

Table 4 (extended)

Logistic regression on compliance to the WHO PA guideline for health benefits ^a, extended with control variables

	Men				Women			
	OR	95% CI		p	OR	95% CI		p
		LL	UL			LL	UL	
Age				.009				.010
18 - 24 yrs (ref)								
25 - 34 yrs	3.811	1.631	8.907	.002	1.340	.724	2.480	.351
35 - 44 yrs	3.361	1.425	7.928	.006	2.306	1.233	4.312	.009
45 - 54 yrs	3.024	1.295	7.063	.011	1.744	.942	3.228	.077
55 - 64 yrs	1.819	.753	4.394	.184	2.538	1.220	5.279	.013
Occupation				.000				.033
White-collar (ref)								
Unemployed	1.981	.727	5.398	.181	2.020	0.993	4.110	.052
Blue-collar	2.650	1.494	4.698	.001	1.680	.880	3.208	.116
Self-employed	1.662	.974	2.836	.063	.894	.621	1.287	.546
Retired	4.990	2.215	11.244	.000	2.876	1.030	8.030	.044
Living with partner	1.920	1.176	3.133	.009	1.594	1.120	2.269	.010
Living with child <7 yrs	.591	.348	1.004	.052	.498	.333	.746	.001
Month of the year				.018				.407
December (ref)								
January	.834	.388	1.793	.641	.624	.330	1.180	.146
February	.924	.461	1.849	.823	.691	.382	1.249	.221
March	2.338	.856	6.383	.097	1.028	.478	2.211	.944
April	2.334	1.046	5.207	.038	1.192	.622	2.283	.597
May	2.979	1.164	7.621	.023	.740	.372	1.471	.391
June	1.875	.776	4.530	.162	1.628	.737	3.599	.228
July	5.778	1.259	26.522	.024	1.287	.516	3.210	.588
August	3.126	1.086	9.002	.035	.850	.423	1.708	.648
September	1.439	.678	3.055	.343	.820	.442	1.523	.531
October	1.371	.677	2.778	.381	.679	.369	1.249	.214
November	1.057	.513	2.179	.881	.782	.403	1.516	.466
Self-reported good health	3.659	2.071	6.464	.000	1.671	1.066	2.619	.025
Nagelkerke r ²		.142				.092		

^a Guideline of 150 min moderate PA, 75 min vigorous PA, or equivalent

Table 6 (extended)

Logistic regression on compliance to the WHO PA guideline for health benefits ^a, extended with control variables

	Men				Women			
	OR	95% CI		p	OR	95% CI		p
		LL	UL			LL	UL	
Age				.264				.000
18 - 24 yrs (ref)								
25 - 34 yrs	1.820	.857	3.866	.119	2.232	1.250	3.986	.007
35 - 44 yrs	1.457	.683	3.105	.330	2.990	1.684	5.310	.000
45 - 54 yrs	2.063	.965	4.411	.062	3.860	2.173	6.858	.000
55 - 64 yrs	1.638	.739	3.631	.224	3.969	2.109	7.469	.000
Occupation				.000				.000
White-collar (ref)								
Unemployed	1.236	.553	2.763	.605	3.729	2.078	6.690	.000
Blue-collar	2.567	1.636	4.029	.000	1.981	1.211	3.242	.006
Self-employed	1.162	.778	1.736	.463	1.203	.891	1.624	.228
Retired	2.825	1.543	5.173	.001	2.194	1.200	4.013	.011
Living with partner	1.836	1.234	2.732	.003	1.166	.871	1.559	.302
Living with child <7 yrs	.943	.617	1.441	.785	.604	.430	.849	.004
Month of the year				.000				.007
December (ref)								
January	1.069	.558	2.048	.842	.878	.525	1.466	.618
February	.969	.544	1.727	.916	1.006	.628	1.611	.980
March	3.031	1.344	6.835	.008	1.069	.597	1.914	.823
April	3.212	1.660	6.218	.001	1.909	1.155	3.152	.012
May	2.609	1.303	5.224	.007	1.067	.619	1.841	.815
June	2.352	1.144	4.839	.020	2.432	1.356	4.361	.003
July	3.190	1.263	8.056	.014	1.195	.623	2.291	.592
August	1.935	.938	3.995	.074	.893	.514	1.553	.689
September	2.049	1.084	3.874	.027	1.046	.644	1.698	.855
October	1.273	.719	2.256	.408	1.004	.611	1.650	.988
November	1.125	.620	2.042	.698	.721	.429	1.214	.219
Self-reported good health	3.081	1.824	5.206	.000	1.627	1.093	2.423	.017
Nagelkerke r ²		.131				.126		

^a Guideline of 300 min moderate PA, 150 min vigorous PA, or equivalent