Sheffield Hallam University

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 II: Results of logistic regression analyses of sedentary behaviour

Explanatory variables	Inactive	Inactive (excluding walking)	No physical exercise	No cycling	<1 hour walking
Age	1.013***	1.008***	1.023***	1.020***	1.005*
Gender (Male or not)	1.223**	0.836***	0.883*	0.340***	1.317***
BMI					
Underweight	1.858*	1.503*	1.738**	0.979	1.307
Normal			Reference		
Overweight	1.123***	1.143**	1.124*	1.221*	1.122
Obese	1.718***	1.485***	1.529***	1.647***	1.589***
Morbidly Obese	2.454***	2.066***	1.721*	3.476*	2.154***
Ethnic Minority (Non-white or not)	2.054***	1.012	0.977	0.948	2.666***
Employed	0.968	1.051	0.953	0.733**	1.014
Deprivation Score					
Least Deprived			Reference		
2	1.263*	1.345***	1.425***	1.400**	1.073
3	1.82***	1.491***	1.660***	1.433**	1.451***
4	1.315	1.376***	1.748***	1.580**	1.098
Most Deprived	1.726***	1.705***	2.276***	1.853***	1.350***
Fatigue	2.292***	1.505***	1.528***	1.459*	1.895***
Insomnia	1.221	0.985	0.864	0.773	1.255*
Anxiety	1.126	1.372***	1.429***	1.053	0.979
Depression	1.466***	1.216*	1.375**	1.085	1.271*
Diabetes	1.066	1.27**	1.308*	1.752*	1.077
Breathing Problems	1.427***	1.135	1.131	1.282	1.356***
High Blood Pressure	0.933	1.092	1.208*	1.160	0.952
Heart Disease	1.196	0.967	0.890	1.108	1.253*
Stroke	1.475*	1.424*	1.793**	1.770	1.539*
Cancer	1.107	0.926	1.042	0.814	0.993
Constant	0.024***	0.292***	0.205***	3.475***	0.094***

Note: * = $p < 0.05$, ** = $p < 0.01$, *** = $p < 0.001$