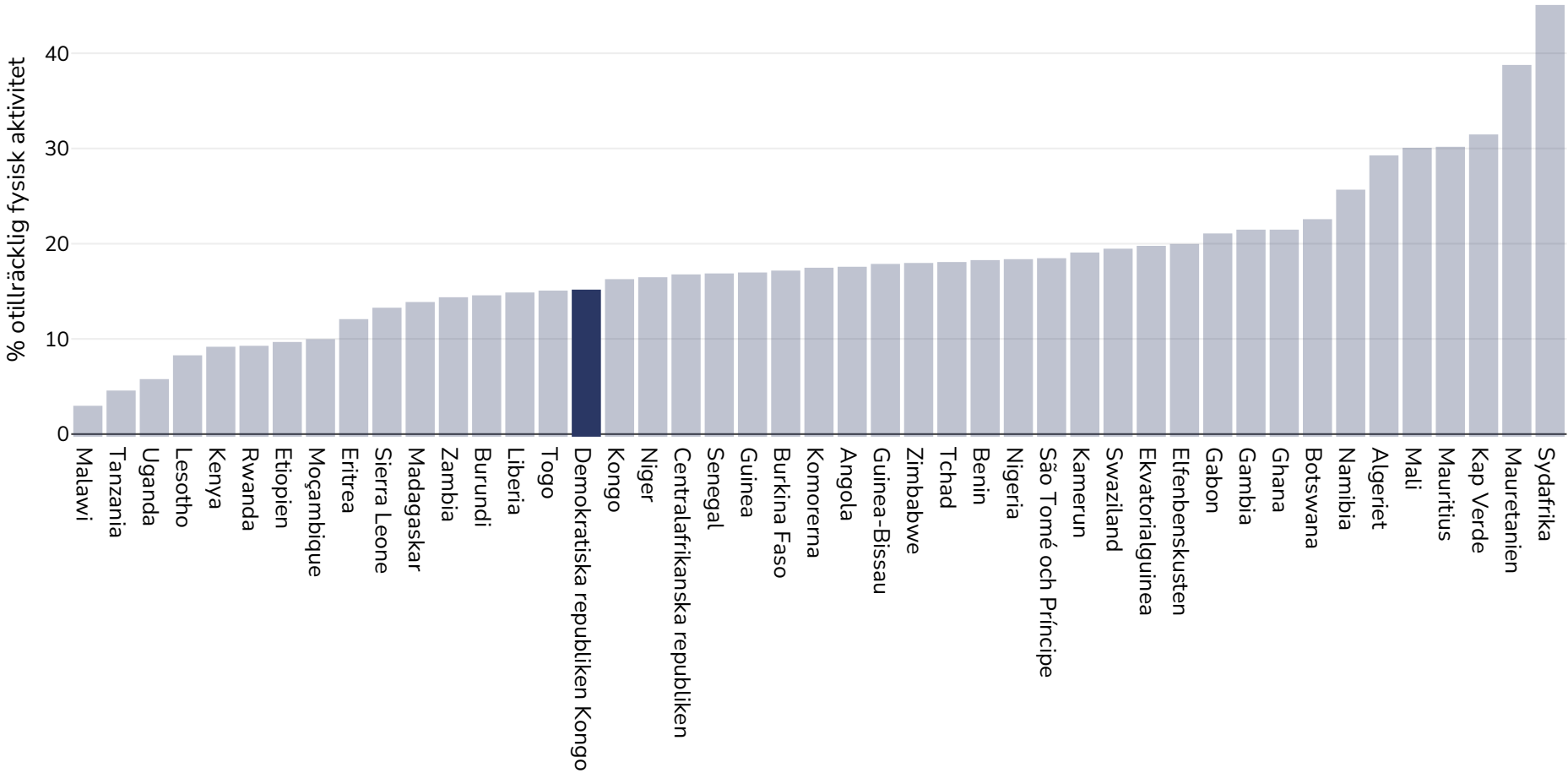


# Demokratiska republiken Kongo: Insufficient physical activity



Vuxna, 2022



|                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Undersökningstyp:                               | Egenanställd                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Ålder:                                          | 18+                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Område som omfattas:                            | Nationell                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Referenser:                                     | WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)">https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)</a> |
| Definitioner (endast tillgängliga på engelska): | 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.                                                                                                                                                                                                                                                                                                        |