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





77,6% boys

84,7% girls

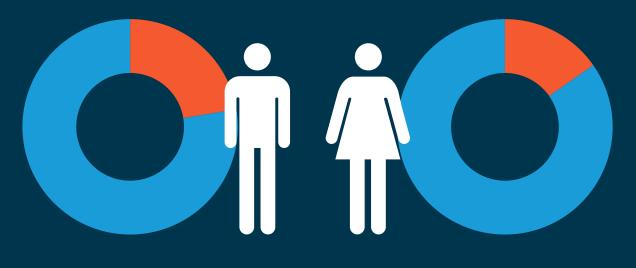
Adults

A WHO & Lancet study, using using data from adult populationbased 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



by 2030

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

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/