

SF-36 mean scores by physical activity and sex, NON MAORI (standard errors: SE)

|                                      | Physical<br>Functioning | Role<br>Physical | Body<br>Pain | General<br>Health | Vitality   | Social<br>Functioning | Role<br>Emotional | Mental<br>Health | PCS <sup>1</sup> | MCS <sup>1</sup> |
|--------------------------------------|-------------------------|------------------|--------------|-------------------|------------|-----------------------|-------------------|------------------|------------------|------------------|
| <b>MALES</b>                         |                         |                  |              |                   |            |                       |                   |                  |                  |                  |
| <b>Duration of Physical Activity</b> |                         |                  |              |                   |            |                       |                   |                  |                  |                  |
| <b>Age Standardised Means (SE)</b>   |                         |                  |              |                   |            |                       |                   |                  |                  |                  |
| No activity                          | 81.7 (1.8)              | 77.1 (2.4)       | 76.9 (1.7)   | 69.1 (1.9)        | 64.4 (1.5) | 85.6 (1.3)            | 85.0 (2.4)        | 79.2 (1.2)       | 48.1 (0.8)       | 50.6 (0.8)       |
| up to 2.5 hours per week             | 85.4 (1.1)              | 80.5 (1.8)       | 78.0 (1.2)   | 72.6 (1.2)        | 67.1 (1.1) | 86.9 (1.0)            | 84.7 (1.5)        | 79.5 (0.8)       | 49.6 (0.5)       | 50.7 (0.6)       |
| 2.5 and <5 hours per week            | 87.6 (1.3)              | 82.4 (2.2)       | 79.1 (1.6)   | 74.9 (1.2)        | 67.9 (1.1) | 89.5 (1.1)            | 88.6 (1.6)        | 79.5 (0.9)       | 50.5 (0.7)       | 51.4 (0.5)       |
| 5 or more hours per week             | 89.3 (0.6)              | 83.2 (1.4)       | 79.3 (0.9)   | 75.5 (0.8)        | 69.7 (0.6) | 89.6 (0.7)            | 89.7 (0.9)        | 80.8 (0.6)       | 50.6 (0.3)       | 52.0 (0.3)       |
| <b>Unstandardised Means (SE)</b>     |                         |                  |              |                   |            |                       |                   |                  |                  |                  |
| No activity                          | 82.2 (1.8)              | 77.8 (2.3)       | 77.2 (1.7)   | 70.0 (1.7)        | 64.8 (1.5) | 86.0 (1.3)            | 85.5 (2.2)        | 79.5 (1.1)       | 48.3 (0.7)       | 50.8 (0.7)       |
| up to 2.5 hours per week             | 85.9 (1.1)              | 81.2 (1.8)       | 78.3 (1.2)   | 72.7 (1.1)        | 66.9 (1.1) | 87.0 (0.9)            | 85.1 (1.5)        | 79.3 (0.8)       | 49.9 (0.5)       | 50.5 (0.6)       |
| 2.5 and <5 hours per week            | 88.4 (1.1)              | 83.1 (2.1)       | 79.2 (1.6)   | 75.2 (1.2)        | 67.8 (1.1) | 89.6 (1.1)            | 89.1 (1.5)        | 79.3 (0.8)       | 50.8 (0.6)       | 51.3 (0.5)       |
| 5 or more hours per week             | 89.2 (0.6)              | 83.5 (1.3)       | 79.5 (0.8)   | 75.4 (0.8)        | 69.7 (0.6) | 89.7 (0.7)            | 89.6 (0.9)        | 80.8 (0.5)       | 50.7 (0.3)       | 52.0 (0.3)       |
| <b>FEMALES</b>                       |                         |                  |              |                   |            |                       |                   |                  |                  |                  |
| <b>Duration of Physical Activity</b> |                         |                  |              |                   |            |                       |                   |                  |                  |                  |
| <b>Age Standardised Means (SE)</b>   |                         |                  |              |                   |            |                       |                   |                  |                  |                  |
| No activity                          | 77.9 (1.8)              | 72.5 (2.6)       | 73.4 (1.8)   | 67.8 (1.7)        | 56.3 (1.5) | 80.9 (1.6)            | 80.7 (2.2)        | 74.9 (1.2)       | 47.4 (0.8)       | 47.4 (0.7)       |
| up to 2.5 hours per week             | 83.2 (0.9)              | 77.3 (1.4)       | 76.5 (1.1)   | 73.1 (0.9)        | 62.0 (0.9) | 85.2 (0.8)            | 83.9 (1.3)        | 76.6 (0.7)       | 49.3 (0.4)       | 49.2 (0.5)       |
| 2.5 and <5 hours per week            | 87.1 (0.8)              | 82.3 (1.4)       | 79.2 (1.0)   | 74.9 (0.9)        | 62.9 (0.8) | 85.3 (0.9)            | 81.6 (1.6)        | 74.4 (0.8)       | 51.5 (0.4)       | 47.8 (0.5)       |
| 5 or more hours per week             | 88.9 (0.5)              | 82.9 (1.2)       | 78.0 (0.9)   | 77.5 (0.7)        | 67.6 (0.6) | 88.0 (0.7)            | 85.7 (1.0)        | 78.5 (0.5)       | 51.1 (0.3)       | 50.5 (0.3)       |
| <b>Unstandardised Means (SE)</b>     |                         |                  |              |                   |            |                       |                   |                  |                  |                  |
| No activity                          | 74.0 (2.1)              | 69.3 (2.8)       | 71.8 (1.9)   | 67.1 (1.6)        | 55.9 (1.5) | 79.9 (1.7)            | 79.6 (2.3)        | 74.7 (1.3)       | 46.1 (0.9)       | 47.6 (0.8)       |
| up to 2.5 hours per week             | 84.1 (0.8)              | 77.8 (1.4)       | 76.6 (1.1)   | 73.2 (0.9)        | 61.8 (0.9) | 85.1 (0.8)            | 83.9 (1.3)        | 76.4 (0.7)       | 49.6 (0.4)       | 49.0 (0.5)       |
| 2.5 and <5 hours per week            | 88.0 (0.8)              | 83.1 (1.3)       | 79.7 (1.0)   | 75.3 (0.9)        | 63.0 (0.8) | 85.4 (0.9)            | 81.5 (1.6)        | 74.5 (0.8)       | 51.9 (0.4)       | 47.7 (0.5)       |

|                                 |            |            |            |            |            |            |            |            |            |            |
|---------------------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| <b>5 or more hours per week</b> | 88.3 (0.6) | 82.6 (1.1) | 78.0 (0.9) | 77.3 (0.6) | 67.8 (0.6) | 88.2 (0.7) | 85.6 (1.0) | 78.6 (0.5) | 50.9 (0.3) | 50.7 (0.3) |
|---------------------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|

<sup>1</sup> Physical Component Summary score (PCS) and Mental Component Summary score (MCS)

<sup>2</sup> Number of respondents with valid scores for all eight SF-36 dimensions, i.e. this is the minimum number of respondents contributing to any one particular dimension.

**Number <sup>2</sup>**

436  
610  
445  
1121

436  
610  
445  
1121

472  
936  
786  
1394

472  
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