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%.
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;
- Sport-for-all approaches to increase leisure or recreational PA;
- Maximize PA participation by addressing issues of affordability, inclusiveness and cultural acceptability.