Drivers
Zambia

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Insufficient physical activity

Adults, 2016

Men, 2016

% insufficient physical activity

## Children, 2016

<table>
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<th>Country</th>
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<tbody>
<tr>
<td>Benin</td>
<td>80</td>
</tr>
<tr>
<td>Tanzania</td>
<td>80</td>
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<tr>
<td>Mauritius</td>
<td>80</td>
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<td>Seychelles</td>
<td>80</td>
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<tr>
<td>Algeria</td>
<td>80</td>
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<tr>
<td>Uganda</td>
<td>80</td>
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<tr>
<td>Zimbabwe</td>
<td>80</td>
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<tr>
<td>Kenya</td>
<td>80</td>
</tr>
<tr>
<td>Mozambique</td>
<td>80</td>
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<tr>
<td>Mauritania</td>
<td>80</td>
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<tr>
<td>Namibia</td>
<td>80</td>
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<tr>
<td>Botswana</td>
<td>80</td>
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<tr>
<td>Ghana</td>
<td>80</td>
</tr>
<tr>
<td>Senegal</td>
<td>80</td>
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<td>Zambia</td>
<td>90</td>
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</tbody>
</table>

### Survey Details

**Survey type:** Self-reported  
**Age:** 11-17  
**References:** Global Health Observatory data repository, World Health Organisation, [https://apps.who.int/gho/data/node.main.A893ADO?lang=en](https://apps.who.int/gho/data/node.main.A893ADO?lang=en) (last accessed 16.03.21)

**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2016

Survey type: Self-reported
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2005-2020

Area covered: National


Definitions: % exclusively breastfed 0-5 months

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