

Fig. 1b. Inter-state variations in average time spent exercising (in minutes).

		Unadjusted OR (95% CI)	Adjusted OR (95% CI)	Unadjusted Adjusted
Sector	Rural	Ref. group	Ref. group	•
	Urban	2.23 (2.05 to 2.42)	1.75 (1.60 to 1.91)	
Social group	ST	Ref. group	Ref. group	•
	SC	1.16 (0.98 to 1.37)	0.94 (0.79 to 1.13)	
	OBC	1.32 (1.13 to 1.54)	0.94 (0.80 to 1.12)	-•-
	Others	1.98 (1.69 to 2.32)	1.10 (0.93 to 1.30)	
Religion	Hinduism	Ref. group	Ref. group	•
	Islam	0.72 (0.64 to 0.82)	0.78 (0.69 to 0.89)	
	Christianity	1.09 (0.95 to 1.24)	0.80 (0.69 to 0.93)	
	Sikhism	1.04 (0.84 to 1.28)	0.92 (0.73 to 1.15)	•
	Others	1.39 (1.10 to 1.76)	0.98 (0.77 to 1.24)	
Consumption class	Bottom 50%	Ref. group	Ref. group	:
	Middle 50% to 90%	1.45 (1.35 to 1.55)	1.20 (1.11 to 1.28)	
	Top 10%	3.00 (2.74 to 3.28)	1.69 (1.55 to 1.85)	
Marital status	Never married	Ref. group	Ref. group	•
	Currently married	0.83 (0.78 to 0.88)	0.74 (0.69 to 0.79)	-0-
	Widowed	0.86 (0.79 to 0.93)	0.81 (0.73 to 0.90)	-0-
	Divorced/separated	0.65 (0.52 to 0.81)	0.62 (0.49 to 0.79)	
Education level	Primary or below	Ref. group	Ref. group	<u>:</u>
	Secondary	1.82 (1.72 to 1.92)	1.59 (1.50 to 1.68)	
	Graduate & above	3.35 (3.12 to 3.61)	2.43 (2.26 to 2.62)	
Gender	Female	Ref. group	Ref. group	:
	Male	2.98 (2.81 to 3.16)	2.78 (2.62 to 2.96)	
Age group	18 to 29 years	Ref. group	Ref. group	•
	30 to 44	0.97 (0.92 to 1.03)	1.20 (1.13 to 1.28)	-0-
	45 to 59	1.50 (1.41 to 1.58)	2.12 (1.98 to 2.28)	-0-
	≥60 years	2.38 (2.24 to 2.53)	3.60 (3.32 to 3.90)	-0-
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Fig. 2. Odds ratios of exercising by demographic and socioeconomic characteristics.