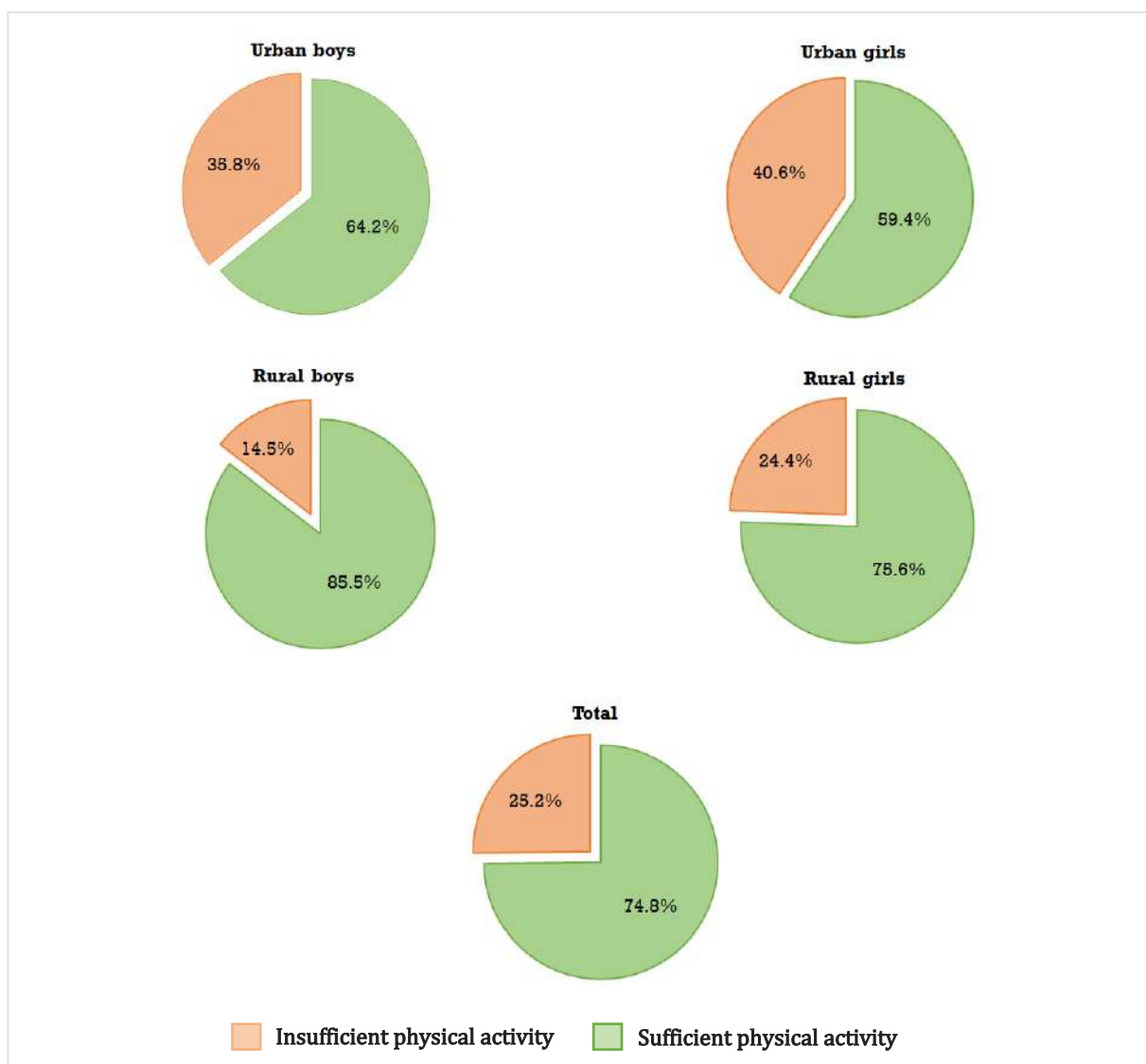


Figure 4.3.4.1 Physical activity levels among adolescents (Percentage)

Figure 4.3.4.1 shows that 25.2% of the adolescents were engaged in insufficient physical activity, 38.0% urban, 19.3% rural, 21.5% boys and 29.3% girls. (Annexure table 4.3.4.1a)

Table 4.3.4.1 Time (minutes) spent in physical activity* per day at school by area of residence and gender (Mean)

15 - 17 years	Urban	Rural	Boys	Girls	Total
Time spent per day in physical activity at school	18.0	15.3	20.1	11.8	16.1

*among adolescents who were physically active for at least 10 minutes at a stretch either during assembly, or games/Physical training period/free period or lunch break.

Adolescents spent an average of 16.1 minutes in school related physical activity, with girls spending 11.8 minutes and boys 20.1 minutes per day. (Table 4.3.4.1 and annexure table 4.3.4.2a)

Table 4.3.4.2 Time (minutes) spent in physical activity per day by area of residence and gender (Mean)

15 - 17 years	Urban	Rural	Boys	Girls	Total
Vigorous activity	11.1	33.1	31.9	19.9	26.2
Moderate activity	59.3	87.1	67.8	89.9	78.3
Total minutes spent in physical activity	70.4	120.2	99.7	109.8	104.5
Leisure time activity	14.3	10.6	17.2	5.9	11.8

Total mean minutes spent per day in physical activity was 104.5 minutes, 70.4 minutes urban and 120.2 minutes rural; 99.7 minutes boys and 109.8 minutes girls. While an average of 78.3 minutes was spent in moderate intensity activities, 26.2 minutes in vigorous activity and 11.8 minutes in leisure time activity or recreational activities. Most time was spent in moderate physical activity (78.3 minutes). Boys spent more time (17.2 minutes) in leisure time physical activities compared to girls (5.9 minutes). (Table 4.3.4.2 and annexure table 4.3.4.3a)

Time spent in being sedentary

Table 4.3.4.3 Time (minutes) spent being sedentary in a day by area of residence and gender (Mean)

15 - 17 years	Urban	Rural	Boys	Girls	Total
Time spent in being sedentary	361.4	331.2	331.1	351.2	340.7

The mean minutes spent in being sedentary in a typical day 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 time spent sitting in school/college and excluding time spent sleeping were 340.7 minutes (361.4 minutes urban; 331.2 minutes rural and 331.1 minutes boys and 351.2 minutes girls). (Table 4.3.4.3 and annexure table 4.3.4.4a)