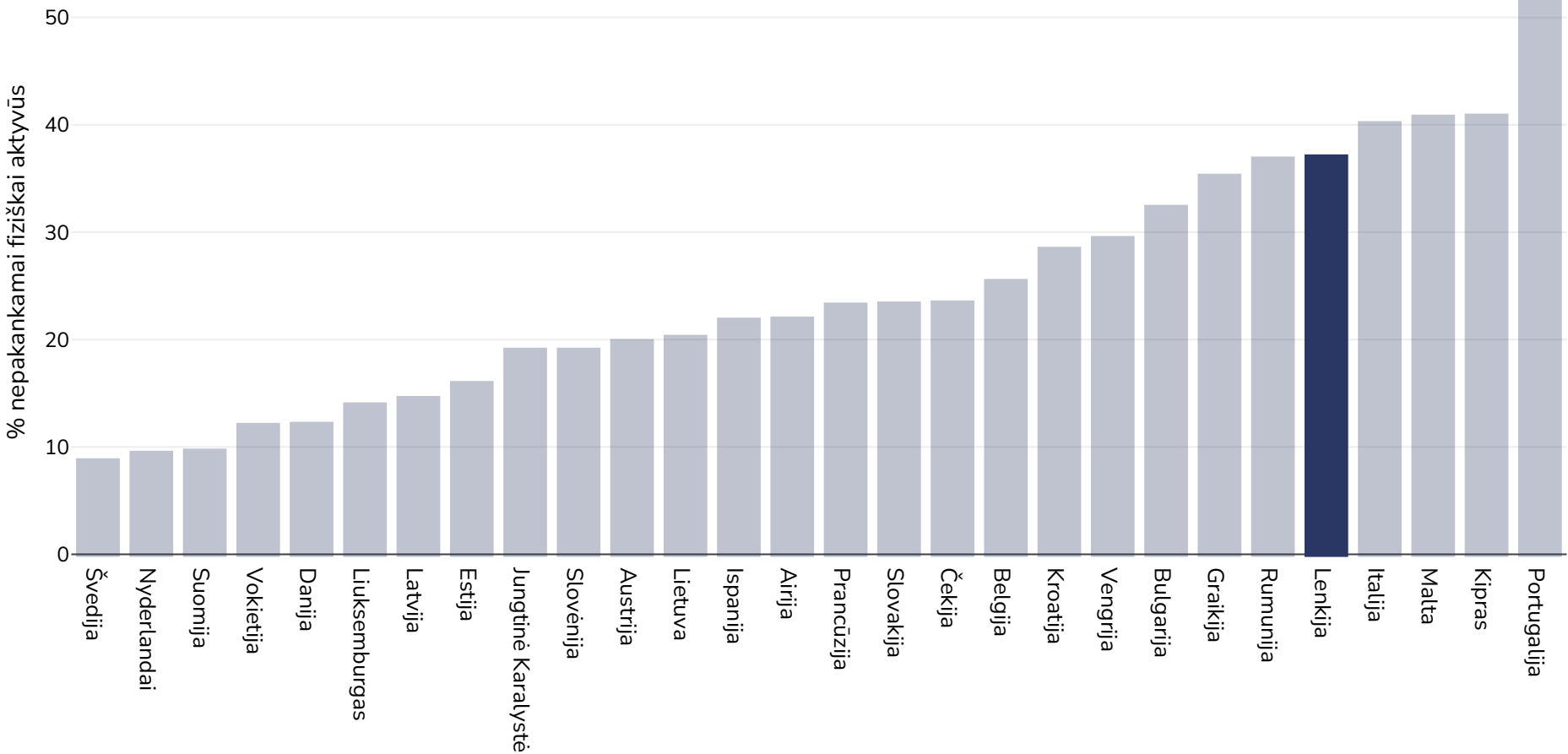


# Lenkija: Insufficient physical activity

Suaugusieji, 2022



|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tyrimo tipas:           | Deklaravo patys                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Amžius:                 | 18+                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Teritorija:             | Nacionalinis                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Nuorodos:               | 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> |
| Apibrėžimai (anglų k.): | 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.                                                                                                                                                                                                                                                                                                        |