Supplementary Material 9. Numbers and age-standardized rates (%) of inadequate physical activity by demographic and socioeconomic indicators among Korean women aged 19 or older in the 2014-2020 Korea National Health and Nutrition Examination Survey.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 |
| Total |  | 2,90445.3 (42.8-47.8) | 2,88950.2 (47.7-52.8) | 3,31853.6 (51.2-56.0) | 3,24253.4 (51.1-55.7) | 3,36256.0 (53.6-58.4) | 3,30257.3 (54.8-59.8) | 2,96557.0 (54.7-59.4) |
| Age | 19-29 | 34835.9 (29.7-42.1) | 33339.2 (33.7-44.7) | 37843.6 (37.7-49.4) | 36836.1 (30.2-42.0) | 39542.9 (36.9-48.8) | 34844.9 (38.6-51.3) | 38946.5 (40.7-52.3) |
|  | 30-39 | 50442.2 (37.0-47.4) | 42551.7 (45.9-57.5) | 60052.6 (48.3-56.8) | 47656.4 (51.8-61.1) | 47654.2 (48.7-59.7) | 47761.0 (55.8-66.3) | 40654.9 (49.2-60.7) |
|  | 40-49 | 50443.1 (38.4-47.9) | 51946.0 (41.7-50.3) | 60255.0 (50.5-59.5) | 59753.4 (48.8-57.9) | 62557.2 (52.6-61.8) | 61357.1 (52.7-61.5) | 52358.3 (53.8-62.8) |
|  | 50-59 | 57247.4 (42.6-52.1) | 60855.8 (51.2-60.3) | 62654.0 (49.6-58.3) | 63957.0 (52.8-61.2) | 67160.8 (56.4-65.2) | 67358.1 (53.6-62.5) | 55460.5 (55.8-65.2) |
|  | 60-69 | 50057.3 (51.8-62.7) | 50455.1 (49.7-60.5) | 54559.0 (53.9-64.1) | 59262.9 (58.0-67.8) | 58563.4 (58.4-68.3) | 60365.5 (60.8-70.1) | 59963.2 (58.4-68.0) |
|  | 70+ | 47670.9 (66.6-75.3) | 50075.8 (71.3-80.4) | 56776.1 (71.8-80.3) | 57078.0 (73.9-82.2) | 61079.5 (75.6-83.4) | 58871.4 (66.9-75.9) | 49477.7 (73.6-81.8) |
| Number of household members | 1 | 331- - | 348- - | 40857.5 (49.2-65.8) | 444- - | 47552.4 (44.6-60.1) | 471- - | 39350.8 (41.9-59.8) |
|  | 2+ | 2,57345.5 (43.0-48.0) | 2,54150.2 (47.6-52.8) | 2,91053.4 (51.0-55.8) | 2,79853.5 (51.1-55.9) | 2,88756.3 (53.8-58.8) | 2,83157.3 (54.6-59.9) | 2,57257.4 (54.9-59.9) |
| Residential area | Urban areas | 2,38543.4 (40.9-46.0) | 2,37548.5 (45.8-51.2) | 2,68152.4 (49.9-54.9) | 2,67152.1 (49.7-54.4) | 2,77854.2 (51.6-56.7) | 2,66855.5 (53.0-58.1) | 2,39355.0 (52.6-57.5) |
|  | Rural areas | 51957.1 (47.8-66.4) | 51460.5 (52.1-68.9) | 63761.3 (52.9-69.7) | 57160.9 (53.8-68.1) | 58468.7 (62.9-74.4) | 63466.4 (57.8-75.1) | 57270.3 (64.5-76.2) |
| Income | Lowest | 56248.1 (43.0-53.3) | 55151.3 (45.0-57.5) | 64357.5 (52.6-62.3) | 63154.9 (50.2-59.6) | 65759.2 (54.6-63.9) | 64159.6 (54.4-64.7) | 56261.2 (55.9-66.5) |
|  | Lower middle | 57743.1 (38.5-47.6) | 58051.7 (46.6-56.8) | 66458.4 (53.8-63.1) | 65154.4 (49.4-59.4) | 67756.7 (52.1-61.3) | 65158.3 (52.9-63.6) | 59156.8 (51.6-62.0) |
|  | Middle | 58347.9 (42.9-52.9) | 58750.0 (45.2-54.8) | 67854.2 (49.7-58.7) | 64855.3 (50.1-60.6) | 67455.8 (50.6-61.1) | 66256.7 (52.0-61.5) | 60256.1 (50.6-61.5) |
|  | Upper middle | 59044.7 (39.8-49.5) | 58952.4 (47.4-57.3) | 66247.2 (42.1-52.3) | 65353.8 (48.8-58.9) | 66854.6 (49.5-59.7) | 66756.7 (51.9-61.5) | 59954.5 (49.3-59.7) |
|  | Highest | 57943.1 (37.8-48.3) | 57046.3 (41.0-51.5) | 66350.6 (45.9-55.2) | 64748.7 (44.0-53.4) | 67653.3 (48.0-58.6) | 66856.2 (51.5-61.0) | 60156.7 (51.9-61.4) |
| Education(aged 30-59 years) | ≤High school | 96845.1 (40.6-49.6) | 91752.0 (46.9-57.0) | 99154.0 (49.6-58.3) | 86757.1 (51.8-62.4) | 92159.3 (54.4-64.1) | 84857.0 (52.0-62.1) | 69858.5 (52.9-64.1) |
|  | ≥College | 61039.9 (35.6-44.2) | 63349.7 (44.9-54.4) | 83551.5 (47.8-55.1) | 84353.7 (49.9-57.5) | 85155.6 (51.4-59.8) | 91460.0 (56.1-63.8) | 78556.6 (52.6-60.5) |
| Education(aged ≥60 years) | ≤Middle school | 78964.4 (60.1-68.7) | 80964.5 (60.0-69.0) | 89968.2 (64.1-72.2) | 92171.6 (67.6-75.5) | 92871.4 (67.6-75.2) | 89469.9 (65.9-74.0) | 79371.2 (66.6-75.8) |
|  | ≥ High school | 18158.3 (50.3-66.2) | 18960.0 (51.1-68.8) | 20359.3 (50.3-68.3) | 23860.6 (53.6-67.6) | 26164.2 (56.7-71.7) | 29560.3 (54.1-66.6) | 29763.7 (56.0-71.4) |
| Occupation | Non-manual | 37946.9 (40.4-53.5) | 39952.1 (46.2-58.0) | 49256.0 (51.4-60.6) | 55155.5 (50.9-60.1) | 55959.3 (54.7-63.9) | 57560.2 (55.6-64.8) | 49957.9 (52.9-63.0) |
|  | Manual | 51648.2 (42.2-54.3) | 52252.2 (45.7-58.7) | 56756.4 (49.8-63.0) | 50457.9 (50.9-65.0) | 60259.0 (52.3-65.7) | 51656.8 (50.5-63.0) | 42455.8 (49.2-62.4) |
|  | Others | 68439.6 (35.4-43.9) | 62848.0 (43.3-52.6) | 76749.6 (45.7-53.6) | 65653.7 (49.1-58.2) | 61152.4 (47.3-57.4) | 67057.8 (53.6-62.1) | 55857.3 (52.8-61.9) |