PHYSICAL ACTIVITY PROFILE 2022

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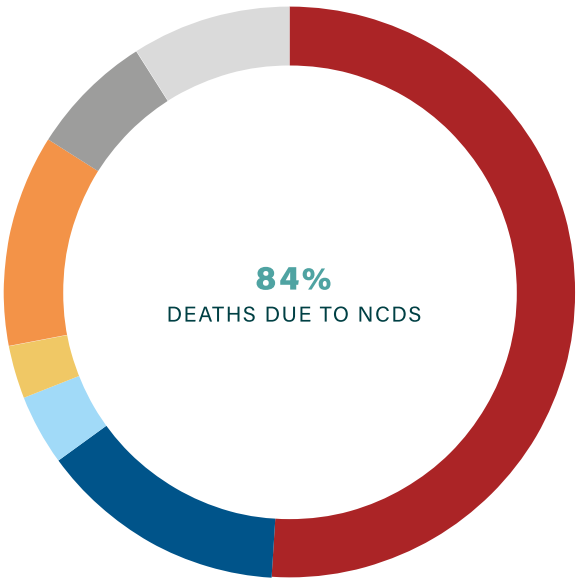
TOTAL POPULATION (2022)	**37,458,000**
POPULATION AGED <20 (%)	**35**
POPULATION AGED >60 (%)	**12**
WORLD BANK INCOME GROUP	**LOWER MIDDLE**
GROSS DOMESTIC PRODUCT per capita (INT$)	**7,369**

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$ 41,353,553
INT$ 99,636,135

CUMULATIVE BETWEEN 2020 AND 2030

US$ 454,889,078
INT$ 1,095,997,489

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

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ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING ○

NATIONAL ROAD SAFETY STRATEGY ○

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure ○
- safe pedestrian and cycling crossings ○
- management of speed ○

NATIONAL POLICY ON PUBLIC TRANSPORT ○

LEGISLATION ON:
- speed limits ○
- driving and alcohol use ●
- driving and drug use ○
- driving and mobile phone use ○

○ no ○ yes ● yes and best practice — not available

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 NOT AVAILABLE

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH ○
- with referral ○
- used in >50% of facilities ○

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention ○

SCHOOL BASED APPROCHES:
- quality physical education NOT AVAILABLE

○ no ● yes

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY ●

NATIONAL PHYSICAL ACTIVITY POLICY ○

○ no ○ yes, but not operational ● yes and operational

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years ○
- children and adolescents ○
- adults ○
- older adults ○

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children ○
- adolescents ●
- adults ●

NATIONAL NCD COORDINATING MECHANISM ●

NATIONAL TARGET FOR PHYSICAL ACTIVITY ○

○ no ● yes

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