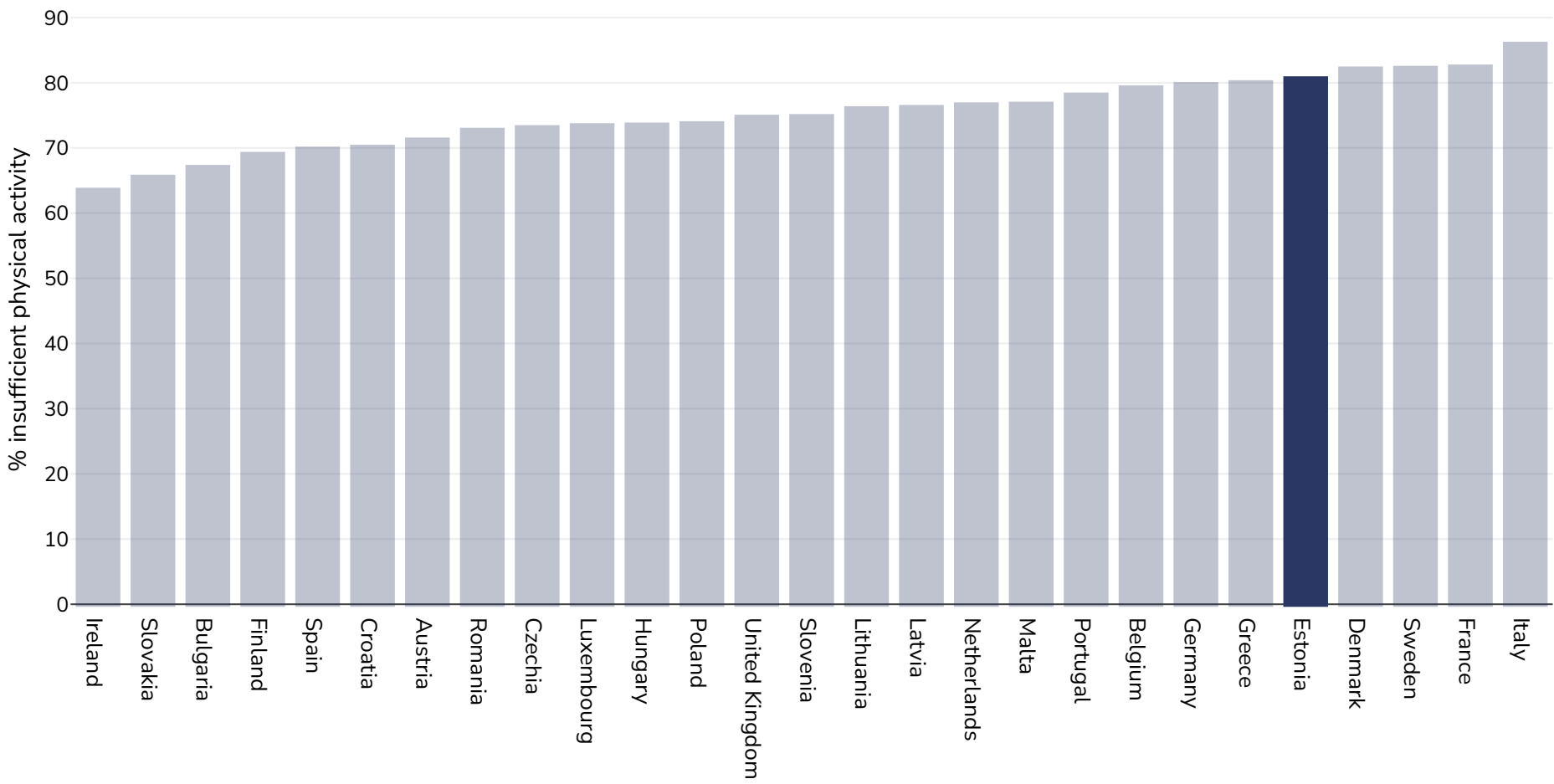


# Estonia: Insufficient physical activity



Boys, 2016



|              |                                                                                                                                                                                                                              |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type: | Self-reported                                                                                                                                                                                                                |
| Age:         | 11-17                                                                                                                                                                                                                        |
| References:  | Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (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)                                                                                                                                                              |