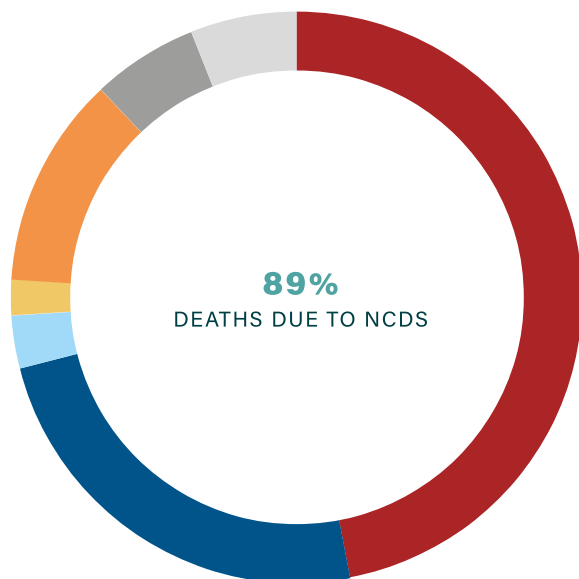


TOTAL POPULATION (2022)	<b>5,490,000</b>	WORLD BANK INCOME GROUP	<b>UPPER MIDDLE</b>
POPULATION AGED <20 (%)	<b>36</b>	GROSS DOMESTIC PRODUCT per capita (INT\$)	<b>11,377</b>
POPULATION AGED >60 (%)	<b>14</b>		

## NCD MORTALITY



- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

## PREVALENCE OF PHYSICAL INACTIVITY



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



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



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



■ male ■ female

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



### PER YEAR

**US\$ 45,469,723**  
**INT\$ 48,442,831**



### CUMULATIVE BETWEEN 2020 AND 2030

**US\$ 500,166,958**  
**INT\$ 532,871,140**

## ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS



### NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity








### NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- 





no  yes

## ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

 <p><b>NATIONAL POLICY ON WALKING AND CYCLING</b> <input type="radio"/></p>	 <p><b>NATIONAL POLICY ON PUBLIC TRANSPORT</b> <input type="radio"/></p>
 <p><b>NATIONAL ROAD SAFETY STRATEGY</b> <input type="radio"/></p>	 <p><b>LEGISLATION ON:</b></p> <ul style="list-style-type: none"> <li>▪ speed limits <input type="radio"/></li> <li>▪ driving and alcohol use <input checked="" type="radio"/></li> <li>▪ driving and drug use <input type="radio"/></li> <li>▪ driving and mobile phone use <input type="radio"/></li> </ul>
 <p><b>STREET DESIGN STANDARDS FOR:</b></p> <ul style="list-style-type: none"> <li>▪ separate walking and cycling infrastructure <input type="radio"/></li> <li>▪ safe pedestrian and cycling crossings <input type="radio"/></li> <li>▪ management of speed <input type="radio"/></li> </ul>	

no  yes  yes and best practice  not available

## ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

 <p><b>PROMOTION OF PHYSICAL ACTIVITY:</b></p> <ul style="list-style-type: none"> <li>▪ in workplaces <input type="radio"/></li> <li>▪ in childcare settings <input type="radio"/></li> <li>▪ through community sports <input type="radio"/></li> <li>▪ in public open spaces <input type="radio"/></li> <li>▪ through walking and cycling <input type="radio"/></li> <li>▪ for older adults <input type="radio"/></li> <li>▪ for people with disability <input type="radio"/></li> </ul>	 <p><b>BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH</b> <input type="radio"/></p> <ul style="list-style-type: none"> <li>▪ with referral <input type="radio"/></li> <li>▪ used in &gt;50% of facilities <input type="radio"/></li> </ul>
<p style="text-align: right;">NOT AVAILABLE</p>	 <p><b>USE OF DIGITAL PROGRAMMES</b></p> <ul style="list-style-type: none"> <li>▪ mHealth for NCD prevention <input checked="" type="radio"/></li> </ul>
<p style="text-align: right;">NOT AVAILABLE</p>	 <p><b>SCHOOL BASED APPROCHES:</b></p> <ul style="list-style-type: none"> <li>▪ quality physical education <input type="radio"/></li> </ul> <p style="text-align: right;">NOT AVAILABLE</p>

no  yes

## ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

 <p><b>NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY</b> <input checked="" type="radio"/></p>	 <p><b>NATIONAL PHYSICAL ACTIVITY POLICY</b> <input type="radio"/></p>
 <p><b>NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:</b></p> <ul style="list-style-type: none"> <li>▪ children under 5 years <input type="radio"/></li> <li>▪ children and adolescents <input type="radio"/></li> <li>▪ adults <input type="radio"/></li> <li>▪ older adults <input type="radio"/></li> </ul>	 <p><b>NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:</b></p> <ul style="list-style-type: none"> <li>▪ children <input type="radio"/></li> <li>▪ adolescents <input checked="" type="radio"/></li> <li>▪ adults <input checked="" type="radio"/></li> </ul>
 <p><b>NATIONAL NCD COORDINATING MECHANISM</b> <input type="radio"/></p>	 <p><b>NATIONAL TARGET FOR PHYSICAL ACTIVITY</b> <input type="radio"/></p>

no  yes

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.