

Reducing the impact of physical inactivity: evidence to support the case for targeting people with chronic mental and physical conditions

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Table I: Percentage of individuals reporting physical inactivity across the explanatory variables

	Inactive	Inactive (excluding walking)	No physical exercise	No cycling	<1 hour walking
<i>Age</i>					
<=24	6.1	34.7	37.7	84.6	16.1
25-34	8.0	35.4	39.6	83.0	19.6
35-44	10.3	41.5	49.6	83.1	20.7
45-54	11.3	42.5	52.5	84.9	20.6
55-64	11.1	45.0	58.3	90.1	18.3
65-74	12.9	45.5	66.0	93.2	20.4
<=75	19.4	50.9	77.5	97.7	31.9
<i>Gender</i>					
Female	10.6	44.3	55.2	92.2	18.7
Male	12.7	41.0	54.4	82.7	23.3
<i>BMI</i>					
Underweight	16.5	48.8	59.4	85.7	23.6
Normal	8.4	38.1	48.2	85.3	16.8
Overweight	10.9	42.9	56.1	88.3	20.4
Obese	18.0	53.1	67.7	93.2	28.4
Morbidly Obese	25.5	63.8	73.8	97.4	36.2
<i>Ethnicity</i>					
White	10.9	43.0	55.1	88.0	19.3
Non-White	18.3	42.1	52.4	86.0	38.6
<i>Employment Status</i>					
Unemployed	14.5	46.5	63.5	92.1	23.3
Employed	8.6	39.9	47.9	84.4	18.0
<i>Deprivation Quintile</i>					
Least Deprived	7.2	34.0	42.9	83.7	16.1
2	10.1	43.0	54.5	88.3	18.1
3	13.0	44.7	56.2	88.5	22.4
4	11.2	43.9	59.0	89.1	20.5
Most Deprived	16.5	49.7	65.2	90.7	27.2
<i>Long-Term Health Condition</i>					
Fatigue	26.9	59.5	74.5	94.4	36.8
Insomnia	23.6	56.5	70.2	92.7	32.7
Anxiety	21.9	58.8	72.7	92.7	29.9
Depression	25.3	58.7	73.5	93.0	33.8
Diabetes	20.8	55.9	73.3	95.2	32.0
Breathing Problems	20.4	51.0	65.0	92.0	30.5
High Blood Pressure	16.7	51.6	70.7	93.6	25.9

Heart Disease	22.6	52.9	72.1	94.7	33.0
Stroke	27.9	60.4	80.7	96.7	40.4
Cancer	19.1	49.8	70.5	92.6	26.2
Total	11.5	42.8	54.8	87.9	20.7