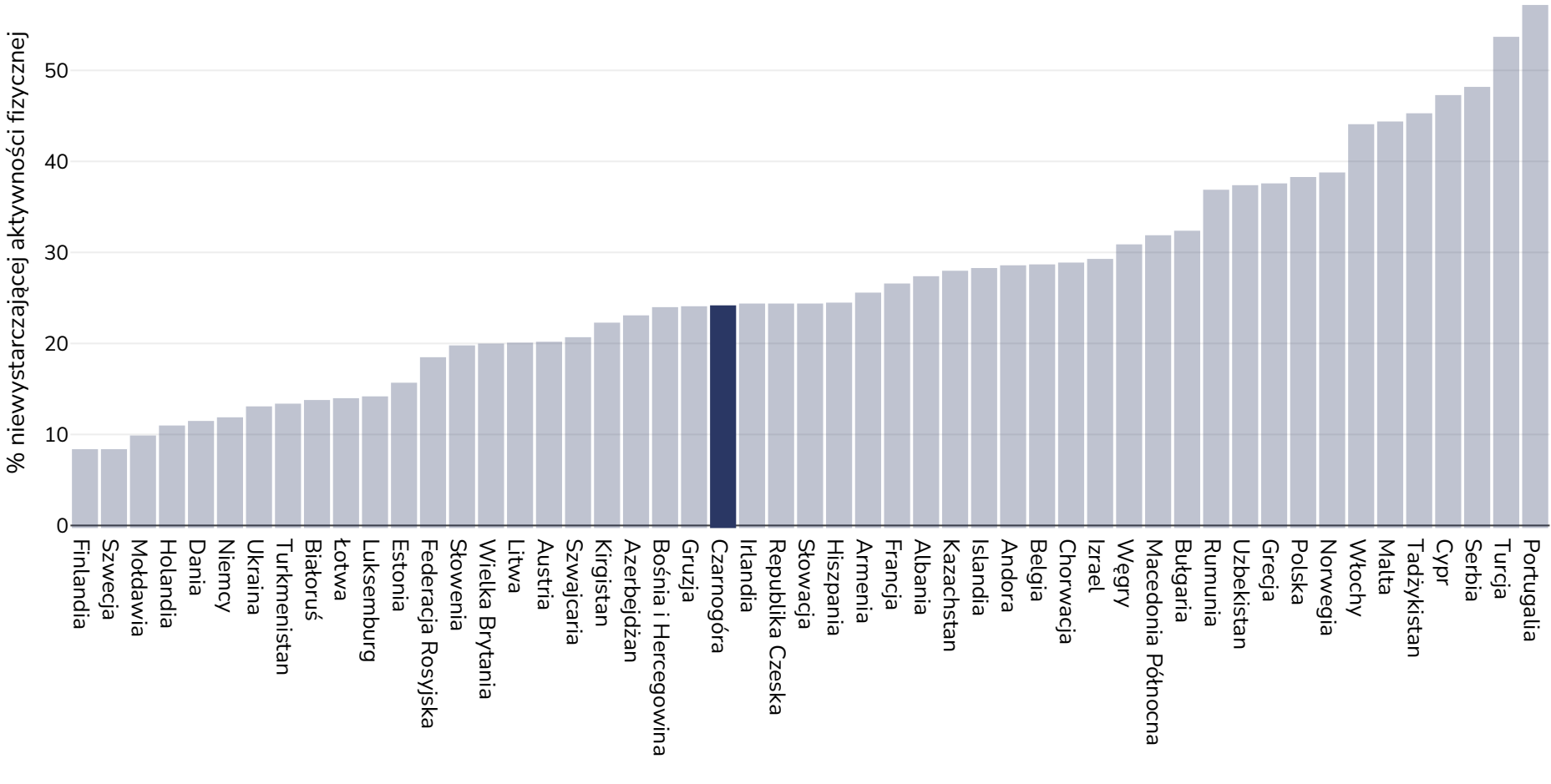


# Czarnogóra: Insufficient physical activity

Kobiety, 2022



|                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Typ ankiety:                                    | Dane deklarowane                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Wiek:                                           | 18+                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Objęty obszar:                                  | Krajowe                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Bibliografia:                                   | 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> |
| Definicje (dostępne tylko w języku angielskim): | 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.                                                                                                                                                                                                                                                                                                        |