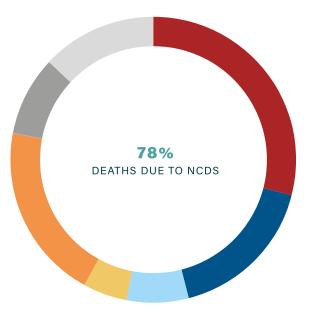
PANAMA



TOTAL POPULATION (2022)	4,409,000
POPULATION AGED <20 (%)	34
POPULATION AGED >60 (%)	13

WORLD BANK INCOME GROUP	HIGH
GROSS DOMESTIC PRODUCT per capita (INT\$)	26,780

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 (%)

DATA NOT AVAILABLE

DATA NOT AVAILABLE



PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

DATA NOT AVAILABLE

DATA NOT AVAILABLE



PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DATA NOT AVAILABLE

DATA NOT AVAILABLE

male female

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



PER YEAR

US\$ 13,784,729 INT\$ 29,511,923



CUMULATIVE BETWEEN 2020 AND 2030

US\$ 151,632,019 INT\$ 324,631,154

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



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NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

O no ● yes ■

PANAMA



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

with referral

- used in >50% of facilities

USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

SCHOOL BASED APPROCHES:

quality physical education

NOT AVAILABLE

0

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 -

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