

GLOBAL STATUS REPORT ON PHYSICAL ACTIVITY 2022:

COUNTRY PROFILES: Explanatory notes

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Background

The Global status report on physical activity 2022 {World Health Organization, 2022 #5676} presents a summary of progress global and regionally of achievement towards implementation of the policy recommendations outlined in the Global action plan on physical activity 2018-2030 (GAPPA) {World Health Organization, 2018 #3995} using a monitoring framework and set of 29 indicators.

Country profiles

The following country profiles summarize the data for each of the 194 WHO Member States and present contextual metrics across demographics, health and economics, in addition to achievement of specific GAPPA monitoring framework indicators.

In summary, these present:

- population demographics;
- economic metrics;
- percentage of deaths due to NCDs;
- the prevalence of physical inactivity;
- cost of inactivity; and
- achievement of a sub-set of 20 of the 29 GAPPA indicators.

The data presented in these country card profiles were derived from several data sources, that are referenced for each metric and indicator in the following explanatory notes.

Definitions and data sources

Demographics

Total Population: the total population of the country in 2022, rounded to nearest 1 000, or 100 if total population under 10 000 (1).

Population Aged <20 (%): the population of a country aged under 20 years (1).

Population Aged >60 (%): the population of a country aged 60 years and older (1).

Economics

World Bank Income Group: the world's economies assigned into one of the four income groups—low, lower-middle, upper-middle, and high-income countries. Data from 2021 (2).

Gross domestic product per capita (INT\$): the per capita values for a country gross domestic product (GDP) expressed in current international dollars converted by purchasing power parity (PPP)

conversion factor. GDP is the sum of gross value added by all resident producers in the country plus any product taxes and minus any subsidies not included in the value of the products. PPP is a price relative that show the ratio of the prices in national currencies of the same good or service in reference to the same good or service in the United States. They make it possible to compare the gross domestic product (GDP) in terms of U.S. Dollars (USD) by eliminating the price level differences between countries (3).

Cost of inaction on physical activity: the direct health care costs for new preventable cases of coronary heart disease, stroke, type-2 diabetes, hypertension, six cancers (breast, colon, endometrial, gastric, oesophageal, renal, and bladder), dementia and depression resulting from physical inactivity (4) per year and between 2020 and 2030 (2020 prices). For further detail of the methods of the computation Santos et al 2022 (in press).

Mortality

NCD Mortality: the percentage of deaths from NCDs and other conditions and total number of NCD deaths are reported for 2019 for all countries with a population greater than 90,000 (5).

Prevalence of physical inactivity

Prevalence of physical inactivity in adolescents: crude prevalence of adolescents (aged 11-17 years) that do not meet physical activity recommendations; which for adolescents is at least 60 minutes of moderate-to vigorous-intensity physical activity daily (6).

Prevalence of physical inactivity in adults: age-adjusted prevalence of adults (over 18 years of age) that do not meet physical activity recommendations; which for adults is at least 150 minutes of moderate-intensity aerobic physical activity; or at least 75 minutes of vigorous intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week (6).

Global Action Plan on Physical Activity monitoring framework indicators

To assess whether policies recommended by GAPPa are being implemented at country level, a set of indicators to track policy implementation process is required. This set of indicators capture the diversity of policy-related activities recommended to countries in GAPPa, many of which require implementation by sectors outside of health. Therefore, consistent with GAPPa itself, the monitoring framework of GAPPa adopted a systems approach and incorporated indicators of policy implementation outside the health sector.

For this first global assessment {World Health Organization, 2022 #5676}, 29 indicators were identified that align with the recommended policy actions in each of the four GAPPa policy areas, and definitions are provided below.

ACTIVE SOCIETIES: changing knowledge and mindsets

- **National physical activity communications campaigns:** the country has completed at least one recent national public awareness programme on physical activity using mass media channels within the last 2 years (7).

- **National physical activity communications campaigns with integrated links to community-based initiatives:** the country has completed a national campaign on physical activity including links to community programmes or initiatives (7).
- **National physical activity communications campaigns supported by environmental improvements:** the country has completed a national campaign on physical activity supported environmental changes that promote physical activity (7).
- **National physical activity communications campaigns promoting the co-benefits of physical activity:** the country has completed a national campaign on physical activity that includes mention of the co-benefits of physical activity. Co-benefits of physical activity refer to social (better social cohesion through physical activity), environmental (such as reducing the carbon footprints or helping climate change) and economic benefits of physical activity (such as reduced sick leaves or more active at work and hence, increase productivity), in addition to the health benefits (7).
- **National mass participation events on physical activity:** the country has completed at least one recent (with the last 2 years) free national or subnational mass participation event to encourage physical activity by the general community (people of all ages and abilities) (7).

ACTIVE ENVIRONMENTS: enabling environments

- **National policy on walking and cycling:** the country has national policy on walking and/or cycling (8).
- **National policy on public transport:** the country has policy and investment in increasing access to public transport (8).
- **National road safety strategy:** the country has a national road safety strategy/ies (8).
- **Street design standards for separate walking and cycling infrastructure:** the country has roads design standards for separation of pedestrians and cyclists from vehicular traffic (8).
- **Street design standards for safe pedestrian and cycling crossings:** the country has roads design standards for safe crossings for pedestrians and cyclists (8).
- **Street design standards for management of speed:** the country has roads design standards for managing speed where pedestrians and cyclists are present (8).
- **Legislation on speed limits:** the country has national/provincial/state speed legislations (8).
Speed limit legislation meets best practice criteria when the country has:
 - a national speed limit law (8)

- urban speed limits not exceeding 50km/hr (8)
- devolved power to local authorities to modify speed limits for different contexts (8).
- **Legislation on driving and alcohol use:** the country has national/ provincial/state drink driving legislations (8).

Driving and alcohol use legislation meets best practice criteria when the country has:

 - A national drink-driving law (8)
 - A blood alcohol content (BAC) limit for the general population not exceeding ≤ 0.05 g/dl (8)
 - A BAC limit for young and novice drivers not exceeding 0.02 g/dl (8).
- **Legislation on driving and drug use:** the country has national/ provincial/state legislation on distracted driving due to drug use (8).
- **Legislation on driving and mobile phone use:** the country has national/ provincial/state legislation on distracted driving due to mobile phone use (8).

ACTIVE PEOPLE: opportunities and programmes

- **Promotion of physical activity in workplaces:** the country reports implementing national policy actions to promote physical activity in the workplace (7).
- **Promotion of physical activity in childcare settings:** the country reports implementing national policy actions to promote physical activity in childcare settings (7).
- **Promotion of physical activity through community sports:** the country reports implementing national policy actions to promote physical activity through community-based physical activity and sports initiatives (7).
- **Promotion of physical activity in public open spaces:** the country reports implementing national policy actions to promote physical activity in public open spaces (including parks) (7).
- **Promotion of physical activity through walking and cycling:** the country reports implementing national policy actions to promote walking and/or cycling (7).
- **Promotion of physical activity for older adults:** the country reports implementing national policy actions to promote physical activity as part of active ageing and to address physical activity in older adults (7).
- **Promotion of physical activity for people living with disability:** No global data source available.

- **Brief intervention on physical activity in primary health:** the country reports national guidelines/protocols/standards available for the management of physical activity through a primary care approach recognized/approved by government or competent authorities (7).
- **Brief intervention on physical activity in primary health with referral:** the country reports national guidelines/protocols/standards available for the management of physical activity through a primary care approach recognized/approved by government or competent authorities, that include referral criteria (7).
- **Brief intervention on physical activity in primary health used in >50% of facilities:** the country reports national guidelines/protocols/standards available for the management of physical activity through a primary care approach recognized/approved by government or competent authorities and these are utilized in at least 50% of facilities (7).
- **Use of digital health - mHealth programs for NCD prevention:** the country has implemented any national, NCD-related mHealth initiatives within the past 2 years (7).
- **School based approaches:** quality physical education in schools: No global data source available.

ACTIVE SYSTEMS: national policy and governance

- **National NCD policy including physical activity:** the country has a national NCD policy, strategy, or action plan, including physical activity (7). This may be operational (funded/implemented) or not operational.
- **National physical activity policy:** the country has a standalone national policy, strategy, or action plan on physical activity (7). This may be operational (defined as being funded and implemented) or not operational.
- **National guidelines on physical activity for children under 5 years:** the country has national guidelines which provide recommended levels of physical activity for children under five years of age (7).
- **National guidelines on physical activity for children and adolescents:** the country has national guidelines which provide recommended levels of physical activity for children and adolescents (ages 5 -19) (7).
- **National guidelines on physical activity for adults:** the country has national guidelines which provide recommended levels of physical activity for adults (7).
- **National guidelines on physical activity for older adults:** the country has national guidelines which provide recommended levels of physical activity for older adults (7).

- **National NCD coordinating mechanism:** the country has a national multisectoral commission, agency or mechanism to oversee NCD or physical activity specific engagement, policy coherence and accountability of sectors beyond health (7).
- **National surveillance of physical activity in children:** the country conducts national surveillance on levels of physical activity in children (7).
- **National surveillance of physical activity in adolescents:** the country conducts national surveillance on levels of physical activity in adolescents (7).
- **National surveillance of physical activity in adults:** the country conducts national surveillance on levels of physical activity in adults (7).
- **National target for physical activity:** the country has national target(s) for population level physical activity (7).

References

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