

Physical Activity Factsheet

INDIA



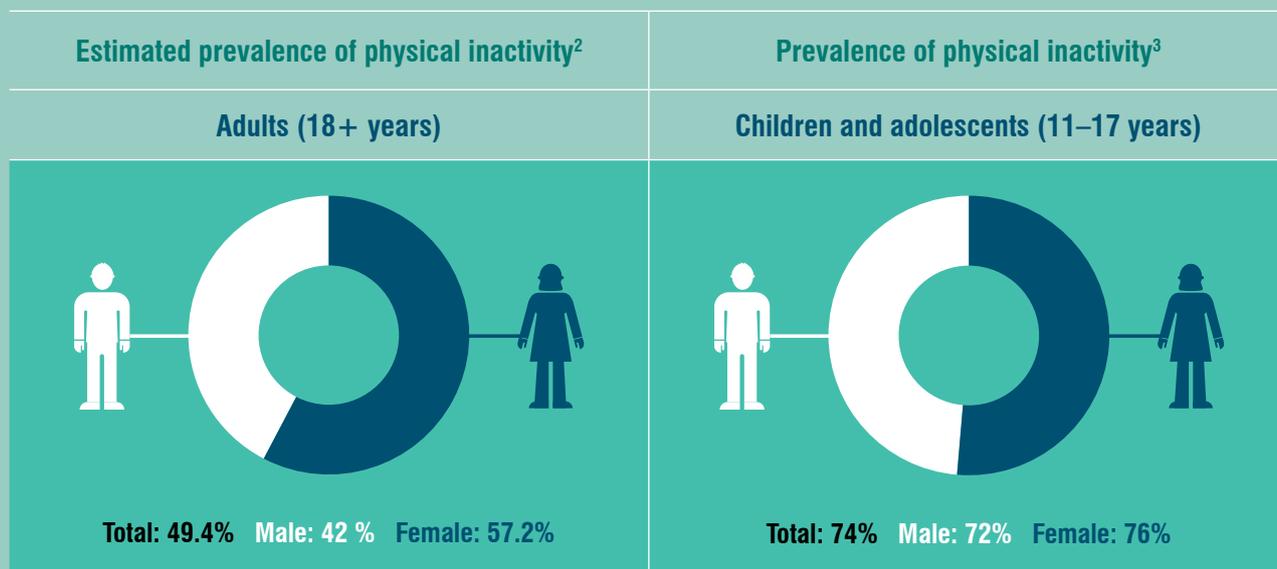
Demographics¹

Capital: New Delhi **Population:** 1 438 069 60 **Urban population:** 36% **Life expectancy:** 68 years
Gini inequality index: 0.33 **World Bank income category:** Low middle income

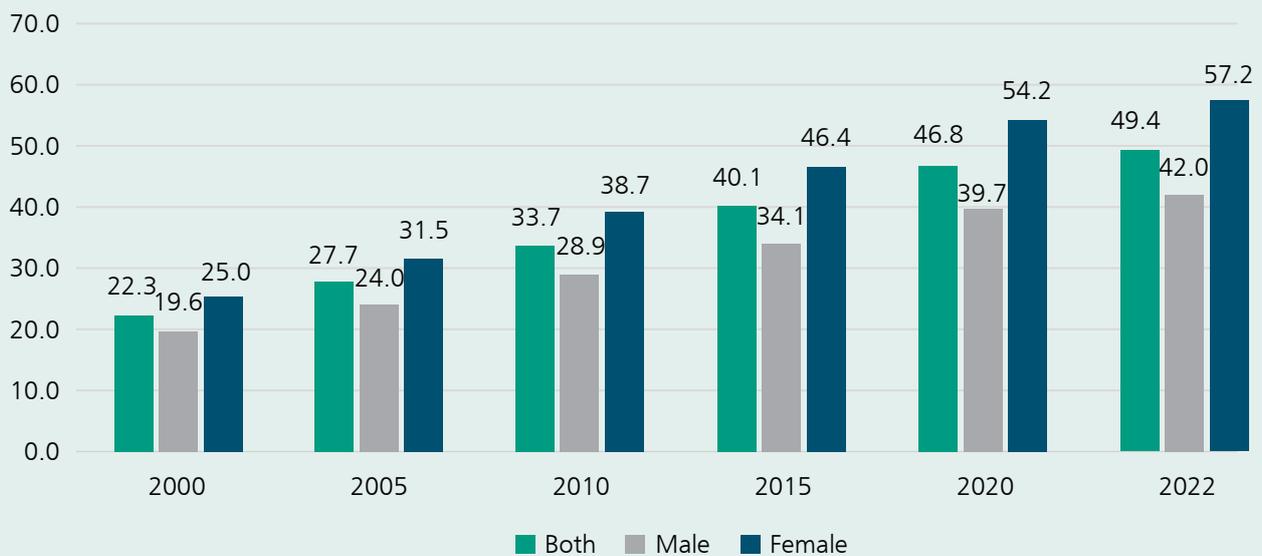
Introduction on physical activity promotion

Regular physical activity is proven to help prevent and treat noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps to prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being. In this factsheet an overview is presented of the status of physical activity promotion and policy response in India.

Physical activity participation



Prevalence of insufficient physical activity among adults aged 18+ years (age-standardized estimate)²



National surveillance

India has a national health survey including questions to assess physical activity among both adults and children. The survey has been administered in 2017-2018 and the PA questions included are based on the GPAQ questionnaire⁴.



Policy response

Currently, India has no stand-alone national physical activity action plan, however the promotion of physical activity is integrated in the National Action Plan and Monitoring Framework for Prevention and Control of NCDs from the Ministry of Health and Family Welfare⁵. The promotion of physical activity is addressed directly or indirectly in other policy domains, such as urban planning and education.



PA policy actions⁶

National target for PA	Yes
(sub)national PA communications campaign	Yes
National road-safety policy	Yes
Promotion of PA in the workplace	No
Brief intervention on PA in PHC	Partial
School based approach	Yes



National coordination mechanism and leadership in promotion of physical activity

There is a national focal point within the NCD Unit at the Ministry of Health who addresses NCD risk factors including physical activity. Currently there is no separate national steering committee or coordination group for PA stakeholders.



Promising initiatives

A description of national initiatives/success stories per policy domain

- Fit India Movement is a nation-wide movement in India, launched in 2019 and encourages people to remain healthy and fit by including physical activities and sports in their daily lives. This was followed by launch of Fitness Protocols and guidelines including recommendations on physical activity and sedentary behavior for children and adults in 2020.
- To revive the sports culture in India at the grass-root level, the Khelo India initiative has been introduced which focuses on building a strong framework for all sports played in the country.

Data sources:

- (1) The World Bank. Data on population, urban population, life expectancy, gini inequality index, and country income category. Accessed March 2025.
- (2) World Health Organization (2024). Global Health Observatory Data. Prevalence of insufficient physical activity among adults aged 18+ years (age-standardized estimate).
- (3) Guthold et al. (2020). Global trends in insufficient physical activity among adolescents: a pooled analysis of 298 population-based surveys with 1.6 million participants. *Lancet Child Adolescent Health*, 4, 23-35.
- (4) National Noncommunicable Diseases Monitoring Survey (NNMS 2017-2018). National Centre for Disease Informatics and Research, Indian Council of Medical Research. Ministry of Health & Family Welfare, Government of India, 2020.
- (5) Ministry of Health and Family Welfare (2011). National Action Plan and Monitoring Framework for Prevention and Control of Non-Communicable Diseases in India.
- (6) NCD Country Capacity Survey (2023). World Health Organization.



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