Contents

Background ..................................................2
Definitions and data sources ...........................3
  Demographics .........................................3
  Economics ...........................................3
  Mortality ............................................3
  Prevalence of physical inactivity .................3

Global Action Plan on Physical Activity monitoring framework indicators 4
  ACTIVE SOCIETIES: changing knowledge and mindsets 4
  ACTIVE ENVIRONMENTS: enabling environments 5
  ACTIVE PEOPLE: opportunities and programmes 6
  ACTIVE SYSTEMS: national policy and governance 7

References ...............................................8

Country cards ............................................9
Background

The Global status report on physical activity 2022 (1) summarises global progress towards implementation of the policy recommendations outlined in the Global action plan on physical activity 2018-2030 (GAPPA) (2) 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 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 10,000,930.

**Population aged <20 (%):** the population of a country aged under 20 years (3).

**Population aged >60 (%):** the population of a country aged 60 years and older (3).

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 (4).

**Gross domestic product per capita (INT$):** the per capita values for a countries 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.

**Cost of inaction on physical activity:** the direct health care costs for new preventable cases of coronary heart disease, stroke, type-2 diabetes, hypertension, seven cancers (breast, colon, endometrial, gastric, oesophageal, renal, and bladder), dementia and depression resulting from physical inactivity per year and between 2020 bad 2030 (2020 prices). For further detail of the methods of the computation see Santos et al 2022 (6).

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 (7).

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 (8).

**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 (9).
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 (1), 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 (10).

- **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 (10).

- **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 (10).

- **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 footprint 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 (10).

- **National mass participation events on physical activity**: the country has completed at least one recent (within 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) (10).
ACTIVE ENVIRONMENTS: enabling environments

- **National policy on walking and cycling**: the country has national policy on walking and/or cycling (11).

- **National policy on public transport**: the country has policy and investment in increasing access to public transport (11).

- **National road safety strategy**: the country has a national road safety strategy/ies (11).

- **Street design standards for separate walking and cycling infrastructure**: the country has roads design standards for separation of pedestrians and cyclists from vehicular traffic (11).

- **Street design standards for safe pedestrian and cycling crossings**: the country has roads design standards for safe crossings for pedestrians and cyclists (11).

- **Street design standards for management of speed**: the country has roads design standards for managing speed where pedestrians and cyclists are present (11).

- **Legislation on speed limits**: the country has national/provincial/state speed legislations (11).

  Speed limit legislation meets best practice criteria when the country has:
  - a national speed limit law (11)
  - urban speed limits not exceeding 50km/hr (11)
  - devolved power to local authorities to modify speed limits for different contexts (11).

- **Legislation on driving and alcohol use**: the country has national/provincial/state drink driving legislations (11).

  Driving and alcohol use legislation meets best practice criteria when the country has:
  - A national drink-driving law (11)
  - A blood alcohol content (BAC) limit for the general population not exceeding 0.05 g/dl (11)
  - A BAC limit for young and novice drivers not exceeding 0.02 g/dl (11).

- **Legislation on driving and drug use**: the country has national/provincial/state legislation on distracted driving due to drug use (11).

- **Legislation on driving and mobile phone use**: the country has national/provincial/state legislation on distracted driving due to mobile phone use (11).
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 (10).

- **Promotion of physical activity in childcare settings:** the country reports implementing national policy actions to promote physical activity in childcare settings (10).

- **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 (10).

- **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) (10).

- **Promotion of physical activity through walking and cycling:** the country reports implementing national policy actions to promote walking and/or cycling (10).

- **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 (10).

- **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 (10).

- **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 (10).

- **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 (10).

- **Use of digital health - mHealth programs for NCD prevention:** the country has implemented any national, NCD-related mHealth initiatives within the past 2 years (10).

- **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 (10). 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 (10). 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 (10).

- **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) (10).

- **National guidelines on physical activity for adults**: the country has national guidelines which provide recommended levels of physical activity for adults (10).

- **National guidelines on physical activity for older adults**: the country has national guidelines which provide recommended levels of physical activity for older adults (10).

- **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 (10).

- **National surveillance of physical activity in children**: the country conducts national surveillance on levels of physical activity in children (10).

- **National surveillance of physical activity in adolescents**: the country conducts national surveillance on levels of physical activity in adolescents (10).

- **National surveillance of physical activity in adults**: the country conducts national surveillance on levels of physical activity in adults (10).

- **National target for physical activity**: the country has national target(s) for population level physical activity (10).
References


AFGHANISTAN

**NCD MORTALITY**

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - 89
  - 88

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - Data not available
  - Data not available

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - Data not available
  - Data not available

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 18,615,357
  - INT$ 74,779,861

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 204,768,924
  - INT$ 822,578,470

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETs**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes

**TOTAL POPULATION (2022)**

- **41,129,000**

**WORLD BANK INCOME GROUP**

- **LOW**

**GROSS DOMESTIC PRODUCT per capita (INT$)**

- **2,078**
### ALBANIA

#### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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<thead>
<tr>
<th>National NCD Policy including Physical Activity</th>
<th>National Physical Activity Policy</th>
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<tr>
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<tr>
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<th>National Surveillance of Physical Activity in:</th>
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<tr>
<th>National NCD Coordinating Mechanism</th>
<th>National Target for Physical Activity</th>
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**Data sources:**
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**ALGERIA**

### NCD MORTALITY

- **Total Population (2022):** 44,904,000
- **World Bank Income Group:** Upper Middle
- **Gross Domestic Product per capita (INT$):** 11,323

#### Prevalence of Physical Inactivity

- **Physical Inactivity, Adolescents Aged 11-17 (%):**
  - Male: 76%
  - Female: 91%

- **Physical Inactivity, Adults Aged 18+ (%):**
  - Male: 27%
  - Female: 40%

- **Physical Inactivity, Adults Aged 70+ (%):**
  - Male: 40%
  - Female: 56%

### Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

#### Per Year

- **US$:** 137,305,837
- **INT$:** 470,199,680

#### Cumulative Between 2020 and 2030

- **US$:** 1,510,364,202
- **INT$:** 5,172,196,480

### Active Societies: Changing Knowledge and Mindsets

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

- yes
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>Enabling Environment</th>
<th>National Policy</th>
<th>Legislation on:</th>
<th>Street Design Standards for:</th>
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<td>National Policy on Walking and Cycling</td>
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### Active People: Opportunities and Programmes

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<th>Activity</th>
<th>National Policy on Physical Activity Policy</th>
<th>Brief Intervention on Physical Activity in Primary Health</th>
<th>Use of Digital Programmes</th>
<th>School Based Approaches:</th>
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### Active Systems: National Policy and Governance

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<th>National NCD Policy including Physical Activity</th>
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### National NCD Coordinating Mechanism

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**Data sources:**
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.

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**Notes:**
- Not available
- Yes and operational
- Yes, but not operational
- Yes and best practice
- Yes and operational
- Not available
- Yes
NCD MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

37
40

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

53
57

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 3,278,627
INT$ NO DATA AVAILABLE

CUMULATIVE BETWEEN 2020 AND 2030
US$ 36,064,900
INT$ 74,185,604

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no
○ yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING
- NATIONAL ROAD SAFETY STRATEGY
- STREET DESIGN STANDARDS FOR:
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY
- NATIONAL PHYSICAL ACTIVITY POLICY
- NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
  - children under 5 years
  - children and adolescents
  - adults
  - older adults

NATIONAL NCD COORDINATING MECHANISM
- NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
  - children
  - adolescents
  - adults

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

32% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 19,756,537
- INT$ 71,693,391

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 217,321,903
- INT$ 788,627,303

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

- DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- DATA NOT AVAILABLE

**NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**

- ○ with links to community programmes
- ○ supported by environmental improvements
- ○ promoting the co-benefits of physical activity

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- ○
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
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#### NATIONAL ROAD SAFETY STRATEGY
- Street Design Standards for:
  - Separate walking and cycling infrastructure
  - Safe pedestrian and cycling crossings
  - Management of speed

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<tr>
<th>Yes</th>
<th>No</th>
<th>Yes and best practice</th>
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#### LEGISLATION ON:
- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use

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<th>Yes</th>
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### ACTIVE PEOPLES: OPPORTUNITIES AND PROGRAMMES

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<th>Promotion of Physical Activity:</th>
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<td>With referral</td>
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<td>Used in &gt;50% of facilities</td>
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<td>Quality physical education</td>
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### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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### Data Sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**ANTIGUA AND BARBUDA**

**NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

<table>
<thead>
<tr>
<th>PER YEAR</th>
<th>CUMULATIVE BETWEEN 2020 AND 2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>US$</td>
<td>INT$</td>
</tr>
<tr>
<td>$239,563</td>
<td>$312,310</td>
</tr>
<tr>
<td>$2,635,191</td>
<td>$3,435,410</td>
</tr>
</tbody>
</table>

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

85% DEATHS DUE TO NCDS

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

DATA NOT AVAILABLE

**NCM MORTALITY**

**TOTAL POPULATION (2022)** 93,800

<table>
<thead>
<tr>
<th>POPULATION AGED &lt;20 (%)</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>POPULATION AGED &gt;60 (%)</td>
<td>16</td>
</tr>
</tbody>
</table>

**WORLD BANK INCOME GROUP** HIGH

| GROSS DOMESTIC PRODUCT per capita (INT$) | 18,240 |

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- yes

- no
### ANTIGUA AND BARBUDA

### ACTIVE ENvironments: ENABLING Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Road Safety Strategy</th>
<th>Street Design Standards for:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>separate walking and cycling infrastructure</td>
</tr>
<tr>
<td></td>
<td></td>
<td>safe pedestrian and cycling crossings</td>
</tr>
<tr>
<td></td>
<td></td>
<td>management of speed</td>
</tr>
<tr>
<td>no</td>
<td>yes</td>
<td>yes and not available</td>
</tr>
</tbody>
</table>

### NATIONAL POLICY ON PUBLIC TRANSPORT

<table>
<thead>
<tr>
<th>Legislation on:</th>
</tr>
</thead>
<tbody>
<tr>
<td>speed limits</td>
</tr>
<tr>
<td>driving and alcohol use</td>
</tr>
<tr>
<td>driving and drug use</td>
</tr>
<tr>
<td>driving and mobile phone use</td>
</tr>
<tr>
<td>no</td>
</tr>
</tbody>
</table>

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

<table>
<thead>
<tr>
<th>Promotion of Physical Activity:</th>
</tr>
</thead>
<tbody>
<tr>
<td>in workplaces</td>
</tr>
<tr>
<td>in childcare settings</td>
</tr>
<tr>
<td>through community sports</td>
</tr>
<tr>
<td>in public open spaces</td>
</tr>
<tr>
<td>through walking and cycling</td>
</tr>
<tr>
<td>for older adults</td>
</tr>
<tr>
<td>for people with disability</td>
</tr>
<tr>
<td>no</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Brief Intervention on Physical Activity in Primary Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>with referral</td>
</tr>
<tr>
<td>used in &gt;50% of facilities</td>
</tr>
<tr>
<td>no</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Use of Digital Programmes</th>
</tr>
</thead>
<tbody>
<tr>
<td>mHealth for NCD prevention</td>
</tr>
<tr>
<td>not available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>School Based Approaches:</th>
</tr>
</thead>
<tbody>
<tr>
<td>quality physical education</td>
</tr>
<tr>
<td>not available</td>
</tr>
</tbody>
</table>

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>no</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>National Guidelines on Physical Activity For:</th>
</tr>
</thead>
<tbody>
<tr>
<td>children under 5 years</td>
</tr>
<tr>
<td>children and adolescents</td>
</tr>
<tr>
<td>adults</td>
</tr>
<tr>
<td>older adults</td>
</tr>
<tr>
<td>no</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>National Surveillance of Physical Activity In:</th>
</tr>
</thead>
<tbody>
<tr>
<td>children</td>
</tr>
<tr>
<td>adolescents</td>
</tr>
<tr>
<td>adults</td>
</tr>
<tr>
<td>no</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>National NCD Coordinating Mechanism</th>
</tr>
</thead>
<tbody>
<tr>
<td>no</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>National Target for Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>no</td>
</tr>
</tbody>
</table>

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ARGENTINA

NCD MORTALITY

77% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 80 (%)
- 90 (%)

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 38 (%)
- 45 (%)

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 53 (%)
- 62 (%)

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 204,649,557
- INT$ 495,093,069

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 2,251,145,132
- INT$ 5,446,023,761

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes

TOTAL POPULATION (2022) 45,511,000
POPULATION AGED <20 (%) 31
POPULATION AGED >60 (%) 16

WORLD BANK INCOME GROUP UPPER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 20,769

CUMULATIVE BETWEEN 2020 AND 2030
## Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.

### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th><strong>NATIONAL POLICY ON WALKING AND CYCLING</strong></th>
<th><strong>NATIONAL POLICY ON PUBLIC TRANSPORT</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>![National Policy Icon]</td>
<td>![National Policy Icon]</td>
</tr>
<tr>
<td>![Walking and Cycling Icon]</td>
<td>![Public Transport Icon]</td>
</tr>
<tr>
<td><strong>NATIONAL ROAD SAFETY STRATEGY</strong></td>
<td><strong>LEGISLATION ON:</strong></td>
</tr>
<tr>
<td>![Road Safety Icon]</td>
<td>- speed limits</td>
</tr>
<tr>
<td><strong>STREET DESIGN STANDARDS FOR:</strong></td>
<td>- driving and alcohol use</td>
</tr>
<tr>
<td>- separate walking and cycling infrastructure</td>
<td>- driving and drug use</td>
</tr>
<tr>
<td>- safe pedestrian and cycling crossings</td>
<td>- driving and mobile phone use</td>
</tr>
<tr>
<td>- management of speed</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>![No Icon]</th>
<th>![Yes Icon]</th>
<th>![Yes and Best Practice Icon]</th>
<th>![Not Available Icon]</th>
</tr>
</thead>
</table>

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

<table>
<thead>
<tr>
<th><strong>PROMOTION OF PHYSICAL ACTIVITY:</strong></th>
<th><strong>BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>![Physical Activity Icon]</td>
<td>![Intervention Icon]</td>
</tr>
<tr>
<td>- in workplaces</td>
<td>- with referral</td>
</tr>
<tr>
<td>- in childcare settings</td>
<td>- used in &gt;50% of facilities</td>
</tr>
<tr>
<td>- through community sports</td>
<td></td>
</tr>
<tr>
<td>- in public open spaces</td>
<td></td>
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<td>- for older adults</td>
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<tr>
<td>- for people with disability</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>![Not Available Icon]</th>
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</thead>
</table>

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th><strong>NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY</strong></th>
<th><strong>NATIONAL PHYSICAL ACTIVITY POLICY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>![NCD Policy Icon]</td>
<td>![Physical Activity Policy Icon]</td>
</tr>
<tr>
<td><strong>NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:</strong></td>
<td><strong>NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:</strong></td>
</tr>
<tr>
<td>- children under 5 years</td>
<td>- children</td>
</tr>
<tr>
<td>- children and adolescents</td>
<td>- adolescents</td>
</tr>
<tr>
<td>- adults</td>
<td>- adults</td>
</tr>
<tr>
<td>- older adults</td>
<td></td>
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</tbody>
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<table>
<thead>
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<th>![Not Available Icon]</th>
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<th>![Not Available Icon]</th>
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### ARGENTINA

<table>
<thead>
<tr>
<th>![Not Available Icon]</th>
<th>![Yes Icon]</th>
<th>![Yes and Best Practice Icon]</th>
</tr>
</thead>
</table>

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NCD MORTALITY

89% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
73
83

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
23
22

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
36
35

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 4,453,809
INT$ 13,898,114

CUMULATIVE BETWEEN 2020 AND 2030
US$ 48,991,899
INT$ 152,879,259

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

• yes

ARMENIA

TOTAL POPULATION (2022) 2,781,000
POPULATION AGED <20 (%) 26
POPULATION AGED >60 (%) 20

WORLD BANK INCOME GROUP UPPER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 13,311

• cardiovascular disease
• cancers
• chronic respiratory disease
• diabetes
• other NCDs
• injuries
• communicable, maternal, perinatal and nutritional conditions

male female
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**: ○
- **NATIONAL ROAD SAFETY STRATEGY**: ○
- **STREET DESIGN STANDARDS FOR**:  
  - separate walking and cycling infrastructure  ○
  - safe pedestrian and cycling crossings  ○
  - management of speed  ○

  ○ no  ○ yes  ○ yes and best practice  — not available

- **NATIONAL POLICY ON PUBLIC TRANSPORT**: ○
- **LEGISLATION ON**:  
  - speed limits  ●
  - driving and alcohol use  ●
  - driving and drug use  ●
  - driving and mobile phone use  ●

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN**:  
  - children  ○
  - adolescents  ○
  - adults  ○

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**: ○
  - with referral  ○
  - used in >50% of facilities  ●

- **USE OF DIGITAL PROGRAMMES**:  
  - mHealth for NCD prevention  ●

- **SCHOOL BASED APPROACHES**:  
  - quality physical education  NOT AVAILABLE

  ○ no  ● yes

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**: ○
- **NATIONAL PHYSICAL ACTIVITY POLICY**: ●
  - yes, but not operational  ●
  - yes and operational  ○

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR**:  
  - children under 5 years  ○
  - children and adolescents  ○
  - adults  ○
  - older adults  ○

- **NATIONAL NCD COORDINATING MECHANISM**: ○
- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN**:  
  - children  ○
  - adolescents  ○
  - adults  ○

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**: ●
  - yes

---

**Data sources**: United Nations Department of Economic and Social Affairs. World Population Prospects 2022.  
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.  
NCD MORTALITY

89% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 87
- 91

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 27
- 34

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 41
- 50

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 365,959,510
- INT$ 367,750,352

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 4,025,554,615
- INT$ 4,045,253,871

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

WORLD BANK INCOME GROUP
- HIGH

GROSS DOMESTIC PRODUCT per capita (INT$)
- 53,317

TOTAL POPULATION (2022)
- 26,178,000

POPULATION AGED <20 (%) - 24
POPULATION AGED >60 (%) - 23
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - ○

- **NATIONAL ROAD SAFETY STRATEGY**
  - ○

- **STREET DESIGN STANDARDS FOR:**
  - • separate walking and cycling infrastructure
  - • safe pedestrian and cycling crossings
  - • management of speed
  - ○ no ○ yes ○ yes and best practice — not available

- **NATIONAL POLICY ON PUBLIC TRANSPORT**
  - ○

- **LEGISLATION ON:**
  - • speed limits
  - • driving and alcohol use
  - • driving and drug use
  - • driving and mobile phone use
  - ○ no ○ yes ○ yes and best practice ○ not available

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - • in workplaces
  - • in childcare settings
  - • through community sports
  - • in public open spaces
  - • through walking and cycling
  - • for older adults
  - • for people with disability
  - ○ no ○ yes

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - • with referral
  - • used in >50% of facilities
  - ○ no ○ yes

- **USE OF DIGITAL PROGRAMMES**
  - • mHealth for NCD prevention
  - ○ no ○ yes

- **SCHOOL BASED APPROACHES:**
  - • quality physical education
  - ○ no ○ yes ○ not available

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - ○ no ○ yes, but not operational ○ yes and operational

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - • children under 5 years
  - • children and adolescents
  - • adults
  - • older adults
  - ○ no ○ yes

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - • children
  - • adolescents
  - • adults
  - ○ no ○ yes ○ not available

- **NATIONAL NCD COORDINATING MECHANISM**
  - ○

- **NATIONAL PHYSICAL ACTIVITY POLICY**
  - ○

- **NATIONAL PHYSICAL ACTIVITY POLICY**
  - ○

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - • children
  - • adolescents
  - • adults
  - ○ no ○ yes ○ not available

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**
  - ○
**NCD MORTALITY**

91% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

- 71
- 85

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 26
- 34

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 40
- 49

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 142,922,306
  - INT$ 163,798,866

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 1,572,145,367
  - INT$ 1,801,787,523

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

**NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

**Azerbaijan**

**NCD Mortality**

- **90%** deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - Data not available
- **Physical Inactivity, Adults Aged 18+ (%)**
  - Data not available
- **Physical Inactivity, Adults Aged 70+ (%)**
  - Data not available

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 15,417,409
  - INT$ 52,882,728
- **Cumulative Between 2020 and 2030**
  - US$ 169,591,502
  - INT$ 581,710,011

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
- **National Mass Participation Events on Physical Activity**
  - yes

**World Bank Income Group**

- **Upper Middle**
  - Gross Domestic Product per capita (INT$) 14,479

**Total Population (2022)**

- 10,359,000

**World Bank Income Group**

- **Upper Middle**
  - Population aged <20 (%) 30
  - Population aged >60 (%) 12
  - Gross Domestic Product per capita (INT$) 14,479

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 15,417,409
  - INT$ 52,882,728
- **Cumulative Between 2020 and 2030**
  - US$ 169,591,502
  - INT$ 581,710,011

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
- **National Mass Participation Events on Physical Activity**
  - yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

- NATIONAL POLICY ON WALKING AND CYCLING
- NATIONAL ROAD SAFETY STRATEGY
- STREET DESIGN STANDARDS FOR:
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

- PROMOTION OF PHYSICAL ACTIVITY:
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability

- BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
  - with referral
  - used in >50% of facilities

- USE OF DIGITAL PROGRAMMES
  - mHealth for NCD prevention

- SCHOOL BASED APPROACHES:
  - quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

- NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY
- NATIONAL PHYSICAL ACTIVITY POLICY

- NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
  - children under 5 years
  - children and adolescents
  - adults
  - older adults

- NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
  - children
  - adolescents
  - adults

- NATIONAL NCD COORDINATING MECHANISM
- NATIONAL TARGET FOR PHYSICAL ACTIVITY

## NCD Mortality

- 75% deaths due to NCDs

### Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

- **PER YEAR**
  - US$ 1,830,082
  - INT$ 2,363,586

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 20,130,902
  - INT$ 25,999,448

## Prevalence of Physical Inactivity

### Physical Inactivity, Adolescents Aged 11-17 (%)
- 81
- 88

### Physical Inactivity, Adults Aged 18+ (%)
- 30
- 56

### Physical Inactivity, Adults Aged 70+ (%)
- 44
- 71

## National Physical Activity Communications Campaigns
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

## National Mass Participation Events on Physical Activity

- Yes

## Bahamian Physical Activity Profile 2022

### Total Population (2022)
- 410,000

### World Bank Income Group
- High

### Gross Domestic Product per capita (INT$)
- 29,065

### Population Aged <20 (%)
- 27

### Population Aged >60 (%)
- 14

### National Physical Activity Communications Campaigns
- Yes

### National Mass Participation Events on Physical Activity
- Yes
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
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### National Road Safety Strategy

<table>
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<th>Legislation on:</th>
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<tbody>
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### Street Design Standards for:

- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

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### Active Systems: National Policy and Governance

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### National NCD Coordinating Mechanism

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NCD MORTALITY

86% DEATHS DUE TO NCDs

PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
75
87

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 12,204,470
INTS 26,164,539

CUMULATIVE BETWEEN 2020 AND 2030
US$ 134,249,167
INTS 287,809,934

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

BAHRAIN

TOTAL POPULATION (2022) 1,473,000
WORLD BANK INCOME GROUP HIGH
GROSS DOMESTIC PRODUCT per capita (INT$) 43,821

POPULATION AGED <20 (%) 26
POPULATION AGED >60 (%) 7

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes

DATA NOT AVAILABLE
 active systems: national policy and governance

National NCD policy including physical activity

Yes, but not operational

National guidelines on physical activity for:
- Children under 5 years
- Children and adolescents
- Adults
- Older adults

National NCD coordinating mechanism

Yes

National physical activity policy

Yes

National surveillance of physical activity in:
- Children
- Adolescents
- Adults

Active environments: enabling environments

National policy on walking and cycling

No

National road safety strategy

Yes

Legislation on:
- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use

Street design standards for:
- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

Active people: opportunities and programmes

Promotion of physical activity:
- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

Brief intervention on physical activity in primary health
- With referral
- Used in >50% of facilities

Use of digital programmes
- mHealth for NCD prevention

School based approaches:
- Quality physical education

Active environments: enabling environments

National policy on public transport

No

Legislation on:
- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use

Street design standards for:
- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

Data sources:
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

- **70% DEATHS DUE TO NCDS**

**PREVALENCE OF PHYSICAL INACTIVITY**

<table>
<thead>
<tr>
<th>Category</th>
<th>Adolescents 11-17 (%)</th>
<th>Adults 18+ (%)</th>
<th>Adults 70+ (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physically inactive</td>
<td>63</td>
<td>16</td>
<td>19</td>
</tr>
<tr>
<td>Physically active</td>
<td>37</td>
<td>84</td>
<td>81</td>
</tr>
</tbody>
</table>

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - **US$ 61,708,652**
  - **INTS 161,799,645**

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - **US$ 678,795,177**
  - **INTS 1,779,796,093**

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes
BANGLADESH

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

- National Policy on Walking and Cycling
  - [ ] yes

- National Road Safety Strategy
  - [ ] yes

- Street Design Standards for:
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - [ ] yes

- National Policy on Public Transport
  - [ ] yes

- Legislation on:
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
  - [ ] yes

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

- Promotion of Physical Activity:
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability
  - [ ] yes

- Brief Intervention on Physical Activity in Primary Health
  - with referral
  - used in >50% of facilities
  - [ ] yes

- Use of Digital Programmes
  - mHealth for NCD prevention
  - NOT AVAILABLE

- School Based Approaches:
  - quality physical education
  - NOT AVAILABLE

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

- National NCD Policy Including Physical Activity
  - [ ] yes, but not operational

- National Physical Activity Policy
  - [ ] yes

- National Guidelines on Physical Activity For:
  - children under 5 years
  - children and adolescents
  - adults
  - older adults
  - [ ] yes

- National Surveillance of Physical Activity In:
  - children
  - adolescents
  - adults
  - [ ] yes

- National NCD Coordinating Mechanism
  - [ ] yes

- National Target for Physical Activity
  - [ ] yes

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
BARBADOS

NCD MORTALITY

83% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 77
- 87

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 29
- 55

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 37
- 63

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 1,597,159
- INT$ 1,386,860

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 17,568,744
- INT$ 15,255,457

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

93% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
- DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 14

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 23

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 20,246,388
- INT$ 63,785,309

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 222,710,265
- INT$ 701,638,394

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

  - yes
NCD MORTALITY

86% DEATHS DUE TO NCDS

- cardiovascular disease
- communicable, maternal, perinatal and nutritional conditions
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- male
- female

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

- 79
- 88

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

- 31
- 41

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

- 46
- 57

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

- US$ 187,367,814
- INT$ 220,044,024

CUMULATIVE BETWEEN 2020 AND 2030

- US$ 2,061,045,949
- INT$ 2,420,484,260

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
### Active Environments: Enabling Environments

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### Active Systems: National Policy and Governance

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**Data sources:**
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**Belize**

**TOTAL POPULATION (2022)** 406,000

<table>
<thead>
<tr>
<th>Population Aged</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20 (%)</td>
<td>37</td>
</tr>
<tr>
<td>&gt;60 (%)</td>
<td>8</td>
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**WORLD BANK INCOME GROUP**  UPPER MIDDLE

**GROSS DOMESTIC PRODUCT per capita (INT$)** 6,166

**NCD MORTALITY**

65% DEATHS DUE TO NCDs

![Pie Chart: NCD Mortality](chart.png)

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**

- Male: 76
- Female: 84

**Physical Inactivity, Adults Aged 18+ (%)**

- Male: Data Not Available
- Female: Data Not Available

**Physical Inactivity, Adults Aged 70+ (%)**

- Male: Data Not Available
- Female: Data Not Available

**Direct Healthcare Costs Attributable to NCDs AND Mental Health Associated with Physical Inactivity**

**Per Year**

- US$: 315,702
- INT$: 495,407

**Cumulative Between 2020 and 2030**

- US$: 3,472,723
- INT$: 5,449,482

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
  - yes

- National Mass Participation Events on Physical Activity
  - yes
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

39% DEATHS DUE TO NCDS

PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 767,640
INT$ 2,079,613

CUMULATIVE BETWEEN 2020 AND 2030

US$ 8,444,036
INT$ 22,875,738

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
### Active Environments: Enabling Environments

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**NCD MORTALITY**

- **73% DEATHS DUE TO NCDS**

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
- 83
- 85

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
- 18
- 30

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
- 18
- 37

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 589,079
  - INT$ 2,184,960

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 6,479,874
  - INT$ 24,034,556

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

**NATIONAL POLICY ON WALKING AND CYCLING**
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

**NATIONAL POLICY ON PUBLIC TRANSPORT**
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

**NATIONAL ROAD SAFETY STRATEGY**
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

**STREET DESIGN STANDARDS FOR:**
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

**DATA SOURCES:**
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

- **Total Population (2022):** 12,225,000
- **World Bank Income Group:** Lower Middle
- **Gross Domestic Product per capita (INT$):** 8,283

**Total Population**
- **Aged <20 (%):** 41
- **Aged >60 (%):** 8

**NCDs as Percentage of Deaths**
- Cardiovascular disease
- Cancer
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Communicable, maternal, perinatal, and nutritional conditions
- Injuries

- **73%** Deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%):**
  - Male: 82
  - Female: 89

- **Physical Inactivity, Adults Aged 18+ (%):**
  - Data not available

- **Physical Inactivity, Adults Aged 70+ (%):**
  - Data not available

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 9,907,686
  - INT$: 26,169,282

- **Cumulative Between 2020 and 2030**
  - US$: 108,984,549
  - INT$: 287,862,106

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

- **Yes**
- **No**
### BOLIVIA (PLURINATIONAL STATE OF)

#### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Road Safety Strategy</th>
<th>Street Design Standards for:</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Cycling" /></td>
<td><img src="image" alt="Road" /></td>
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</tr>
<tr>
<td><img src="image" alt="Cycling" /></td>
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<td><img src="image" alt="Road" /></td>
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</tr>
</tbody>
</table>

#### NATIONAL POLICY ON PUBLIC TRANSPORT

- ![Transport](image)
- Legislation on:
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use

#### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<td>• for people with disability</td>
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<table>
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<th>Brief Intervention on Physical Activity in Primary Health</th>
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<tbody>
<tr>
<td>• with referral</td>
</tr>
<tr>
<td>• used in &gt;50% of facilities</td>
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<table>
<thead>
<tr>
<th>Use of Digital Programmes</th>
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<tbody>
<tr>
<td>• mHealth for NCD prevention</td>
</tr>
</tbody>
</table>

#### SCHOOL BASED APPROACHES:

- ![Physical Education](image)
- Quality physical education

#### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
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<tr>
<th>National NCD Policy Including Physical Activity</th>
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<td><img src="image" alt="Mechanism" /></td>
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<tr>
<td><img src="image" alt="Target" /></td>
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**NCD MORTALITY**

94% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
- DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
- 23
- 28

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
- 35
- 43

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**
- US$ 8,364,442
- INT$ 21,455,439

**CUMULATIVE BETWEEN 2020 AND 2030**
- US$ 92,008,860
- INT$ 236,009,831

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
  - yes
  - no
BOSNIA AND HERZEGOVINA

**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - National
- **NATIONAL ROAD SAFETY STRATEGY**
  - National
- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - National
- **NATIONAL POLICY ON PUBLIC TRANSPORT**
  - National
- **LEGISLATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
  - National

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability
  - National
- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral
  - used in >50% of facilities
  - National
- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention
  - National
- **SCHOOL BASED APPROACHES:**
  - quality physical education
  - National

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - National
- **NATIONAL PHYSICAL ACTIVITY POLICY**
  - National
- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults
  - National
- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults
  - National
- **NATIONAL NCD COORDINATING MECHANISM**
  - National
- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**
  - National

### PHYSICAL ACTIVITY PROFILE 2022

**BOTSWANA**

#### NCD MORTALITY

46% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

#### PREVALENCE OF PHYSICAL INACTIVITY

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Adolescents Aged 11-17 (%)</th>
<th>Adults Aged 18+ (%)</th>
<th>Adults Aged 70+ (%)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>86</td>
<td>26</td>
<td>41</td>
</tr>
</tbody>
</table>

#### DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

- **PER YEAR**
  - US$ 3,352,149
  - INT$ 8,090,575

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 36,873,636
  - INT$ 88,996,321

#### ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

○ no  ● yes
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

- 75% deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - Male: 78%
  - Female: 89%

- **Physical Inactivity, Adults Aged 18+ (%)**
  - Male: 40%
  - Female: 53%

- **Physical Inactivity, Adults Aged 70+ (%)**
  - Male: 56%
  - Female: 69%

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 3,867,168,386
  - INT$: 8,440,835,632

- **Cumulative Between 2020 and 2030**
  - US$: 42,538,852,247
  - INT$: 92,849,191,955

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
  - yes
ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

- no yes, but not operational yes and operational

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

- no yes

NATIONAL TARGET FOR PHYSICAL ACTIVITY

- no yes

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE ENvironments: enabling environments

NATIONAL POLICY ON WALKING AND CYCLING

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL ROAD SAFETY STRATEGY

NATIONAL POLICY ON PUBLIC TRANSPORT

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

85% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 81
- 94

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 21
- 34

PHYSICAL INACTIVITY, ADULTS 70+ (%)
- 33
- 49

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 1,066,549
- INT$ 2,549,992

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 11,732,035
- INT$ 28,049,912

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

BRUNEI DARUSSALAM

TOTAL POPULATION (2022) 450,000
POPULATION AGED <20 (%) 29
POPULATION AGED >60 (%) 10

WORLD BANK INCOME GROUP HIGH
GROSS DOMESTIC PRODUCT per capita (INT$) 65,607

CARDIOVASCULAR DISEASE
CANCERS
CHRONIC RESPIRATORY DISEASE
DIABETES
OTHER NCDs
INJURIES
COMMUNICABLE, MATERNAL, PERINATAL AND NUTRITIONAL CONDITIONS
MALE
FEMALE
## Active Environments: Enabling Environments

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<td>-</td>
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<th>National NCD Coordinating Mechanism</th>
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</tbody>
</table>

### Active Systems: National Policy and Governance

- **National NCD Policy Including Physical Activity**: Yes, but not operational and yes and operational
- **National Physical Activity Policy**: Yes
- **National Guidelines on Physical Activity For**: Yes
- **National Surveillance of Physical Activity in**: Yes and best practice
- **National NCD Coordinating Mechanism**: Yes
- **National Target for Physical Activity**: No

---

Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
PHYSICAL ACTIVITY PROFILE 2022

BULGARIA

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

PER YEAR
US$ 30,912,769
INT$ 75,339,699

CUMULATIVE BETWEEN 2020 AND 2030
US$ 340,040,457
INT$ 828,736,693

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
67
80

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
36
41

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
51
58

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS
AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

TOTAL POPULATION (2022) 6,782,000
POPULATION AGED <20 (%) 19
POPULATION AGED >60 (%) 29

WORLD BANK INCOME GROUP UPPER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 24,564

BULGARIA

95% DEATHS DUE TO NCDs

• cardiovascular disease
• cancers
• chronic respiratory disease
• diabetes
• other NCDs
• injuries
• communicable, maternal, perinatal and nutritional conditions

male female

cardiovascular disease communicable, maternal, perinatal and nutritional conditions chronic respiratory disease diabetes other NCDs injuries...
**Burkina Faso**

### NCD Mortality

- 35% deaths due to NCDs

#### NCD Mortality by Cause:
- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

### Prevalence of Physical Inactivity

#### Physical Inactivity, Adolescents Aged 11-17 (%)
- Data not available

#### Physical Inactivity, Adults Aged 18+ (%)
- 18%
- 23%

#### Physical Inactivity, Adults Aged 70+ (%)
- 20%
- 27%

### Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

#### Per Year
- US$ 2,085,072
- INT$ 5,526,644

#### Cumulative Between 2020 and 2030
- US$ 22,935,792
- INT$ 60,793,085

### Active Societies: Changing Knowledge and Mindsets

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

- National policy on walking and cycling

NATIONAL ROAD SAFETY STRATEGY

- National road safety strategy

STREET DESIGN STANDARDS FOR:

- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

LEGISLATION ON:

- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use

NATIONAL POLICY ON PUBLIC TRANSPORT

- National policy on public transport

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:

- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- With referral
- Used in >50% of facilities

USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

SCHOOL BASED APPROACHES:

- Quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

- National NCD policy including physical activity

NATIONAL PHYSICAL ACTIVITY POLICY

- National physical activity policy

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:

- Children under 5 years
- Children and adolescents
- Adults
- Older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:

- Children
- Adolescents
- Adults

NATIONAL NCD COORDINATING MECHANISM

- National NCD coordinating mechanism

NATIONAL TARGET FOR PHYSICAL ACTIVITY

- National target for physical activity

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

37% DEATHS DUE TO NCDS

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

DATA NOT AVAILABLE

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- PER YEAR
  - US$ 777,535
  - INT$ 2,188,270

- CUMULATIVE BETWEEN 2020 AND 2030
  - US$ 8,552,890
  - INT$ 24,070,969

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- National physical activity communications campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National mass participation events on physical activity

○ no  ● yes

**TOTAL POPULATION (2022)**

12,890,000

**WORLD BANK INCOME GROUP**

LOW

**GROSS DOMESTIC PRODUCT per capita (INT$)**

771

**POPULATION AGED <20 (%)**

57

**POPULATION AGED >60 (%)**

4
### BURUNDI

#### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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#### ACTIVE PEOPLES: OPPORTUNITIES AND PROGRAMMES

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#### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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NCD MORTALITY

70% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 189,852
INT$ 395,076

CUMULATIVE BETWEEN 2020 AND 2030
US$ 2,088,374
INT$ 4,345,835

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

1. yes
2. yes
3. yes
4. yes
5. yes

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

14
25

PHYSICAL INACTIVITY, ADULTS 70+ (%)

22
39

WORLD BANK INCOME GROUP

LOWER MIDDLE

GROSS DOMESTIC PRODUCT per capita (INT$)
6,376

TOTAL POPULATION (2022)
594,000

POPULATION AGED <20 (%) 35
POPULATION AGED >60 (%) 9

CABO VERDE
### Active Environments: Enabling Environments

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<td>• management of speed</td>
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</tbody>
</table>

CAMBODIA

**NCD MORTALITY**

- **68% DEATHS DUE TO NCDS**

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - Male: 90%
  - Female: 93%

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - Male: 10%
  - Female: 11%

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - Male: 16%
  - Female: 19%

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$: 2,511,076
  - INT$: 7,192,392

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$: 27,621,839
  - INT$: 79,116,316

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

○ no  ● yes
CAMBODIA

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

○ no □ yes, but not operational ▪ yes and operational

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:

• children under 5 years □
• children and adolescents □
• adults □
• older adults □

NATIONAL NCD COORDINATING MECHANISM

○ no □ yes

NATIONAL PHYSICAL ACTIVITY POLICY

○

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:

• children □
• adolescents □
• adults □

NATIONAL TARGET FOR PHYSICAL ACTIVITY

○

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

○

NATIONAL ROAD SAFETY STRATEGY

○

STREET DESIGN STANDARDS FOR:

• separate walking and cycling infrastructure □
• safe pedestrian and cycling crossings □
• management of speed □

○ no □ yes ▪ yes and best practice — not available

NATIONAL POLICY ON PUBLIC TRANSPORT

○

LEGISLATION ON:

• speed limits □
• driving and alcohol use □
• driving and drug use □
• driving and mobile phone use □

○ no □ yes ▪ yes and best practice — not available

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:

• in workplaces □
• in childcare settings □
• through community sports □
• in public open spaces □
• through walking and cycling □
• for older adults □
• for people with disability □

○ no □ yes ▪ not available

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

• with referral □
• used in >50% of facilities □

○ no □ yes ▪ not available

USE OF DIGITAL PROGRAMMES

• mHealth for NCD prevention □

○ no □ yes ▪ not available

SCHOOL BASED APPROACHES:

• quality physical education □

○ no □ yes ▪ not available

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

38% deaths due to NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**

- Data not available
- Data not available

**Physical Inactivity, Adults Aged 18+ (%)**

- 22% male
- 35% female

**Physical Inactivity, Adults Aged 70+ (%)**

- 34% male
- 51% female

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 5,542,978
  - INT$ 13,946,492

- **Cumulative Between 2020 and 2030**
  - US$ 60,972,758
  - INT$ 153,411,412

**Active Societies: Changing Knowledge and Mindsets**

**National Physical Activity Communications Campaigns**

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**National Mass Participation Events on Physical Activity**

- yes

**Country:** Cameroon

**Total Population (2022):** 27,915,000

**World Bank Income Group:** Lower Middle

**Gross Domestic Product per capita (INT$):** 3,867

**Population Aged <20 (%):** 53

**Population Aged >60 (%):** 4

**Deaths Due to NCDs:**

- 38%

**Data Not Available:**

- cardio
- communicable
- diabetes
- maternal
- mental
- perinatal
- nutritional
- chronic respiratory
- male
- female
**NCD Mortality**

- **90% DEATHS DUE TO NCDS**

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - Male: 71%
  - Female: 82%

- **Physical Inactivity, Adults Aged 18+ (%)**
  - Male: 26%
  - Female: 31%

- **Physical Inactivity, Adults Aged 70+ (%)**
  - Male: 39%
  - Female: 47%

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **PER YEAR**
  - US$: 420,873,550
  - INT$: 453,115,290

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$: 4,629,609,045
  - INT$: 4,984,268,193

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

**World Bank Income Group**

- **High**
- Gross Domestic Product per capita (INT$): 46,572
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
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### Active People: Opportunities and Programmes

#### Promotion of Physical Activity:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability
- [ ] yes

#### Brief Intervention on Physical Activity in Primary Health:
- with referral
- used in >50% of facilities
- [ ] not available

#### Use of Digital Programmes:
- mHealth for NCD prevention
- [ ] yes

#### School Based Approaches:
- quality physical education
- [ ] not available

### Active Systems: National Policy and Governance

#### National NCD Policy Including Physical Activity
- [ ] yes, but not operational

#### National Physical Activity Policy
- [ ] yes

#### National Guidelines on Physical Activity for:
- children under 5 years
- children and adolescents
- adults
- older adults
- [ ] yes

#### National Surveillance of Physical Activity in:
- children
- adolescents
- adults
- [ ] yes

#### National NCD Coordinating Mechanism
- [ ] yes

#### National NCD Policy Including Physical Activity
- [ ] yes, but not operational

#### National Physical Activity Policy
- [ ] yes

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<tr>
<td>[ ] yes</td>
<td>[ ] not available</td>
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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

32% DEATHS DUE TO NCDS

![Diagram showing NCD mortality by cause: cardiovascular disease, cancers, chronic respiratory disease, diabetes, other NCDs, injuries, communicable, maternal, perinatal and nutritional conditions.]

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

- DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- Male: 13%
- Female: 16%

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- Male: 21%
- Female: 26%

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$: 296,227
  - INT$: 593,688

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$: 3,258,496
  - INT$: 6,530,565

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- no
- yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use


The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.


NCD MORTALITY

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

- Physical inactivity, adolescents aged 11-17 (%): Data not available
- Physical inactivity, adults aged 18+ (%):
  - Male: 20%
  - Female: 27%
- Physical inactivity, adults aged 70+ (%):
  - Male: 25%
  - Female: 33%

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

- Per year:
  - US$: 1,615,921
  - INT$: 3,927,502
- Cumulative between 2020 and 2030:
  - US$: 17,775,127
  - INT$: 43,202,517

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- National physical activity communications campaigns:
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- National mass participation events on physical activity

DATA NOT AVAILABLE:
- World Bank income group: Low
- Gross domestic product per capita (INT$): 1,592
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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<tr>
<th>National Policy on Walking and Cycling</th>
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### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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**NCD MORTALITY**

85% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

- Male: 84%
- Female: 91%

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- Male: 24%
- Female: 29%

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- Male: 30%
- Female: 36%

---

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$: 105,754,802
- INT$: 200,693,723

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$: 1,163,302,825
- INT$: 2,207,630,953

---

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

  - yes
CHILE

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
## NCD Mortality

- **90%** deaths due to NCDs

### Components of NCD Mortality

- **cardiovascular disease**
- **cancers**
- **chronic respiratory disease**
- **diabetes**
- **other NCDs**
- **injuries**
- **communicable, maternal, perinatal and nutritional conditions**

## Prevalence of Physical Inactivity

### Physical Inactivity, Adolescents Aged 11-17 (%)

- 80
- 89

### Physical Inactivity, Adults Aged 18+ (%)

- 16
- 12

### Physical Inactivity, Adults Aged 70+ (%)

- 26
- 21

## Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

### Per Year

- **US$ 17,771,653,435**
- **INT$ 29,311,824,430**

### Cumulative Between 2020 and 2030

- **US$ 195,488,187,786**
- **INT$ 322,430,068,731**

## Active Societies: Changing Knowledge and Mindsets

### National Physical Activity Communications Campaigns

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

### National Mass Participation Events on Physical Activity

- no
- yes

---

## World Bank Income Group

### Upper Middle

- **Gross Domestic Product per capita (INT$) 17,189**

## Total Population (2022)

<table>
<thead>
<tr>
<th>World Bank Income Group</th>
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<tbody>
<tr>
<td>Population Aged &lt;20 (%)</td>
<td>23</td>
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<tr>
<td>Population Aged &gt;60 (%)</td>
<td>19</td>
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</tbody>
</table>

## China

- **Total Population (2022) 1,425,888,000**
- **World Bank Income Group**
  - **Upper Middle**
  - **Gross Domestic Product per capita (INT$) 17,189**
**CHINA**

### Active Environments: Enabling Environments

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- No
- Yes
- Yes and best practice
- — Not available

### Active People: Opportunities and Programmes

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- No
- Yes

### Active Systems: National Policy and Governance

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- No
- Yes, but not operational
- Yes and operational

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- No
- Yes
- Yes and best practice
- Not available

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- No
- Yes
- Yes and best practice

### China

The World Bank, GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

76% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
- 81
- 87

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
- 39
- 49

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
- 43
- 54

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 205,647,453
  - INT$ 575,592,740

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 2,262,121,979
  - INT$ 6,331,520,136

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- no
- yes
NCD MORTALITY

45% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 95,269
INT$ 211,447

CUMULATIVE BETWEEN 2020 AND 2030
US$ 1,047,956
INT$ 2,325,917

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

COMOROS

TOTAL POPULATION (2022) 837,000
WORLD BANK INCOME GROUP LOWER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 3,148

POPULATION AGED <20 (%) 48
POPULATION AGED >60 (%) 7

CARDIOVASCULAR DISEASE
CANCERS
CHRONIC RESPIRATORY DISEASE
DIABETES
OTHER NCDS
INJURIES
COMMUNICABLE, MATERNAL, PERINATAL AND NUTRITIONAL CONDITIONS
MALE
FEMALE

DEATHS DUE TO NCDS

DATA NOT AVAILABLE
DATA NOT AVAILABLE

10
19
11
24

83
## ACTIVE ENVIROMENTS: ENABLING ENVIRONMENTS

### NATIONAL POLICY ON WALKING AND CYCLING
- [ ]

### NATIONAL ROAD SAFETY STRATEGY
- [ ]

### STREET DESIGN STANDARDS FOR:
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
- [ ]

### NATIONAL POLICY ON PUBLIC TRANSPORT
- [ ]

### LEGISLATION ON:
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
- [ ]

## ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

### PROMOTION OF PHYSICAL ACTIVITY:
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability
- [ ]

### BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
  - with referral
  - used in >50% of facilities
- [ ]

### USE OF DIGITAL PROGRAMMES
  - mHealth for NCD prevention
- [ ]

### SCHOOL BASED APPROACHES:
  - quality physical education
- [ ]

## ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

### NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY
- [ ]

### NATIONAL PHYSICAL ACTIVITY POLICY
- [ ]

### NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
  - children under 5 years
  - children and adolescents
  - adults
  - older adults
- [ ]

### NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
  - children
  - adolescents
  - adults
- [ ]

### NATIONAL NCD COORDINATING MECHANISM
- [ ]

### NATIONAL TARGET FOR PHYSICAL ACTIVITY
- [ ]

---

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

39% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 25%
- 31%

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 37%
- 46%

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 1,783,951
- INT$ 3,500,312

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 19,623,459
- INT$ 38,503,433

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
  - yes

- no
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
</table>

**National Road Safety Strategy**

- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

**Legislation on:**

- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use

**Street Design Standards for:**

- Children under 5 years
- Children and adolescents
- Adults
- Older adults

**National NCD Coordinating Mechanism**

- Yes

Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
### NCD Mortality

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

### Prevalence of Physical Inactivity

#### Physical Inactivity, Adolescents Aged 11-17 (%)
- Male 78
- Female 88

#### Physical Inactivity, Adults Aged 18+ (%)
- Male 10
- Female 27

#### Physical Inactivity, Adults Aged 70+ (%)
- Male 17
- Female 42

### Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

- **Per Year**
  - US$ 28,713
  - INT$ NO DATA AVAILABLE

- **Cumulative Between 2020 and 2030**
  - US$ 315,839
  - INT$ 522,953

### Active Societies: Changing Knowledge and Mindsets

- **National Physical Activity Communications Campaigns**
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

- **Yes**

### Cook Islands

- **Total Population (2022)**: 17,100
- **World Bank Income Group**: Upper Middle
- **Gross Domestic Product per capita (INT$)**
- **Population Aged <20 (%)**: 31
- **Population Aged >60 (%)**: 17
### COOK ISLANDS

**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

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<thead>
<tr>
<th>Feature</th>
<th>Status</th>
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</thead>
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</tr>
<tr>
<td>National road safety strategy</td>
<td>✔</td>
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<tr>
<td>Street design standards for:</td>
<td>✔</td>
</tr>
<tr>
<td>- separate walking and cycling infrastructure</td>
<td>✔</td>
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<td>- safe pedestrian and cycling crossings</td>
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<tr>
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<td>National policy on public transport</td>
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<td>- driving and mobile phone use</td>
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### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<th>Feature</th>
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<td>- in childcare settings</td>
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<tr>
<td>- through community sports</td>
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<td>- in public open spaces</td>
<td>✔</td>
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<tr>
<td>- for older adults</td>
<td>✔</td>
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<tr>
<td>- for people with disability</td>
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</tbody>
</table>

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>Feature</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>National NCD policy including physical activity</td>
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</tr>
<tr>
<td>National physical activity policy</td>
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<tr>
<td>National guidelines on physical activity for:</td>
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<td>- children and adolescents</td>
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<td>- adults</td>
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<td>- older adults</td>
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<td>National surveillance of physical activity in:</td>
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<td>- adolescents</td>
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<td>- adults</td>
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<tr>
<td>National target for physical activity</td>
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</table>

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NCD MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 76
- 88

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 38
- 54

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 53
- 70

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 16,794,802
- INT$ 30,616,496

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 184,742,820
- INT$ 336,781,453

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

no

yes
## Active Environments: Enabling Environments

### National Policy on Walking and Cycling
- [ ] Yes
- [ ] Yes and operational
- [ ] Yes and best practice
- [ ] Not available

### National Road Safety Strategy
- [ ] Yes
- [ ] Yes and best practice
- [ ] Not available

### Street Design Standards for:
- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed
- [ ] Yes
- [ ] Yes and operational
- [ ] Yes and best practice
- [ ] Not available

### National Policy on Public Transport
- [ ] Yes
- [ ] Yes and best practice
- [ ] Not available

### Legislation on:
- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use
- [ ] Yes
- [ ] Yes and operational
- [ ] Yes and best practice
- [ ] Not available

## Active People: Opportunities and Programmes

### Promotion of Physical Activity:
- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability
- [ ] Yes

### Brief Intervention on Physical Activity in Primary Health
- With referral
- Used in >50% of facilities
- [ ] Yes

### Use of Digital Programmes
- mHealth for NCD prevention
- [ ] Yes

### School Based Approaches:
- Quality physical education
- [ ] Yes

## Active Systems: National Policy and Governance

### National NCD Policy Including Physical Activity
- [ ] Yes, but not operational
- [ ] Yes and operational

### National Guidelines on Physical Activity for:
- Children under 5 years
- Children and adolescents
- Adults
- Older adults
- [ ] Yes

### National Surveillance of Physical Activity in:
- Children
- Adolescents
- Adults
- [ ] Yes

### National NCD Coordinating Mechanism
- [ ] Yes

### National Target for Physical Activity
- [ ] Yes
CÔTE D’IVOIRE

NCD MORTALITY

36% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 6,238,917
INT$ 14,661,626

CUMULATIVE BETWEEN 2020 AND 2030
US$ 68,628,084
INT$ 161,277,883

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ yes
○ no
## CÔTE D’IVOIRE

### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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<tr>
<td><strong>NATIONAL POLICY ON WALKING AND CYCLING</strong></td>
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<td><strong>NATIONAL ROAD SAFETY STRATEGY</strong></td>
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<td><strong>STREET DESIGN STANDARDS FOR:</strong></td>
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<td>• separate walking and cycling infrastructure</td>
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### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<td><strong>PROMOTION OF PHYSICAL ACTIVITY:</strong></td>
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<td>• in workplaces</td>
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### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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<td><strong>NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY</strong></td>
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<tr>
<td><strong>NATIONAL PHYSICAL ACTIVITY POLICY</strong></td>
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</table>

### LEGISLATION ON:

- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

### BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- with referral
- used in >50% of facilities

### USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

### SCHOOL BASED APPROACHES:

- quality physical education

### NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:

- children
- adolescents
- adults

### NATIONAL POLICY ON WALKING AND CYCLING

- yes, but not operational
- yes and operational

### NATIONAL POLICY ON PUBLIC TRANSPORT

- yes and best practice

### LEGISLATION ON:

- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

### NATIONAL ROAD SAFETY STRATEGY

- yes

### STREET DESIGN STANDARDS FOR:

- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

### BRIEF INTERVENTION ON PHYSICAL ACTIVITY

- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

### NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:

- children under 5 years
- children and adolescents
- adults
- older adults

### NATIONAL NCD COORDINATING MECHANISM

- yes

Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
CROATIA

TOTAL POPULATION (2022) 4,031,000

WORLD BANK INCOME GROUP HIGH

GROSS DOMESTIC PRODUCT per capita (INT$) 28,780

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 20,978,653
INT$ 42,722,145

CUMULATIVE BETWEEN 2020 AND 2030

US$ 230,765,184
INT$ 469,943,592

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

● yes
● no
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

no

yes

yes and best practice — not available

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

UNAVAILABLE

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

NO AVAILABLE

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

83% DEATHS DUE TO NCDs

PUBLIC HEALTH ACTIVITY PROFILE 2022

CUBA

TOTAL POPULATION (2022) 11,13,000

WORLD BANK INCOME GROUP UPPER MIDDLE

GROSS DOMESTIC PRODUCT per capita (INT$)

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%) 
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%) 

31
43

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%) 

46
59

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 102,071,073
INT$ NO DATA AVAILABLE

CUMULATIVE BETWEEN 2020 AND 2030

US$ 1,122,781,798
INT$ 2,190,049,085

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
•
•
•
•

no yes
### Active Environments: Enabling Environments

**National Policy on Walking and Cycling**

**National Road Safety Strategy**

**Street Design Standards for:**

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<thead>
<tr>
<th>Standard</th>
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### Active People: Opportunities and Programmes

**Promotion of Physical Activity:**

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<thead>
<tr>
<th>Activity</th>
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<tr>
<td>In workplaces</td>
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**National Road Safety Strategy**

**Legislation on:**

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<td>Driving and mobile phone use</td>
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### Active Systems: National Policy and Governance

**National NCD Policy Including Physical Activity**

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<tbody>
<tr>
<td>National guidelines on physical activity for:</td>
<td></td>
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<tr>
<td>Children under 5 years</td>
<td></td>
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</tr>
<tr>
<td>Adults</td>
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<tr>
<td>Older adults</td>
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</tbody>
</table>

**National NCD Coordinating Mechanism**

<table>
<thead>
<tr>
<th>Policy</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>National surveillance of physical activity in:</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
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**National Target for Physical Activity**

<table>
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</table>

**National Policy on Public Transport**

**National Physical Activity Policy**

**National Policy on Walking and Cycling**

**National Road Safety Strategy**

**Street Design Standards for:**

<table>
<thead>
<tr>
<th>Standard</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
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<td>Separate walking and cycling infrastructure</td>
<td></td>
<td></td>
</tr>
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</tbody>
</table>

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

90% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
38
51

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
54
66

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 7,406,350
INT$ 10,593,470

CUMULATIVE BETWEEN 2020 AND 2030
US$ 81,469,853
INT$ 116,528,169

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no
○ yes
**NCM MORTALITY**

89% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
- 73
- 82

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
- 28
- 34

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
- 42
- 50

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**
- US$ 79,209,241
- INT$ 143,708,557

**CUMULATIVE BETWEEN 2020 AND 2030**
- US$ 871,301,656
- INT$ 1,580,794,123

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

  - no
  - yes

**WORLD BANK INCOME GROUP**
- HIGH

**GROSS DOMESTIC PRODUCT per capita (INT$)**
- 41,608

| **ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS** |
| **NATIONAL POLICY ON WALKING AND CYCLING** |
| **NATIONAL ROAD SAFETY STRATEGY** |
| **STREET DESIGN STANDARDS FOR:** |
| • separate walking and cycling infrastructure |
| • safe pedestrian and cycling crossings |
| • management of speed |
| **NATIONAL POLICY ON PUBLIC TRANSPORT** |
| **LEGISLATION ON:** |
| • speed limits |
| • driving and alcohol use |
| • driving and drug use |
| • driving and mobile phone use |
| **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY** |
| **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:** |
| • children under 5 years |
| • children and adolescents |
| • adults |
| • older adults |
| **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:** |
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| • adolescents |
| • adults |
| **NATIONAL ROAD SAFETY STRATEGY** |
| **STREET DESIGN STANDARDS FOR:** |
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| **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:** |
| • children |
| • adolescents |
| • adults |

| **ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES** |
| **PROMOTION OF PHYSICAL ACTIVITY:** |
| • in workplaces |
| • in childcare settings |
| • through community sports |
| • in public open spaces |
| • through walking and cycling |
| • for older adults |
| • for people with disability |
| **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH** |
| • with referral |
| • used in >50% of facilities |
| **USE OF DIGITAL PROGRAMMES** |
| • mHealth for NCD prevention |
| **SCHOOL BASED APPROACHES:** |
| • quality physical education |

| **ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE** |
| **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY** |
| **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:** |
| • children under 5 years |
| • children and adolescents |
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| **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:** |
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| **NATIONAL ROAD SAFETY STRATEGY** |
| **STREET DESIGN STANDARDS FOR:** |
| • separate walking and cycling infrastructure |
| • safe pedestrian and cycling crossings |
| • management of speed |
| **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:** |
| • children |
| • adolescents |
| • adults |

CZECHIA
**NCD MORTALITY**

80% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - DATA NOT AVAILABLE

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - DATA NOT AVAILABLE

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - DATA NOT AVAILABLE

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - USD $18,664,967
  - INT$ NO DATA AVAILABLE

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - USD $205,314,636
  - INT$ 629,659,805

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

  - yes
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**DEATHS DUE TO NCDS**

34%

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

Data not available

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 21
- 27

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 33
- 40

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 5,463,030
- INTS 11,467,576

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 60,093,332
- INTS 126,143,331

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- National physical activity communications campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
  - yes

- National mass participation events on physical activity
  - yes
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
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<tr>
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<tbody>
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### Active People: Opportunities and Programmes

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<tr>
<th>Promotion of Physical Activity:</th>
<th>Brief Intervention on Physical Activity in Primary Health</th>
</tr>
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<tbody>
<tr>
<td>in workplaces</td>
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<tr>
<td>through community sports</td>
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### Active Systems: National Policy and Governance

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
<th>National Physical Activity Policy</th>
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<table>
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<th>National NCD Coordinating Mechanism</th>
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**NCD MORTALITY**

90% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

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<tr>
<th>PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)</th>
<th>PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)</th>
<th>PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)</th>
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<tbody>
<tr>
<td>82</td>
<td>26</td>
<td>39</td>
</tr>
<tr>
<td>87</td>
<td>31</td>
<td>46</td>
</tr>
</tbody>
</table>

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

<table>
<thead>
<tr>
<th>PER YEAR</th>
<th>CUMULATIVE BETWEEN 2020 AND 2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>US$ 81,679,374</td>
<td>US$ 898,473,118</td>
</tr>
<tr>
<td>INT$ 80,564,602</td>
<td>INT$ 886,210,617</td>
</tr>
</tbody>
</table>

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

  - yes
## ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

### NATIONAL POLICY ON WALKING AND CYCLING
- yes and operational

### NATIONAL ROAD SAFETY STRATEGY
- yes

### STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

### NATIONAL POLICY ON PUBLIC TRANSPORT
- yes

### LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

### NATIONAL PHYSICAL ACTIVITY POLICY
- yes, but not operational

### BRIEF INTERVENTION ON PHYSICAL ACTIVITY
- in primary health
- with referral
- used in >50% of facilities

### USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

### SCHOOL BASED APPROACHES:
- quality physical education

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

### NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY
- yes

### NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

### NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

### NATIONAL NCD COORDINATING MECHANISM
- yes

### NATIONAL TARGET FOR PHYSICAL ACTIVITY
- yes

---

**NCD Mortality**

- 52% of deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - 81%
  - 89%

- **Physical Inactivity, Adults Aged 18+ (%)**
  - Data not available

- **Physical Inactivity, Adults Aged 70+ (%)**
  - Data not available

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 409,340
  - INT$ 690,912

- **Cumulative Between 2020 and 2030**
  - US$ 4,502,740
  - INT$ 7,600,028

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

  - yes
DJIBOUTI

**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
- **NATIONAL ROAD SAFETY STRATEGY**
- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed


**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability
- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral
  - used in >50% of facilities
- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention
- **SCHOOL BASED APPROACHES:**
  - quality physical education

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
- **NATIONAL PHYSICAL ACTIVITY POLICY**
- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults
- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults
- **NATIONAL NCDC COORDINATING MECHANISM**
- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
- 82%
- 86%

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
- 13%
- 30%

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
- 23%
- 46%

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**
- US$ 102,512
- INT$ 158,853

**CUMULATIVE BETWEEN 2020 AND 2030**
- US$ 1,127,628
- INT$ 1,747,380

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

**NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
- yes

**DATA NOT AVAILABLE**

**TOTAL POPULATION (2022)**
- 72,800

**WORLD BANK INCOME GROUP**
- UPPER MIDDLE

**GROSS DOMESTIC PRODUCT per capita (INT$)**
- 10,818

**POPULATION AGED <20 (%)**
- 27

**POPULATION AGED >60 (%)**
- 14

**DOMINICA**

- male
- female

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**CARDIOVASCULAR DISEASE**

- communicable, maternal, perinatal and nutritional conditions

- cancers

- chronic respiratory disease

- diabetes

- other NCDs

- injuries

- communicable, maternal, perinatal and nutritional conditions

**DATA NOT AVAILABLE**

**GROSS DOMESTIC PRODUCT per capita (INT$)**

- 10,818

**POPULATION AGED <20 (%)**
- 27

**POPULATION AGED >60 (%)**
- 14

**TOTAL POPULATION (2022)**
- 72,800

**WORLD BANK INCOME GROUP**
- UPPER MIDDLE

**GROSS DOMESTIC PRODUCT per capita (INT$)**
- 10,818
DOMINICA

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
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- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

SCHOOL BASED APPROACHES:

- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

- 72% DEATHS DUE TO NCDS

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

- US$ 26,229,623
- INT$ 64,726,615

CUMULATIVE BETWEEN 2020 AND 2030

- US$ 288,525,858
- INT$ 711,992,763

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

- DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

- 34
- 43

PHYSICAL INACTIVITY, ADULTS 70+ (%)

- 50
- 60
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

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STREET DESIGN STANDARDS FOR:
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- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

ECUADOR

NCD MORTALITY

76% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 83
- 90

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 25
- 30

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 31
- 38

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 24,507,840
INT$ 47,680,940

CUMULATIVE BETWEEN 2020 AND 2030
US$ 269,586,242
INT$ 524,490,345

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes

TOTAL POPULATION (2022) 18,001,000
POPULATION AGED <20 (%) 34
POPULATION AGED >60 (%) 11

WORLD BANK INCOME GROUP UPPER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 10,890

TOTAL POPULATION (2022)
24,507,840
47,680,940

POPULATION AGED <20 (%)
34
11

POPULATION AGED >60 (%)
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National Road Safety Strategy</strong></td>
<td><strong>Legislation on:</strong></td>
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<td>• driving and mobile phone use</td>
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</tbody>
</table>

| The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022. |

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

<table>
<thead>
<tr>
<th>Promotion of Physical Activity</th>
<th>Brief Intervention on Physical Activity in Primary Health</th>
</tr>
</thead>
<tbody>
<tr>
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| The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022. |

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
<th>National Physical Activity Policy</th>
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<tbody>
<tr>
<td><strong>National Guidelines on Physical Activity for:</strong></td>
<td><strong>National Surveillance of Physical Activity in:</strong></td>
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</tbody>
</table>

| The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022. |
NCD MORTALITY

86% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 82
- 93

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 23
- 39

PHYSICAL INACTIVITY, ADULTS 70+ (%)
- 35
- 55

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 281,304,802
- INT$ 976,826,013

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 3,094,352,821
- INT$ 10,745,086,143

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
  - yes
  - no
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
• separate walking and cycling infrastructure
• safe pedestrian and cycling crossings
• management of speed

LEGISLATION ON:
• speed limits
• driving and alcohol use
• driving and drug use
• driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
• in workplaces
• in childcare settings
• through community sports
• in public open spaces
• through walking and cycling
• for older adults
• for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
• with referral
• used in >50% of facilities

USE OF DIGITAL PROGRAMMES
• mHealth for NCD prevention

SCHOOL BASED APPROACHES:
• quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
• children under 5 years
• children and adolescents
• adults
• older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
• children
• adolescents
• adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

EL SALVADOR

NCD MORTALITY

65% DEATHS DUE TO NCDs

PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
83
90

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 6,735,390
INT$ 14,930,425

CUMULATIVE BETWEEN 2020 AND 2030
US$ 74,089,288
INT$ 164,234,672

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

• no
• yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>NATIONAL POLICY ON WALKING AND CYCLING</th>
<th>NATIONAL POLICY ON PUBLIC TRANSPORT</th>
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<tr>
<td>STREET DESIGN STANDARDS FOR:</td>
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</tbody>
</table>

- no
- yes
- yes and best practice  — not available

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

<table>
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<tr>
<th>PROMOTION OF PHYSICAL ACTIVITY:</th>
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- no
- yes

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
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<th>NATIONAL PHYSICAL ACTIVITY POLICY</th>
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</tbody>
</table>

- no
- yes, but not operational  
- yes and operational

### EL SALVADOR

NCD MORTALITY

33% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 1,466,950
- INT$ 3,684,301

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 16,136,446
- INT$ 40,527,308

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no
○ yes
#### EQUATORIAL GUINEA

**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
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<table>
<thead>
<tr>
<th>Street Design Standards For:</th>
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<tbody>
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**LEGISLATION ON:**

- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

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**USE OF DIGITAL PROGRAMMES**

- mHealth for NCD prevention

**SCHOOL BASED APPROACHES:**

- [ ] quality physical education

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

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**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

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<table>
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</table>

**NCD Mortality**

49% deaths due to NCDs

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**
- Data not available
- Data not available

**Physical Inactivity, Adults Aged 18+ (%)**
- 14
- 31

**Physical Inactivity, Adults Aged 70+ (%)**
- 14
- 35

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

**Per Year**
- US$ 487,371
- INT$ no data available

**Cumulative Between 2020 and 2030**
- US$ 5,361,078
- INT$ 13,905,529

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity
  - no
  - yes
ERITREA

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING
NATIONAL ROAD SAFETY STRATEGY
STREET DESIGN STANDARDS FOR:
• separate walking and cycling infrastructure
• safe pedestrian and cycling crossings
• management of speed

LEGISLATION ON:
• speed limits
• driving and alcohol use
• driving and drug use
• driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
• in workplaces
• in childcare settings
• through community sports
• in public open spaces
• through walking and cycling
• for older adults
• for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
• with referral
• used in >50% of facilities

USE OF DIGITAL PROGRAMMES
• mHealth for NCD prevention

SCHOOL BASED APPROACHES:
• quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY
NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
• children under 5 years
• children and adolescents
• adults
• older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
• children
• adolescents
• adults

NATIONAL NCD COORDINATING MECHANISM
NATIONAL TARGET FOR PHYSICAL ACTIVITY

Data sources:
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
ESTONIA

NCD MORTALITY

92% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 81
- 88

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 29
- 35

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 43
- 50

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 8,702,330
- INT$ 14,209,943

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 95,725,627
- INT$ 156,309,378

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

○ no  ● yes

WORLD BANK INCOME GROUP
- HIGH

GROSS DOMESTIC PRODUCT per capita (INT$)
- 37,645

### Active Environments: Enabling Environments

#### National Policy on Walking and Cycling

- **Street Design Standards for:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed

<table>
<thead>
<tr>
<th>Country</th>
<th>yes</th>
<th>yes and best practice</th>
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</thead>
<tbody>
<tr>
<td>Estonia</td>
<td>no</td>
<td>yes</td>
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</table>

#### National Policy on Public Transport

- **Legislation on:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use

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### Active People: Opportunities and Programmes

#### Promotion of Physical Activity:

- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

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#### Brief Intervention on Physical Activity in Primary Health

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#### Use of Digital Programmes

<table>
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#### School Based Approaches:

- quality physical education

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### Active Systems: National Policy and Governance

#### National NCD Policy Including Physical Activity

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#### National Physical Activity Policy

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#### National Guidelines on Physical Activity for:

- children under 5 years
- children and adolescents
- adults
- older adults

### National NCD Coordinating Mechanism

#### National Surveillance of Physical Activity in:

- children
- adolescents
- adults

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#### National Target for Physical Activity

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NCD MORTALITY

46% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

- 24
- 32

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

- 27
- 38

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 1,510,919
INT$ 3,911,880

CUMULATIVE BETWEEN 2020 AND 2030
US$ 16,620,111
INT$ 43,030,679

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no  ● yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - yes and best practice

- **NATIONAL ROAD SAFETY STRATEGY**
  - yes and best practice
  - not available

- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - yes and operational

- **NATIONAL POLICY ON PUBLIC TRANSPORT**
  - yes and operational
  - not available

- **LEGISLATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
  - not available

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - yes and operational
  - not available

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention

- **SCHOOL BASED APPROACHES:**
  - quality physical education

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - yes, but not operational
  - yes and operational

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults

- **NATIONAL NCD COORDINATING MECHANISM**
  - yes

- **NATIONAL PHYSICAL ACTIVITY POLICY**
  - yes

- **NATIONAL PHYSICAL ACTIVITY POLICY FOR:**

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY:**

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**

---

Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
ETHIOPIA

NCD MORTALITY

43% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

11
18

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

12
20

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 10,612,523
INT$ 30,596,517

CUMULATIVE BETWEEN 2020 AND 2030
US$ 116,737,748
INT$ 336,561,686

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ yes ○ no
### Active Environments: Enabling Environments

**National Policy on Walking and Cycling**
- Not available

**National Road Safety Strategy**
- Not available

**Street Design Standards For:**
- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed
- Not available

**Legislation On:**
- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use
- Not available

### Active People: Opportunities and Programmes

**Promotion of Physical Activity:**
- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability
- Not available

**Brief Intervention on Physical Activity In Primary Health**
- With referral
- Used in >50% of facilities
- Not available

**Use of Digital Programmes**
- mHealth for NCD prevention
- Not available

**School Based Approaches:**
- Quality physical education
- Not available

### Active Systems: National Policy and Governance

**National NCD Policy Including Physical Activity**
- Yes, but not operational

**National Physical Activity Policy**
- Not available

**National Guidelines On Physical Activity For:**
- Children under 5 years
- Children and adolescents
- Adults
- Older adults
- Not available

**National Surveillance of Physical Activity In:**
- Children
- Adolescents
- Adults
- Not available

**National NCD Coordinating Mechanism**
- Yes

**National Target For Physical Activity**
- Not available

---

NCD MORTALITY

85% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 81
- 86

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 11
- 24

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 18
- 38

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 302,313
- INT$ 721,999

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 3,325,446
- INT$ 7,941,984

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

FIJI

TOTAL POPULATION (2022) 930,000
POPULATION AGED <20 (%) 37
POPULATION AGED >60 (%) 10

WORLD BANK INCOME GROUP UPPER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 12,158

DEATHS DUE TO NCDS
- 930,000
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

FINLAND

NCD MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 69%
- 82%

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 17%
- 16%

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 28%
- 27%

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 40,820,920
- INT$ 42,295,898

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 449,030,121
- INT$ 465,254,882

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National Road Safety Strategy</td>
<td>• Legislation on:</td>
</tr>
<tr>
<td>• Street Design Standards for:</td>
<td>• speed limits</td>
</tr>
<tr>
<td>• separate walking and cycling</td>
<td>• driving and alcohol use</td>
</tr>
<tr>
<td>infrastructure</td>
<td>• driving and drug use</td>
</tr>
<tr>
<td>• safe pedestrian and cycling</td>
<td>• driving and mobile phone use</td>
</tr>
<tr>
<td>crossings</td>
<td></td>
</tr>
<tr>
<td>• Management of speed</td>
<td></td>
</tr>
</tbody>
</table>

### Active People: Opportunities and Programmes

<table>
<thead>
<tr>
<th>Promotion of Physical Activity:</th>
<th>Brief Intervention on Physical Activity in Primary Health:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• in workplaces</td>
<td>• with referral</td>
</tr>
<tr>
<td>• in childcare settings</td>
<td>• used in &gt;50% of facilities</td>
</tr>
<tr>
<td>• through community sports</td>
<td></td>
</tr>
<tr>
<td>• in public open spaces</td>
<td></td>
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<tr>
<td>• through walking and cycling</td>
<td></td>
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<tr>
<td>• for older adults</td>
<td></td>
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<tr>
<td>• for people with disability</td>
<td></td>
</tr>
</tbody>
</table>

### Active Systems: National Policy and Governance

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
<th>National Physical Activity Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National Guidelines on Physical Activity for:</td>
<td>• National Surveillance of Physical Activity in:</td>
</tr>
<tr>
<td>• children under 5 years</td>
<td>• children</td>
</tr>
<tr>
<td>• children and adolescents</td>
<td>• adolescents</td>
</tr>
<tr>
<td>• adults</td>
<td>• adults</td>
</tr>
<tr>
<td>• older adults</td>
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</tbody>
</table>

### National NCD Coordinating Mechanism

<table>
<thead>
<tr>
<th>National Target for Physical Activity</th>
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</thead>
<tbody>
<tr>
<td>• yes</td>
</tr>
</tbody>
</table>

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NCD MORTALITY

87% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALECE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 82 (male)
- 92 (female)

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 24 (male)
- 34 (female)

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 38 (male)
- 50 (female)

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 981,744,776
- INT$ 1,181,781,452

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 10,799,192,531
- INT$ 12,999,595,969

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATION CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no  ● yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - yes

- **NATIONAL ROAD SAFETY STRATEGY**
  - yes and best practice

- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - yes

- **NATIONAL POLICY ON PUBLIC TRANSPORT**
  - yes

- **LEGALISATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use

<table>
<thead>
<tr>
<th>Country</th>
<th>Yes</th>
<th>No</th>
<th>Partial</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td>yes</td>
<td>no</td>
<td>yes, but not operational</td>
</tr>
</tbody>
</table>

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral
  - used in >50% of facilities

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention

- **SCHOOL BASED APPROACHES:**
  - quality physical education

- **ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - yes, but not operational

- **NATIONAL PHYSICAL ACTIVITY POLICY**
  - yes

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults

- **NATIONAL NCD COORDINATING MECHANISM**
  - yes

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**
  - yes

GABON

**NCD MORTALITY**

45% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - DATA NOT AVAILABLE
  - DATA NOT AVAILABLE

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - 18%
  - 33%

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - 28%
  - 49%

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 1,781,988
  - INT$ 3,911,722

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 19,601,863
  - INT$ 43,028,943

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

○ no  ● yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Road Safety Strategy</th>
<th>Street Design Standards For:</th>
</tr>
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<tbody>
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<td>- safe pedestrian and cycling crossings</td>
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### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<td>- for people with disability</td>
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<table>
<thead>
<tr>
<th>Briefer Intervention on Physical Activity in Primary Health</th>
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</thead>
<tbody>
<tr>
<td>- with referral</td>
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<tr>
<td>- used in &gt;50% of facilities</td>
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</table>

<table>
<thead>
<tr>
<th>Use of Digital Programmes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- mHealth for NCD prevention</td>
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</table>

<table>
<thead>
<tr>
<th>School Based Approaches:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- quality physical education</td>
</tr>
</tbody>
</table>

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>- yes, but not operational</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>National NCD Coordinating Mechanism</th>
</tr>
</thead>
<tbody>
<tr>
<td>- yes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>National Physical Activity Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td>- yes</td>
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<table>
<thead>
<tr>
<th>National Guidelines on Physical Activity For:</th>
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</thead>
<tbody>
<tr>
<td>- children under 5 years</td>
</tr>
<tr>
<td>- children and adolescents</td>
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<td>- adults</td>
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<tr>
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</table>

<table>
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<tr>
<th>National Surveillance of Physical Activity In:</th>
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<tbody>
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<td>- children</td>
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</tr>
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<td>- adults</td>
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</table>

<table>
<thead>
<tr>
<th>National Target for Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>- yes</td>
</tr>
</tbody>
</table>

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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**GAMBIA**

**TOTAL POPULATION (2022)** 2,706,000

<table>
<thead>
<tr>
<th>WORLD BANK INCOME GROUP</th>
<th>LOW</th>
</tr>
</thead>
<tbody>
<tr>
<td>POPULATION AGED &lt;20 (%)</td>
<td>54</td>
</tr>
<tr>
<td>POPULATION AGED &gt;60 (%)</td>
<td>4</td>
</tr>
<tr>
<td>GROSS DOMESTIC PRODUCT per capita (INT$)</td>
<td>2,277</td>
</tr>
</tbody>
</table>

**NCD MORTALITY**

37% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

<table>
<thead>
<tr>
<th>PER YEAR</th>
<th>CUMULATIVE BETWEEN 2020 AND 2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>US$ 222,570</td>
<td>US$ 2,448,269</td>
</tr>
<tr>
<td>INT$ 655,055</td>
<td>INT$ 7,205,602</td>
</tr>
</tbody>
</table>

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity

- yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

**NATIONAL ROAD SAFETY STRATEGY**

- ○ Separate walking and cycling infrastructure
- ○ Safe pedestrian and cycling crossings
- ○ Management of speed

<table>
<thead>
<tr>
<th>Legislation On:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Speed limits</td>
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<tr>
<td>• Driving and alcohol use</td>
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<td>• Driving and mobile phone use</td>
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</table>

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
<th>Yes and best practice</th>
<th>Not available</th>
</tr>
</thead>
<tbody>
<tr>
<td>○</td>
<td>○</td>
<td>●</td>
<td>○</td>
</tr>
</tbody>
</table>

**STREET DESIGN STANDARDS FOR:**

- ○ Separate walking and cycling infrastructure
- ○ Safe pedestrian and cycling crossings
- ○ Management of speed

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

**Promotion of Physical Activity:**

- ○ In workplaces
- ○ In childcare settings
- ○ Through community sports
- ○ In public open spaces
- ○ Through walking and cycling
- ○ For older adults
- ○ For people with disability

<table>
<thead>
<tr>
<th>Brief Intervention on Physical Activity in Primary Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>• With referral</td>
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<tr>
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<tr>
<td>• Quality physical education</td>
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</tbody>
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<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
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<tbody>
<tr>
<td>○</td>
<td>●</td>
</tr>
</tbody>
</table>

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

**National NCD Policy Including Physical Activity**

<table>
<thead>
<tr>
<th>National Physical Activity Policy</th>
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<tbody>
<tr>
<td>○</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>No</th>
<th>Yes, but not operational</th>
<th>Yes and operational</th>
</tr>
</thead>
<tbody>
<tr>
<td>○</td>
<td>●</td>
<td>○</td>
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</tbody>
</table>

**National Guidelines on Physical Activity For:**

- ○ Children under 5 years
- ○ Children and adolescents
- ○ Adults
- ○ Older adults

<table>
<thead>
<tr>
<th>National Surveillance of Physical Activity In:</th>
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</thead>
<tbody>
<tr>
<td>• Children</td>
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<tr>
<td>• Adolescents</td>
</tr>
<tr>
<td>• Adults</td>
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<table>
<thead>
<tr>
<th>National NCD Coordinating Mechanism</th>
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<tbody>
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<table>
<thead>
<tr>
<th>National Target for Physical Activity</th>
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<tbody>
<tr>
<td>●</td>
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</tbody>
</table>

NCD MORTALITY

93% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 5,395,121
INT$ 18,672,563

CUMULATIVE BETWEEN 2020 AND 2030
US$ 59,346,333
INT$ 205,398,192

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes

GEORGIA

TOTAL POPULATION (2022) 3,745,000
POPULATION AGED <20 (%) 27
POPULATION AGED >60 (%) 21

WORLD BANK INCOME GROUP UPPER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 14,731

DATA NOT AVAILABLE
DATA SOURCES:
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
GERMANY

**NCD MORTALITY**

91% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
  - male: 80
  - female: 88

- PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
  - male: 40
  - female: 44

- PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
  - male: 56
  - female: 61

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- PER YEAR
  - US$: 3,005,798,479
  - INT$: 3,564,152,817

- CUMULATIVE BETWEEN 2020 AND 2030
  - US$: 33,063,783,268
  - INT$: 39,205,680,983

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes

**TOTAL POPULATION (2022)** 83,370,000

- WORLD BANK INCOME GROUP
  - HIGH

- GROSS DOMESTIC PRODUCT per capita (INT$) 54,845

- POPULATION AGED <20 (%) 19

- POPULATION AGED >60 (%) 30

- WORLD BANK INCOME GROUP
  - HIGH

- GROSS DOMESTIC PRODUCT per capita (INT$) 54,845
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>DATA SOURCE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.</td>
<td></td>
</tr>
</tbody>
</table>

### NATIONAL POLICY ON WALKING AND CYCLING
- yes

### NATIONAL ROAD SAFETY STRATEGY
- yes

### STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed
- yes

### NATIONAL TARGET FOR PHYSICAL ACTIVITY
- yes

### NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY
- yes, but not operational

### NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults
- yes

### NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults
- yes

### NATIONAL POLICY ON PUBLIC TRANSPORT
- yes

### LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use
- yes

### BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- yes

### USE OF DIGITAL PROGRAMMES
- yes

### SCHOOL BASED APPROACHES:
- quality physical education
- yes

### NATIONAL PHYSICAL ACTIVITY POLICY
- yes

### NATIONAL NCD POLICY ON WALKING AND CYCLING
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

45% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 87% male
- 88% female

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 19% male
- 25% female

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 22% male
- 30% female

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 8,770,871
- INT$ 22,844,293

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 96,479,581
- INT$ 251,287,218

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
Greece

Total Population (2022): 10,385,000
World Bank Income Group: HIGH
Gross Domestic Product per capita (INT$): 27,949

NCD Mortality

- Deaths due to NCDs: 83%

Prevalence of Physical Inactivity

- Physical Inactivity, Adolescents Aged 11-17 (%): 80%
- Physical Inactivity, Adults Aged 18+ (%): 34%
- Physical Inactivity, Adults Aged 70+ (%): 49%

Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

- Per Year: US$ 73,679,956
- Cumulative Between 2020 and 2030: US$ 810,479,515

Active Societies: Changing Knowledge and Mindsets

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity
  - yes
## Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
GRENADA

TOTAL POPULATION (2022) 126,000
WORLD BANK INCOME GROUP UPPER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 15,274

POPULATION AGED <20 (%) 31
POPULATION AGED >60 (%) 15

83% DEATHS DUE TO NCDs

NCD MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 82
- 87

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 22
- 35

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 34
- 51

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 116,746
- INT$ 192,652

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 1,284,208
- INT$ 2,119,177

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

no
**GUATEMALA**

**NCD MORTALITY**

- **62% DEATHS DUE TO NCDS**

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - Male: 85
  - Female: 89

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - Male: 37
  - Female: 37

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - Male: 52
  - Female: 53

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$: 20,733,356
  - INT$: 39,876,766

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$: 228,066,921
  - INT$: 438,644,426

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

*no*  ●  *yes*
GUATEMALA

**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - yes

- **NATIONAL ROAD SAFETY STRATEGY**
  - yes and operational

- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - yes

- **NATIONAL POLICY ON PUBLIC TRANSPORT**
  - yes

- **LEGISLATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
  - not available

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability
  - yes

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral
  - used in >50% of facilities
  - not available

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention
  - not available

- **SCHOOL BASED APPROACHES:**
  - quality physical education
  - not available

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - yes, but not operational

- **NATIONAL PHYSICAL ACTIVITY POLICY**
  - yes

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults
  - yes

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults
  - yes

- **NATIONAL NCD COORDINATING MECHANISM**
  - yes

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**
  - yes

---

**NCD MORTALITY**

33% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
  - DATA NOT AVAILABLE
- PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
  - 11
  - 18
- PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
  - 17
  - 30

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- PER YEAR
  - US$ 2,066,962
  - INT$ 4,876,972

- CUMULATIVE BETWEEN 2020 AND 2030
  - US$ 22,736,586
  - INT$ 53,646,696

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
  - no
  - yes
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Road Safety Strategy</td>
<td></td>
</tr>
<tr>
<td>Street Design Standards for:</td>
<td></td>
</tr>
<tr>
<td>• separate walking and cycling infrastructure</td>
<td>• speed limits</td>
</tr>
<tr>
<td>• safe pedestrian and cycling crossings</td>
<td>• driving and alcohol use</td>
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<td>• driving and drug use</td>
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<td>• driving and mobile phone use</td>
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</table>

### Active People: Opportunities and Programmes

<table>
<thead>
<tr>
<th>Promotion of Physical Activity:</th>
<th>Brief Intervention on Physical Activity in Primary Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>• in workplaces</td>
<td>• with referral</td>
</tr>
<tr>
<td>• in childcare settings</td>
<td>• used in &gt;50% of facilities</td>
</tr>
<tr>
<td>• through community sports</td>
<td></td>
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<tr>
<td>• in public open spaces</td>
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<tr>
<td>• for older adults</td>
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<td>• for people with disability</td>
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</table>

### Active Systems: National Policy and Governance

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
<th>National Physical Activity Policy</th>
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</thead>
<tbody>
<tr>
<td>National Guidelines on Physical Activity For:</td>
<td>National Surveillance of Physical Activity In:</td>
</tr>
<tr>
<td>• children under 5 years</td>
<td>• children</td>
</tr>
<tr>
<td>• children and adolescents</td>
<td>• adolescents</td>
</tr>
<tr>
<td>• adults</td>
<td>• adults</td>
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<tr>
<td>• older adults</td>
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</table>

### Active Systems: National Policy and Governance

<table>
<thead>
<tr>
<th>National NCD Coordinating Mechanism</th>
<th>National Target for Physical Activity</th>
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**Data sources:**
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

33% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

- PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
  - DATA NOT AVAILABLE
- PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
  - DATA NOT AVAILABLE
- PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
  - DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

- PER YEAR
  - US$ 565,144
  - INT$ 1,513,848
- CUMULATIVE BETWEEN 2020 AND 2030
  - US$ 6,216,588
  - INT$ 16,652,324

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
  - yes
### Active Environments: Enabling Environments

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<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
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<tbody>
<tr>
<td>[ ] No</td>
<td>[ ] Yes</td>
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<tr>
<td>[ ] Yes and best practice</td>
<td>[ ] Not available</td>
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<table>
<thead>
<tr>
<th>National Road Safety Strategy</th>
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<td>[ ] Not available</td>
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<table>
<thead>
<tr>
<th>Street Design Standards for:</th>
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<tbody>
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<td>Separate walking and cycling infrastructure</td>
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<tr>
<td>Safe pedestrian and cycling crossings</td>
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<td>Management of speed</td>
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<table>
<thead>
<tr>
<th>Legislation on:</th>
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<td>Speed limits</td>
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<th>Active People: Opportunities and Programmes</th>
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<tr>
<th>Brief Intervention on Physical Activity in Primary Health</th>
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<tbody>
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<td>Used in &gt;50% of facilities</td>
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<table>
<thead>
<tr>
<th>Use of Digital Programmes</th>
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<tbody>
<tr>
<td>mHealth for NCD prevention</td>
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</tbody>
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<table>
<thead>
<tr>
<th>School Based Approaches:</th>
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<tbody>
<tr>
<td>Quality physical education</td>
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</table>

### Active Systems: National Policy and Governance

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<th>National Physical Activity Policy</th>
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<tr>
<td>[ ] Not available</td>
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<th>National Guidelines on Physical Activity for:</th>
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<th>National Surveillance of Physical Activity in:</th>
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<tbody>
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</tr>
<tr>
<td>Adolescents</td>
</tr>
<tr>
<td>Adults</td>
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</table>

### National NCD Coordinating Mechanism

<table>
<thead>
<tr>
<th>[ ] No</th>
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<table>
<thead>
<tr>
<th>National Target for Physical Activity</th>
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</tr>
</thead>
</table>

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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
GUYANA

NCD MORTALITY

70% DEATHS DUE TO NCDS

physical inactivity, adolescents aged 11-17 (%)

physical inactivity, adults aged 18+ (%)

physical inactivity, adults aged 70+ (%)

Prevalence of Physical Inactivity

Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

Active Societies: Changing Knowledge and Mindsets

National Physical Activity Communications Campaigns
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

National Mass Participation Events on Physical Activity

No

Yes

World Bank Income Group

Upper Middle

Gross Domestic Product per capita (INT$)

809,000

38

10

1,144,646

12,591,104

3,242,519

35,667,713

82

86

DATA NOT AVAILABLE

DATA NOT AVAILABLE

DATA NOT AVAILABLE

DATA NOT AVAILABLE

Guyana

Cardiovascular disease

Cancers

Chronic respiratory disease

Diabetes

Other NCDs

Injuries

Communicable, maternal, perinatal and nutritional conditions

Male

Female

PER YEAR

US$ 1,144,646

INT$ 3,242,519

CUMULATIVE BETWEEN 2020 AND 2030

US$ 12,591,104

INT$ 35,667,713
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

<table>
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<tr>
<th>NATIONAL POLICY ON WALKING AND CYCLING</th>
<th>NATIONAL POLICY ON PUBLIC TRANSPORT</th>
</tr>
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<tbody>
<tr>
<td>no</td>
<td>yes and operational</td>
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<tr>
<th>NATIONAL ROAD SAFETY STRATEGY</th>
<th>LEGISLATION ON:</th>
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<tbody>
<tr>
<td>no</td>
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<th>NOT AVAILABLE</th>
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<tbody>
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**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

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<th>PROMOTION OF PHYSICAL ACTIVITY:</th>
<th>BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH</th>
<th>USE OF DIGITAL PROGRAMMES</th>
<th>SCHOOL BASED APPROACHES:</th>
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**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

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**NCD Mortality**

65% deaths due to NCDs

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**
- Data not available

**Physical Inactivity, Adults Aged 18+ (%)**
- Data not available

**Physical Inactivity, Adults Aged 70+ (%)**
- Data not available

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

**Per Year**
- US$ 7,744,185
- INT$ 17,627,382

**Cumulative Between 2020 and 2030**
- US$ 85,186,035
- INT$ 193,901,197

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

  - Yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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HONDURAS

TOTAL POPULATION (2022) 10,433,000

POPULATION AGED <20 (%) 40

POPULATION AGED >60 (%) 7

WORLD BANK INCOME GROUP LOWER MIDDLE

GROSS DOMESTIC PRODUCT per capita (INT$) 5,420

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

PHYSICAL ACTIVITY PROFILE 2022

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 6,083,624
INT$ 13,706,693

CUMULATIVE BETWEEN 2020 AND 2030
US$ 66,919,867
INT$ 150,773,627

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• no

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
• yes

DATA NOT AVAILABLE

71% DEATHS DUE TO NCDS
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - National Policy on Walking and Cycling

- **NATIONAL ROAD SAFETY STRATEGY**
  - National Road Safety Strategy

- **STREET DESIGN STANDARDS FOR:**
  - Separate walking and cycling infrastructure
  - Safe pedestrian and cycling crossings
  - Management of speed

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - In workplaces
  - In childcare settings
  - Through community sports
  - In public open spaces
  - Through walking and cycling
  - For older adults
  - For people with disability

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - With referral
  - Used in >50% of facilities

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention

- **SCHOOL BASED APPROACHES:**
  - Quality physical education

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - National NCD Policy including Physical Activity

- **NATIONAL PHYSICAL ACTIVITY POLICY**
  - National Physical Activity Policy

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - Children under 5 years
  - Children and adolescents
  - Adults
  - Older adults

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - Children
  - Adolescents
  - Adults

- **NATIONAL NCD COORDINATING MECHANISM**
  - National NCD Coordinating Mechanism

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**
  - National Target for Physical Activity

---

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

94% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 74% male
- 86% female

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 33% male
- 43% female

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 48% male
- 59% female

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 69,824,266
- INT$ 144,523,560

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 768,066,922
- INT$ 1,589,759,162

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
### HUNGARY

#### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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<td>○ no yes, but not operational yes and operational</td>
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#### National Guidelines on Physical Activity For:

- children under 5 years
- children and adolescents
- adults
- older adults

#### National NCD Coordinating Mechanism

- ○ no yes

#### National Target for Physical Activity

- ○ yes

#### Active Environments: Enabling Environments

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#### Active People: Opportunities and Programmes

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<td>○ with referral</td>
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<td>○ quality physical education</td>
</tr>
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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
ICELAND

NCD MORTALITY

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

89% deaths due to NCDs

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 3,623,802
- INT$ 3,278,485

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 39,861,818
- INT$ 36,063,332

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- National physical activity communications campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National mass participation events on physical activity

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 75
- 85

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- Data not available

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- Data not available

WORLD BANK INCOME GROUP

HIGH

GROSS DOMESTIC PRODUCT per capita (INT$)
- 53,617

TOTAL POPULATION (2022)
- 373,000

POPULATION AGED <20 (%) 25

POPULATION AGED >60 (%) 21

POPULATION AGED <20 (%) 25

POPULATION AGED >60 (%) 21

DATA NOT AVAILABLE

DEATHS DUE TO NCDS

no yes
ICELAND

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
• separate walking and cycling infrastructure
• safe pedestrian and cycling crossings
• management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
• speed limits
• driving and alcohol use
• driving and drug use
• driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
• in workplaces
• in childcare settings
• through community sports
• in public open spaces
• through walking and cycling
• for older adults
• for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
• with referral
• used in >50% of facilities

USE OF DIGITAL PROGRAMMES
• mHealth for NCD prevention

SCHOOL BASED APPROACHES:
• quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
• children under 5 years
• children and adolescents
• adults
• older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
• children
• adolescents
• adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

NCD MORTALITY

- 66% DEATHS DUE TO NCDs

- Heart disease
- Cancer
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Communicable, maternal, perinatal and nutritional conditions
- Injuries

PREVALENCE OF PHYSICAL INACTIVITY

- PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
  - Boys: 72
  - Girls: 76

- PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
  - Men: 25
  - Women: 44

- PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
  - Males: 38
  - Females: 60

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

- PER YEAR
  - US$: 3,218,129,877
  - INT$: 10,839,391,054

- CUMULATIVE BETWEEN 2020 AND 2030
  - US$: 35,399,428,644
  - INT$: 119,233,301,598

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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### NATIONAL NCD COORDINATING MECHANISM

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### Legislation on:

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### Active People: Opportunities and Programmes

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### Brief Intervention on Physical Activity in Primary Health

- with referral
- used in >50% of facilities

### Use of Digital Programmes

- mHealth for NCD prevention

### School Based Approaches:

- quality physical education

### Active Environments: Enabling Environments


### Active Systems: National Policy and Governance

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**NCD Mortality**

76% deaths due to NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

- **Physical inactivity, adolescents aged 11-17 (%)**
  - 85
  - 87

- **Physical inactivity, adults aged 18+ (%)**
  - 24
  - 22

- **Physical inactivity, adults aged 70+ (%)**
  - 36
  - 34

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 271,470,954
  - INT$ 846,962,686

- **Cumulative Between 2020 and 2030**
  - US$ 2,986,180,493
  - INT$ 9,316,589,551

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity
  - yes

**Total Population (2022)**

- 275,502,000

**World Bank Income Group**

- Lower Middle

**Gross Domestic Product per capita (INT$)**

- 12,072
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
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- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

**NCD MORTALITY**

- Total Population (2022): 88,551,000
- World Bank Income Group: Upper Middle

**PREVALENCE OF PHYSICAL INACTIVITY**

- Physical Inactivity, Adolescents Aged 11-17 (%)
  - Data Not Available

- Physical Inactivity, Adults Aged 18+ (%)
  - 23
  - 43

- Physical Inactivity, Adults Aged 70+ (%)
  - 35
  - 60

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- Per Year
  - US$ 1,196,241,613
  - INT$ 1,604,294,553

- Cumulative Between 2020 and 2030
  - US$ 13,158,657,744
  - INT$ 17,647,240,086

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- National Physical Activity Communications Campaigns
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity
  - Yes
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022. 
**NCD Mortality**

- Deaths due to NCDs: 67%

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - 80% males, 91% females

- **Physical Inactivity, Adults Aged 18+ (%)**
  - 40% males, 65% females

- **Physical Inactivity, Adults Aged 70+ (%)**
  - 55% males, 78% females

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 83,438,261
  - INT$: 191,329,199

- **Cumulative Between 2020 and 2030**
  - US$: 917,820,876
  - INT$: 2,104,621,184

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
  - yes

**World Bank Income Group**

- **Upper Middle**
  - Gross Domestic Product per capita (INT$): 9,954
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>Category</th>
<th>Yes</th>
<th>No</th>
<th>Best Practice</th>
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<tbody>
<tr>
<td><strong>National Policy on Walking and Cycling</strong></td>
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<td>- safe pedestrian and cycling crossings</td>
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<td>- management of speed</td>
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<td><strong>National Policy on Public Transport</strong></td>
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<td><strong>Legislation on:</strong></td>
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<td>- speed limits</td>
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<td>- driving and mobile phone use</td>
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### Active People: Opportunities and Programmes

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<tr>
<th>Category</th>
<th>Yes</th>
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<th>Best Practice</th>
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<tbody>
<tr>
<td><strong>Promotion of Physical Activity:</strong></td>
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<td>- in workplaces</td>
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<td>- through community sports</td>
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<td>- in public open spaces</td>
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<td>- for older adults</td>
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<td>- for people with disability</td>
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<td><strong>Brief Intervention on Physical Activity in Primary Health</strong></td>
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<tr>
<td>- with referral</td>
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<td>- used in &gt;50% of facilities</td>
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<tr>
<td><strong>Use of Digital Programmes</strong></td>
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<tr>
<td>- mHealth for NCD prevention</td>
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<tr>
<td><strong>School Based Approaches:</strong></td>
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<td>- quality physical education</td>
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</table>

### Active Systems: National Policy and Governance

<table>
<thead>
<tr>
<th>Category</th>
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<th>No</th>
<th>Best Practice</th>
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<tbody>
<tr>
<td><strong>National NCD Policy Including Physical Activity</strong></td>
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<tr>
<td><strong>National Physical Activity Policy</strong></td>
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<tr>
<td><strong>National Guidelines on Physical Activity for:</strong></td>
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<td>- children under 5 years</td>
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<td>- children and adolescents</td>
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<td>- older adults</td>
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<td><strong>National NCD Coordinating Mechanism</strong></td>
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<td><strong>National Target for Physical Activity</strong></td>
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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

90% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

- 64
- 81

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

- 28
- 37

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

- 43
- 53

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 61,092,456
INT$ 66,762,074

CUMULATIVE BETWEEN 2020 AND 2030

US$ 672,017,013
INT$ 734,382,809

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
- no

IRELAND

TOTAL POPULATION (2022) 5,024,000
POPULATION AGED <20 (%) 26
POPULATION AGED >60 (%) 20

WORLD BANK INCOME GROUP HIGH
GROSS DOMESTIC PRODUCT per capita (INT$) 93,350

TOTAL POPULATION (2022)

IRELAND

61,092,456 672,017,013

66,762,074 734,382,809

WORLD BANK INCOME GROUP HIGH
GROSS DOMESTIC PRODUCT per capita (INT$) 93,350

IRELAND

173
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGALIZATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

**ISRAEL**

**NCD MORTALITY**

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

- Male
- Female

- 85% DEATHS DUE TO NCDS

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - 80
  - 90

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - DATA NOT AVAILABLE
  - DATA NOT AVAILABLE

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - DATA NOT AVAILABLE
  - DATA NOT AVAILABLE

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 64,769,034
  - INT$ 57,895,500

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 712,459,375
  - INT$ 636,850,500

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

  - no
  - yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - no

- **NATIONAL ROAD SAFETY STRATEGY**
  - yes and best practice

- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - no

- **NATIONAL POLICY ON PUBLIC TRANSPORT**

- **LEGISLATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
  - yes

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - for walking and cycling
  - for older adults
  - for people with disability
  - yes

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral
  - used in >50% of facilities
  - yes

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention
  - yes

- **SCHOOL BASED APPROACHES:**
  - quality physical education
  - not available

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - no

- **NATIONAL PHYSICAL ACTIVITY POLICY**
  - yes, but not operational

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults
  - yes

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults

- **NATIONAL NCD COORDINATING MECHANISM**
  - yes

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**
  - yes

ITALY

NCD MORTALITY

- 91% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 86
- 92

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 36
- 46

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 52
- 62

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 1,060,803,773
- INT$ 1,399,116,441

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 11,668,841,500
- INT$ 15,390,280,848

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- ○

WORLD BANK INCOME GROUP
- HIGH

GROSS DOMESTIC PRODUCT per capita (INT$)
- 41,988

TOTAL POPULATION (2022)
- 59,038,000

POPULATION AGED <20 (%) - 17
POPULATION AGED >60 (%) - 31

POPULATION AGED <20 (%) - 11,668,841,500
POPULATION AGED >60 (%) - 15,390,280,848

ITALY

- 177
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
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<tbody>
<tr>
<td>National Road Safety Strategy</td>
<td>Legislation on:</td>
</tr>
<tr>
<td>Street Design Standards for:</td>
<td>- speed limits</td>
</tr>
<tr>
<td>- separate walking and cycling</td>
<td>- driving and alcohol use</td>
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<tr>
<td>infrastructure</td>
<td>- driving and drug use</td>
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<tr>
<td>- safe pedestrian and cycling</td>
<td>- driving and mobile phone use</td>
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<td>crossings</td>
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### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<tr>
<th>Promotion of Physical Activity:</th>
<th>Brief Intervention on Physical Activity in Primary Health</th>
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<td>- in workplaces</td>
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<td>- through community sports</td>
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<td>for people with disability</td>
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### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy including Physical Activity</th>
<th>National Physical Activity Policy</th>
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<tbody>
<tr>
<td>National Guidelines on Physical Activity for:</td>
<td>National Surveillance of Physical Activity in:</td>
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<tr>
<td>- children under 5 years</td>
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<th>National NCD Coordinating Mechanism</th>
<th>National Target for Physical Activity</th>
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NCD MORTALITY

79% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
28%
37%

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
43%
53%

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 3,525,014
INT$ 6,983,917

CUMULATIVE BETWEEN 2020 AND 2030
US$ 38,775,153
INT$ 76,823,082

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

no

yes
JAMAICA

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

NATIONAL PHYSICAL ACTIVITY POLICY

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

85% DEATHS DUE TO NCDS

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**
- Data not available

**Physical Inactivity, Adults Aged 18+ (%)**
- Male: 34%
- Female: 37%

**Physical Inactivity, Adults Aged 70+ (%)**
- Male: 49%
- Female: 53%

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

**Per Year**
- US$: 1,551,542,637
- INT$: 1,636,356,297

**Cumulative Between 2020 and 2030**
- US$: 17,066,969,009
- INT$: 17,999,919,266

**Active Societies: Changing Knowledge and Mindsets**

**National Physical Activity Communications Campaigns**
- With links to community programmes
- Supported by environmental improvements
- Promoting the co-benefits of physical activity

**National Mass Participation Events on Physical Activity**
- Yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

81
88

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

10
14

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

18
23

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 6,454,760
INT$ 15,606,526

CUMULATIVE BETWEEN 2020 AND 2030

US$ 71,002,362
INT$ 171,671,789

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no  ● yes

JORDAN

TOTAL POPULATION (2022) 11,286,000

WORLD BANK INCOME GROUP UPPER MIDDLE

GROSS DOMESTIC PRODUCT per capita (INT$) 10,354

POPULATION AGED <20 (%) 42

POPULATION AGED >60 (%) 6

TOTAL POPULATION (2022) 11,286,000

WORLD BANK INCOME GROUP UPPER MIDDLE

GROSS DOMESTIC PRODUCT per capita (INT$) 10,354

POPULATION AGED <20 (%) 42

POPULATION AGED >60 (%) 6

80% DEATHS DUE TO NCDS

cardiovascular disease

cancers

chronic respiratory disease

diabetes

other NCDs

injuries

communicable, maternal, perinatal and nutritional conditions

malefemale
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**: ○
- **NATIONAL ROAD SAFETY STRATEGY**: ○
- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure ○
  - safe pedestrian and cycling crossings ○
  - management of speed ○


**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces ○
  - in childcare settings ○
  - through community sports ○
  - in public open spaces ○
  - through walking and cycling ○
  - for older adults ○
  - for people with disability ○

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral ○
  - used in >50% of facilities ○

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention ○

- **SCHOOL BASED APPROACHES:**
  - quality physical education NOT AVAILABLE

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**: ○
- **NATIONAL PHYSICAL ACTIVITY POLICY**

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years ○
  - children and adolescents ○
  - adults ○
  - older adults ○

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children ○
  - adolescents ○
  - adults ○

- **NATIONAL NCD COORDINATING MECHANISM**: ○
- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**: ○

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

87% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 26%
- 29%

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 39%
- 43%

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 38,087,894
- INT$ 111,707,068

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 418,966,829
- INT$ 1,228,777,743

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

**NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

**NATIONAL POLICY ON WALKING AND CYCLING**
- ○

**NATIONAL ROAD SAFETY STRATEGY**
- ○

**STREET DESIGN STANDARDS FOR:**
- ○ separate walking and cycling infrastructure
- ○ safe pedestrian and cycling crossings
- ○ management of speed

**NATIONAL POLICY ON PUBLIC TRANSPORT**
- ○

**LEGISLATION ON:**
- ○ speed limits
- ○ driving and alcohol use
- ○ driving and drug use
- ○ driving and mobile phone use

- ○ no
- ○ yes
- ○ yes and best practice
- — not available

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

**PROMOTION OF PHYSICAL ACTIVITY:**
- ○ in workplaces
- ○ in childcare settings
- ○ through community sports
- ○ in public open spaces
- ○ through walking and cycling
- ○ for older adults
- ○ for people with disability

**BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
- ○

**USE OF DIGITAL PROGRAMMES**
- ○ mHealth for NCD prevention

**SCHOOL BASED APPROACHES:**
- ○ quality physical education

- ○ no
- ○ yes

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

**NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
- ○

**NATIONAL PHYSICAL ACTIVITY POLICY**
- ○

**NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
- ○ children under 5 years
- ○ children and adolescents
- ○ adults
- ○ older adults

**NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
- ○ children
- ○ adolescents
- ○ adults

**NATIONAL NCD COORDINATING MECHANISM**
- ○

**NATIONAL TARGET FOR PHYSICAL ACTIVITY**
- ○

- ○ no
- ○ yes

---

**Data sources:**
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

41% deaths due to NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Inactivity, Adolescents Aged 11-17 (%)</td>
<td>85, 89</td>
</tr>
<tr>
<td>Physical Inactivity, Adults Aged 18+ (%)</td>
<td>14, 17</td>
</tr>
<tr>
<td>Physical Inactivity, Adults Aged 70+ (%)</td>
<td>15, 19</td>
</tr>
</tbody>
</table>

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 7,744,429
  - INT$ 18,872,361

- **Cumulative Between 2020 and 2030**
  - US$ 85,188,715
  - INT$ 207,595,975

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
  - yes

- National Mass Participation Events on Physical Activity
  - no
Kiribati

**NCD MORTALITY**

- **73% DEATHS DUE TO NCDS**

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - 79
  - 86

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - 35
  - 46

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - 49
  - 62

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 2,119,730
  - INT$ 3,055,376

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 23,317,033
  - INT$ 33,609,135

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - no
  - yes

**TOTAL POPULATION (2022)**

- 132,000

**WORLD BANK INCOME GROUP**

- LOWER MIDDLE

**GROSS DOMESTIC PRODUCT per capita (INT$)**

- 2,172

**POPULATION AGED <20 (%)**

- 45

**POPULATION AGED >60 (%)**

- 6

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 2,119,730
  - INT$ 3,055,376

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 23,317,033
  - INT$ 33,609,135

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - no
  - yes

- **DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 2,119,730
  - INT$ 3,055,376

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 23,317,033
  - INT$ 33,609,135

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - no
  - yes

189
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - Male: 79%
  - Female: 90%

- **Physical Inactivity, Adults Aged 18+ (%)**
  - Male: 61%
  - Female: 75%

- **Physical Inactivity, Adults Aged 70+ (%)**
  - Male: 76%
  - Female: 85%

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 75,753,263
  - INT$: 144,449,445

- **Cumulative Between 2020 and 2030**
  - US$: 833,285,893
  - INT$: 1,588,943,894

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity

- yes

**NCD Mortality**

- 79% deaths due to NCDs
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>NATIONAL POLICY ON WALKING AND CYCLING</th>
<th>NATIONAL POLICY ON PUBLIC TRANSPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

NATIONAL ROAD SAFETY STRATEGY

<table>
<thead>
<tr>
<th>STREET DESIGN STANDARDS FOR:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• separate walking and cycling infrastructure</td>
</tr>
<tr>
<td>• safe pedestrian and cycling crossings</td>
</tr>
<tr>
<td>• management of speed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LEGISLATION ON:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• speed limits</td>
</tr>
<tr>
<td>• driving and alcohol use</td>
</tr>
<tr>
<td>• driving and drug use</td>
</tr>
<tr>
<td>• driving and mobile phone use</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>no</th>
<th>yes</th>
<th>yes and best practice</th>
<th>not available</th>
</tr>
</thead>
</table>

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

<table>
<thead>
<tr>
<th>PROMOTION OF PHYSICAL ACTIVITY:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• in workplaces</td>
</tr>
<tr>
<td>• in childcare settings</td>
</tr>
<tr>
<td>• through community sports</td>
</tr>
<tr>
<td>• in public open spaces</td>
</tr>
<tr>
<td>• through walking and cycling</td>
</tr>
<tr>
<td>• for older adults</td>
</tr>
<tr>
<td>• for people with disability</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>• with referral</td>
</tr>
<tr>
<td>• used in &gt;50% of facilities</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>USE OF DIGITAL PROGRAMMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>• mHealth for NCD prevention</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SCHOOL BASED APPROACHES:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• quality physical education</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>no</th>
<th>yes</th>
</tr>
</thead>
</table>

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY</th>
<th>NATIONAL PHYSICAL ACTIVITY POLICY</th>
</tr>
</thead>
<tbody>
<tr>
<td>○</td>
<td>○</td>
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</table>

<table>
<thead>
<tr>
<th>NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• children under 5 years</td>
</tr>
<tr>
<td>• children and adolescents</td>
</tr>
<tr>
<td>• adults</td>
</tr>
<tr>
<td>• older adults</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• children</td>
</tr>
<tr>
<td>• adolescents</td>
</tr>
<tr>
<td>• adults</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NATIONAL NCD COORDINATING MECHANISM</th>
<th>NATIONAL TARGET FOR PHYSICAL ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>○</td>
<td>○</td>
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</tbody>
</table>

**NCD Mortality**

82% deaths due to NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

- Physical inactivity, Adolescents aged 11-17 (%)
  - Data not available
- Physical inactivity, Adults aged 18+ (%)
  - Male: 11%
  - Female: 17%
- Physical inactivity, Adults aged 70+ (%)
  - Male: 18%
  - Female: 27%

**Direct Healthcare Costs attributable to NCDs and Mental Health associated with Physical Inactivity**

- Per Year
  - US$: 1,412,299
  - INT$: 5,974,486
- Cumulative between 2020 and 2030
  - US$: 15,535,287
  - INT$: 65,719,345

**Active Societies: Changing knowledge and mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity
  - no
  - yes

**World Bank Income Group**

- Lower Middle
  - Gross Domestic Product per capita (INT$): 4,985

**Total Population (2022)**

- Total: 6,631,000
- Population aged <20 (%): 43
- Population aged >60 (%): 8

**Country: Kyrgyzstan**

- Deaths due to NCDs: 6,631,000
- Gross Domestic Product per capita (INT$): 4,985
- Population aged <20 (%): 82%
- Population aged >60 (%): 8
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL NCD POLICY COORDINATING MECHANISM

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

65% DEATHS DUE TO NCDS

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
- 78
- 91

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
- 12
- 21

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
- 12
- 23

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**
- US$ 5,463,555
- INT$ NO DATA AVAILABLE

**CUMULATIVE BETWEEN 2020 AND 2030**
- US$ 60,099,101
- INT$ 99,509,413

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

**NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
- yes

**TOTAL POPULATION (2022)**
- 7,530,000

**WORLD BANK INCOME GROUP**
- LOWER MIDDLE

**GROSS DOMESTIC PRODUCT per capita (INT$)**
- 8,238

**POPULATION AGED <20 (%)**
- 40

**POPULATION AGED >60 (%)**
- 7
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
</table>
| ![bike](image) National Road Safety Strategy | ![car](image) Legislation on:  
  - speed limits  
  - driving and alcohol use  
  - driving and drug use  
  - driving and mobile phone use |
| ![road](image) Street Design Standards for:  
  - separate walking and cycling infrastructure  
  - safe pedestrian and cycling crossings  
  - management of speed | ![train](image) |
| ![no](image) no  
  ![yes](image) yes  
  ![yes and best practice](image) yes and best practice | ![not available](image) not available |

| National Surveillance of Physical Activity in:  
  - children  
  - adolescents  
  - adults | National Road Safety Strategy  
  - separate walking and cycling infrastructure  
  - safe pedestrian and cycling crossings  
  - management of speed |
| ![not available](image) not available | ![not available](image) not available |

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

| Promotion of Physical Activity:  
  - in workplaces  
  - in childcare settings  
  - through community sports  
  - in public open spaces  
  - through walking and cycling  
  - for older adults  
  - for people with disability | Brief Intervention on Physical Activity in Primary Health:  
  - with referral  
  - used in >50% of facilities |
| ![not available](image) not available | ![not available](image) not available |

| Use of Digital Programmes:  
  - mHealth for NCD prevention | National Physical Activity Policy |
| ![not available](image) not available | ![not available](image) not available |

| School Based Approaches:  
  - quality physical education | National NCD Policy Including Physical Activity  
  - yes, but not operational  
  - yes and operational |
| ![not available](image) not available | ![not available](image) not available |

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

| National NCD Policy Coordinating Mechanism | National NCD Policy Including Physical Activity  
  - yes  
  - yes and operational |
| ![not available](image) not available | ![not available](image) not available |

| National NCD Policy Coordinating Mechanism | National NCD Policy Including Physical Activity  
  - yes  
  - yes and operational |
| ![not available](image) not available | ![not available](image) not available |

**Data sources:** United Nations Department of Economic and Social Affairs. World Population Prospects 2022.  
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.  
**NCD MORTALITY**

92% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

<table>
<thead>
<tr>
<th>Physical Inactivity</th>
<th>Adolescents Aged 11-17 (%)</th>
<th>Adults Aged 18+ (%)</th>
<th>Adults Aged 70+ (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHYSICAL INACTIVITY</td>
<td>76</td>
<td>25</td>
<td>39</td>
</tr>
<tr>
<td></td>
<td>84</td>
<td>33</td>
<td>48</td>
</tr>
</tbody>
</table>

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- PER YEAR
  - US$ 10,040,753
  - INT$ 17,822,554
- CUMULATIVE BETWEEN 2020 AND 2030
  - US$ 110,448,278
  - INT$ 196,048,095

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
  - **yes**

- National Mass Participation Events on Physical Activity
  - **yes**

**LATVIA**

**TOTAL POPULATION (2022)**

- 1,851,000

**WORLD BANK INCOME GROUP**

- HIGH

**GROSS DOMESTIC PRODUCT per capita (INT$)**

- 31,425

**POPULATION AGED <20 (%)**

- 21

**POPULATION AGED >60 (%)**

- 29
LATVIA

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

• separate walking and cycling infrastructure
• safe pedestrian and cycling crossings
• management of speed

NATIONAL ROAD SAFETY STRATEGY

LEGISURATION ON:
• speed limits
• driving and alcohol use
• driving and drug use
• driving and mobile phone use

STREET DESIGN STANDARDS FOR:

○ no  ● yes  ● yes and best practice — not available

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
• in workplaces
• in childcare settings
• through community sports
• in public open spaces
• through walking and cycling
• for older adults
• for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH:
• with referral
• used in >50% of facilities

USE OF DIGITAL PROGRAMMES:
• mHealth for NCD prevention

SCHOOL BASED APPROACHES:
• quality physical education

○ no  ● yes

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL POLICY ON PUBLIC TRANSPORT

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
• children under 5 years
• children and adolescents
• adults
• older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
• children
• adolescents
• adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

○ no  ● yes

**NCD Mortality**

89% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**
- 76
- 88

**Physical Inactivity, Adults Aged 18+ (%)**
- 40
- 33

**Physical Inactivity, Adults Aged 70+ (%)**
- 55
- 49

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

**Per Year**
- US$ 45,469,723
- INT$ 48,442,831

**Cumulative Between 2020 and 2030**
- US$ 500,166,958
- INT$ 532,871,140

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

  - yes

---

**Total Population (2022)**

- 5,490,000

**World Bank Income Group**

- Upper Middle

**Gross Domestic Product per capita (INT$)**

- 11,377
LESOTHO

NCD MORTALITY

45% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 7

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 11

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 1,835,250
- INT$ 5,119,824

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 20,187,745
- INT$ 56,318,067

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

TOTAL POPULATION (2022) 2,306,000
POPULATION AGED <20 (%) 44
POPULATION AGED >60 (%) 7

WORLD BANK INCOME GROUP LOWER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 2,569

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

PER YEAR
US$ 1,835,250
INT$ 5,119,824

CUMULATIVE BETWEEN 2020 AND 2030
US$ 20,187,745
INT$ 56,318,067

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

TOTAL POPULATION (2022) 2,306,000
POPULATION AGED <20 (%) 44
POPULATION AGED >60 (%) 7

WORLD BANK INCOME GROUP LOWER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 2,569

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

PER YEAR
US$ 1,835,250
INT$ 5,119,824

CUMULATIVE BETWEEN 2020 AND 2030
US$ 20,187,745
INT$ 56,318,067

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

TOTAL POPULATION (2022) 2,306,000
POPULATION AGED <20 (%) 44
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ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes
**NCD Mortality**

- **32%** DEATHS DUE TO NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - Data not available

- **Physical Inactivity, Adults Aged 18+ (%)**
  - Male: 22%
  - Female: 29%

- **Physical Inactivity, Adults Aged 70+ (%)**
  - Male: 34%
  - Female: 43%

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 1,529,559
  - INT$: 3,967,360

- **Cumulative Between 2020 and 2030**
  - US$: 16,825,148
  - INT$: 43,640,957

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
  - yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

#### NATIONAL ROAD SAFETY STRATEGY

- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

#### STREET DESIGN STANDARDS FOR:

- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

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<thead>
<tr>
<th>Data Source</th>
<th>Data Available</th>
</tr>
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<tr>
<td>United Nations Department of Economic and Social Affairs. World Population Prospects 2022.</td>
<td>yes and best practice</td>
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<td>The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.</td>
<td>not available</td>
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</table>

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

#### PROMOTION OF PHYSICAL ACTIVITY:

- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

#### BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- With referral
- Used in >50% of facilities

#### USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

#### SCHOOL BASED APPROACHES:

- Quality physical education

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

#### NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

- Yes, but not operational
- Yes and operational

#### NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:

- Children under 5 years
- Children and adolescents
- Adults
- Older adults

#### NATIONAL NCD COORDINATING MECHANISM

- Yes

#### NATIONAL PHYSICAL ACTIVITY POLICY

- Yes

#### NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:

- Children
- Adolescents
- Adults

#### NATIONAL TARGET FOR PHYSICAL ACTIVITY

- Yes

LIBYA

NCD MORTALITY

75% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

- 78
- 89

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

- 31
- 42

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

- 46
- 57

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

- US$ 34,848,803
- INT$ 82,729,769

CUMULATIVE BETWEEN 2020 AND 2030

- US$ 383,336,835
- INT$ 910,027,462

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes

LIBYA

TOTAL POPULATION (2022)

- 6,813,000

WORLD BANK INCOME GROUP

- UPPER MIDDLE

GROSS DOMESTIC PRODUCT per capita (INT$)

- 17,286
**NCD MORTALITY**

- 91% DEATHS DUE TO NCDS

**PREVALENCE OF PHYSICAL INACTIVITY**

- PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
  - Total: 76
  - Male: 85
  - Female: 69

- PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
  - Total: 23
  - Male: 29
  - Female: 17

- PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
  - Total: 36
  - Male: 44
  - Female: 28

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- PER YEAR
  - US$: 15,647,636
  - INT$: 30,070,163

- CUMULATIVE BETWEEN 2020 AND 2030
  - US$: 172,123,996
  - INT$: 330,771,792

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- no
- yes
**NCD Mortality**

- 89% deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical inactivity, adolescents aged 11-17 (%):**
  - 73
  - 85

- **Physical inactivity, adults aged 18+ (%):**
  - 26
  - 30

- **Physical inactivity, adults aged 70+ (%):**
  - 40
  - 46

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 9,902,743
  - INT$ 10,029,551

- **Cumulative between 2020 and 2030**
  - US$ 108,930,174
  - INT$ 110,325,060

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

- yes
**.getActiveEnvironmentsEnablingEnvironments**

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Road Safety Strategy</td>
<td>Legislation on:</td>
</tr>
<tr>
<td>STREET DESIGN STANDARDS FOR:</td>
<td>• speed limits</td>
</tr>
<tr>
<td>• separate walking and cycling</td>
<td>• driving and alcohol use</td>
</tr>
<tr>
<td>infrastructure</td>
<td>• driving and drug use</td>
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<tr>
<td>• safe pedestrian and cycling</td>
<td>• driving and mobile phone use</td>
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<tr>
<td>crossings</td>
<td></td>
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<tr>
<td>• management of speed</td>
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**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
<th>National Physical Activity Policy</th>
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</thead>
<tbody>
<tr>
<td>National Guidelines on Physical Activity For:</td>
<td>National Surveillance of Physical Activity In:</td>
</tr>
<tr>
<td>• children under 5 years</td>
<td>• children</td>
</tr>
<tr>
<td>• children and adolescents</td>
<td>• adolescents</td>
</tr>
<tr>
<td>• adults</td>
<td>• adults</td>
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<tr>
<td>• older adults</td>
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<table>
<thead>
<tr>
<th>National NCD Coordinating Mechanism</th>
<th>National Target for Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>yes</td>
<td>yes</td>
</tr>
</tbody>
</table>

Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**MADAGASCAR**

### NCD MORTALITY

- **45%** deaths due to NCDs

### PREVALENCE OF PHYSICAL INACTIVITY

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
- Data not available

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
- Male: 13%
- Female: 21%

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
- Male: 21%
- Female: 34%

### DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

**PER YEAR**
- **US$ 2,557,142**
- **INT$ 8,374,778**

**CUMULATIVE BETWEEN 2020 AND 2030**
- **US$ 28,128,559**
- **INT$ 92,122,563**

### ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

**NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
- yes
### MADAGASCAR

#### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

**NATIONAL POLICY ON WALKING AND CYCLING**
- [ ]

**NATIONAL ROAD SAFETY STRATEGY**
- [ ]

**STREET DESIGN STANDARDS FOR:**
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed
  - [ ]

**NATIONAL POLICY ON PUBLIC TRANSPORT**
- [ ]

**LEGISLATION ON:**
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use
  - [ ]

---

#### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

**PROMOTION OF PHYSICAL ACTIVITY:**
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability
  - [ ]

**BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
- with referral
  - [ ]
- used in >50% of facilities
  - [ ]

**USE OF DIGITAL PROGRAMMES**
- mHealth for NCD prevention
  - [ ]

**SCHOOL BASED APPROACHES:**
- quality physical education
  - [ ]

---

#### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

**NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
- [ ]
  - yes, but not operational
  - yes and operational

**NATIONAL PHYSICAL ACTIVITY POLICY**
- [ ]

**NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
- children under 5 years
  - [ ]
- children and adolescents
  - [ ]
- adults
  - [ ]
- older adults
  - [ ]

**NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
- children
  - [ ]
- adolescents
  - [ ]
- adults
  - [ ]

**NATIONAL NCD COORDINATING MECHANISM**
- [ ]

**NATIONAL TARGET FOR PHYSICAL ACTIVITY**
- [ ]

---

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
## NCD Mortality

- **40%** deaths due to NCDs

## Prevalence of Physical Inactivity

**Physical Inactivity, Adolescents Aged 11-17 (%)**
- Data not available

**Physical Inactivity, Adults Aged 18+ (%)**
- Male: 13%
- Female: 18%

**Physical Inactivity, Adults Aged 70+ (%)**
- Male: 14%
- Female: 21%

### NCD Mortality

<table>
<thead>
<tr>
<th>NCD</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular disease</td>
<td>13</td>
<td>21</td>
</tr>
<tr>
<td>Cancers</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Communicable, maternal, perinatal and nutritional conditions</td>
<td>13</td>
<td>21</td>
</tr>
</tbody>
</table>

### Direct Healthcare Costs Attributable to NCDs

- **Per Year**
  - US$ 3,383,352
  - INT$ 8,456,010

- **Cumulative between 2020 and 2030**
  - US$ 37,216,870
  - INT$ 93,016,112

### Active Societies: Changing Knowledge and Mindsets

**NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
- yes

### World Bank Income Group

- **Low**

### Gross Domestic Product per capita (INT$)

- 1,591

### Total Population (2022)

- 20,406,000

### Population Aged <20 (%)

- 37,216,870

### Population Aged >60 (%)

- 93,016,112

### World Bank Income Group

- Low
PHYSICAL ACTIVITY PROFILE 2022

MALAYSIA

NCD MORTALITY

73% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 81
- 91

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 35
- 43

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 50
- 59

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 113,802,832
- INT$ NO DATA AVAILABLE

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 1,251,831,149
- INT$ 2,072,726,208

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

WORLD BANK INCOME GROUP
- UPPER MIDDLE

GROSS DOMESTIC PRODUCT per capita (INT$)
- 27,921

TOTAL POPULATION (2022)
- 33,939,000

POPULATION AGED <20 (%) 31
POPULATION AGED >60 (%) 11

NO DATA AVAILABLE

COMMUNICATIONS CAMPAIGNS with links to community programmes supported by environmental improvements promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY yes

no yes

CARDIOVASCULAR DISEASE
COMMUNICABLE, MATERNAL, PERINATAL AND NUTRITIONAL CONDITIONS
OTHER NCDs INJURIES
CHRONIC RESPIRATORY DISEASE DIABETES
MALAYSIA

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
PHYSICAL ACTIVITY PROFILE 2022

MALDIVES

NCD MORTALITY

85% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

78
86

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

26
35

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

39
51

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 842,378
INT$ 1,635,514

CUMULATIVE BETWEEN 2020 AND 2030

US$ 9,266,156
INT$ 17,990,650

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
### Active Environments: Enabling Environments

**National Policy on Walking and Cycling**
- ○

**National Road Safety Strategy**
- ○

**Street Design Standards For:**
- • separate walking and cycling infrastructure
- • safe pedestrian and cycling crossings
- • management of speed
- ○

**Legislation On:**
- • speed limits
- • driving and alcohol use
- • driving and drug use
- ○

- driving and mobile phone use
- ○

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### Active People: Opportunities and Programmes

**Promotion of Physical Activity:**
- • in workplaces
- • in childcare settings
- • through community sports
- • in public open spaces
- • through walking and cycling
- • for older adults
- • for people with disability
- ○

**Brief Intervention On Physical Activity In Primary Health**
- • with referral
- • used in >50% of facilities
- ○

**Use of Digital Programmes**
- • mHealth for NCD prevention
- ○

**School Based Approaches:**
- • quality physical education
- ○

### Active Systems: National Policy and Governance

**National NCD Policy Including Physical Activity**
- ○

**National Physical Activity Policy**
- ○

**National Guidelines On Physical Activity For:**
- • children under 5 years
- • children and adolescents
- • adults
- • older adults
- ○

**National Surveillance Of Physical Activity In:**
- • children
- • adolescents
- • adults
- ○

**National NCD Coordinating Mechanism**
- ○

**National Target For Physical Activity**
- ○

### Active Environments: Enabling Environments

**National Policy on Walking and Cycling**
- ○

**National Road Safety Strategy**
- ○

**Street Design Standards For:**
- • separate walking and cycling infrastructure
- • safe pedestrian and cycling crossings
- • management of speed
- ○

**Legislation On:**
- • speed limits
- • driving and alcohol use
- • driving and drug use
- ○

- driving and mobile phone use
- ○

**NCD MORTALITY**

- 30% DEATHS DUE TO NCDS

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - DATA NOT AVAILABLE
- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - 34%
  - 47%
- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - 40%
  - 55%

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 2,534,452
  - INT$ 6,899,288
- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 27,878,975
  - INT$ 75,899,211

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes
## Active Environments: Enabling Environments

### National Policy on Walking and Cycling
- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

### National Road Safety Strategy

### Street Design Standards for:
- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

### Legislation on:
- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use

### Active Systems: National Policy and Governance

### National NCD Policy Including Physical Activity

### National Physical Activity Policy
- Yes, but not operational
- Yes and operational

### National Guidelines on Physical Activity for:
- Children under 5 years
- Children and adolescents
- Adults
- Older adults

### National NCD Coordinating Mechanism

### National Target for Physical Activity

### Active People: Opportunities and Programmes

### Promotion of Physical Activity:
- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

### Brief Intervention on Physical Activity in Primary Health
- With referral
- Used in >50% of facilities

### Use of Digital Programmes
- mHealth for NCD prevention

### School Based Approaches:
- Quality physical education

### Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
PHYSICAL ACTIVITY PROFILE 2022

MALTA

NCD MORTALITY

90% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
77
86

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
36
47

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
52
63

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 4,980,582
INT$ 7,440,516

CUMULATIVE BETWEEN 2020 AND 2030
US$ 54,786,397
INT$ 81,845,679

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no
○ yes

TOTAL POPULATION (2022) 534,000
WORLD BANK INCOME GROUP HIGH
GROSS DOMESTIC PRODUCT per capita (INT$) 43,243

POPULATION AGED <20 (%) 17
POPULATION AGED >60 (%) 25

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no
○ yes

cardiovascular disease
chronic respiratory disease
diabetes
cancers
other NCDs
injuries
communicable, maternal, perinatal and nutritional conditions

male
female

DEATHS DUE TO NCDS

malta 52
usa 63
ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

- NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY
  - yes, but not operational

- NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
  - children under 5 years
  - children and adolescents
  - adults
  - older adults

- NATIONAL NCD COORDINATING MECHANISM
  - yes

- NATIONAL PHYSICAL ACTIVITY POLICY
  - yes and operational

- NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
  - children
  - adolescents
  - adults

- NATIONAL NCD POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

**Marshall Islands**

### NCD Mortality

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

### Prevalence of Physical Inactivity

#### Physical Inactivity, Adolescents Aged 11-17 (%)

- Data not available

#### Physical Inactivity, Adults Aged 18+ (%)

- Male: 37%
- Female: 50%

#### Physical Inactivity, Adults Aged 70+ (%)

- Male: 53%
- Female: 66%

### Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

<table>
<thead>
<tr>
<th></th>
<th>Per Year (US$)</th>
<th>Per Year (INT$)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>103,026</td>
<td>103,477</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Cumulative Between 2020 and 2030 (US$)</th>
<th>Cumulative Between 2020 and 2030 (INT$)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1,133,281</td>
<td>1,138,245</td>
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</tbody>
</table>

### Active Societies: Changing Knowledge and Mindsets

- **National Physical Activity Communications Campaigns**
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
  - Yes

### World Bank Income Group

- **Upper Middle**
  - Gross Domestic Product per capita (INT$): 4,147

### Total Population (2022)

- **41,600**
- **41,477**
- **41,133**
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
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<tbody>
<tr>
<td>National Road Safety Strategy</td>
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### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<table>
<thead>
<tr>
<th>Brief Intervention on Physical Activity in Primary Health</th>
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<tbody>
<tr>
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<table>
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<tr>
<th>Use of Digital Programmes</th>
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</table>

<table>
<thead>
<tr>
<th>School Based Approaches:</th>
</tr>
</thead>
<tbody>
<tr>
<td>quality physical education</td>
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### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
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<table>
<thead>
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<tr>
<td>older adults</td>
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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>children</td>
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<tr>
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<table>
<thead>
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<th>National NCD Coordinating Mechanism</th>
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<table>
<thead>
<tr>
<th>National Target for Physical Activity</th>
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</thead>
</table>

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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.  
**NCD Mortality**

37% deaths due to NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**
- 83
- 91

**Physical Inactivity, Adults Aged 18+ (%)**
- 37
- 46

**Physical Inactivity, Adults Aged 70+ (%)**
- 43
- 53

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

**Per Year**
- US$: 3,112,790
- INT$: 9,855,116

**Cumulative Between 2020 and 2030**
- US$: 34,240,690
- INT$: 108,406,275

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
- National Mass Participation Events on Physical Activity

![World Health Organization](https://www.who.int)
### Active Environments: Enabling Environments

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<thead>
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<table>
<thead>
<tr>
<th>Street Design Standards for:</th>
<th>Legislation on:</th>
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<tbody>
<tr>
<td>• separate walking and cycling</td>
<td>• speed limits</td>
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<tr>
<td></td>
<td>○</td>
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<tr>
<td>• safe pedestrian and cycling</td>
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### Active People: Opportunities and Programmes

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### Active Systems: National Policy and Governance

<table>
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### National NCD Coordinating Mechanism

<table>
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<th>National Target for Physical Activity</th>
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MAURITIUS

NCD MORTALITY

88% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

- PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
  - 76
  - 88

- PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
  - 28
  - 32

- PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
  - 41
  - 47

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

- PER YEAR
  - US$ 5,511,220
  - INT$ 13,114,312

- CUMULATIVE BETWEEN 2020 AND 2030
  - US$ 60,623,418
  - INT$ 144,257,427

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no  ● yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
- **NATIONAL ROAD SAFETY STRATEGY**
- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed

NCD MORTALITY

80% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 79%
- 88%

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 26%
- 32%

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 39%
- 48%

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 978,338,127
- INT$ 2,166,401,621

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 10,761,719,396
- INT$ 23,830,417,831

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

• no
• yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

#### NATIONAL POLICY ON WALKING AND CYCLING

- Street design standards for:
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed

#### NATIONAL POLICY ON PUBLIC TRANSPORT

- Legislation on:
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

#### PROMOTION OF PHYSICAL ACTIVITY:

- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

#### BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- With referral
- Used in >50% of facilities

#### USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

#### SCHOOL BASED APPROACHES:

- Quality physical education

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

#### NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

- Yes, but not operational

#### NATIONAL PHYSICAL ACTIVITY POLICY

- Yes and operational

#### NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:

- Children under 5 years
- Children and adolescents
- Adults
- Older adults

#### NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:

- Children
- Adolescents
- Adults

#### NATIONAL NCD COORDINATING MECHANISM

- Yes

#### NATIONAL TARGET FOR PHYSICAL ACTIVITY

- Yes

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NCD MORTALITY

79% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 615,821
INT$ 613,752

CUMULATIVE BETWEEN 2020 AND 2030
US$ 6,774,028
INT$ 6,751,272

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

DATA NOT AVAILABLE

World Bank Income Group
LOWER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$)
3,553

TOTAL POPULATION (2022)
115,000

POPULATION AGED <20 (%)
41

POPULATION AGED >60 (%)
10

MICRONESIA (FEDERATED STATES OF)
### Active Environments: Enabling Environments

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### Active Systems: National Policy and Governance

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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022. 
MONACO

**NCD MORTALITY**

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - DATA NOT AVAILABLE

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - DATA NOT AVAILABLE

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - DATA NOT AVAILABLE

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 162,122
  - INT$ NO DATA AVAILABLE

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 1,783,346
  - INT$ 3,668,349

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- no
- yes

**TOTAL POPULATION (2022)** 36,500

- **POPULATION AGED <20 (%)** 17
- **POPULATION AGED >60 (%)** 44

**WORLD BANK INCOME GROUP** HIGH

- **GROSS DOMESTIC PRODUCT per capita (INT$)**

- no
- yes
### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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**Data sources:**
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
MONGOLIA

NCD MORTALITY

83% DEATHS DUE TO NCDS

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 2,960,385
INT$ 9,015,360

CUMULATIVE BETWEEN 2020 AND 2030
US$ 32,564,239
INT$ 99,168,957

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

no

World Health Organization

TOTAL POPULATION (2022) 3,399,000
POPULATION AGED <20 (%) 39
POPULATION AGED >60 (%) 8

WORLD BANK INCOME GROUP LOWER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 12,366

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
74
83

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
18
19

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
28
31

no

yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
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</table>

**National Road Safety Strategy**

**Street Design Standards for:**
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

**Legislation on:**
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

**ACTIVE PEOPLES: OPPORTUNITIES AND PROGRAMMES**

**Promotion of Physical Activity:**
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

**Brief Intervention on Physical Activity in Primary Health:**
- with referral
- used in >50% of facilities

**Use of Digital Programmes:**
- mHealth for NCD prevention

**School Based Approaches:**
- quality physical education

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

**National NCD Policy Including Physical Activity**

**National Physical Activity Policy**

**National Guidelines on Physical Activity for:**
- children under 5 years
- children and adolescents
- adults
- older adults

**National Surveillance of Physical Activity in:**
- children
- adolescents
- adults

**National NCD Coordinating Mechanism**

**National Target for Physical Activity**

**NCD Mortality**

94% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**

DATA NOT AVAILABLE

**Physical Inactivity, Adults Aged 18+ (%)**

DATA NOT AVAILABLE

**Physical Inactivity, Adults Aged 70+ (%)**

DATA NOT AVAILABLE

**Direct HealthCare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

**Per Year**

US$ 2,320,236

INT$ 6,041,201

**Cumulative Between 2020 and 2030**

US$ 25,522,599

INT$ 66,453,209

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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</tbody>
</table>

**NATIONAL ROAD SAFETY STRATEGY**

- ![Icon](icon.png) Separate walking and cycling infrastructure
- ![Icon](icon.png) Safe pedestrian and cycling crossings
- ![Icon](icon.png) Management of speed

**LEGISLATION ON:**
- ![Icon](icon.png) Speed limits
- ![Icon](icon.png) Driving and alcohol use
- ![Icon](icon.png) Driving and drug use
- ![Icon](icon.png) Driving and mobile phone use

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### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

**PROMOTION OF PHYSICAL ACTIVITY:**
- ![Icon](icon.png) In workplaces
- ![Icon](icon.png) In childcare settings
- ![Icon](icon.png) Through community sports
- ![Icon](icon.png) In public open spaces
- ![Icon](icon.png) Through walking and cycling
- ![Icon](icon.png) For older adults
- ![Icon](icon.png) For people with disability

**BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
- ![Icon](icon.png) With referral
- ![Icon](icon.png) Used in >50% of facilities

**USE OF DIGITAL PROGRAMMES**
- ![Icon](icon.png) mHealth for NCD prevention

**SCHOOL BASED APPROACHES:**
- ![Icon](icon.png) Quality physical education

---

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
<th>National Physical Activity Policy</th>
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**NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
- ![Icon](icon.png) Children under 5 years
- ![Icon](icon.png) Children and adolescents
- ![Icon](icon.png) Adults
- ![Icon](icon.png) Older adults

**NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
- ![Icon](icon.png) Children
- ![Icon](icon.png) Adolescents
- ![Icon](icon.png) Adults

**NATIONAL NCD COORDINATING MECHANISM**
- ![Icon](icon.png)

**NATIONAL TARGET FOR PHYSICAL ACTIVITY**
- ![Icon](icon.png)

---

**Data sources:**
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

84% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 85%
- 90%

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 21%
- 31%

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 32%
- 46%

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 41,353,553
- INTS 99,636,135

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 454,889,078
- INTS 1,095,997,489

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no  ● yes
### Active Systems: National Policy and Governance

**National NCD Policy Including Physical Activity:**
- yes, but not operational

**National Guidelines on Physical Activity for:**
- children under 5 years
- children and adolescents
- adults
- older adults

**National NCD Coordinating Mechanism:**
- yes

**National NCD Policy Coordinating Mechanism:**
- no

**National Physical Activity Policy:**
- yes

**National NCD Coordinating Mechanism:**
- yes

**National Physical Activity Policy:**
- yes

### Active Environments: Enabling Environments

**National Policy on Walking and Cycling:**
- yes

**National Road Safety Strategy:**
- yes

**Street Design Standards for:**
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

**National Policy on Public Transport:**
- yes

**Legislation on:**
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

### Active People: Opportunities and Programmes

**Promotion of Physical Activity:**
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

**Brief Intervention on Physical Activity in Primary Health:**
- yes

**Use of Digital Programmes:**
- mHealth for NCD prevention

**School Based Approaches:**
- quality physical education

### Data Sources
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
MOZAMBIQUE

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 1,044,409
INT$ 3,018,914

CUMULATIVE BETWEEN 2020 AND 2030
US$ 11,488,501
INT$ 33,208,057
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - yes

- **NATIONAL ROAD SAFETY STRATEGY**
  - yes

- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - yes

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability
  - yes

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral
  - used in >50% of facilities
  - no

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention
  - yes

- **SCHOOL BASED APPROACHES:**
  - quality physical education
  - not available

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - yes, but not operational

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults
  - yes

- **NATIONAL NCD COORDINATING MECHANISM**
  - yes

- **NATIONAL POLICY ON PUBLIC TRANSPORT**
  - yes

- **LEGISLATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
  - yes

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults
  - yes

**NATIONAL PHYSICAL ACTIVITY POLICY**

- yes

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**
  - yes

---

**NCD MORTALITY**

71% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions
- male
- female

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

- 84
- 90

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 8
- 13

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 14
- 22

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 9,921,377
- INT$ 33,495,019

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 109,135,146
- INT$ 368,445,207

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - no
  - yes

**MYANMAR**

**TOTAL POPULATION (2022)** 54,180,000

**WORLD BANK INCOME GROUP** LOWER MIDDLE

- GROSS DOMESTIC PRODUCT per capita (INT$) 5,123

**POPULATION AGED <20 (%)** 33

**POPULATION AGED >60 (%)** 11

**DISTRIBUTION OF total population**

9,921,377 109,135,146

33,495,019 368,445,207

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**no**

**yes**
### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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<th>National Target for Physical Activity</th>
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<tr>
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<th>National Surveillance of Physical Activity In:</th>
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<tr>
<th>National NCD Coordinating Mechanism</th>
<th>National Physical Activity Policy</th>
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</table>
### NAMIBIA

**NCD MORTALITY**

- Total Population (2022): 2,568,000
- World Bank Income Group: Upper Middle
- Gross Domestic Product per capita (INT$): 9,359
- Population aged <20 (%): 46
- Population aged >60 (%): 6

**Prevalence of Physical Inactivity**

- Physical Inactivity, Adolescents aged 11-17 (%): 87
- Physical Inactivity, Adults aged 18+ (%): 29
- Physical Inactivity, Adults aged 70+ (%): 43

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- Per Year (US$): 17,012,003
- Int$ (INT$): 37,848,345
- Cumulative between 2020 and 2030 (US$): 187,132,032
- Int$ (INT$): 416,331,799

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity

- Number of events per year (2022):
  - 87 (male), 88 (female)
  - 29 (male), 37 (female)
  - 43 (male), 53 (female)

- Total Deaths due to NCDs: 2,568,000
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCM MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

84
90

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

35
49

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

51
65

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 41,853
INT$ 55,254

CUMULATIVE BETWEEN 2020 AND 2030

US$ 460,379
INT$ 607,790

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

• yes

DATA NOT AVAILABLE

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

• yes

247
### NAURU

#### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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<th><strong>NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY</strong></th>
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<tbody>
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<td>older adults</td>
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#### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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<th><strong>LEGISLATION ON:</strong></th>
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<td>• speed limits</td>
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<tr>
<td></td>
<td>• driving and alcohol use</td>
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<td>• management of speed</td>
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<th><strong>NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:</strong></th>
<th><strong>USE OF DIGITAL PROGRAMMES</strong>:</th>
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<tbody>
<tr>
<td>• children</td>
<td>• mHealth for NCD prevention</td>
</tr>
<tr>
<td>• adolescents</td>
<td></td>
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<td>• adults</td>
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#### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<td>• for older adults</td>
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<tr>
<td>• for people with disability</td>
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</tbody>
</table>

### Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

- 66% deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%):**
  - Male: 82
  - Female: 85

- **Physical Inactivity, Adults Aged 18+ (%):**
  - Male: 12
  - Female: 15

- **Physical Inactivity, Adults Aged 70+ (%):**
  - Male: 13
  - Female: 15

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year:**
  - US$: 5,895,364
  - INT$: 20,815,510

- **Cumulative Between 2020 and 2030:**
  - US$: 64,849,001
  - INT$: 228,970,613

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity

- Yes
- No
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

#### NATIONAL POLICY ON WALKING AND CYCLING

- [ ] No
- [ ] Yes
- [ ] Yes and best practice

#### NATIONAL ROAD SAFETY STRATEGY

- [ ] No
- [ ] Yes

#### STREET DESIGN STANDARDS FOR:

- [ ] Separate walking and cycling infrastructure
- [ ] Safe pedestrian and cycling crossings
- [ ] Management of speed

- [ ] No
- [ ] Yes
- [ ] Yes and operational
- [ ] Not available

#### NATIONAL POLICY ON PUBLIC TRANSPORT

- [ ] No
- [ ] Yes

#### LEGISLATION ON:

- [ ] Speed limits
- [ ] Driving and alcohol use
- [ ] Driving and drug use
- [ ] Driving and mobile phone use

- [ ] No
- [ ] Yes
- [ ] Yes and best practice
- [ ] Not available

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

#### PROMOTION OF PHYSICAL ACTIVITY:

- [ ] In workplaces
- [ ] In childcare settings
- [ ] Through community sports
- [ ] In public open spaces
- [ ] Through walking and cycling
- [ ] For older adults
- [ ] For people with disability

- [ ] No
- [ ] Yes
- [ ] Not available

#### BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- [ ] With referral
- [ ] Used in >50% of facilities

- [ ] No
- [ ] Yes
- [ ] Not available

#### USE OF DIGITAL PROGRAMMES

- [ ] mHealth for NCD prevention

- [ ] No
- [ ] Yes
- [ ] Not available

#### SCHOOL BASED APPROACHES:

- [ ] Quality physical education

- [ ] No
- [ ] Yes
- [ ] Not available

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

#### NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

- [ ] No
- [ ] Yes, but not operational
- [ ] Yes and operational

#### NATIONAL PHYSICAL ACTIVITY POLICY

- [ ] Yes

#### NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:

- [ ] Children under 5 years
- [ ] Children and adolescents
- [ ] Adults
- [ ] Older adults

- [ ] No
- [ ] Yes

#### NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:

- [ ] Children
- [ ] Adolescents
- [ ] Adults

- [ ] No
- [ ] Yes

#### NATIONAL NCD COORDINATING MECHANISM

- [ ] Yes

#### NATIONAL NCD POLICY including PHYSICAL ACTIVITY

- [ ] Yes

#### NATIONAL TARGET FOR PHYSICAL ACTIVITY

- [ ] Yes

---

NETHERLANDS

**NCD MORTALITY**

88% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

- 77
- 84

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 25
- 29

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 39
- 44

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 276,415,027
- INT$ 312,662,304

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 3,040,565,299
- INT$ 3,439,285,343

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes
NEW ZEALAND

NCD MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 85
- 93

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 39
- 45

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 55
- 62

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 54,286,416
- INT$ 58,281,590

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 597,150,572
- INT$ 641,097,487

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
NEW ZEALAND

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
• separate walking and cycling infrastructure
• safe pedestrian and cycling crossings
• management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
• speed limits
• driving and alcohol use
• driving and drug use
• driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
• in workplaces
• in childcare settings
• through community sports
• in public open spaces
• through walking and cycling
• for older adults
• for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
• with referral
• used in >50% of facilities

USE OF DIGITAL PROGRAMMES
• mHealth for NCD prevention

SCHOOL BASED APPROACHES:
• quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
• children under 5 years
• children and adolescents
• adults
• older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
• children
• adolescents
• adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

**NCD Mortality**

82% deaths due to NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**
\[ \text{DATA NOT AVAILABLE} \]

**Physical Inactivity, Adults Aged 18+ (%)**
\[ \text{DATA NOT AVAILABLE} \]

**Physical Inactivity, Adults Aged 70+ (%)**
\[ \text{DATA NOT AVAILABLE} \]

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

**Per Year**
- US$ 5,648,448
- INT$ 16,512,331

**Cumulative Between 2020 and 2030**
- US$ 62,132,927
- INT$ 181,635,639

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
- National Mass Participation Events on Physical Activity
**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY:** ✗
- **NATIONAL PHYSICAL ACTIVITY POLICY:** ✗
- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults

- **NATIONAL NCD COORDINATING MECHANISM:** ✗
- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY:** ✗

---

**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING:** ✗
- **NATIONAL ROAD SAFETY STRATEGY:** ✗
- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed

- **NATIONAL POLICY ON PUBLIC TRANSPORT:** ✗
- **LEGISLATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH:**
  - with referral
  - used in >50% of facilities

- **USE OF DIGITAL PROGRAMMES:**
  - mHealth for NCD prevention

- **SCHOOL BASED APPROACHES:**
  - quality physical education

---

**NICARAGUA**

NIGER

**NCD MORTALITY**

30% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 20%
- 25%

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 31%
- 39%

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 1,162,678
- INT$ 2,638,557

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 12,789,454
- INT$ 29,024,128

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

○ no
○ yes
NIGERIA

TOTAL POPULATION (2022) 218,542,000

WORLD BANK INCOME GROUP  LOWER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$)  5,186

NCD MORTALITY

27% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
25 30

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
37 43

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$  109,758,156
INT$  272,959,984

CUMULATIVE BETWEEN 2020 AND 2030
US$  1,207,339,716
INT$  3,002,559,823

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

DATA NOT AVAILABLE
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - [ ]
- **NATIONAL ROAD SAFETY STRATEGY**
  - [ ]
- **STREET DESIGN STANDARDS FOR:**
  - [ ] separate walking and cycling infrastructure
  - [ ] safe pedestrian and cycling crossings
  - [ ] management of speed

NCD MORTALITY

DATA NOT AVAILABLE

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

<table>
<thead>
<tr>
<th>Physical Activity Profile of NIUE 2022</th>
</tr>
</thead>
</table>

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - Male: 86
  - Female: 89

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - Male: 8
  - Female: 0

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - Male: 14
  - Female: 11

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

- **PER YEAR**
  - US$: 5,833
  - INT$: NO DATA AVAILABLE

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$: 64,166
  - INT$: 106,243

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
  - yes

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes
NIUE

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

NORTH MACEDONIA

NCD MORTALITY

96% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

74

84

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

DATA NOT AVAILABLE

DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DATA NOT AVAILABLE

DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 4,402,272
INT$ 12,592,099

CUMULATIVE BETWEEN 2020 AND 2030

US$ 48,424,993
INT$ 138,513,090

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no ● yes
NORTH MACEDONIA

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

LEGISLATION ON:
- speed limits
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- driving and drug use
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ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
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- through community sports
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- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

NORWAY

NCD MORTALITY

87% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 79
- 89

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 30
- 34

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 44
- 50

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 89,836,259
- INT$ 83,585,408

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 988,198,847
- INT$ 919,439,486

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

WORLD BANK INCOME GROUP
- HIGH

GROSS DOMESTIC PRODUCT per capita (INT$)
- 62,645

TOTAL POPULATION (2022)
- 5,435,000

POPULATION AGED <20 (%)
- 23

POPULATION AGED >60 (%)
- 24

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- 2020

CARDIOVASCULAR DISEASES
- 73%

MENTAL HEALTH
- 27%

YOUNG ADULTS AGED 18-24 (%)
- 97%

PERCENTAGES BASED ON ESTIMATED MORTALITY RATES
### Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.

### NORWAY

#### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NATIONAL ROAD SAFETY STRATEGY</strong></td>
<td><strong>LEGISLATION ON:</strong></td>
</tr>
<tr>
<td>• separate walking and cycling infrastructure</td>
<td>• speed limits</td>
</tr>
<tr>
<td>• safe pedestrian and cycling crossings</td>
<td>• driving and alcohol use</td>
</tr>
<tr>
<td>• management of speed</td>
<td>• driving and drug use</td>
</tr>
<tr>
<td></td>
<td>• driving and mobile phone use</td>
</tr>
</tbody>
</table>

#### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

<table>
<thead>
<tr>
<th>Promotion of Physical Activity</th>
<th>Brief Intervention on Physical Activity in Primary Health</th>
<th>Use of Digital Programmes</th>
<th>School Based Approaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>• in workplaces</td>
<td>• with referral</td>
<td>• mHealth for NCD prevention</td>
<td></td>
</tr>
<tr>
<td>• in childcare settings</td>
<td>• used in &gt;50% of facilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• through community sports</td>
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<td></td>
<td></td>
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<tr>
<td>• in public open spaces</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>• through walking and cycling</td>
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<tr>
<td>• for older adults</td>
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<tr>
<td>• for people with disability</td>
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</tbody>
</table>

#### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
<th>National Physical Activity Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National NCD Coordinating Mechanism</td>
<td></td>
</tr>
<tr>
<td>• National Guidelines on Physical Activity For:</td>
<td></td>
</tr>
<tr>
<td>• children under 5 years</td>
<td></td>
</tr>
<tr>
<td>• children and adolescents</td>
<td></td>
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<tr>
<td>• adults</td>
<td></td>
</tr>
<tr>
<td>• older adults</td>
<td></td>
</tr>
</tbody>
</table>

### Not Available

- Quality physical education
- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use
NCD MORTALITY

80% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

- 78% male
- 90% female

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

- 30% male
- 40% female

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

- 44% male
- 56% female

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

- US$ 19,669,537
- INT$ 42,257,888

CUMULATIVE BETWEEN 2020 AND 2030

- US$ 216,364,912
- INT$ 464,836,768

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes

OMAN

TOTAL POPULATION (2022) 4,577,000
POPULATION AGED <20 (%) 33
POPULATION AGED >60 (%) 4

WORLD BANK INCOME GROUP HIGH
GROSS DOMESTIC PRODUCT per capita (INT$) 31,118

CARDIOVASCULAR DISEASE
COMMUNICABLE, MATERNAL, PERINATAL AND NUTRITIONAL CONDITIONS
DIABETES
OTHER NCDs
INJURIES
CHRONIC RESPIRATORY DISEASE
ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL POLICY ON PUBLIC TRANSPORT

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

SCHOOL BASED APPROACHES:

- quality physical education

**NCD MORTALITY**

- 60% deaths due to NCDs

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - Male: 85
  - Female: 89

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - Male: 24
  - Female: 43

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - Male: 30
  - Female: 50

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$: 188,199,841
  - INT$: 779,202,711

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$: 2,070,198,248
  - INT$: 8,571,229,817

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - no
  - yes
**Active Environments: Enabling Environments**

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Road Safety Strategy</td>
<td>Patient Safety</td>
</tr>
<tr>
<td><strong>Street Design Standards for:</strong></td>
<td><strong>Legislation on:</strong></td>
</tr>
<tr>
<td>• separate walking and cycling infrastructure</td>
<td>• speed limits</td>
</tr>
<tr>
<td>• safe pedestrian and cycling crossings</td>
<td>• driving and alcohol use</td>
</tr>
<tr>
<td>• management of speed</td>
<td>• driving and drug use</td>
</tr>
<tr>
<td></td>
<td>• driving and mobile phone use</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pakistan</th>
<th>No</th>
<th>Yes and best practice</th>
<th>Not available</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

**Active People: Opportunities and Programmes**

<table>
<thead>
<tr>
<th>Promotion of Physical Activity</th>
<th>Brief Intervention on Physical Activity in Primary Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>• in workplaces</td>
<td>• with referral</td>
</tr>
<tr>
<td>• in childcare settings</td>
<td>• used in &gt;50% of facilities</td>
</tr>
<tr>
<td>• through community sports</td>
<td></td>
</tr>
<tr>
<td>• in public open spaces</td>
<td></td>
</tr>
<tr>
<td>• through walking and cycling</td>
<td></td>
</tr>
<tr>
<td>• for older adults</td>
<td></td>
</tr>
<tr>
<td>• for people with disability</td>
<td></td>
</tr>
<tr>
<td><em>Not available</em></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Pakistan</th>
<th>No</th>
<th>Yes</th>
</tr>
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<tbody>
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</tbody>
</table>

**Active Systems: National Policy and Governance**

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
<th>National Physical Activity Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Guidelines on Physical Activity for:</td>
<td>National Surveillance of Physical Activity in:</td>
</tr>
<tr>
<td>• children under 5 years</td>
<td>• children</td>
</tr>
<tr>
<td>• children and adolescents</td>
<td>• adolescents</td>
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<tr>
<td>• adults</td>
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</tr>
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<td>• older adults</td>
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<table>
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<th>No</th>
<th>Yes and best practice</th>
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</tr>
</thead>
<tbody>
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</table>

**Pakistan**

- No
- Yes
- Yes and operational

---

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
### NCD Mortality

- **cardiovascular disease**
- **cancers**
- **chronic respiratory disease**
- **diabetes**
- **other NCDs**
- **injuries**
- **communicable, maternal, perinatal and nutritional conditions**

### Prevalence of Physical Inactivity

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - Male: 76
  - Female: 82

- **Physical Inactivity, Adults Aged 18+ (%)**
  - Male: 28
  - Female: 54

- **Physical Inactivity, Adults Aged 70+ (%)**
  - Male: 44
  - Female: 69

### Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

- **Per Year**
  - **US$**: 50,158
  - **INT$**: 57,476

- **Cumulative Between 2020 and 2030**
  - **US$**: 551,736
  - **INT$**: 632,232

### Active Societies: Changing Knowledge and Mindsets

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

<table>
<thead>
<tr>
<th>World Bank Income Group</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gross Domestic Product per capita (INT$)</td>
<td>16,319</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Population (2022)</th>
<th>18,100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population Aged &lt;20 (%)</td>
<td>28</td>
</tr>
<tr>
<td>Population Aged &gt;60 (%)</td>
<td>16</td>
</tr>
</tbody>
</table>
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

| **NATIONAL POLICY ON WALKING AND CYCLING** |  
| **NATIONAL ROAD SAFETY STRATEGY** |  
| **STREET DESIGN STANDARDS FOR:** |  
| - separate walking and cycling infrastructure |  
| - safe pedestrian and cycling crossings |  
| - management of speed |  
| **LEGISLATION ON:** |  
| - speed limits |  
| - driving and alcohol use |  
| - driving and drug use |  
| - driving and mobile phone use |  

- no  
- yes  
- yes and best practice  
- not available

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

| **PROMOTION OF PHYSICAL ACTIVITY:** |  
| - in workplaces |  
| - in childcare settings |  
| - through community sports |  
| - in public open spaces |  
| - through walking and cycling |  
| - for older adults |  
| - for people with disability |  
| **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH** |  
| - with referral |  
| - used in >50% of facilities |  

- no  
- yes  
- not available

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

| **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY** |  
| **NATIONAL GUIDEINES ON PHYSICAL ACTIVITY FOR:** |  
| - children under 5 years |  
| - children and adolescents |  
| - adults |  
| - older adults |  
| **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:** |  
| - children |  
| - adolescents |  
| - adults |  

- no  
- yes  
- yes, but not operational  
- yes and operational

### PALAU

- yes

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.  
PHYSICAL ACTIVITY PROFILE 2022

PANAMA

NCD MORTALITY

78% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 13,784,729
INT$ 29,511,923

CUMULATIVE BETWEEN 2020 AND 2030
US$ 151,632,019
INT$ 324,631,154

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NGN PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no
● yes

TOTAL POPULATION (2022)
4,409,000

POPULATION AGED <20 (%)
34

POPULATION AGED >60 (%)
13

WORLD BANK INCOME GROUP
HIGH

GROSS DOMESTIC PRODUCT per capita (INT$)
26,780

POPULATION AGED <20 (%)
29,511,923

POPULATION AGED >60 (%)
13

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

○ with links to community programmes
○ supported by environmental improvements
○ promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ yes
● no
### Active Environments: Enabling Environments

#### National Policy on Walking and Cycling
- [ ] Yes
- [ ] No
- [ ] Not Available

#### National Road Safety Strategy
- [ ] Yes
- [ ] No
- [ ] Not Available

#### Street Design Standards for:
- [ ] Separate walking and cycling infrastructure
- [ ] Safe pedestrian and cycling crossings
- [ ] Management of speed
- [ ] Yes
- [ ] No
- [ ] Not Available

### Active People: Opportunities and Programmes

#### Promotion of Physical Activity:
- [ ] In workplaces
- [ ] In childcare settings
- [ ] Through community sports
- [ ] In public open spaces
- [ ] Through walking and cycling
- [ ] For older adults
- [ ] For people with disability

#### Brief Intervention on Physical Activity in Primary Health:
- [ ] With referral
- [ ] Used in >50% of facilities

#### Use of Digital Programmes:
- [ ] MHealth for NCD prevention

#### School Based Approaches:
- [ ] Quality physical education

### Active Systems: National Policy and Governance

#### National NCD Policy Including Physical Activity
- [ ] Yes, but not operational
- [ ] Yes and operational

#### National Guidelines on Physical Activity for:
- [ ] Children under 5 years
- [ ] Children and adolescents
- [ ] Adults
- [ ] Older adults

#### National NCD Coordinating Mechanism
- [ ] Yes

#### National Physical Activity Policy
- [ ] Yes

#### National Surveillance of Physical Activity In:
- [ ] Children
- [ ] Adolescents
- [ ] Adults

#### National Target for Physical Activity
- [ ] Yes

---

PAPUA NEW GUINEA

TOTAL POPULATION (2022) 10,143,000
POPULATION AGED <20 (%) 44
POPULATION AGED >60 (%) 6

WORLD BANK INCOME GROUP LOWER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 4,286

NCD MORTALITY

62% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
11
18

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
19
29

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 883,868
INT$ 1,374,135

CUMULATIVE BETWEEN 2020 AND 2030
US$ 9,722,546
INT$ 15,115,489

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

no yes
### Active Environments: Enabling Environments

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<thead>
<tr>
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### Active People: Opportunities and Programmes

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### Active Systems: National Policy and Governance

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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

75% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
<th>Male</th>
<th>Female</th>
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<tr>
<td>PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)</td>
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<td>88</td>
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<tr>
<td>PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)</td>
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<td>37</td>
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<tr>
<td>PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)</td>
<td>45</td>
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<td></td>
<td>45</td>
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</table>

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 13,929,412
  - INT$ 36,401,379

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 153,223,536
  - INT$ 400,415,166

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
  - no

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
- **NATIONAL ROAD SAFETY STRATEGY**
- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed

**LEGISLATION ON:**
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

- **NATIONAL POLICY ON PUBLIC TRANSPORT**

- **ACTIVE ENVIRONMENTS:**
- **ACTIVE SYSTEMS:**
- **ACTIVE PEOPLE:**
- **ACTIVE ENVIRONMENTS:**
- **ACTIVE SYSTEMS:**
- **ACTIVE PEOPLE:**

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral
  - used in >50% of facilities

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention

- **SCHOOL BASED APPROACHES:**
  - quality physical education

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
- **NATIONAL PHYSICAL ACTIVITY POLICY**

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults

- **NATIONAL NCD COORDINATING MECHANISM**
- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**

---

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
PHYSICAL ACTIVITY PROFILE 2022

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

DATA NOT AVAILABLE

73% DEATHS DUE TO NCDs

CUMULATIVE BETWEEN 2020 AND 2030

PER YEAR
- US$ 37,404,511
- INT$ 72,519,116

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 411,449,622
- INT$ 797,710,280

TOTAL POPULATION (2022) 34,050,000

WORLD BANK INCOME GROUP UPPER MIDDLE

GROSS DOMESTIC PRODUCT per capita (INT$) 11,908

POPULATION AGED <20 (%) 35
POPULATION AGED >60 (%) 12

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

CARDIOVASCULAR DISEASE
CANCERS
CHRONIC RESPIRATORY DISEASE
DIABETES
OTHER NCDS
INJURIES
COMMUNICABLE, MATERNAL, PERINATAL AND NUTRITIONAL CONDITIONS

MEN
WOMEN
### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
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<th>National Physical Activity Policy</th>
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<tr>
<td>no</td>
<td>yes</td>
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</table>
**NCD Mortality**

- 70% deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - 93% male
  - 94% female

- **Physical Inactivity, Adults Aged 18+ (%)**
  - 30% male
  - 49% female

- **Physical Inactivity, Adults Aged 70+ (%)**
  - 44% male
  - 65% female

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 109,202,917
  - INT$ 277,733,614

- **Cumulative between 2020 and 2030**
  - US$ 1,201,232,084
  - INT$ 3,055,069,758

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

  - yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - [ ] yes
  - [ ] yes and operational
  - [ ] yes and best practice
  - [ ] not available

- **NATIONAL ROAD SAFETY STRATEGY**
  - [ ] yes
  - [ ] yes and operational
  - [ ] yes and best practice
  - [ ] not available

- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - [ ] not available

- **NATIONAL POLICY ON PUBLIC TRANSPORT**
  - [ ] yes
  - [ ] yes and operational
  - [ ] yes and best practice
  - [ ] not available

- **LEGISLATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
  - [ ] not available

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability
  - [ ] not available

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral
  - used in >50% of facilities
  - [ ] not available

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention
  - [ ] not available

- **SCHOOL BASED APPROACHES:**
  - quality physical education
  - [ ] not available

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - [ ] yes, but not operational
  - [ ] yes and operational

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults

- **NATIONAL NCD COORDINATING MECHANISM**
  - [ ] yes

- **NATIONAL PHYSICAL ACTIVITY POLICY**
  - [ ] yes

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults

- **NATIONAL TARGET FOR PHYSICAL ACTIVITY**
  - [ ] yes

---

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
POLAND

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 216,060,192
- INT$ 470,583,040

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 2,376,662,112
- INT$ 5,176,413,441

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 74
- 84

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 32
- 33

PHYSICAL INACTIVITY, ADULTS 70+ (%)
- 46
- 49

NCD MORTALITY

90% DEATHS DUE TO NCDs
**NCD MORTALITY**

- 87% deaths due to NCDs

**PREVALENCE OF PHYSICAL INACTIVITY**

1. **Physical inactivity, adolescents aged 11-17 (%)**
   - Male: 78
   - Female: 91

2. **Physical inactivity, adults aged 18+ (%)**
   - Male: 38
   - Female: 49

3. **Physical inactivity, adults aged 70+ (%)**
   - Male: 53
   - Female: 65

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **Per year**
  - US$: 242,315,843
  - INT$: 373,138,600

- **Cumulative between 2020 and 2030**
  - US$: 2,665,474,268
  - INT$: 4,104,524,596

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **National physical activity communications campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
  - yes

- **National mass participation events on physical activity**
  - yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
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- through community sports
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- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
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NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
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- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

Data sources:
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

77% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 86
- 91

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 33
- 49

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 48
- 64

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

- PER YEAR
  - US$ 28,014,375
  - INT$ 50,283,288

- CUMULATIVE BETWEEN 2020 AND 2030
  - US$ 308,158,129
  - INT$ 553,116,165

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<tbody>
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<table>
<thead>
<tr>
<th>Use of Digital Programmes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• mHealth for NCD prevention</td>
</tr>
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<table>
<thead>
<tr>
<th>School Based Approaches:</th>
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<tbody>
<tr>
<td>• quality physical education</td>
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</table>

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• yes, but not operational</td>
</tr>
<tr>
<td>• yes and operational</td>
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<table>
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<tbody>
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<table>
<thead>
<tr>
<th>National Surveillance of Physical Activity in:</th>
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<tbody>
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<table>
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<tr>
<th>National NCD Coordinating Mechanism</th>
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<th>National Physical Activity Policy</th>
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<tbody>
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<table>
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<tr>
<th>National Target for Physical Activity</th>
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<tbody>
<tr>
<td>• yes</td>
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</table>

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NCD MORTALITY

78% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCES OF PHYSICAL INACTIVITY

- PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
  - Male: 91%
  - Female: 97%

- PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
  - Male: 30%
  - Female: 41%

- PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
  - Male: 44%
  - Female: 57%

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

- PER YEAR
  - US$: 280,836,502
  - INT$: 401,964,284

- CUMULATIVE BETWEEN 2020 AND 2030
  - US$: 3,089,201,517
  - INT$: 4,421,607,119

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no
○ yes
**NCD Mortality**

- 89% deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%):**
  - Male: 73
  - Female: 78

- **Physical Inactivity, Adults Aged 18+ (%):**
  - Male: 12
  - Female: 11

- **Physical Inactivity, Adults Aged 70+ (%):**
  - Male: 20
  - Female: 19

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 2,844,687
  - INT$: 8,134,000

- **Cumulative between 2020 and 2030**
  - US$: 31,291,561
  - INT$: 89,473,999

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
  - yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

**NATIONAL POLICY ON WALKING AND CYCLING**
- Yes

**NATIONAL ROAD SAFETY STRATEGY**
- Yes

**STREET DESIGN STANDARDS FOR:**
- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

**NATIONAL POLICY ON PUBLIC TRANSPORT**
- Yes

**LEGISLATION ON:**
- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

**PROMOTION OF PHYSICAL ACTIVITY:**
- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

**BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
- With referral
- Used in >50% of facilities

**USE OF DIGITAL PROGRAMMES**
- mHealth for NCD prevention

**SCHOOL BASED APPROACHES:**
- Quality physical education

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

**NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
- Yes, but not operational

**NATIONAL PHYSICAL ACTIVITY POLICY**
- Yes

**NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
- Children under 5 years
- Children and adolescents
- Adults
- Older adults

**NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
- Children
- Adolescents
- Adults

**NATIONAL NCD COORDINATING MECHANISM**
- Yes

**NATIONAL TARGET FOR PHYSICAL ACTIVITY**
- Yes

---

**NCD MORTALITY**

- **91% DEATHS DUE TO NCDS**

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - Male: 73
  - Female: 87

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - Male: 32
  - Female: 38

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - Male: 47
  - Female: 54

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$: 74,201,263
  - INT$: 184,418,655

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$: 816,213,888
  - INT$: 2,028,605,206

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - No
  - Yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
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<tbody>
<tr>
<td>National Road Safety Strategy</td>
<td></td>
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<td>Street Design Standards for:</td>
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<td>• separate walking and cycling infrastructure</td>
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<tr>
<td>• driving and mobile phone use</td>
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</table>

- no
- yes
- yes and best practice
- not available

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<tr>
<th>Promotion of Physical Activity:</th>
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- no
- yes

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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- no
- yes, but not operational
- yes and operational

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
PHYSICAL ACTIVITY PROFILE 2022

RUSSIAN FEDERATION

NCD MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 81
- 88

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 17
- 18

PHYSICAL INACTIVITY, ADULTS 70+ (%)
- 20
- 24

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 472,557,863
- INT$ 1,391,170,440

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 5,198,136,498
- INT$ 15,302,874,838

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

RUSSIAN FEDERATION

TOTAL POPULATION (2022) 144,714,000
- POPULATION AGED <20 (%) 23
- POPULATION AGED >60 (%) 23

WORLD BANK INCOME GROUP UPPER MIDDLE
- GROSS DOMESTIC PRODUCT per capita (INT$) 29,916

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY 2022

- no
- yes

89% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries

- communicable, maternal, perinatal and nutritional conditions

- male
- female
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

**NATIONAL POLICY ON WALKING AND CYCLING**
- yes

**NATIONAL ROAD SAFETY STRATEGY**
- yes

**STREET DESIGN STANDARDS FOR:**
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed
- yes and best practice
- not available

**LEGISLATION ON:**
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use
- yes
- yes
- yes

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

**PROMOTION OF PHYSICAL ACTIVITY:**
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability
- yes

**BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
- with referral
- used in >50% of facilities
- yes

**USE OF DIGITAL PROGRAMMES**
- mHealth for NCD prevention
- not available

**SCHOOL BASED APPROACHES:**
- quality physical education
- not available

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

**NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
- yes

**NATIONAL PHYSICAL ACTIVITY POLICY**
- yes

**NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
- children under 5 years
- children and adolescents
- adults
- older adults
- yes

**NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
- children
- adolescents
- adults
- yes

**NATIONAL NCD COORDINATING MECHANISM**
- yes

**NATIONAL TARGET FOR PHYSICAL ACTIVITY**
- yes
# Prevalence of Physical Inactivity

### Physical Inactivity, Adolescents Aged 11-17 (%)
- Data not available

### Physical Inactivity, Adults Aged 18+ (%)
- 11% male, 18% female

### Physical Inactivity, Adults Aged 70+ (%)
- 18% male, 29% female

---

## Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

### Per Year
- US$ 8,184,826
- INT$ 22,714,000

### Cumulative Between 2020 and 2030
- US$ 90,033,088
- INT$ 249,854,002

---

## Active Societies: Changing Knowledge and Mindsets

### National Physical Activity Communications Campaigns
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

### National Mass Participation Events on Physical Activity
- yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

**NATIONAL POLICY ON WALKING AND CYCLING**

**NATIONAL ROAD SAFETY STRATEGY**

**STREET DESIGN STANDARDS FOR:**
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

**NATIONAL POLICY ON PUBLIC TRANSPORT**

**LEGISLATION ON:**
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

**PROMOTION OF PHYSICAL ACTIVITY:**
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

**BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**

**USE OF DIGITAL PROGRAMMES**

**SCHOOL BASED APPROACHES:**
- quality physical education

**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

**NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**

**NATIONAL PHYSICAL ACTIVITY POLICY**

**NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
- children under 5 years
- children and adolescents
- adults
- older adults

**NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
- children
- adolescents
- adults

**NATIONAL NCD COORDINATING MECHANISM**

**NATIONAL TARGET FOR PHYSICAL ACTIVITY**

---

NCD MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
79
86

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
24
40

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
38
57

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 130,132
INT$ 181,058

CUMULATIVE BETWEEN 2020 AND 2030
US$ 1,431,447
INT$ 1,991,640

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
•

DATA NOT AVAILABLE
SAINT KITTS AND NEVIS

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

- NATIONAL POLICY ON WALKING AND CYCLING
- NATIONAL ROAD SAFETY STRATEGY
- STREET DESIGN STANDARDS FOR:
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
- NATIONAL POLICY ON PUBLIC TRANSPORT
- LEGISLATION ON:
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
- NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
  - children
  - adolescents
  - adults

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

- PROMOTION OF PHYSICAL ACTIVITY:
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability
- BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
  - with referral
  - used in >50% of facilities
- USE OF DIGITAL PROGRAMMES
  - mHealth for NCD prevention
- SCHOOL BASED APPROACHES:
  - quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

- NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY
- NATIONAL PHYSICAL ACTIVITY POLICY
- NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
  - children under 5 years
  - children and adolescents
  - adults
  - older adults
- NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
  - children
  - adolescents
  - adults
- NATIONAL NCD COORDINATING MECHANISM
- NATIONAL TARGET FOR PHYSICAL ACTIVITY

SAINT LUCIA

NCD MORTALITY

82% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- Male: 83
- Female: 86

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- Male: 27
- Female: 52

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- Male: 40
- Female: 68

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$: 284,498
- INT$: No data available

CUMULATIVE BETWEEN 2020 AND 2030
- US$: 3,129,482
- INT$: 6,104,231

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

TOTAL POPULATION (2022) 180,000
POPULATION AGED <20 (%) 25
POPULATION AGED >60 (%) 14

WORLD BANK INCOME GROUP UPPER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 12,709

SAINT LUCIA

no  yes
**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

<table>
<thead>
<tr>
<th>NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY</th>
<th>NATIONAL PHYSICAL ACTIVITY POLICY</th>
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<tbody>
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<tr>
<td>no yes</td>
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SAINT VINCENT AND THE GRENADINES

NCD MORTALITY

79% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

| 83 | 89 |

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 119,444
INT$ 208,510

CUMULATIVE BETWEEN 2020 AND 2030

US$ 1,313,885
INT$ 2,293,611

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

● yes

World Health Organization
SAMOA

**NCD MORTALITY**

82% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - 88
  - 87

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - 8
  - 17

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - 14
  - 28

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 47,295
  - INT$ 77,739

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 520,243
  - INT$ 855,128

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes
### Active Systems: National Policy and Governance

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### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
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<tr>
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### Active People: Opportunities and Programmes

<table>
<thead>
<tr>
<th>Promotion of Physical Activity</th>
<th>Brief Intervention on Physical Activity in Primary Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>• in workplaces</td>
<td>• with referral</td>
</tr>
<tr>
<td>• in childcare settings</td>
<td>• used in &gt;50% of facilities</td>
</tr>
<tr>
<td>• through community sports</td>
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<td>• in public open spaces</td>
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<tr>
<td>• through walking and cycling</td>
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<tr>
<td>• for older adults</td>
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</tr>
<tr>
<td>• for people with disability</td>
<td></td>
</tr>
</tbody>
</table>

**School Based Approaches:**
- mHealth for NCD prevention
- Quality physical education

**Legislation on:**
- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use
- Not available

**National Road Safety Strategy**
- Yes and operational

**Not Available:**
- Walking and cycling

**National NCD Policy including Physical Activity**
- Yes, but not operational

**National Physical Activity Policy**
- Yes

**National Guidelines on Physical Activity for:**
- Children and adolescents
- Adults
- Older adults

**National NCD Coordinating Mechanism**
- Yes

### SAMOA

SAN MARINO

NCD MORTALITY

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 142,389
INT$ NO DATA AVAILABLE

CUMULATIVE BETWEEN 2020 AND 2030

US$ 1,566,274
INT$ 3,221,830

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no ● yes
SAO TOME AND PRINCIPE

NCD MORTALITY

58% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

<table>
<thead>
<tr>
<th></th>
<th>Male (%)</th>
<th>Female (%)</th>
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<tbody>
<tr>
<td>10</td>
<td>21</td>
<td></td>
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</tbody>
</table>

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

<table>
<thead>
<tr>
<th></th>
<th>Male (%)</th>
<th>Female (%)</th>
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</thead>
<tbody>
<tr>
<td>17</td>
<td>34</td>
<td></td>
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</tbody>
</table>

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

- US$ 705,142
- INT$ 1,386,213

CUMULATIVE BETWEEN 2020 AND 2030

- US$ 7,756,564
- INT$ 15,248,344

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

WORLD BANK INCOME GROUP

- LOWER MIDDLE
- GROSS DOMESTIC PRODUCT per capita (INT$) 4,273

TOTAL POPULATION (2022)

- 228,000

POPULATION AGED <20 (%)

- 51

POPULATION AGED >60 (%)

- 6
SAO TOME AND PRINCIPE

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY


310
SAUDI ARABIA

NCD MORTALITY

73% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
45
65

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
61
78

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 560,379,179
INTS 1,302,969,983

CUMULATIVE BETWEEN 2020 AND 2030
US$ 6,164,170,973
INTS 14,332,669,812

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

TOTAL POPULATION (2022) 36,409,000
POPULATION AGED <20 (%) 33
POPULATION AGED >60 (%) 5

WORLD BANK INCOME GROUP HIGH
GROSS DOMESTIC PRODUCT per capita (INTS) 46,778

DATA NOT AVAILABLE

male female
### Active Environments: Enabling Environments

#### National Policy on Walking and Cycling

- **National Road Safety Strategy**

- **Street Design Standards for:**
  - Separate walking and cycling infrastructure
  - Safe pedestrian and cycling crossings
  - Management of speed

- **Legislation on:**
  - Speed limits
  - Driving and alcohol use
  - Driving and drug use
  - Driving and mobile phone use

<table>
<thead>
<tr>
<th>Country</th>
<th>Walking and Cycling</th>
<th>Road Safety Strategy</th>
<th>Street Design Standards</th>
<th>Legislation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saudi Arabia</td>
<td>no</td>
<td>yes</td>
<td>yes</td>
<td>not available</td>
</tr>
</tbody>
</table>

### Active People: Opportunities and Programmes

#### Promotion of Physical Activity:

- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

#### Brief Intervention on Physical Activity in Primary Health

- With referral
- Used in >50% of facilities

- **Use of Digital Programmes**
  - mHealth for NCD prevention

- **School Based Approaches:**
  - Quality physical education

<table>
<thead>
<tr>
<th>Country</th>
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<th>Street Design Standards</th>
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<td>no</td>
<td>yes</td>
<td>yes</td>
<td>not available</td>
</tr>
</tbody>
</table>

### Active Systems: National Policy and Governance

#### National NCD Policy Including Physical Activity

- **National Guidelines on Physical Activity for:**
  - Children under 5 years
  - Children and adolescents
  - Adults
  - Older adults

#### National Physical Activity Policy

- **National NCD Coordinating Mechanism**

<table>
<thead>
<tr>
<th>Country</th>
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<th>Street Design Standards</th>
<th>Legislation</th>
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<td>Saudi Arabia</td>
<td>no</td>
<td>yes</td>
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<td>not available</td>
</tr>
</tbody>
</table>

### Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

- 45% DEATHS DUE TO NCDs

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
- 85
- 92

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
- 18
- 28

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
- 19
- 33

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 1,744,959
  - INT$ 4,152,840

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 19,194,551
  - INT$ 45,681,237

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- no  yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

- **95%**: Deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**: Data not available
- **Physical Inactivity, Adults Aged 18+ (%)**
  - Male: 35
  - Female: 44
- **Physical Inactivity, Adults Aged 70+ (%)**
  - Male: 50
  - Female: 60

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 43,140,235
  - INT$: 106,551,108
- **Cumulative Between 2020 and 2030**
  - US$: 474,542,583
  - INT$: 1,172,062,183

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

- **With links to community programmes**
- **Supported by environmental improvements**
- **Promoting the co-benefits of physical activity**
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
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<tr>
<th>National Road Safety Strategy</th>
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<thead>
<tr>
<th>Street Design Standards For:</th>
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<tbody>
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<td>separate walking and cycling infrastructure</td>
</tr>
<tr>
<td>safe pedestrian and cycling crossings</td>
</tr>
<tr>
<td>management of speed</td>
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</table>

- no
- yes
- yes and best practice
- not available

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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<thead>
<tr>
<th>Promotion of Physical Activity:</th>
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<td>for older adults</td>
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<td>for people with disability</td>
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- no
- yes

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<thead>
<tr>
<th>Brief Intervention on Physical Activity in Primary Health</th>
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<thead>
<tr>
<th>Legislation on:</th>
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<tbody>
<tr>
<td>speed limits</td>
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<tr>
<td>driving and alcohol use</td>
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<td>driving and drug use</td>
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<tr>
<td>driving and mobile phone use</td>
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</tbody>
</table>

- yes
- yes and best practice
- not available

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
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<thead>
<tr>
<th>National Physical Activity Policy</th>
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</table>

- no
- yes, but not operational
- yes and operational

<table>
<thead>
<tr>
<th>National Guidelines on Physical Activity For:</th>
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<tbody>
<tr>
<td>children under 5 years</td>
</tr>
<tr>
<td>children and adolescents</td>
</tr>
<tr>
<td>adults</td>
</tr>
<tr>
<td>older adults</td>
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- no
- yes

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<thead>
<tr>
<th>National Surveillance of Physical Activity In:</th>
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</thead>
<tbody>
<tr>
<td>children</td>
</tr>
<tr>
<td>adolescents</td>
</tr>
<tr>
<td>adults</td>
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</tr>
</tbody>
</table>

- yes
- yes and operational
- not available

### School Based Approaches:

- | quality physical education | NOT AVAILABLE |
  - | | |

### Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
SEYCHELLES

NCD MORTALITY

79% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 79% male
- 87% female

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 18% male
- 20% female

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 28% male
- 32% female

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 6,712,728
- INT$ 16,083,851

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 73,840,012
- INT$ 176,922,357

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
SEYCHELLES

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

DATA SOURCES:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

DATA SOURCES:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

DATA SOURCES:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
# NCD Mortality

- 34% deaths due to NCDs

## Prevalence of Physical Inactivity

### Physical Inactivity, Adolescents Aged 11-17 (%)
- Data not available

### Physical Inactivity, Adults Aged 18+ (%)
- 10
- 18

### Physical Inactivity, Adults Aged 70+ (%)
- 17
- 30

## Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

### PER YEAR
- US$ 2,669,986
- INT$ 9,053,775

### CUMULATIVE BETWEEN 2020 AND 2030
- US$ 29,369,848
- INT$ 99,591,530

## Active Societies: Changing Knowledge and Mindsets

### National Physical Activity Communications Campaigns
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

### National Mass Participation Events on Physical Activity
- yes

---

**Total Population (2022):** 8,606,000

**World Bank Income Group:** Low

**Gross Domestic Product per capita (INT$):** 1,727

**Population Aged <20 (%):** 50

**Population Aged >60 (%):** 5

**Sierra Leone**

- Men
- Women

**Death Rates Due to NCDs (%)**

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

- Male
- Female

---

**Cardiovascular disease:** 10

**Cancers:** 18

**Chronic respiratory disease:** 17

**Diabetes:** 30

**Other NCDs:** 10

**Injuries:** 17

**Communicable, maternal, perinatal and nutritional conditions:** 30

---

**No**

**Yes**

---

319
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

NCD MORTALITY

75% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 70
- 83

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 34
- 39

PHYSICAL INACTIVITY, ADULTS 70+ (%)
- 50
- 55

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 48,560,950
- INT$ 80,009,206

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 534,170,447
- INT$ 880,101,268

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

- yes, but not operational
- yes and operational

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL NCD COORDINATING MECHANISM

- yes

NATIONAL PHYSICAL ACTIVITY POLICY

- yes

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL TARGET FOR PHYSICAL ACTIVITY

- yes

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
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- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

SCHOOL BASED APPROCHES:

- quality physical education

**NCD MORTALITY**

89% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

- 66% male
- 78% female

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 31% male
- 38% female

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 46% male
- 54% female

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 30,906,915
- INT$ 50,301,336

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 339,976,061
- INT$ 553,314,700

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

- Yes

---

**SLOVAKIA**

**TOTAL POPULATION (2022)**

- 5,644,000

**WORLD BANK INCOME GROUP**

- HIGH

**GROSS DOMESTIC PRODUCT per capita (INT$)**

- 31,356

**POPULATION AGED <20 (%)**

- 21

**POPULATION AGED >60 (%)**

- 23
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

PHYSICAL ACTIVITY PROFILE 2022

SLOVENIA

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 18,050,524
INT$ 28,131,652

CUMULATIVE BETWEEN 2020 AND 2030
US$ 198,555,765
INT$ 309,448,171

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
75
86

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
28
37

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
42
53

TOTAL POPULATION (2022) 2,120,000
POPULATION AGED <20 (%) 20
POPULATION AGED >60 (%) 28

WORLD BANK INCOME GROUP HIGH
GROSS DOMESTIC PRODUCT per capita (INT$) 39,725

90% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

male female
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

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ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
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- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

SOLOMON ISLANDS

NCD MORTALITY

67% DEATHS DUE TO NCDS

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 61,012
INT$ 71,001

CUMULATIVE BETWEEN 2020 AND 2030
US$ 671,132
INT$ 781,009

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
○

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
82
85

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
13
23

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
22
37

○ no  ● yes
### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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### SOLOMON ISLANDS

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
SOMALIA

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

0 no  1 yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

PREVENTION OF PHYSICAL ACTIVITY:

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

SCHOOL BASED APPROACHES:

- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL TARGET FOR PHYSICAL ACTIVITY

DATA SOURCES:
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

51% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

**PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**

- DATA NOT AVAILABLE

**PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**

- 29
- 47

**PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**

- 41
- 64

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

**PER YEAR**

- US$ 248,949,482
- INT$ 588,081,134

**CUMULATIVE BETWEEN 2020 AND 2030**

- US$ 2,738,444,298
- INT$ 6,468,892,474

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes

**TOTAL POPULATION (2022)**

- 59,894,000

**WORLD BANK INCOME GROUP**

- UPPER MIDDLE

**GROSS DOMESTIC PRODUCT per capita (INT$)**

- 13,359

**POPULATION AGED <20 (%)**

- 37

**POPULATION AGED >60 (%)**

- 9

**SOUTH AFRICA**

- SOUTH AFRICA

- 331
**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

**NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
- yes, but not operational
- yes and operational

**NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
- children under 5 years
- children and adolescents
- adults
- older adults

**NATIONAL NCD COORDINATING MECHANISM**
- yes

**NATIONAL PHYSICAL ACTIVITY POLICY**

**NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
- children
- adolescents
- adults

**NATIONAL TARGET FOR PHYSICAL ACTIVITY**

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**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

**NATIONAL POLICY ON WALKING AND CYCLING**

**NATIONAL POLICY ON PUBLIC TRANSPORT**

**NATIONAL ROAD SAFETY STRATEGY**

**LEGISLATION ON:**
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

**STREET DESIGN STANDARDS FOR:**
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

---

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

**PROMOTION OF PHYSICAL ACTIVITY:**
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

**BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
- with referral
- used in >50% of facilities

**USE OF DIGITAL PROGRAMMES**
- mHealth for NCD prevention

**SCHOOL BASED APPROACHES:**
- quality physical education

---

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
### Physical Activity Profile 2022

#### SOUTH SUDAN

<table>
<thead>
<tr>
<th>TOTAL POPULATION (2022)</th>
<th>10,914,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>POPULATION AGED &lt;20 (%)</td>
<td>56</td>
</tr>
<tr>
<td>POPULATION AGED &gt;60 (%)</td>
<td>5</td>
</tr>
</tbody>
</table>

#### NCD Mortality

- 28% deaths due to NCDs

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

#### Prevalence of Physical Inactivity

- Physical inactivity, adolescents aged 11-17 (%)
  - Data not available
- Physical inactivity, adults aged 18+ (%)
  - Data not available
- Physical inactivity, adults aged 70+ (%)
  - Data not available

#### Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

- **Per year**
  - US$ 5,301,612
  - INT$ No data available

- **Cumulative between 2020 and 2030**
  - US$ 58,317,733
  - INT$ 151,264,146

#### Active Societies: Changing Knowledge and Mindsets

- National Physical Activity Communications Campaigns
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity
  - Yes

1. Yes 2. No
## SOUTH SUDAN

### Active Environments: Enabling Environments

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<td>• driving and alcohol use</td>
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<td>• driving and drug use</td>
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<td>• safe pedestrian and cycling</td>
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<td>crossings</td>
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<td>mHealth for NCD prevention</td>
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<tr>
<td>with referral</td>
<td></td>
<td>NOT AVAILABLE</td>
</tr>
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<td>used in &gt;50% of facilities</td>
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### Active Systems: National Policy and Governance

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PHYSICAL ACTIVITY PROFILE 2022

SPAIN

NCD MORTALITY

91% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 70
- 84

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 23
- 31

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 36
- 46

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 470,046,764
- INT$ 655,934,875

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 5,170,514,407
- INT$ 7,215,283,624

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

no

yes
**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

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**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.

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336
NCD MORTALITY

83% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 82
- 89

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 20
- 37

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 32
- 53

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 20,481,558
- INT$ 73,589,965

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 225,297,142
- INT$ 809,489,614

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

Yes
SRI LANKA

ACTIVE ENvironments: Enabling environments

- National policy on walking and cycling
  - yes

- National road safety strategy
  - yes

- Street design standards for:
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - yes

ACTIVE People: Opportunities and Programmes

- Promotion of physical activity:
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - for older adults
  - for people with disability
  - yes

- Brief intervention on physical activity in primary health
  - yes

- Use of digital programmes
  - mHealth for NCD prevention

ACTIVE Systems: National Policy and Governance

- National NCD policy including physical activity
  - yes, but not operational

- National physical activity policy
  - yes

- National guidelines on physical activity for:
  - children under 5 years
  - children and adolescents
  - adults
  - older adults

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
SUDAN

NCD MORTALITY

54% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 90
- 91

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

<table>
<thead>
<tr>
<th>Period</th>
<th>Per Year</th>
<th>Cumulative Between 2020 and 2030</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>US$ 41,138,683</td>
<td>US$ 452,525,514</td>
</tr>
<tr>
<td></td>
<td>INT$ 99,407,704</td>
<td>INT$ 1,093,484,746</td>
</tr>
</tbody>
</table>

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

- NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
  - yes

TOTAL POPULATION (2022)

<table>
<thead>
<tr>
<th>World Bank Income Group</th>
<th>Lower Middle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population aged &lt;20 (%)</td>
<td>51</td>
</tr>
<tr>
<td>Population aged &gt;60 (%)</td>
<td>5</td>
</tr>
<tr>
<td>Gross Domestic Product per capita (INT$)</td>
<td>4,142</td>
</tr>
</tbody>
</table>
**NCD Mortality**

79% deaths due to NCDs

- **Cardiovascular disease**
- **Cancers**
- **Chronic respiratory disease**
- **Diabetes**
- **Other NCDs**
- **Injuries**
- **Communicable, maternal, perinatal and nutritional conditions**

**Prevalence of Physical Inactivity**

1. **Physical Inactivity, Adolescents Aged 11-17 (%)**
   - Male: 78
   - Female: 85

2. **Physical Inactivity, Adults Aged 18+ (%)**
   - Male: 38
   - Female: 51

3. **Physical Inactivity, Adults Aged 70+ (%)**
   - Male: 53
   - Female: 66

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 14,223,610
  - INT$: 33,894,199

- **Cumulative Between 2020 and 2030**
  - US$: 156,459,712
  - INT$: 372,836,188

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

**World Bank Income Group**

- **Upper Middle**
  - Gross Domestic Product per capita (INT$): 16,733
**NCD MORTALITY**

89% deaths due to NCDs

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

| Physical Inactivity, Adolescents Aged 11-17 (%) | 82 | 87 |
| Physical Inactivity, Adults Aged 18+ (%) | 22 | 25 |
| Physical Inactivity, Adults Aged 70+ (%) | 34 | 39 |

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **Per Year**
  - US$: 116,057,841
  - INT$: 122,192,858

- **Cumulative between 2020 and 2030**
  - US$: 1,276,636,248
  - INT$: 1,344,121,434

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

  - yes

**WORLD BANK INCOME GROUP**

- **High**
  - Gross Domestic Product per capita (INT$) 55,065

**TOTAL POPULATION (2022)**

- 10,550,000

**World Bank Income Group**

- Gross Domestic Product per capita (INT$) 55,065
<table>
<thead>
<tr>
<th><strong>ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NATIONAL POLICY ON WALKING AND CYCLING</strong></td>
</tr>
<tr>
<td><strong>NATIONAL ROAD SAFETY STRATEGY</strong></td>
</tr>
<tr>
<td><strong>STREET DESIGN STANDARDS FOR:</strong></td>
</tr>
<tr>
<td>• separate walking and cycling infrastructure</td>
</tr>
<tr>
<td>• safe pedestrian and cycling crossings</td>
</tr>
<tr>
<td>• management of speed</td>
</tr>
<tr>
<td><strong>NATIONAL POLICY ON PUBLIC TRANSPORT</strong></td>
</tr>
<tr>
<td><strong>LEGISLATION ON:</strong></td>
</tr>
<tr>
<td>• speed limits</td>
</tr>
<tr>
<td>• driving and alcohol use</td>
</tr>
<tr>
<td>• driving and drug use</td>
</tr>
<tr>
<td>• driving and mobile phone use</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PROMOTION OF PHYSICAL ACTIVITY:</strong></td>
</tr>
<tr>
<td>• in workplaces</td>
</tr>
<tr>
<td>• in childcare settings</td>
</tr>
<tr>
<td>• through community sports</td>
</tr>
<tr>
<td>• in public open spaces</td>
</tr>
<tr>
<td>• through walking and cycling</td>
</tr>
<tr>
<td>• for older adults</td>
</tr>
<tr>
<td>• for people with disability</td>
</tr>
<tr>
<td><strong>BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH</strong></td>
</tr>
<tr>
<td>• with referral</td>
</tr>
<tr>
<td>• used in &gt;50% of facilities</td>
</tr>
<tr>
<td><strong>USE OF DIGITAL PROGRAMMES</strong></td>
</tr>
<tr>
<td>• mHealth for NCD prevention</td>
</tr>
<tr>
<td><strong>SCHOOL BASED APPROACHES:</strong></td>
</tr>
<tr>
<td>• quality physical education</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY</strong></td>
</tr>
<tr>
<td><strong>NATIONAL PHYSICAL ACTIVITY POLICY</strong></td>
</tr>
<tr>
<td><strong>NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:</strong></td>
</tr>
<tr>
<td>• children under 5 years</td>
</tr>
<tr>
<td>• children and adolescents</td>
</tr>
<tr>
<td>• adults</td>
</tr>
<tr>
<td>• older adults</td>
</tr>
<tr>
<td><strong>NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:</strong></td>
</tr>
<tr>
<td>• children</td>
</tr>
<tr>
<td>• adolescents</td>
</tr>
<tr>
<td>• adults</td>
</tr>
<tr>
<td><strong>NATIONAL NCD COORDINATING MECHANISM</strong></td>
</tr>
<tr>
<td><strong>NATIONAL TARGET FOR PHYSICAL ACTIVITY</strong></td>
</tr>
</tbody>
</table>

**NCD Mortality**

90% deaths due to NCDs

- Cardiovascular disease
- Cancers
- Chronic respiratory disease
- Diabetes
- Other NCDs
- Injuries
- Communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - Male: 83%
  - Female: 89%

- **Physical Inactivity, Adults Aged 18+ (%)**
  - Male: 22%
  - Female: 26%

- **Physical Inactivity, Adults Aged 70+ (%)**
  - Male: 34%
  - Female: 41%

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 154,759,836
  - INT$: 127,493,645

- **Cumulative Between 2020 and 2030**
  - US$: 1,702,358,199
  - INT$: 1,402,430,100

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

  - Yes

**World Bank Income Group**

- **High**

**Gross Domestic Product per capita (INT$)**

- 71,745

**Total Population (2022)**

- Total: 8,741,000
  - World Bank Income Group: 1,702,358,199
  - High: 1,402,430,100
NCD MORTALITY

75% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 84
- 91

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 73,244,081
- INT$ NO DATA AVAILABLE

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 805,684,887
- INT$ 1,907,896,108

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

SYRIAN ARAB REPUBLIC

TOTAL POPULATION (2022) 22,126,000
POPULATION AGED <20 (%) 44
POPULATION AGED >60 (%) 7

WORLD BANK INCOME GROUP LOW
GROSS DOMESTIC PRODUCT per capita (INT$)
**ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE**

- **NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY**
  - no
  - yes, but not operational
  - yes and operational

- **NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:**
  - children under 5 years
  - children and adolescents
  - adults
  - older adults
  - no
  - yes

- **NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:**
  - children
  - adolescents
  - adults
  - no
  - yes

- **NATIONAL NCD COORDINATING MECHANISM**
  - no
  - yes

**ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - no
  - yes

- **NATIONAL ROAD SAFETY STRATEGY**
  - no
  - yes

- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - no
  - yes

- **NATIONAL POLICY ON PUBLIC TRANSPORT**
  - no
  - yes

- **LEGISLATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
  - no
  - yes

**ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES**

- **PROMOTION OF PHYSICAL ACTIVITY:**
  - in workplaces
  - in childcare settings
  - through community sports
  - in public open spaces
  - through walking and cycling
  - for older adults
  - for people with disability
  - no
  - yes

- **BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH**
  - with referral
  - used in >50% of facilities
  - no
  - yes

- **USE OF DIGITAL PROGRAMMES**
  - mHealth for NCD prevention
  - no
  - yes

- **SCHOOL BASED APPROACHES:**
  - quality physical education
  - no
  - yes

**ACTIVE ENVIROMENTS: ENABLING ENVIRONMENTS**

- **NATIONAL POLICY ON WALKING AND CYCLING**
  - no
  - yes

- **NATIONAL ROAD SAFETY STRATEGY**
  - no
  - yes

- **STREET DESIGN STANDARDS FOR:**
  - separate walking and cycling infrastructure
  - safe pedestrian and cycling crossings
  - management of speed
  - no
  - yes

- **NATIONAL POLICY ON PUBLIC TRANSPORT**
  - no
  - yes

- **LEGISLATION ON:**
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use
  - no
  - yes

**NCD Mortality**

- 73% DEATHS DUE TO NCDS

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - DATA NOT AVAILABLE

- **Physical Inactivity, Adults Aged 18+ (%)**
  - 20%
  - 39%

- **Physical Inactivity, Adults Aged 70+ (%)**
  - 32%
  - 55%

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 3,060,285
  - INT$ 13,743,114

- **Cumulative Between 2020 and 2030**
  - US$ 33,663,133
  - INT$ 151,174,250

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
  - yes
## Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.

## Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Road Safety Strategy</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>STREET DESIGN STANDARDS FOR:</td>
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<table>
<thead>
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<td>• driving and alcohol use</td>
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<tr>
<td>• driving and mobile phone use</td>
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</tbody>
</table>

### National NCD Policy Including Physical Activity

<table>
<thead>
<tr>
<th>National Guidelines on Physical Activity for:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• children under 5 years</td>
</tr>
<tr>
<td>• children and adolescents</td>
</tr>
<tr>
<td>• adults</td>
</tr>
<tr>
<td>• older adults</td>
</tr>
</tbody>
</table>

### National NCD Coordinating Mechanism

### National Target for Physical Activity

### National Road Safety Strategy

### National Surveillance of Physical Activity in: |
| Children |
| Adolescents |
| Adults |

### Brief Intervention on Physical Activity in Primary Health

### Use of Digital Programmes

### School Based Approaches:

### Active People: Opportunities and Programmes

### Promotion of Physical Activity:

- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

### National Physical Activity Policy

### National NCD Policy Including Physical Activity

### National Policy on Walking and Cycling

### National Policy on Public Transport

### Legislation on:

- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

### National Surveys of Physical Activity in:

- Children
- Adolescents
- Adults

### National NCD Coordinating Mechanism

### National Target for Physical Activity

### Active Systems: National Policy and Governance

### National NCD Policy Including Physical Activity

### National Policy on Walking and Cycling

### National Road Safety Strategy

### Street Design Standards for:

- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

### National Surveillance of Physical Activity in:

- Children
- Adolescents
- Adults

### National NCD Coordinating Mechanism

### National Target for Physical Activity

### Active Systems: National Policy and Governance
**THAILAND**

**NCD MORTALITY**

77% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - 70
  - 85

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - 22
  - 27

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - 34
  - 42

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 66,239,212
  - INT$ 168,045,933

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 728,631,332
  - INT$ 1,848,505,265

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**
  - yes

**TOTAL POPULATION (2022)**

- 71,698,000

**WORLD BANK INCOME GROUP**

- UPPER MIDDLE

**GROSS DOMESTIC PRODUCT per capita (INT$)**

- 18,198
THAILAND

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

53% deaths due to NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

**Physical Inactivity, Adolescents Aged 11-17 (%)**
- 86
- 93

**Physical Inactivity, Adults Aged 18+ (%)**
- 10
- 26

**Physical Inactivity, Adults Aged 70+ (%)**
- 17
- 39

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

**Per Year**
- US$ 263,040
- INT$ 755,044

**Cumulative Between 2020 and 2030**
- US$ 2,893,437
- INT$ 8,305,480

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity

- yes
NCD MORTALITY

41% DEATHS DUE TO NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
9
10

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
15
18

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 419,449
INT$ 1,019,338

CUMULATIVE BETWEEN 2020 AND 2030
US$ 4,613,938
INT$ 11,212,715

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no  ● yes
NCD MORTALITY

79% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

- 87
- 85

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

- 9
- 26

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

- 14
- 40

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

- US$ 27,743
- INT$ 39,979

CUMULATIVE BETWEEN 2020 AND 2030

- US$ 305,171
- INT$ 439,766

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ ] no</td>
<td>[ ] yes</td>
</tr>
<tr>
<td>[ ] yes and operational</td>
<td>[ ] yes best practice</td>
</tr>
</tbody>
</table>

### National Road Safety Strategy

- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

<table>
<thead>
<tr>
<th>Street Design Standards for:</th>
<th>Legislation on:</th>
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### Active People: Opportunities and Programmes

#### Promotion of Physical Activity:
- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

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#### Brief Intervention on Physical Activity in Primary Health

- With referral
- Used in >50% of facilities

#### Use of Digital Programmes

- mHealth for NCD prevention

#### School Based Approaches:

- Quality physical education

### Active Systems: National Policy and Governance

#### National NCD Policy Including Physical Activity

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#### National NCD Coordinating Mechanism

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#### National Target for Physical Activity

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The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

83% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

- 79
- 86

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

- 27
- 49

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

- 41
- 65

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

- US$ 10,634,973
- INT$ 17,252,091

CUMULATIVE BETWEEN 2020 AND 2030

- US$ 116,984,706
- INT$ 189,773,004

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes
- no
### Active Environments: Enabling Environments

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
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- **No**
- **Yes**
- **Yes and Best Practice**
- **Not Available**

### Active People: Opportunities and Programmes

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<th>Promotion of Physical Activity:</th>
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- **No**
- **Yes**

### Active Systems: National Policy and Governance

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</tr>
<tr>
<td>National NCD Coordinating Mechanism</td>
</tr>
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<td>National Target for Physical Activity</td>
</tr>
</tbody>
</table>

- **No**
- **Yes**

---

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
### NCD Mortality

- **86% DEATHS DUE TO NCDS**

### Prevalence of Physical Inactivity

#### Physical Inactivity, Adolescents Aged 11-17 (%)
- Male: 75%
- Female: 88%

#### Physical Inactivity, Adults Aged 18+ (%)
- Male: 26%
- Female: 34%

#### Physical Inactivity, Adults Aged 70+ (%)
- Male: 40%
- Female: 50%

### Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

#### Per Year
- **US$ 32,049,356**
- **INT$ 98,495,269**

#### Cumulative Between 2020 and 2030
- **US$ 352,542,920**
- **INT$ 1,083,447,960**

### Active Societies: Changing Knowledge and Mindsets

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
  - yes

---

**TUNISIA**

**Total Population (2022):** 12,357,000

**World Bank Income Group:** Lower Middle

**Gross Domestic Product per capita (INT$):** 10,879

**Population Aged <20 (%):** 32

**Population Aged >60 (%):** 14

**Communicable, maternal, perinatal and nutritional conditions**

**Chronic respiratory disease**

**Cancers**

**Diabetes**

**Other NCDs**

**Injuries**

**Cardiovascular disease**

---

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
  - yes

---

**활동 사회: 지식과心态 변화**

- **국민체육 활동 commumnications 캠페인**
  - 커뮤니티 프로그램과 연계
  - 환경 개선으로 지원
  - 신체 활동의 코어 이점이 포함된

- **국민 체육 활동 대상 대회**
  - yes

---

361
NCD MORTALITY

90% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 77
- 86

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 22
- 39

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 34
- 55

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 570,197,797
- INT$ 1,818,849,832

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 6,272,175,762
- INT$ 20,007,348,151

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

WORLD BANK INCOME GROUP
- UPPER MIDDLE
- GROSS DOMESTIC PRODUCT per capita (INT$) 27,235
### Active Environments: Enabling Environments

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| Legislation on:                       |                              |
| - speed limits                        |                              |
| - driving and alcohol use             |                              |
| - driving and drug use                |                              |
| - driving and mobile phone use        |                              |

### Active People: Opportunities and Programmes

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<th>Promotion of Physical Activity:</th>
<th>Brief Intervention on Physical Activity in Primary Health</th>
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</thead>
<tbody>
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<td>- with referral</td>
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<tr>
<td>- in childcare settings</td>
<td>- used in &gt;50% of facilities</td>
</tr>
<tr>
<td>- through community sports</td>
<td></td>
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<tr>
<td>- in public open spaces</td>
<td></td>
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### Active Systems: National Policy and Governance

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<th>National NCD Policy Including Physical Activity</th>
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</thead>
<tbody>
<tr>
<td>National Target for Physical Activity</td>
<td></td>
</tr>
</tbody>
</table>

Turkmenistan

**NCD Mortality**

- 72% deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - Data not available

- **Physical Inactivity, Adults Aged 18+ (%)**
  - Data not available

- **Physical Inactivity, Adults Aged 70+ (%)**
  - Data not available

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 9,373,272
  - INT$ No data available

- **Cumulative between 2020 and 2030**
  - US$ 103,105,991
  - INT$ 212,089,321

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - With links to community programmes
  - Supported by environmental improvements
  - Promoting the co-benefits of physical activity

- National Mass Participation Events on Physical Activity

○ No  ● Yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.

366
**NCD MORTALITY**

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>Male (%)</th>
<th>Female (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular disease</td>
<td>28</td>
<td>53</td>
</tr>
<tr>
<td>Cancers</td>
<td>21</td>
<td>44</td>
</tr>
<tr>
<td>Chronic respiratory disease</td>
<td>37</td>
<td>60</td>
</tr>
<tr>
<td>Diabetes</td>
<td>18</td>
<td>37</td>
</tr>
<tr>
<td>Other NCDs</td>
<td>22</td>
<td>43</td>
</tr>
<tr>
<td>Injuries</td>
<td>13</td>
<td>27</td>
</tr>
<tr>
<td>Communicable, maternal, perinatal and nutritional conditions</td>
<td>4</td>
<td>8</td>
</tr>
</tbody>
</table>

**PREVALENCE OF PHYSICAL INACTIVITY**

- **Physical inactivity, adolescents aged 11-17 (%)**
  - Male: 85
  - Female: 89

- **Physical inactivity, adults aged 18+ (%)**
  - Male: 18
  - Female: 37

- **Physical inactivity, adults aged 70+ (%)**
  - Male: 28
  - Female: 53

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDs AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **Per Year**
  - US$: 21,636
  - INT$: 24,299

- **Cumulative between 2020 and 2030**
  - US$: 237,997
  - INT$: 267,285

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

  - yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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<table>
<thead>
<tr>
<th>Street Design Standards for:</th>
<th>no</th>
<th>yes</th>
<th>yes and best practice</th>
<th>not available</th>
</tr>
</thead>
<tbody>
<tr>
<td>separate walking and cycling infrastructure</td>
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### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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<td></td>
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### Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

- **36%** deaths due to NCDs

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - Male: 84%
  - Female: 87%

- **Physical Inactivity, Adults Aged 18+ (%)**
  - Male: 5%
  - Female: 6%

- **Physical Inactivity, Adults Aged 70+ (%)**
  - Male: 9%
  - Female: 11%

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$: 2,521,296
  - INT$: 7,043,077

- **Cumulative Between 2020 and 2030**
  - US$: 27,734,255
  - INT$: 77,473,846

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - • with links to community programmes
  - • supported by environmental improvements
  - • promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**
  - ○ yes

**World Bank Income Group**

- **Low**

**Gross Domestic Product per capita (INT$)**

- 2,294

**Total Population (2022)**

- 47,250,000

**Population Aged <20 (%)**

- 57

**Population Aged >60 (%)**

- 3

**World Bank Income Group**

- Low

**Gross Domestic Product per capita (INT$)**

- 2,294

**Total Population (2022)**

- 47,250,000

**Population Aged <20 (%)**

- 57

**Population Aged >60 (%)**

- 3

**Active Societies: Changing Knowledge and Mindsets**

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  - • supported by environmental improvements
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- **National Mass Participation Events on Physical Activity**
  - ○ yes

**World Bank Income Group**

- **Low**

**Gross Domestic Product per capita (INT$)**

- 2,294
NCD MORTALITY

92% DEATHS DUE TO NCDs

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 71
- 83

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 19
- 20

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 30
- 33

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 98,887,602
- INT$ 346,570,877

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 1,087,763,624
- INT$ 3,812,279,644

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

- yes
UKRAINE

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD Mortality**

77% deaths due to NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**Prevalence of Physical Inactivity**

- **Physical Inactivity, Adolescents Aged 11-17 (%)**
  - 78
  - 87

- **Physical Inactivity, Adults Aged 18+ (%)**
  - 39
  - 49

- **Physical Inactivity, Adults Aged 70+ (%)**
  - 45
  - 56

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

- **Per Year**
  - US$ 90,622,088
  - INT$ 166,764,417

- **Cumulative Between 2020 and 2030**
  - US$ 996,842,964
  - INT$ 1,834,408,588

**Active Societies: Changing Knowledge and Mindsets**

- **National Physical Activity Communications Campaigns**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **National Mass Participation Events on Physical Activity**

  - yes

**United Arab Emirates**

- Total Population (2022): 9,442,000
- World Bank Income Group: High
- Gross Domestic Product per capita (INT$): 66,766

<table>
<thead>
<tr>
<th>Total Population (2022)</th>
<th>9,442,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population Aged &lt;20 (%)</td>
<td>19</td>
</tr>
<tr>
<td>Population Aged &gt;60 (%)</td>
<td>3</td>
</tr>
</tbody>
</table>

**World Bank Income Group**

- High
**UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN IRELAND**

**NCD MORTALITY**

- 88% DEATHS DUE TO NCDs

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - 75
  - 85

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - 32
  - 40

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - 47
  - 56

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 1,826,884,193
  - INT$ 2,068,205,683

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 20,095,726,120
  - INT$ 22,750,262,511

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

**NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

**NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- yes
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
</table>

**Legislation on:**
- Speed limits
- Driving and alcohol use
- Driving and drug use
- Driving and mobile phone use

### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

<table>
<thead>
<tr>
<th>National NCD Policy Including Physical Activity</th>
<th>National Physical Activity Policy</th>
</tr>
</thead>
</table>

### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

<table>
<thead>
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<th>Promotion of Physical Activity:</th>
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</thead>
</table>
- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

**Brief Intervention on Physical Activity in Primary Health:**
- With referral
- Used in >50% of facilities

**Use of Digital Programmes:**
- mHealth for NCD prevention

**School Based Approaches:**
- Quality physical education

### UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN IRELAND

UNITED REPUBLIC OF TANZANIA

**NCD MORTALITY**

- 34% deaths due to NCDs

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - 78
  - 86

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - 6
  - 7

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - 10
  - 13

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$ 2,664,264
  - INT$ 6,880,281

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$ 29,306,903
  - INT$ 75,683,095

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

- **no**
- **yes**
UNITED REPUBLIC OF TANZANIA

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING ○
NATIONAL ROAD SAFETY STRATEGY ○
STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY ○
NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL PHYSICAL ACTIVITY POLICY ○
NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM ○
NATIONAL TARGET FOR PHYSICAL ACTIVITY ○

DATA SOURCES:
The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

88% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 64
- 81

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 32
- 48

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 47
- 65

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 51,536,885,995
- INT$ 51,536,885,995

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 566,905,745,941
- INT$ 566,905,745,941

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- yes

WORLD BANK INCOME GROUP
- HIGH

GROSS DOMESTIC PRODUCT per capita (INT$)
- 63,028
United States of America

**Active Environments: Enabling Environments**

- **National Policy on Walking and Cycling**
  - National Road Safety Strategy
  - Street Design Standards for:
    - Separate walking and cycling infrastructure
    - Safe pedestrian and cycling crossings
    - Management of speed

- **National Policy on Public Transport**
  - Legislation on:
    - Speed limits
    - Driving and alcohol use
    - Driving and drug use
    - Driving and mobile phone use

**Active People: Opportunities and Programmes**

- **Promotion of Physical Activity:**
  - In workplaces
  - In childcare settings
  - Through community sports
  - In public open spaces
  - Through walking and cycling
  - For older adults
  - For people with disability

- **Brief Intervention on Physical Activity in Primary Health**
  - With referral
  - Used in >50% of facilities

- **Use of Digital Programmes**
  - MHealth for NCD prevention

- **School Based Approaches:**
  - Quality physical education

**Active Systems: National Policy and Governance**

- **National NCD Policy Including Physical Activity**
  - National Physical Activity Policy

- **National Guidelines on Physical Activity for:**
  - Children under 5 years
  - Children and adolescents
  - Adults
  - Older adults

- **National NCD Coordinating Mechanism**
  - National Target for Physical Activity

---

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
### NCD Mortality

86% deaths due to NCDs

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

### Prevalence of Physical Inactivity

#### Physical Inactivity, Adolescents Aged 11-17 (%)
- 75
- 86%

#### Physical Inactivity, Adults Aged 18+ (%)
- 19
- 26%

#### Physical Inactivity, Adults Aged 70+ (%)
- 30
- 40%

### Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

#### Per Year
- US$ 17,066,860
- INT$ 25,197,969

#### Cumulative Between 2020 and 2030
- US$ 187,735,465
- INT$ 277,177,657

### Active Societies: Changing Knowledge and Mindsets

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
- National Mass Participation Events on Physical Activity
  - no

---

**URUGUAY**

**Total Population (2022)**
- 3,423,000

**World Bank Income Group**
- HIGH

**Gross Domestic Product per capita (INT$)**
- 22,728

**Population Aged <20 (%)**
- 26

**Population Aged >60 (%)**
- 21

**Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity**

**NCD Mortality**
- 86% deaths due to NCDs

**Prevalence of Physical Inactivity**
- Physical Inactivity, Adolescents Aged 11-17 (%)
  - 75
  - 86%

**Active Societies: Changing Knowledge and Mindsets**

- National Physical Activity Communications Campaigns
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity
- National Mass Participation Events on Physical Activity
  - no
### URUGUAY

#### Active Systems: National Policy and Governance

<table>
<thead>
<tr>
<th>Category</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td><strong>National NCD Coordinating Mechanism</strong></td>
<td>yes</td>
</tr>
<tr>
<td><strong>National NCD Policy Including Physical Activity</strong></td>
<td>yes, but not operational</td>
</tr>
<tr>
<td><strong>National Guidelines on Physical Activity for:</strong></td>
<td></td>
</tr>
<tr>
<td>- children under 5 years</td>
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<td>- older adults</td>
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<tr>
<td><strong>National Physical Activity Policy</strong></td>
<td></td>
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<tr>
<td><strong>National Surveillance of Physical Activity in:</strong></td>
<td></td>
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<tr>
<td>- children</td>
<td></td>
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<td>- adolescents</td>
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</table>

#### Active Environments: Enabling Environments

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</tr>
<tr>
<td>- separate walking and cycling infrastructure</td>
<td></td>
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<tr>
<td>- safe pedestrian and cycling crossings</td>
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<tr>
<td>- management of speed</td>
<td></td>
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<tr>
<td><strong>National Policy on Public Transport</strong></td>
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<td><strong>Legislation on:</strong></td>
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<td>- speed limits</td>
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#### Active People: Opportunities and Programmes

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<tr>
<td><strong>Promotion of Physical Activity:</strong></td>
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<tr>
<td>- for people with disability</td>
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<tr>
<td><strong>Brief Intervention on Physical Activity in Primary Health:</strong></td>
<td></td>
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<tr>
<td>- with referral</td>
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<tr>
<td>- used in &gt;50% of facilities</td>
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<tr>
<td><strong>Use of Digital Programmes</strong></td>
<td></td>
</tr>
<tr>
<td>- mHealth for NCD prevention</td>
<td></td>
</tr>
<tr>
<td><strong>School Based Approaches:</strong></td>
<td></td>
</tr>
<tr>
<td>- quality physical education</td>
<td></td>
</tr>
</tbody>
</table>

#### Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
NCD MORTALITY

85% DEATHS DUE TO NCDS

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
DATA NOT AVAILABLE
DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
13 24

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
22 38

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 14,626,692
INT$ 64,616,084

CUMULATIVE BETWEEN 2020 AND 2030
US$ 160,893,608
INT$ 710,776,923

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

UZBEKISTAN

TOTAL POPULATION (2022) 34,628,000
POPULATION AGED <20 (%) 38
POPULATION AGED >60 (%) 9

WORLD BANK INCOME GROUP LOWER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 7,746

CARDIOVASCULAR DISEASE 56
CANCERS 10
CHRONIC RESPIRATORY DISEASE 2
DIABETES 4
OTHER NCDS 13
INJURIES 7
COMMUNICABLE, MATERNAL, PERINATAL AND NUTRITIONAL CONDITIONS 8

DEATHS DUE TO NCDS

M A L E  383
F E M A L E  383
### UZBEKISTAN

#### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>National Policy on Walking and Cycling</th>
<th>National Policy on Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Yes and operational</td>
</tr>
</tbody>
</table>

**NATIONAL ROAD SAFETY STRATEGY**
- Separate walking and cycling infrastructure
- Safe pedestrian and cycling crossings
- Management of speed

<table>
<thead>
<tr>
<th>Legislation on:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed limits</td>
</tr>
<tr>
<td>Driving and alcohol use</td>
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<td>Driving and drug use</td>
</tr>
<tr>
<td>Driving and mobile phone use</td>
</tr>
</tbody>
</table>

| No | Yes | Yes and best practice | Not available |

<table>
<thead>
<tr>
<th>Street Design Standards for:</th>
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</thead>
<tbody>
<tr>
<td>Separate walking and cycling infrastructure</td>
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<tr>
<td>Management of speed</td>
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</tbody>
</table>

| No | Yes | Yes and best practice | Not available |

#### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

**Promotion of Physical Activity:**
- In workplaces
- In childcare settings
- Through community sports
- In public open spaces
- Through walking and cycling
- For older adults
- For people with disability

<table>
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<th>School Based Approaches:</th>
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</thead>
<tbody>
<tr>
<td>Quality physical education</td>
</tr>
</tbody>
</table>

| No | Yes |

#### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

**National NCD Policy Including Physical Activity:**
- Yes, but not operational
- Yes and operational

**National Physical Activity Policy:**
- No

**National Guidelines on Physical Activity for:**
- Children under 5 years
- Children and adolescents
- Adults
- Older adults

**National NCD Coordinating Mechanism:**
- Yes

**National NCD Target for Physical Activity:**
- Yes

---

NCD MORTALITY

74% DEATHS DUE TO NCDS

Direct Healthcare Costs Attributable to NCDs and Mental Health Associated with Physical Inactivity

PER YEAR

US$ 16,440
INT$ 17,246

Cumulative Between 2020 and 2030

US$ 180,841
INT$ 189,711

Active Societies: Changing Knowledge and Mindsets

National Physical Activity Communications Campaigns

- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

National Mass Participation Events on Physical Activity

- yes

World Bank Income Group

Lower Middle

Gross Domestic Product per capita (INT$)

3,036

Population Aged <20 (%)

49

Population Aged >60 (%)

6
### ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

<table>
<thead>
<tr>
<th>Component</th>
<th>Status</th>
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<tr>
<td>National Policy on Walking and Cycling</td>
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### ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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### ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

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### Data sources:
- The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.
**NCD MORTALITY**

65% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

**PREVALENCE OF PHYSICAL INACTIVITY**

- **PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)**
  - Male: 85%
  - Female: 93%

- **PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)**
  - Male: 30%
  - Female: 33%

- **PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)**
  - Male: 44%
  - Female: 49%

**DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY**

- **PER YEAR**
  - US$: 76,915,668
  - INT$: NO DATA AVAILABLE

- **CUMULATIVE BETWEEN 2020 AND 2030**
  - US$: 846,072,343
  - INT$: 1,650,311,720

**ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS**

- **NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS**
  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- **NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY**

  - yes

- **no**
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
- speed limits
- driving and alcohol use
- driving and drug use
- driving and mobile phone use

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
- older adults

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

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---

388
NCD MORTALITY

81% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 82
- 91

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 20
- 31

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 31
- 46

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 78,113,635
- INT$ 242,555,733

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 859,249,980
- INT$ 2,668,113,063

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY
- no ● yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING

NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:
• separate walking and cycling infrastructure
• safe pedestrian and cycling crossings
• management of speed

NATIONAL POLICY ON PUBLIC TRANSPORT

LEGISLATION ON:
• speed limits
• driving and alcohol use
• driving and drug use
• driving and mobile phone use

VIET NAM

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
• in workplaces
• in childcare settings
• through community sports
• in public open spaces
• through walking and cycling
• for older adults
• for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

USE OF DIGITAL PROGRAMMES

SCHOOL BASED APPROACHES:
• quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
• children under 5 years
• children and adolescents
• adults
• older adults

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
• children
• adolescents
• adults

NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

NCD MORTALITY

50% DEATHS DUE TO NCDS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

• 83
• 90

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

DATA NOT AVAILABLE

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

DATA NOT AVAILABLE

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR

US$ 94,637,544
INT$ NO DATA AVAILABLE

CUMULATIVE BETWEEN 2020 AND 2030

US$ 1,041,012,985
INT$ 2,465,163,061

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
• with links to community programmes
• supported by environmental improvements
• promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○

○

○

○

○ no ○ yes
ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

PROMOTION OF PHYSICAL ACTIVITY:
- in workplaces
- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:
- children under 5 years
- children and adolescents
- adults
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NATIONAL SURVEILLANCE OF PHYSICAL ACTIVITY IN:
- children
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NATIONAL NCD COORDINATING MECHANISM

NATIONAL TARGET FOR PHYSICAL ACTIVITY

NATIONAL PHYSICAL ACTIVITY COMMUNICATIONS CAMPAIGNS
- with links to community programmes
- supported by environmental improvements
- promoting the co-benefits of physical activity

NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
US$ 5,595,919
INT$ 19,640,504

CUMULATIVE BETWEEN 2020 AND 2030
US$ 61,555,107
INT$ 216,045,546

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
89

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
19

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
23

NCD MORTALITY

35% DEATHS DUE TO NCDS

cardiovascular disease
• cancers
• chronic respiratory disease
• diabetes
• other NCDs
• injuries
• communicable, maternal, perinatal and nutritional conditions

male
female

TOTAL POPULATION (2022) 20,018,000
POPULATION AGED <20 (%) 54
POPULATION AGED >60 (%) 3

WORLD BANK INCOME GROUP LOWER MIDDLE
GROSS DOMESTIC PRODUCT per capita (INT$) 3,457
ZAMBIA

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

NATIONAL POLICY ON WALKING AND CYCLING
- NATIONAL POLICY ON PUBLIC TRANSPORT
- NATIONAL ROAD SAFETY STRATEGY
- LEGISLATION ON:
  - speed limits
  - driving and alcohol use
  - driving and drug use
  - driving and mobile phone use

STREET DESIGN STANDARDS FOR:
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ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES

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- in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability

BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH
- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES
- mHealth for NCD prevention

SCHOOL BASED APPROACHES:
- quality physical education

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE

NATIONAL NCD POLICY INCLUDING PHYSICAL ACTIVITY
- NATIONAL PHYSICAL ACTIVITY POLICY

NATIONAL NCD POLICY COORDINATING MECHANISM
- NATIONAL TARGET FOR PHYSICAL ACTIVITY

NCD MORTALITY

39% DEATHS DUE TO NCDS

- cardiovascular disease
- cancers
- chronic respiratory disease
- diabetes
- other NCDs
- injuries
- communicable, maternal, perinatal and nutritional conditions

PREVALENCE OF PHYSICAL INACTIVITY

PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)
- 89

PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)
- 23

PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)
- 35

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY

PER YEAR
- US$ 3,494,409
- INT$ 8,149,825

CUMULATIVE BETWEEN 2020 AND 2030
- US$ 38,438,495
- INT$ 89,648,078

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS

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  - with links to community programmes
  - supported by environmental improvements
  - promoting the co-benefits of physical activity

- NATIONAL MASS PARTICIPATION EVENTS ON PHYSICAL ACTIVITY

○ no  ○ yes
ZIMBABWE

ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS

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USE OF DIGITAL PROGRAMMES
  • mHealth for NCD prevention

SCHOOL BASED APPROACHES:
  • quality physical education

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NATIONAL TARGET FOR PHYSICAL ACTIVITY

The World Bank. GDP per capita, PPP (current international, $) accessed, July 2022.