Meeting the moderate-to-vigorous physical activity guideline for additional health benefits: population prevalence and associations with sociodemographic variables

| Meeting Enhance MVPA Guidelines | Prevalence (95% CI) | | | P-value | Adjusted OR (95% CI) | | | P-value |
|---|---|---|---|---|---|---|---|---|
| | 2001 | 2004 | 2009 | 2015 | | 2001 | 2004 | 2009 | 2015 | |
| Total (n) | 66.7 | 82.7 | 81.0 | 74.3 | 0.152** | | | | | |
| | (66.3 - 67.2) | (82.3 - 83.0) | (80.6 - 81.3) | (73.9 - 74.7) | | | | | | |
| Sex (%) | | | | | | | | | | |
| Male | 69.3 | 85.3 | 84.4 | 77.6 | 0.095** | 0.85 | 0.8 | 0.7 | 0.75 | 0.5308* |
| | (68.7 - 70.0) | (84.8 - 85.8) | (83.9 - 84.9) | (77.1 - 78.15) | | (0.81 - 0.89) | (0.76 - 0.85) | (0.67 - 0.74) | (0.72 - 0.79) | |
| Female | 64.1 | 80.0 | 77.7 | 71.1 | 0.827* | | | | | |
| | (63.5 - 64.8) | (79.4 - 80.5) | (77.1 - 78.2) | (70.5 - 71.7) | | | | | | |
| Age (%) | | | | | | | | | | |
| 18 - 29 | 60.6 | 78.4 | 75.5 | 69.98 | 0.791* | 1.20 | 1.13 | 1.19 | 1.04 | 0.617* |
| | (59.8 - 61.4) | (77.7 - 79.1) | (74.8 - 76.2) | (68.2 - 68.8) | | (1.13 - 1.28) | (1.04 - 1.22) | (1.12 - 1.28) | (0.98 - 1.11) | |
| 30 - 39 | 67.6 | 83.4 | 79.7 | 72.2 | 0.994* | 1.30 | 1.49 | 1.72 | 1.26 | 0.897* |
| | (66.7 - 68.5) | (82.7 - 84.1) | (79.0 - 80.5) | (71.4 - 73.0) | | (1.21 - 1.39) | (1.37 - 1.63) | (1.60 - 1.86) | (1.18 - 1.34) | |
| 40 - 49 | 70.7 | 86.8 | 85.4 | 77.84 | 0.112** | 1.54 | 1.32 | 1.79 | 1.32 | 0.787** |
| | (69.7 - 71.6) | (86.1 - 87.5) | (84.8 - 86.0) | (77.1 - 78.6) | | (1.42 - 1.67) | (1.20 - 1.46) | (1.65 - 1.95) | (1.23 - 1.42) | |
| 50 - 59 | 74.1 | 84.7 | 85.3 | 79.0 | 0.005** | | | | | |
| | (72.9 - 75.2) | (83.8 - 85.7) | (84.6 - 86.0) | (78.2 - 79.8) | | | | | | |
| Household area (%) | | | | | | | | | | |
| Urban | 48.2 | 73.8 | 73.7 | 68.8 | 0.094** | 2.09 | 1.54 | 1.35 | 1.27 | 0.039* |
| | (47.3 - 49.1) | (73.0 - 74.5) | (73.0 - 74.4) | (68.2 - 69.4) | | (1.98 - 2.21) | (1.44 - 1.66) | (1.27 - 1.43) | (1.21 - 1.34) | |
| Rural | 75.7 | 87.3 | 84.4 | 79.1 | 0.988* | | | | | |
| | (75.2 - 76.2) | (86.9 - 87.7) | (84.0 - 84.8) | (87.6 - 79.7) | | | | | | |
| Region (%) | | | | | | | | | | |
| Bangkok | 40.3 | 65.8 | 64.4 | 59.8 | 0.157** | | | | | |
| | (38.8 - 41.7) | (64.5 - 67.1) | (63.0 - 65.7) | (58.6 - 60.9) | | | | | | |
| Central | 59.4 | 79.2 | 75.9 | 70.1 | 0.719* | 1.18 | 1.41 | 1.50 | 1.37 | 0.646* |
| | (58.3 - 60.4) | (78.4 - 80.1) | (75.1 - 76.7) | (69.4 - 70.9) | | (1.08 - 1.28) | (1.29 - 1.54) | (1.38 - 1.63) | (1.28 - 1.47) | |
| North | 73.6 | 88.5 | 87.0 | 82.4 | 0.211** | 1.68 | 2.68 | 3.04 | 2.65 | 0.302* |
| | (72.6 - 74.6) | (87.8 - 89.3) | (86.3 - 87.7) | (81.6 - 83.3) | | (1.71 - 2.06) | (2.40 - 2.99) | (2.76 - 3.36) | (2.44 - 2.88) | |
| North-east | 77.3 | 87.9 | 85.2 | 79.9 | 0.947* | 2.28 | 2.39 | 2.67 | 2.21 | 0.937* |
| | (76.5 - 78.0) | (87.3 - 88.5) | (84.7 - 85.8) | (79.2 - 80.7) | | (2.09 - 2.48) | (2.16 - 2.64) | (2.44 - 2.92) | (2.05 - 2.39) | |
| South | 67.9 | 86.1 | 84.6 | 79.6 | 0.177** | 1.46 | 2.07 | 2.55 | 2.14 | 0.240* |
| | (66.5 - 69.2) | (85.1 - 87.1) | (83.7 - 85.5) | (78.4 - 80.5) | | (1.32 - 1.61) | (1.83 - 2.33) | (2.30 - 2.83) | (1.96 - 2.33) | |
| Marital status (%) | | | | | | | | | | |
| Never married | 58.2 | 76.8 | 75.6 | 69.1 | 0.129** | 0.94 | 1.08 | 1.06 | 1.05 | 0.724* |
| | (57.2 - 59.2) | (76.0 - 77.7) | (74.8 - 76.4) | (68.3 - 69.9) | | (0.88 - 0.99) | (1.01 - 1.16) | (0.99 - 1.12) | (1.00 - 1.11) | |
| Married | 70.0 | 84.9 | 82.7 | 76.5 | 0.210** | | | | | |
| | (69.4 - 70.6) | (84.4 - 85.3) | (82.3 - 83.1) | (76.0 - 77.0) | | | | | |
| Meeting Enhance MVPA Guidelines | Prevalence (95% CI) | Adjusted OR (95% CI) |
|----------------------------------|---------------------|----------------------|
|                                  | 2001 | 2004 | 2009 | 2015 | P-value | 2001 | 2004 | 2009 | 2015 | P-value |
| Formerly married                 |      |      |      |      |     | 0.72 | 0.89 | 1.05 | 0.95 | 0.399* |
|                                  | (61.8 - 65.8) | (79.4 - 82.7) | (80.4 - 83.1) | (73.1 - 75.9) |      | (0.64 - 0.81) | (0.78 - 1.02) | (0.94 - 1.18) | (0.87 - 1.04) |      |
| Religion (%)                     |      |      |      |      |     |      |      |      |      |    |
| Buddhist                         | 66.4 | 82.5 | 80.8 | 74.1 | 0.152** |      |      |      |      | Ref |
|                                  | (66.0 - 66.9) | (82.1 - 82.9) | (80.5 - 81.2) | (73.7 - 74.5) |      | (1.27 - 1.60) | (1.01 - 1.37) | (1.14 - 1.46) | (1.04 - 1.31) |      |
| non-Buddhist                     | 72.5 | 85.4 | 84.0 | 78.4 | 0.156** |      |      |      |      |      |
|                                  | (70.5 - 74.6) | (83.8 - 87.1) | (82.4 - 85.5) | (76.7 - 80.1) |      | (1.27 - 1.60) | (1.01 - 1.37) | (1.14 - 1.46) | (1.04 - 1.31) |      |
| Employment status (%)            |      |      |      |      |     |      |      |      |      |    |
| Employed                         | 69.5 | 86.1 | 83.6 | 76.7 | 0.213** |      |      |      |      | Ref |
|                                  | (69.0 - 70.0) | (85.7 - 86.4) | (83.3 - 84.0) | (76.3 - 77.1) |      | (1.27 - 1.60) | (1.01 - 1.37) | (1.14 - 1.46) | (1.04 - 1.31) |      |
| Unemployed                        | 53.8 | 66.7 | 67.9 | 64.0 | 0.390* |      |      |      |      |      |
|                                  | (52.5 - 55.0) | (65.6 - 67.8) | (66.9 - 69.0) | (63.1 - 65.0) |      | (1.27 - 1.60) | (1.01 - 1.37) | (1.14 - 1.46) | (1.04 - 1.31) |      |
| Highest education level (%)      |      |      |      |      |     |      |      |      |      |    |
| None                             | 74.2 | 80.1 | 77.8 | 70.6 | 0.391* |      |      |      |      | Ref |
|                                  | (71.7 - 76.6) | (77.8 - 82.4) | (76.0 - 79.6) | (69.3 - 71.9) |      | (1.01 - 1.36) | (1.04 - 1.48) | (1.07 - 1.48) | (1.05 - 1.63) |      |
| Primary                          | 75.5 | 86.4 | 84.5 | 80.6 | 0.816* |      |      |      |      |      |
|                                  | (75.0 - 76.1) | (86.0 - 86.9) | (84.0 - 85.0) | (80.0 - 81.2) |      | (1.01 - 1.36) | (1.04 - 1.48) | (1.07 - 1.48) | (1.05 - 1.63) |      |
| Secondary                        | 54.8 | 78.4 | 78.3 | 72.3 | 0.084** |      |      |      |      |      |
|                                  | (53.8 - 55.8) | (77.6 - 79.2) | (77.6 - 79.0) | (71.6 - 73.1) |      | (1.01 - 1.36) | (1.04 - 1.48) | (1.07 - 1.48) | (1.05 - 1.63) |      |
| Higher education                 | 44.1 | 77.1 | 76.5 | 69.0 | 0.108** |      |      |      |      |      |
|                                  | (42.6 - 45.6) | (75.9 - 78.3) | (75.6 - 77.4) | (68.2 - 69.9) |      | (1.01 - 1.36) | (1.04 - 1.48) | (1.07 - 1.48) | (1.05 - 1.63) |      |
| Unspecified                      | 52.6 | 68.2 | 80.1 | 63.3 | 0.001** |      |      |      |      |      |
|                                  | (41.7 - 63.4) | (60.0 - 76.4) | (72.8 - 87.5) | (57.2 - 69.3) |      | (1.01 - 1.36) | (1.04 - 1.48) | (1.07 - 1.48) | (1.05 - 1.63) |      |

Legend: CI = confidence interval; OR = odds ratio adjusted for all other variables in the table; ref = reference group; * = linear model; ** = quadratic model