Supplementary Material 8. Numbers and age-standardized rates (%) of inadequate physical activity by demographic and socioeconomic indicators among Korean men aged 19 or older in the 2014-2020 Korea National Health and Nutrition Examination Survey.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 |
| Total |  | 2,06938.0 (35.5-40.4) | 2,17644.2 (41.5-47.0) | 2,48347.5 (44.8-50.2) | 2,56849.4 (46.8-52.1) | 2,60049.0 (46.4-51.5) | 2,61647.4 (44.9-49.9) | 2,43351.7 (49.1-54.2) |
| Age | 19-29 | 23320.2 (14.8-25.7) | 31227.9 (21.8-33.9) | 28933.1 (26.2-40.1) | 33633.0 (27.3-38.6) | 35330.3 (23.8-36.9) | 37531.6 (26.1-37.0) | 38938.2 (32.4-44.1) |
|  | 30-39 | 35841.8 (36.5-47.1) | 27045.7 (38.3-53.1) | 43649.3 (44.3-54.3) | 38148.7 (42.3-55.1) | 40544.7 (38.3-51.1) | 40541.5 (35.7-47.3) | 32751.0 (45.1-57.0) |
|  | 40-49 | 34642.5 (37.2-47.7) | 36544.9 (39.1-50.7) | 47949.3 (43.9-54.7) | 46451.6 (46.3-57.0) | 45651.2 (46.5-55.9) | 46352.2 (47.4-57.1) | 39356.0 (51.5-60.6) |
|  | 50-59 | 38739.8 (34.4-45.3) | 44351.7 (45.9-57.4) | 42655.3 (49.9-60.7) | 50954.1 (49.1-59.1) | 46963.5 (58.2-68.8) | 45859.1 (54.2-64.0) | 45859.7 (53.8-65.6) |
|  | 60-69 | 39146.3 (40.5-52.2) | 43553.4 (47.9-58.9) | 42649.1 (44.2-53.9) | 44665.6 (60.3-70.9) | 48059.2 (53.9-64.4) | 46855.6 (50.7-60.5) | 44955.6 (50.6-60.7) |
|  | 70+ | 35451.8 (46.2-57.4) | 35161.7 (55.5-67.8) | 42764.4 (59.2-69.5) | 43265.2 (59.8-70.6) | 43772.3 (66.7-77.9) | 44767.1 (62.2-72.0) | 41761.2 (55.4-66.9) |
| Number of household members | 1 | 155- - | 195- - | 24244.0 (36.3-51.6) | 31449.9 (43.3-56.5) | 29746.7 (39.2-54.2) | 30749.9 (41.7-58.1) | 31250.9 (43.6-58.3) |
|  | 2+ | 1,91438.1 (35.6-40.7) | 1,98144.9 (42.0-47.8) | 2,24147.9 (45.1-50.8) | 2,25449.3 (46.5-52.1) | 2,30349.3 (46.7-51.9) | 2,30947.2 (44.5-49.9) | 2,12151.8 (48.9-54.6) |
| Residential area | Urban areas | 1,65836.1 (33.5-38.7) | 1,74242.4 (39.4-45.5) | 2,00445.9 (43.0-48.9) | 2,09248.6 (45.8-51.5) | 2,12448.3 (45.5-51.2) | 2,08646.1 (43.4-48.8) | 1,92750.5 (47.6-53.3) |
|  | Rural areas | 41145.0 (38.5-51.6) | 43451.0 (42.9-59.1) | 47956.2 (49.6-62.9) | 47653.7 (45.7-61.6) | 47650.4 (43.6-57.3) | 53054.5 (46.8-62.2) | 50658.3 (50.9-65.7) |
| Income | Lowest | 40040.1 (34.7-45.5) | 42244.4 (38.7-50.1) | 50256.9 (51.6-62.2) | 50750.3 (45.3-55.2) | 51751.6 (47.0-56.2) | 51351.4 (45.8-57.0) | 46655.7 (49.8-61.7) |
|  | Lower middle | 41939.6 (34.3-44.9) | 43143.5 (37.2-49.7) | 49747.3 (42.6-52.0) | 49951.1 (45.2-57.0) | 51351.4 (46.3-56.5) | 51848.8 (43.2-54.5) | 48353.0 (47.5-58.4) |
|  | Middle | 41737.3 (31.8-42.8) | 42647.5 (40.8-54.2) | 48148.3 (42.9-53.8) | 51648.9 (44.1-53.7) | 52053.4 (47.7-59.1) | 50949.2 (44.2-54.1) | 49752.1 (46.9-57.3) |
|  | Upper middle | 41734.6 (29.6-39.6) | 44047.3 (41.2-53.3) | 49445.5 (40.2-50.8) | 51548.8 (43.2-54.4) | 52045.4 (40.2-50.6) | 53341.9 (37.2-46.5) | 49251.8 (45.8-57.9) |
|  | Highest | 41338.5 (33.3-43.6) | 44738.5 (32.8-44.2) | 50339.6 (33.9-45.4) | 52748.1 (42.7-53.5) | 52442.4 (37.9-46.8) | 53345.7 (40.9-50.5) | 48946.1 (39.9-52.3) |
| Education(aged 30-59 years) | ≤High school | 54143.4 (38.3-48.5) | 54552.6 (46.6-58.6) | 56457.1 (51.5-62.7) | 58258.1 (52.4-63.8) | 56358.9 (54.0-63.7) | 53353.9 (47.9-60.0) | 48659.1 (54.2-64.1) |
|  | ≥College | 54940.1 (35.7-44.6) | 53341.6 (36.6-46.5) | 77645.2 (41.2-49.1) | 76746.1 (41.7-50.5) | 76747.6 (43.7-51.6) | 79246.7 (42.8-50.6) | 69252.3 (47.8-56.9) |
| Education(aged ≥60 years) | ≤Middle school | 41957.6 (52.0-63.2) | 42860.2 (53.7-66.8) | 48163.1 (58.4-67.8) | 47773.3 (68.7-77.8) | 47271.9 (66.7-77.0) | 47568.6 (63.5-73.7) | 41672.4 (67.5-77.2) |
|  | ≥ High school | 31737.6 (31.6-43.7) | 35753.1 (47.6-58.6) | 36847.3 (41.2-53.3) | 39756.6 (50.2-63.0) | 44057.5 (51.3-63.8) | 43852.6 (47.2-58.0) | 44846.9 (41.8-52.1) |
| Occupation | Non-manual | 45840.1 (35.2-45.1) | 42843.2 (37.6-48.9) | 57947.4 (42.9-52.0) | 60048.9 (44.5-53.4) | 58448.4 (43.7-53.1) | 58848.1 (43.8-52.4) | 50752.4 (46.8-58.0) |
|  | Manual | 55241.5 (36.7-46.4) | 53950.9 (45.8-56.0) | 63854.5 (50.4-58.7) | 62653.2 (47.7-58.8) | 63853.5 (48.8-58.2) | 60952.8 (47.4-58.2) | 54056.7 (51.9-61.4) |
|  | Others | 79- - | 109- - | 12442.0 (31.6-52.4) | 12447.5 (36.8-58.1) | 10454.5 (44.8-64.1) | 12447.4 (37.3-57.5) | 13057.3 (47.5-67.1) |