

**Physical activity and its associated factors among adults in the divisional secretariat division of Gampaha**

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A community based cross sectional study was carried out among 340 adults in the DS division of Gampaha. A total of 34 "Grama Niladhari" ( GN) divisions were randomly selected as clusters based on a three stage sampling methods. To each participant in each selected household, three questionnaires were administered by the principal investigator. Chi Square and ANOVA tests were used to assess the associations. A total number of 150 males and 185 females were included. The level of physical activity among participants was as follows low 25.9 percent ( 88) , moderate 40.6 percent (138) and high 33.5 percent ( 114) . Urban residence (  $\chi^2$  0.01) income over Rs. 40,000( $\chi^2=6.5;p<0.05$ ), unemployment status ( $\chi^2$