

Table 1-5 Exercise Frequency in the Recent Three Months

September, 2001

Unit : %

	Ttotal	No constant or regular exercise	Taking constant or regular exercise	Frequency per week				Average length for each time			
				1-2 times	3-4 times	5-6 times	Over seven times	Less than 15 minutes	16-30 minutes	31-60 minutes	61 minutes and more
				<b>Total</b>	<b>100.00</b>	<b>60.90</b>	<b>39.10</b>	<b>14.72</b>	<b>9.63</b>	<b>5.57</b>	<b>9.18</b>
Male	100.00	60.03	39.97	14.92	10.14	5.42	9.49	4.85	12.64	13.81	8.66
Female	100.00	61.78	38.22	14.52	9.12	5.72	8.86	7.13	13.58	11.92	5.58
<b>By city(county) and sex</b>											
Taipei City	<b>100.00</b>	<b>53.50</b>	<b>46.50</b>	<b>19.95</b>	<b>10.44</b>	<b>6.29</b>	<b>9.83</b>	<b>6.32</b>	<b>14.50</b>	<b>14.97</b>	<b>10.72</b>
Male	100.00	54.49	45.51	20.09	9.96	5.90	9.56	4.49	12.47	16.23	12.33
Female	100.00	52.52	47.48	19.80	10.91	6.67	10.10	8.13	16.50	13.72	9.13
Kaohsiung City	<b>100.00</b>	<b>56.64</b>	<b>43.36</b>	<b>15.07</b>	<b>10.18</b>	<b>5.08</b>	<b>13.02</b>	<b>6.62</b>	<b>12.75</b>	<b>12.48</b>	<b>11.51</b>
Male	100.00	55.52	44.48	16.32	11.47	4.19	12.51	5.86	9.45	14.29	14.89
Female	100.00	57.76	42.24	13.84	8.91	5.96	13.53	7.38	16.02	10.69	8.16
Taipei County	<b>100.00</b>	<b>67.40</b>	<b>32.60</b>	<b>12.99</b>	<b>7.57</b>	<b>5.14</b>	<b>6.90</b>	<b>4.68</b>	<b>11.88</b>	<b>9.82</b>	<b>6.22</b>
Male	100.00	66.89	33.11	12.76	8.34	4.99	7.02	3.69	11.11	10.40	7.91
Female	100.00	67.90	32.10	13.22	6.81	5.29	6.78	5.65	12.64	9.25	4.55
Ilan County	<b>100.00</b>	<b>58.55</b>	<b>41.45</b>	<b>16.64</b>	<b>8.88</b>	<b>6.62</b>	<b>9.32</b>	<b>4.88</b>	<b>10.81</b>	<b>18.69</b>	<b>7.07</b>
Male	100.00	61.60	38.40	15.70	8.18	6.42	8.10	5.04	9.91	16.50	6.94
Female	100.00	55.44	44.56	17.59	9.58	6.83	10.56	4.72	11.73	20.91	7.19
Taoyuan County	<b>100.00</b>	<b>63.58</b>	<b>36.42</b>	<b>14.49</b>	<b>8.25</b>	<b>6.39</b>	<b>7.28</b>	<b>6.18</b>	<b>13.96</b>	<b>11.60</b>	<b>4.68</b>
Male	100.00	63.27	36.73	16.25	6.54	6.01	7.93	5.66	12.91	12.53	5.63
Female	100.00	63.91	36.09	12.66	10.04	6.79	6.60	6.72	15.05	10.63	3.69
Hsinchu County	<b>100.00</b>	<b>61.47</b>	<b>38.53</b>	<b>10.40</b>	<b>7.98</b>	<b>6.83</b>	<b>13.33</b>	<b>4.16</b>	<b>14.16</b>	<b>16.09</b>	<b>4.12</b>
Male	100.00	61.07	38.93	9.43	9.19	6.67	13.65	3.21	14.07	18.05	3.60
Female	100.00	61.90	38.10	11.46	6.67	7.00	12.98	5.20	14.25	13.97	4.68
Miaoli County	<b>100.00</b>	<b>59.70</b>	<b>40.30</b>	<b>11.27</b>	<b>10.12</b>	<b>7.40</b>	<b>11.51</b>	<b>6.43</b>	<b>12.73</b>	<b>14.67</b>	<b>6.47</b>
Male	100.00	59.00	41.00	11.06	8.69	8.37	12.89	4.70	13.15	16.27	6.88
Female	100.00	60.50	39.50	11.51	11.74	6.31	9.94	8.40	12.24	12.86	6.00
Taichung County	<b>100.00</b>	<b>60.33</b>	<b>39.67</b>	<b>19.25</b>	<b>10.04</b>	<b>4.29</b>	<b>6.08</b>	<b>7.84</b>	<b>11.67</b>	<b>12.83</b>	<b>7.34</b>
Male	100.00	58.57	41.43	18.70	11.18	4.07	7.48	6.84	12.21	12.80	9.58
Female	100.00	62.11	37.89	19.81	8.89	4.51	4.68	8.84	11.12	12.86	5.07
Changhua County	<b>100.00</b>	<b>61.63</b>	<b>38.37</b>	<b>12.97</b>	<b>12.41</b>	<b>5.00</b>	<b>8.00</b>	<b>5.68</b>	<b>13.29</b>	<b>13.13</b>	<b>6.27</b>
Male	100.00	60.00	40.00	13.83	12.98	5.21	7.98	4.24	13.93	14.05	7.77
Female	100.00	63.30	36.70	12.09	11.82	4.77	8.03	7.16	12.63	12.19	4.72
Nantou County	<b>100.00</b>	<b>63.75</b>	<b>36.25</b>	<b>10.53</b>	<b>8.95</b>	<b>6.52</b>	<b>10.24</b>	<b>4.32</b>	<b>9.36</b>	<b>16.65</b>	<b>5.91</b>
Male	100.00	65.24	34.76	9.81	8.80	6.16	9.99	2.48	7.89	17.57	6.81
Female	100.00	62.22	37.78	11.28	9.11	6.88	10.51	6.23	10.88	15.70	4.97
Yunlin County	<b>100.00</b>	<b>69.73</b>	<b>30.27</b>	<b>9.02</b>	<b>8.20</b>	<b>4.80</b>	<b>8.26</b>	<b>3.71</b>	<b>13.39</b>	<b>10.11</b>	<b>3.07</b>
Male	100.00	67.19	32.81	8.99	9.16	5.23	9.44	2.73	14.29	11.96	3.83
Female	100.00	72.52	27.48	9.05	7.15	4.32	6.96	4.77	12.40	8.08	2.24

Table 1-5 Exercise Frequency in the Recent Three Months (Cont. 1)

September, 2001

Unit : %

	Ttoal	No constant or regular exercise	Taking constant or regular exercise	Frequency per week				Average length for each time			
				1-2 times	3-4 times	5-6 times	Over seven times	Less than 15 minutes	16-30 minutes	31-60 minutes	61 minutes and more
				Chiayi County	100.00	70.24	29.76	8.00	7.72	3.67	10.37
Male	100.00	69.09	30.91	8.05	8.08	3.72	11.06	5.72	11.10	8.92	5.04
Female	100.00	71.46	28.54	7.95	7.35	3.60	9.64	5.70	11.73	8.80	2.31
Tainan County	100.00	63.15	36.85	14.71	10.20	5.75	6.18	8.76	15.66	9.46	2.98
Male	100.00	61.77	38.23	15.72	11.80	5.08	5.64	7.65	17.18	9.59	3.83
Female	100.00	64.56	35.44	13.69	8.58	6.42	6.74	9.89	14.12	9.32	2.11
Kaohsiung County	100.00	59.50	40.50	13.36	10.41	5.18	11.54	6.28	12.32	14.41	7.49
Male	100.00	56.54	43.46	12.99	12.21	4.31	13.95	6.03	12.78	15.47	9.17
Female	100.00	62.56	37.44	13.74	8.55	6.08	9.07	6.54	11.83	13.30	5.76
Pingtung County	100.00	59.16	40.84	12.74	14.10	6.65	7.34	6.47	14.97	13.82	5.59
Male	100.00	55.83	44.17	12.69	16.72	7.74	7.01	5.00	16.96	15.35	6.86
Female	100.00	62.66	37.34	12.80	11.34	5.51	7.69	8.02	12.86	12.20	4.25
Taitung County	100.00	67.50	32.50	6.18	7.00	5.24	14.08	2.69	14.04	12.17	3.61
Male	100.00	66.70	33.30	6.81	6.91	4.85	14.72	3.00	12.43	13.29	4.58
Female	100.00	68.30	31.70	5.55	7.10	5.62	13.43	2.37	15.67	11.03	2.63
Hualien County	100.00	60.03	39.97	12.50	10.08	7.56	9.83	5.59	13.62	13.26	7.50
Male	100.00	61.10	38.90	10.89	10.22	8.11	9.67	3.81	11.32	15.35	8.42
Female	100.00	58.83	41.17	14.31	9.91	6.94	10.01	7.58	16.20	10.93	6.46
Penghu County	100.00	57.53	42.47	5.77	13.29	5.13	18.28	7.28	22.00	10.36	2.83
Male	100.00	53.63	46.37	6.34	15.71	5.03	19.29	8.41	22.48	11.85	3.63
Female	100.00	61.47	38.53	5.20	10.84	5.22	17.26	6.13	21.52	8.86	2.02
Keelung City	100.00	61.90	38.10	16.42	9.08	5.03	7.57	7.84	13.58	11.50	5.19
Male	100.00	59.20	40.80	18.03	10.11	4.17	8.49	6.72	14.79	11.75	7.54
Female	100.00	64.53	35.47	14.84	8.08	5.88	6.68	8.93	12.40	11.26	2.89
Hsinchu City	100.00	50.73	49.27	19.56	11.97	5.86	11.89	8.18	13.78	16.38	10.93
Male	100.00	51.27	48.73	18.85	11.58	5.36	12.94	6.41	12.80	16.40	13.13
Female	100.00	50.19	49.81	20.28	12.36	6.36	10.83	9.97	14.78	16.36	8.71
Taichung City	100.00	57.11	42.89	15.18	9.96	3.84	13.91	4.31	11.94	16.70	9.94
Male	100.00	54.61	45.39	14.86	11.58	4.31	14.65	2.61	12.16	18.13	12.50
Female	100.00	59.42	40.58	15.48	8.47	3.40	13.23	5.89	11.74	15.38	7.57
Chiayi City	100.00	50.81	49.19	19.76	10.35	7.35	11.73	4.21	12.79	16.46	15.72
Male	100.00	46.01	53.99	21.75	11.41	8.66	12.17	4.56	12.81	18.55	18.06
Female	100.00	55.29	44.71	17.90	9.35	6.14	11.32	3.88	12.77	14.51	13.54
Tainan City	100.00	59.61	40.39	16.01	9.16	5.97	9.26	7.58	14.95	13.04	4.71
Male	100.00	58.30	41.70	17.41	8.88	6.38	9.03	4.69	16.63	14.58	5.68
Female	100.00	60.85	39.15	14.68	9.42	5.58	9.46	10.32	13.35	11.58	3.78

Table 1-5 Exercise Frequency in the Recent Three Months (Cont. 2)

September, 2001

Unit : %

	Ttoal	No constant or regular exercise	Taking constant or regular exercise	Frequency per week				Average length for each time			
				1-2 times	3-4 times	5-6 times	Over seven times	Less than 15 minutes	16-30 minutes	31-60 minutes	61 minutes and more
				<b>By sex and age</b>							
15 - 24	100.00	56.99	43.01	20.28	12.61	5.24	4.88	5.27	13.48	17.03	7.23
25 - 34	100.00	70.37	29.63	14.82	7.93	3.17	3.71	6.13	10.92	8.41	4.18
35 - 44	100.00	65.85	34.15	15.62	9.70	3.95	4.87	6.39	11.69	10.03	6.02
45 - 54	100.00	58.04	41.96	15.23	10.11	7.03	9.58	6.09	14.06	13.86	7.94
55 - 64	100.00	54.49	45.51	9.54	8.93	7.44	19.60	5.60	14.74	14.73	10.43
65 and over	100.00	51.71	48.29	5.59	6.58	9.78	26.34	6.45	16.21	15.32	10.31
Male	100.00	60.03	39.97	14.92	10.14	5.42	9.49	4.85	12.64	13.81	8.66
15 - 24	100.00	50.61	49.39	21.02	14.72	6.90	6.74	4.41	13.98	20.02	10.97
25 - 34	100.00	69.72	30.28	15.04	8.24	3.04	3.97	4.24	10.64	10.09	5.30
35 - 44	100.00	67.92	32.08	15.01	9.62	3.05	4.40	4.98	10.43	9.83	6.82
45 - 54	100.00	60.51	39.49	15.26	9.99	5.95	8.29	4.63	13.07	13.13	8.66
55 - 64	100.00	56.91	43.09	10.78	8.52	6.33	17.45	5.20	13.73	14.04	10.12
65 and over	100.00	47.47	52.53	5.99	7.37	9.76	29.41	6.51	16.32	17.21	12.49
Female	100.00	61.78	38.22	14.52	9.12	5.72	8.86	7.13	13.58	11.92	5.58
15 - 24	100.00	63.41	36.59	19.53	10.49	3.56	3.01	6.13	12.97	14.02	3.47
25 - 34	100.00	71.01	28.99	14.60	7.63	3.30	3.46	8.00	11.20	6.73	3.05
35 - 44	100.00	63.73	36.27	16.24	9.79	4.88	5.35	7.85	12.98	10.23	5.21
45 - 54	100.00	55.55	44.45	15.20	10.24	8.12	10.89	7.56	15.06	14.61	7.22
55 - 64	100.00	52.27	47.73	8.41	9.30	8.45	21.57	5.98	15.67	15.37	10.72
65 and over	100.00	56.40	43.60	5.15	5.71	9.80	22.94	6.39	16.08	13.23	7.90

Table 1-5 Exercise Frequency in the Recent Three Months (Cont. 3)

September, 2001

Unit : %

	Ttotal	No constant or regular exercise	Taking constant or regular exercise	Frequency per week				Average length for each time			
				1-2 times	3-4 times	5-6 times	Over seven times	Less than 15 minutes	16-30 minutes	31-60 minutes	61 minutes and more
				<b>By sex and marriage status</b>							
Single	100.00	59.98	40.02	18.66	11.70	4.60	5.06	5.44	12.98	15.26	6.34
Married or co-habiting	100.00	61.13	38.87	13.64	8.86	5.87	10.50	6.13	13.19	11.85	7.69
Divorced or separated	100.00	66.37	33.63	10.50	9.36	5.57	8.20	7.96	9.99	10.10	5.57
Widow/widower	100.00	60.65	39.35	6.50	6.53	7.69	18.63	6.52	14.57	11.96	6.29
Male	100.00	60.03	39.97	14.92	10.14	5.42	9.49	4.85	12.64	13.81	8.66
Single	100.00	57.32	42.68	18.26	12.63	5.57	6.23	4.54	12.81	16.82	8.51
Married or co-habiting	100.00	61.14	38.86	13.66	9.01	5.28	10.92	4.97	12.76	12.27	8.86
Divorced or separated	100.00	72.86	27.14	9.04	6.72	4.55	6.82	5.44	6.13	9.83	5.74
Widow/widower	100.00	56.82	43.18	6.18	7.20	7.53	22.27	5.66	14.37	13.93	9.22
Female	100.00	61.78	38.22	14.52	9.12	5.72	8.86	7.13	13.58	11.92	5.58
Single	100.00	63.25	36.75	19.15	10.57	3.41	3.62	6.54	13.19	13.33	3.69
Married or co-habiting	100.00	61.12	38.88	13.62	8.71	6.48	10.08	7.30	13.63	11.43	6.51
Divorced or separated	100.00	61.08	38.92	11.68	11.51	6.40	9.32	10.02	13.14	10.32	5.43
Widow/widower	100.00	61.84	38.16	6.60	6.32	7.74	17.50	6.79	14.64	11.35	5.38
<b>By sex and education background</b>											
Illiterate and self-educated	100.00	64.64	35.36	5.64	5.32	6.31	18.10	6.29	14.33	9.43	5.32
Elementary school	100.00	63.17	36.83	9.27	7.33	6.27	13.97	5.89	12.34	11.62	6.98
Junior high school/primary vocational school	100.00	68.06	31.94	10.94	7.67	4.87	8.47	6.05	11.31	8.86	5.71
Senior high school/senior vocational school	100.00	60.60	39.40	16.69	10.71	5.11	6.89	6.13	12.86	13.61	6.80
Junior college and university	100.00	55.21	44.79	20.42	11.92	5.80	6.64	5.85	14.14	15.96	8.84
Graduate school and above	100.00	48.38	51.62	22.55	14.78	6.58	7.71	4.67	19.73	16.78	10.43
Male	100.00	60.03	39.97	14.92	10.14	5.42	9.49	4.85	12.64	13.81	8.66
Illiterate and self-educated	100.00	65.64	34.36	5.85	5.19	4.83	18.49	4.65	13.12	10.00	6.59
Elementary school	100.00	65.71	34.29	8.90	6.05	5.34	14.01	5.45	11.65	10.60	6.59
Junior high school/primary vocational school	100.00	70.64	29.36	10.55	7.64	3.78	7.39	4.20	10.69	8.95	5.50
Senior high school/senior vocational school	100.00	59.29	40.71	15.97	11.49	5.31	7.94	5.12	12.46	14.55	8.57
Junior college and university	100.00	51.20	48.80	20.41	12.90	6.60	8.89	4.73	14.03	17.98	12.06
Graduate school and above	100.00	46.70	53.30	24.43	13.45	7.03	8.40	3.59	18.52	18.97	12.22
Female	100.00	61.78	38.22	14.52	9.12	5.72	8.86	7.13	13.58	11.92	5.58
Illiterate and self-educated	100.00	64.29	35.71	5.56	5.36	6.82	17.96	6.86	14.74	9.23	4.88
Elementary school	100.00	60.96	39.04	9.59	8.44	7.07	13.93	6.26	12.94	12.50	7.33
Junior high school/primary vocational school	100.00	64.74	35.26	11.43	7.70	6.27	9.85	8.42	12.10	8.75	5.98
Senior high school/senior vocational school	100.00	62.02	37.98	17.47	9.86	4.89	5.75	7.23	13.29	12.58	4.87
Junior college and university	100.00	59.70	40.30	20.42	10.84	4.91	4.13	7.10	14.27	13.69	5.24
Graduate school and above	100.00	52.29	47.71	18.18	17.88	5.54	6.11	7.18	22.54	11.70	6.29

Table 1-5 Exercise Frequency in the Recent Three Months (Cont. 4)

September, 2001

Unit : %

	Ttotal	No constant or regular exercise	Taking constant or regular exercise	Frequency per week				Average length for each time			
				1-2 times	3-4 times	5-6 times	Over seven times	Less than 15 minutes	16-30 minutes	31-60 minutes	61 minutes and more
				<b>By work</b>							
The employed	100.00	65.80	34.20	15.15	8.96	4.40	5.69	5.74	11.68	10.61	6.17
By work time											
Daytime	100.00	65.71	34.29	15.58	8.80	4.40	5.51	5.34	11.53	11.12	6.29
Night time	100.00	69.22	30.78	14.83	7.72	3.88	4.35	6.15	11.56	8.70	4.37
Shifts between day and night	100.00	62.86	37.14	15.12	11.16	4.73	6.13	7.25	12.93	10.17	6.79
Both day and night	100.00	66.88	33.12	12.95	8.70	4.42	7.05	6.52	11.56	9.13	5.91
By Status											
Employer	100.00	61.73	38.27	17.30	11.52	4.36	5.09	3.99	12.32	11.92	10.04
Privately employed	100.00	68.88	31.12	15.31	7.86	3.61	4.34	5.70	10.76	9.51	5.14
Government employed	100.00	46.38	53.62	21.57	14.87	7.84	9.35	6.90	17.93	18.10	10.70
Self-employed	100.00	67.43	32.57	11.69	8.86	4.59	7.43	5.69	10.92	9.72	6.24
Unpaid family worker	100.00	68.58	31.42	11.79	7.53	5.21	6.89	5.29	11.35	9.70	5.08
The Unemployed	100.00	54.55	45.45	14.16	10.51	7.08	13.70	6.31	14.96	15.80	8.38
Seeking or waiting for job	100.00	67.34	32.66	12.05	10.00	3.80	6.81	7.40	13.53	7.71	4.01
Pursuing education	100.00	45.45	54.55	26.50	16.81	6.17	5.07	5.48	15.22	24.59	9.24
Dealing with family matters	100.00	57.71	42.29	11.92	8.80	7.84	13.73	6.76	15.02	12.30	8.18
Chronic, handicapped, or old-aged	100.00	54.61	45.39	5.21	6.62	8.13	25.42	6.70	14.91	14.73	9.04
Idle or unwilling to work	100.00	55.03	44.97	9.93	6.63	8.10	20.31	3.78	15.34	14.37	11.49
Other	100.00	49.83	50.17	8.03	9.45	12.45	20.24	3.46	19.25	16.05	11.42
<b>By individual's annual income</b>											
No income	100.00	56.82	43.18	15.19	10.99	6.69	10.31	6.23	14.56	15.35	7.03
Less than 200,000	100.00	60.67	39.33	11.65	8.45	5.91	13.32	6.71	14.05	11.34	7.23
200,000 - less than 300,000	100.00	68.43	31.57	12.10	7.48	4.26	7.72	6.44	10.20	9.68	5.24
300,000 - less than 400,000	100.00	68.13	31.87	14.20	8.28	4.06	5.33	5.49	10.91	9.69	5.76
400,000 - less than 600,000	100.00	62.34	37.66	17.69	9.43	4.63	5.92	5.59	12.61	12.77	6.68
600,000 - less than 800,000	100.00	56.66	43.34	19.24	11.80	5.05	7.26	4.50	12.98	15.27	10.59
800,000 - less than 1000,000	100.00	52.07	47.93	18.68	13.05	8.84	7.37	3.37	14.72	18.99	10.85
800,000 - less than 1500,000	100.00	47.56	52.44	21.43	14.60	5.47	10.94	5.40	16.40	15.95	14.69
1,500,000 and over	100.00	43.13	56.87	30.39	11.76	6.32	8.39	2.61	13.16	16.53	24.58
<b>By handicapped</b>											
Yes	100.00	71.48	28.52	7.92	5.38	4.93	10.30	6.97	10.60	6.93	4.02
With handicapped certificate	100.00	73.82	26.18	7.53	4.88	4.72	9.05	6.60	9.90	5.89	3.79
Without handicapped certificate	100.00	66.83	33.17	8.69	6.36	5.35	12.77	7.70	11.99	9.00	4.49
No	100.00	60.44	39.56	15.02	9.82	5.60	9.13	5.94	13.22	13.13	7.27
<b>By BMI</b>											
Lower than 18.5	100.00	63.90	36.10	15.60	10.92	3.86	5.72	5.86	11.87	12.96	5.41
18.5 ~ lower than 24	100.00	60.68	39.32	15.29	9.88	5.72	8.43	6.28	13.42	12.77	6.84
24 ~ lower than 27	100.00	60.07	39.93	14.11	8.64	5.86	11.32	5.28	12.96	13.55	8.13
27 ~ lower than 30	100.00	61.07	38.93	12.99	8.60	5.27	12.07	5.84	12.75	12.38	7.97
30~ lower than 35	100.00	62.65	37.35	8.32	11.98	5.88	11.17	6.62	12.33	10.00	8.41
35 and over	100.00	62.85	37.15	14.29	4.96	6.42	11.48	1.49	11.54	15.18	8.94

註 : 1.BMI ( Body Mass Index ) = Weight(kg) / (Height(m))<sup>2</sup>。

2.According to the definition issued by the Department of Health: BMI&lt;18.5 「Under-weight」,18.5&lt;=BMI&lt;24 「Normal」,

24&lt;=BMI&lt;27 「Overweight」,27&lt;=BMI&lt;30 「Light obesity」,30&lt;=BMI&lt;35 「Mild obesity」,35&lt;=BMI 「Serious obesity」。