**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