

Physical Activity Factsheet

INDONESIA



Demographics¹

Capital: Jakarta **Population:** 281 190 067 **Urban population:** 59% **Life expectancy:** 68 years

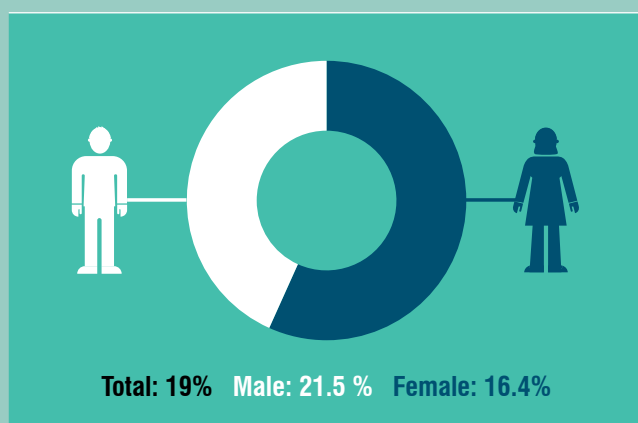
Gini inequality index: 0.38 **World Bank income category:** Upper middle income

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 Indonesia.

Physical activity participation

Estimated prevalence of physical inactivity²
Adults (18+ years)



Prevalence of physical inactivity³ (SKI 2023)

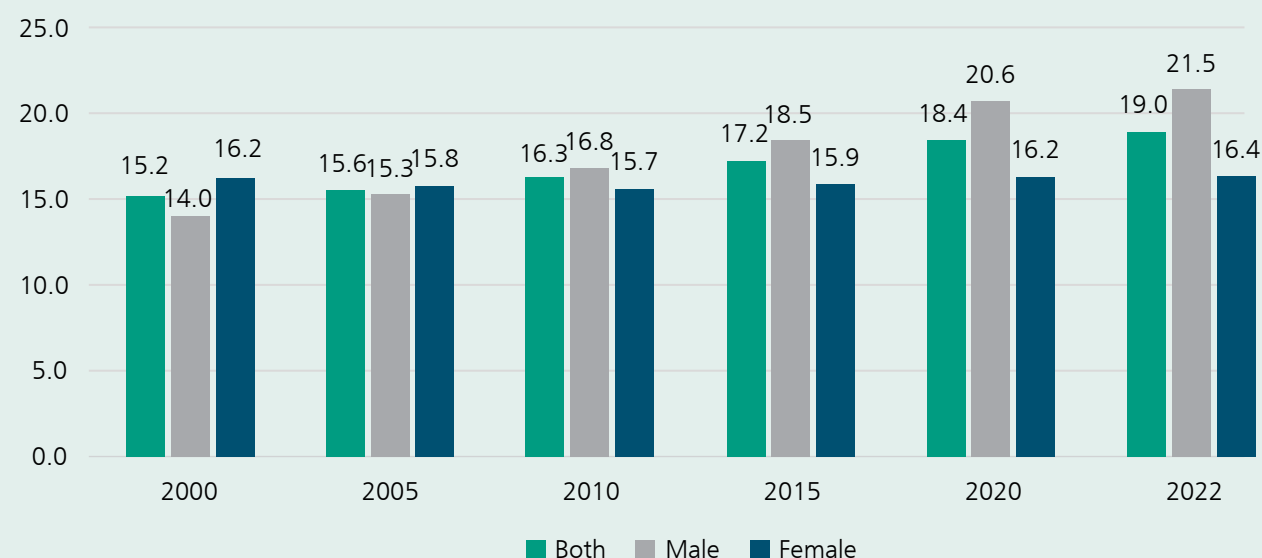
Children and adolescents (10-14 years)



Children and adolescents (15-19 years)



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



National surveillance

The Indonesia Health Survey includes questions to assess physical activity among both adults and children. The survey has been administered in 2023 and the physical activity questions included are based on the GPAQ questionnaire. There is no national data on sedentary behavior.



Policy response

Indonesia has no stand-alone national physical activity action plan or national physical activity guidelines, however the promotion of physical activity is integrated in various regulations and laws on health and on sport. The promotion of physical activity is also addressed in the Minister of Sports and Youth's Regulation no 6 of 2022 of the Road Map of the National Grand Design of Sports 2021-2024.

In 2021 Indonesia conducted a national situational analysis using the WHO SAT tool to collate what is being done in terms of policy action to promote PA. All relevant policy domains, sectors and stakeholders were engaged.



PA policy actions⁴

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	Yes
School based approach	Yes



National coordination mechanism and leadership in promotion of physical activity

The promotion of physical activity is coordinated by the Sports Health Working Team in the Directorate Productive Age and Elderly Health at the Ministry of Health. Sport is managed by the Ministry of Youth and Sports.



Promising initiatives

A description of national initiatives/success stories per policy domain

- ◉ The Ministry of Education has implemented Gerakan Sekolah Sehat (Healthy School Campaign). The focus of the campaign is creating healthy habits and a healthy lifestyle among primary and secondary school students. It addresses five health themes, including physical activity, healthy diet, immunization, mental health, and healthy environments
- ◉ At subnational policy level many initiatives exist to create an enabling environment for physical activity. Examples are programmes that promote urban walking/cycling, regulations to minimize motorized transport, or guidance on mixed land-use.
- ◉ Car Free Day is organized in many Indonesian cities and aims among others to encourage physical activity and active transport, such as walking and biking SPARK Program for PA : Bandung, Indonesia.

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) Survei Kesehatan Indonesia (SKI) (2023). Ministry of Health. Government of Indonesia.
- (4) NCD Country Capacity Survey (2023). World Health Organization.

