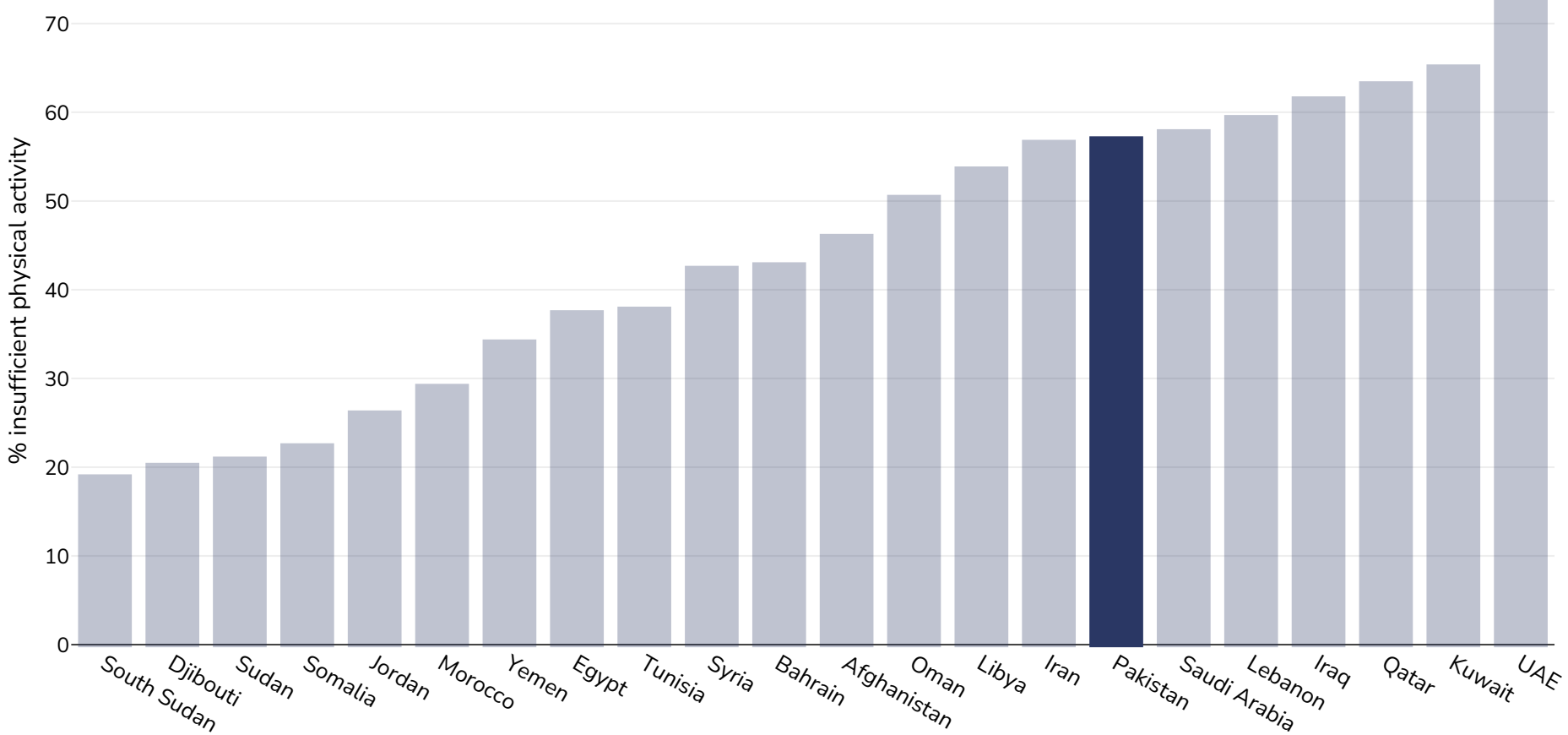


Pakistan: Insufficient physical activity



Women, 2022



| | |
|---------------|---|
| Survey type: | Self-reported |
| Age: | 18+ |
| Area covered: | National |
| References: | WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-) |
| Definitions: | 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. |