**Prevalence rates (PR) of insufficient physical activity (IPA) of all participants in the age group 65 to 75 years at wave 4**

|  |  |
| --- | --- |
| **Male** | **Female** |
|  | **Wave 1** baseline\*(n=4189)PR | **Wave 2** 2 years later(n=4002)PR  | **Wave 4** 7 years later(n=5171)PR |  | **Wave 1** baseline\*(n=4658)PR | **Wave 2** 2 years later(n=4430)PR | **Wave 4** 7 years later(n=5785)PR |
| **Country** |  |  |  | ***Country*** |  |  |  |
| Sweden  | (n=550)49.8% | (n=505)56.8% | (n=389)47.6% | *Sweden* | (n=611)62.2% | (n=576)63.4% | (n=440)65.9% |
| Denmark  | (n=258)48.8% | (n=408)56.6% | (n=313)60.1% | *Denmark* | (n=280)56.1%\*\* | (n=413)65.9% | (n=303)69.0% |
| Netherlands  | (n=521)51.2% | (n=428)50.9% | (n=435)52.4% | *Netherlands*  | (n=517)55.7% | (n=466)45.9% | (n=461)60.7% |
| Germany | (n=602)51.8%\*\* | (n=518)56.4% | (n=337)61.4%\*\* | *Germany*  | (n=606)58.6%\*\* | (n=489)64.2% | (n=304)57.2% |
| Belgium | (n=571)62.0% | (n=450)62.0% | (n=602)64.3% | *Belgium*  | (n=634)75.7% | (n=513)77.0% | (n=712)80.6% |
| Austria | (n=286)65.0% | (n=209)65.1% | (n=747)63.7%\*\* | *Austria*  | (n=356)75.0% | (n=267)67.8% | (n=964)70.0%\*\* |
| Switzerland | (n=164)41.5% | (n=224)43.3% | (n=554)55.1% | *Switzerland*  | (n=177)55.4% | (n=266)53.4% | (n=598)65.4% |
| France | (n=408)60.0% | (n=375)65.9% | (n=669)69.4% | *France*  | (n=490)74.7% | (n=487)77.4% | (n=797)81.1% |
| Italy | (n=488)62.1% | (n=547)68.9% | (n=614)71.3% | *Italy*  | (n=573)72.1% | (n=597)76.0% | (n=661)82.8% |
| Spain | (n=341)62.8% | (n=338)63.6% | (n=511)76.5% | *Spain*  | (n=414)71.0% | (n=356)71.1% | (n=545)81.7% |
| **Total** | **(n=4189)****56.1%** | **(n=4002)****59.4%** | **(n=5171)****63.2%** | ***Total***  | **(n=4658)****66.5%** | **(n=4430)****67.0%** | **(n=5785)****73.1%** |

\*Age at baseline 58-68 years; \*\*Deviation of more than 5 percentage points from prevalence rates presented in the results section of the study