

Health

INSUFFICIENT PHYSICAL ACTIVITY AMONG ALL AGE GROUPS

Adolescents

A WHO study, using data from 146 countries and 1.6 million students collected between 2001 and 2016, reveals that



81% of students

aged 11-17 years are insufficiently physically active.



77.6% boys

84.7% girls

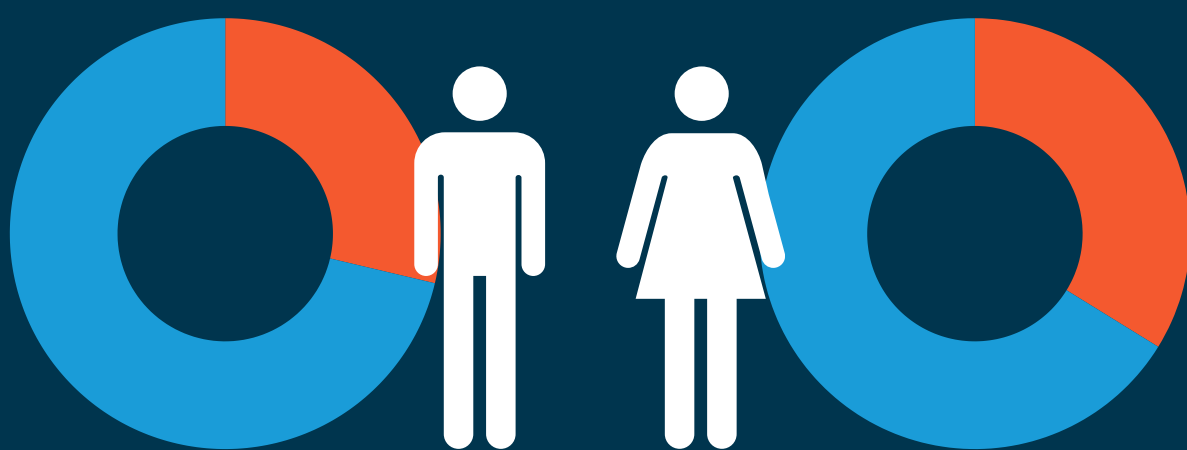
Adults

A WHO & Lancet study, using using data from adult population-based surveys across 163 countries and territories between 2010 and 2022, reveals that



31% of adults

are not meeting the recommended levels of physical activity of 150 minutes of moderate exercise / week



28.7% male

33.8% female

Prediction

Inactivity levels in adolescents are projected to stay the same until 2030*

-%

VS.

Inactivity levels in adults are projected to rise to

35%

by 2030

*Note: Based on 2019 data; we expect new data from WHO in 2025

SGI Europe[≡]

Sources:
1) National, regional, and global trends in insufficient physical activity among adults from 2000 to 2022: a pooled analysis of 507 population-based surveys with 5.7 million participants. The Lancet Global Health (2024). [https://www.thelancet.com/journals/langlo/article/PIIS2214-109X\(24\)00150-5/fulltext](https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(24)00150-5/fulltext)

2) Global trends in insufficient physical activity among adolescents: a pooled analysis of 298 population-based surveys with 1.6 million participants. The Lancet Child & Adolescent Health Vol. 4 Iss. 1 (2019). [https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(19\)30323-2/](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(19)30323-2/)