

PHYSICAL INACTIVITY IN 9 EUROPEAN AND CENTRAL ASIAN COUNTRIES

AN ANALYSIS OF NATIONAL POPULATION-BASED SURVEY RESULTS

NCDs Noncommunicable diseases

PA Physical activity

PIA Physical inactivity

1. CONTEXT

PIA



PIA is a major risk factor for NCDs (such as cardiovascular diseases, type 2 diabetes, cancer, dementia, depression and obesity);

Socioeconomic determinants (such as age, gender, education, marital status, and monthly income) **have been associated with PIA**;



PA

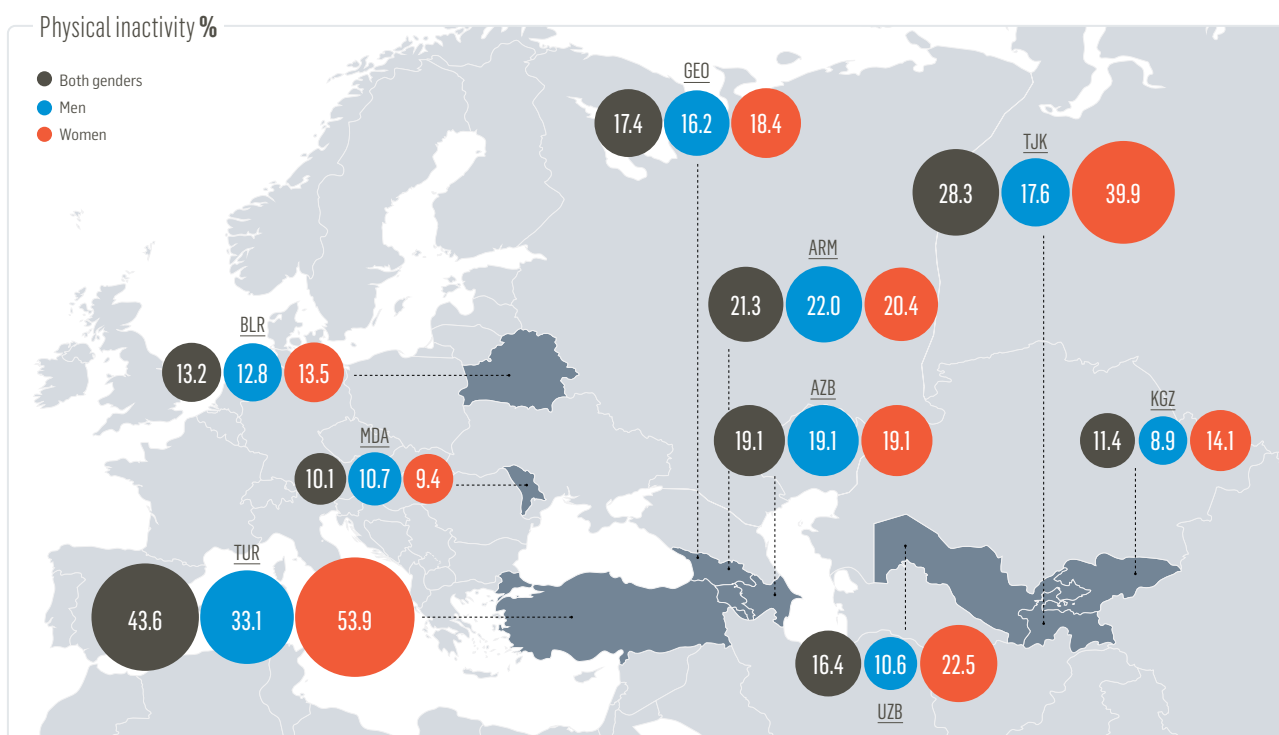


Total PA may be categorized into three different domains: **leisure-time, transport, and work** (including household chores);

2. PRINCIPAL FINDINGS

Prevalence of PIA

- **Prevalence of PIA** ranges from 10.1% to 43.6%;
- For **men**, PIA ranges from 8.9% to 33.1%;
- Among **women**, PIA ranges from 9.4% to 53.9%.



ARM: Armenia; AZB: Azerbaijan; BLR: Belarus; GEO: Georgia; KGZ: Kyrgyzstan; MDA: Moldova; TJK: Tajikistan; TUR: Turkey; UZB: Uzbekistan. Data collection between 2013 to 2017

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Domains of total PA

WORK-RELATED PA



- This is the **highest contributor** of total PA;
- Ranges from 44.2% to 69.4%.

TRANSPORT-RELATED PA

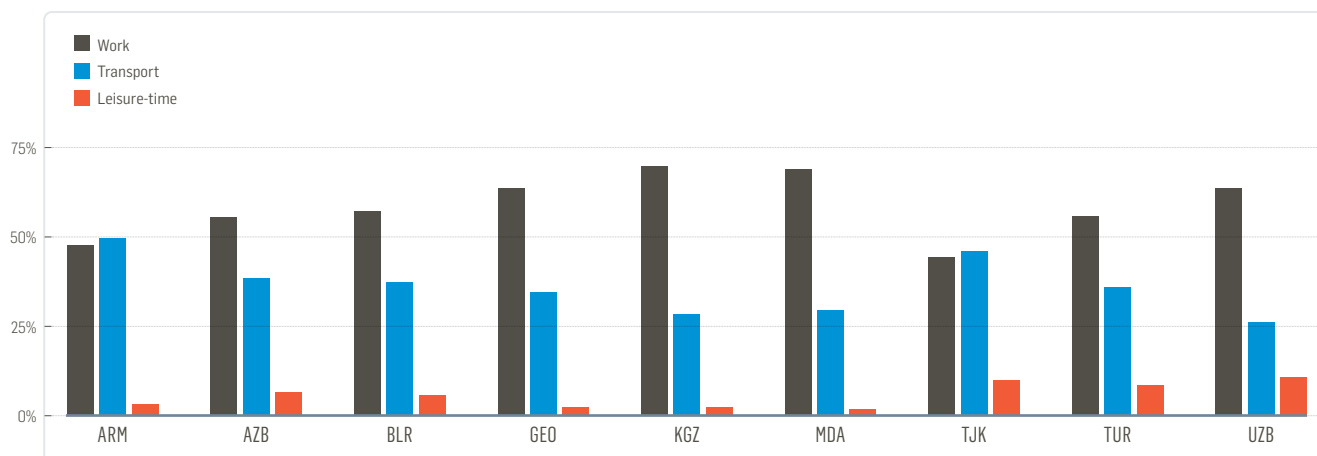


- It accounts for **between a quarter and a half** of total PA;
- Ranges from 26.0% to 49.3%.

LEISURE-TIME PA



- It is the **lowest contributor** of total PA;
- Ranges from 1.9% to 10.6%.



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Socioeconomic determinants of PIA

- increases with age;
- is more likely among older adults;
- is higher among women compared to men;
- is higher in individuals living alone compared to individuals not living alone;



3. IMPLICATIONS FOR PRACTICE

Prevalence of PIA

- Need for multi-sectoral policies and programs to promote PA;
- Specific interventions may need to be prioritized depending on the country context.

Domains of total PA

- Strategies that provide opportunities and infrastructure to support safe active transport, participation in sports and regular leisure-time PA;
- PA-promotional programs for people in sedentary professional occupations.

Socioeconomic determinants of PIA

- Provision of quality advice by health professionals;
- Appropriate infrastructure, resources and environments for PA;
- Accessible walking and cycling infrastructures;
- Improving the availability and affordability of public transport;
- Community-based action to involve older people in social PA;
- Culturally appropriate opportunities for women to participate in recreational PA;
- Family and social support for leisure-time PA among those living alone;
- Sport-for-all approaches to increase leisure or recreational PA;
- Maximize PA participation by addressing issues of affordability, inclusiveness and cultural acceptability.