# **AFGHANISTAN**



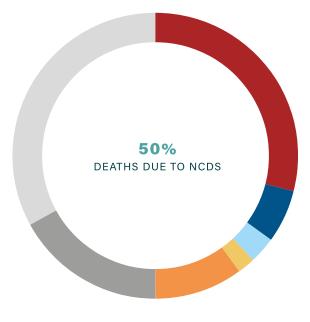
| TOTAL POPULATION (2022) 41,129,0 | 00 |
|----------------------------------|----|
| POPULATION AGED <20 (%)          | 55 |
| POPULATION AGED >60 (%)          | 4  |

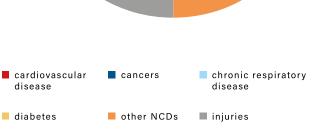
WORLD BANK INCOME GROUP

GROSS DOMESTIC PRODUCT per capita (INT\$)

2,078

### **NCD MORTALITY**





communicable, maternal, perinatal and nutritional conditions

### PREVALENCE OF PHYSICAL INACTIVITY



### PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

89 88



### PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

DATA NOT AVAILABLE



### PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DATA NOT AVAILABLE

male female

# DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY



### **PER YEAR**

US\$ 18,615,357 INT\$ 74,779,861



### **CUMULATIVE BETWEEN 2020 AND 2030**

US\$ 204,768,924 INT\$ 822,578,470

### **ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**



## NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

• with links to community programmes O

supported by environmental improvements

promoting the co-benefits of physical activity



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NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

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## **AFGHANISTAN**



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### **ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**



NATIONAL POLICY ON WALKING AND CYCLING O



**NATIONAL POLICY ON PUBLIC TRANSPORT** 



**NATIONAL ROAD SAFETY STRATEGY** 



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NOT AVAILABLE

**LEGISLATION ON:** 

- speed limits
- driving and alcohol use
- · driving and drug use
- · driving and mobile phone use



STREET DESIGN STANDARDS FOR:

- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- · management of speed

### **ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**



### PROMOTION OF PHYSICAL ACTIVITY:

- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability



### **BRIEF INTERVENTION ON PHYSICAL ACTIVITY**

- IN PRIMARY HEALTH
- used in >50% of facilities
- **USE OF DIGITAL PROGRAMMES**

with referral



- mHealth for NCD prevention
- **SCHOOL BASED APPROCHES:** quality physical education

NOT AVAILABLE

O no ● yes —

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE



NATIONAL NCD POLICY INCLUDING **PHYSICAL ACTIVITY** 



**NATIONAL PHYSICAL ACTIVITY POLICY** 

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O no O yes, but not operational O yes and operational



#### **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**

- children under 5 years
- · children and adolescents
- adults
- older adults



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#### NATIONAL SURVEILLANCE OF PHYSICAL **ACTIVITY IN:**

- children
- adolescents
- adults

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NATIONAL NCD COORDINATING MECHANISM



NATIONAL TARGET FOR PHYSICAL ACTIVITY

O no • ves -

Data sources: United Nations Department of Economic and Social Affairs. World Population Prospects 2022.

The World Bank. GDP per capita, PPP (current international, \$) accessed, July 2022. Global Health Estimates 2019: Deaths by Cause, Age, Sex, by Country and by Region, 2000-2019. Geneva, World Health Organization; 2020.

Guthold et al Lancet Child Adolesc Health. 2020;4(1):23-35.

World Health Organization. (2016). Global Health Observatory (GHO) data. Prevalence of insufficient physical activity among adults aged 18+ years. World Health Organization. (2022). Assessing national capacity for the prevention and control of noncommunicable diseases: report of the 2021 global survey. World Health Organization. (2018). Global status report on road safety 2018.