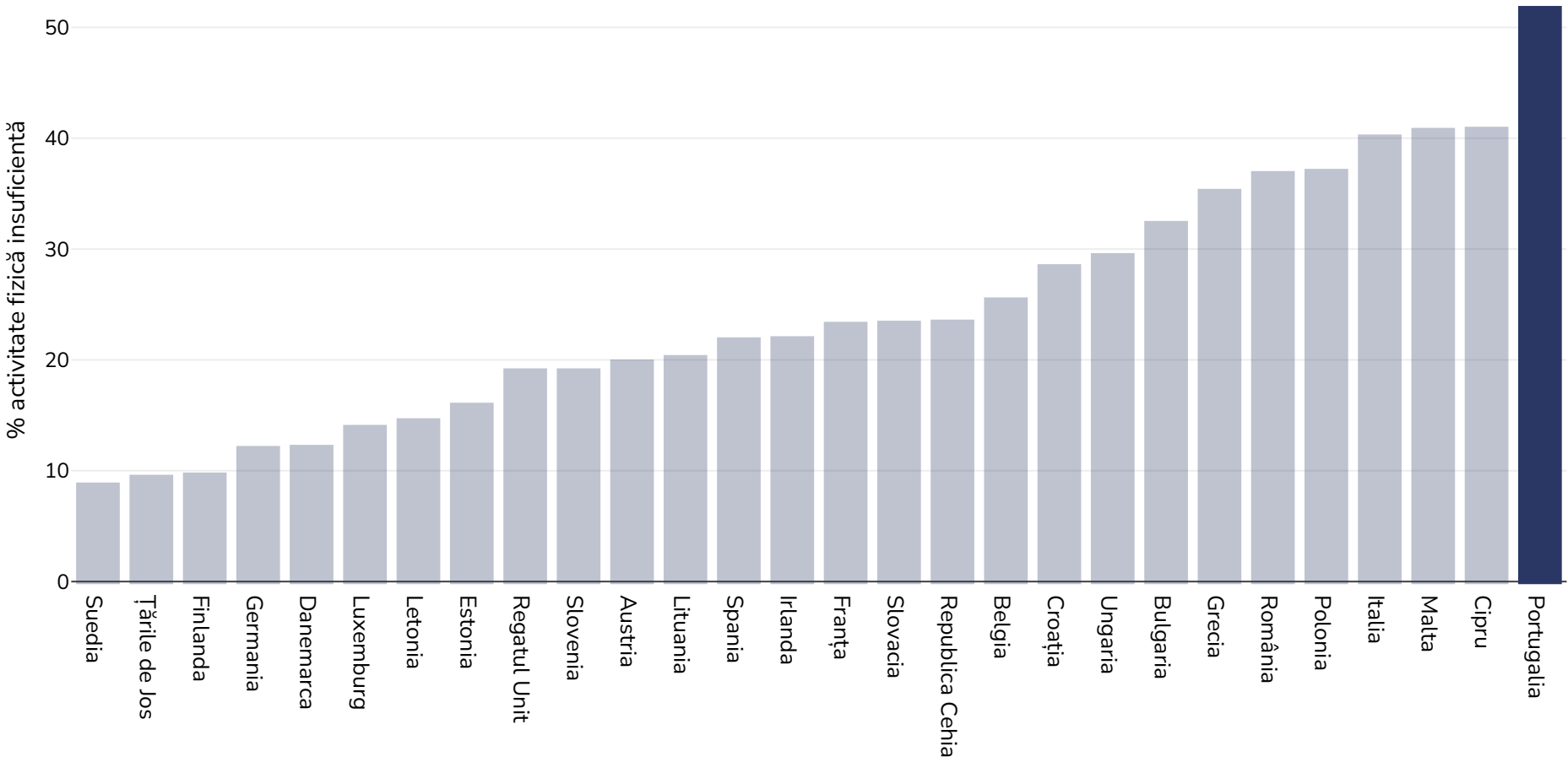


Portugalia: Insufficient physical activity

Adulți, 2022



Tip de studiu:	Auto-raportat
Vârstă:	18+
Zona acoperită:	Național
Bibliografie:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definiții (disponibile numai în limba engleză):	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.