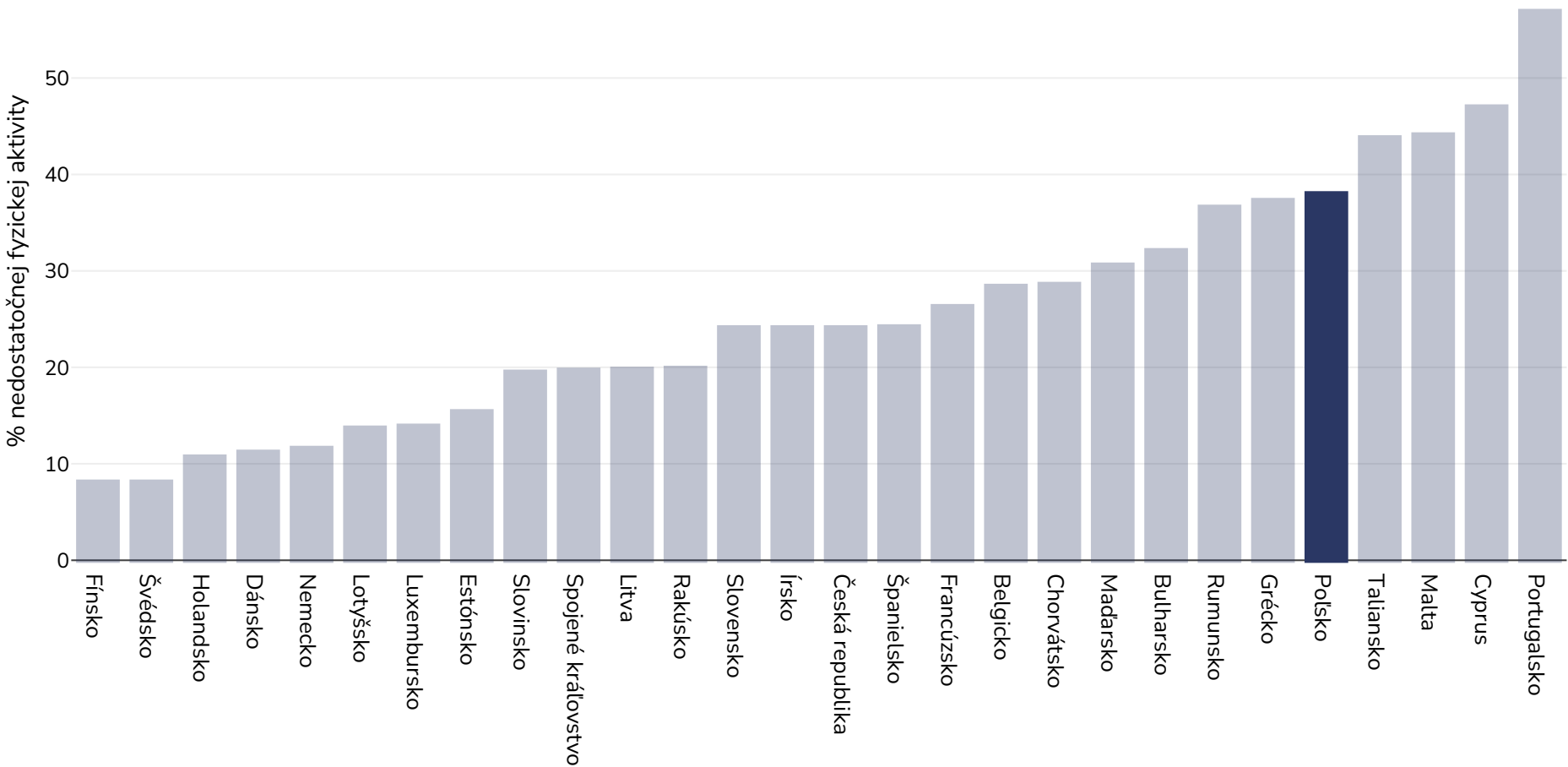


# Polsko: Insufficient physical activity



Ženy, 2022



|                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Typ prieskumu:                             | Vlastné hlásenie                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Vek:                                       | 18+                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Dotknutá oblasť:                           | Národný                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Odkazy:                                    | 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> |
| Definície (k dispozícii iba v angličtine): | 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.                                                                                                                                                                                                                                                                                                        |