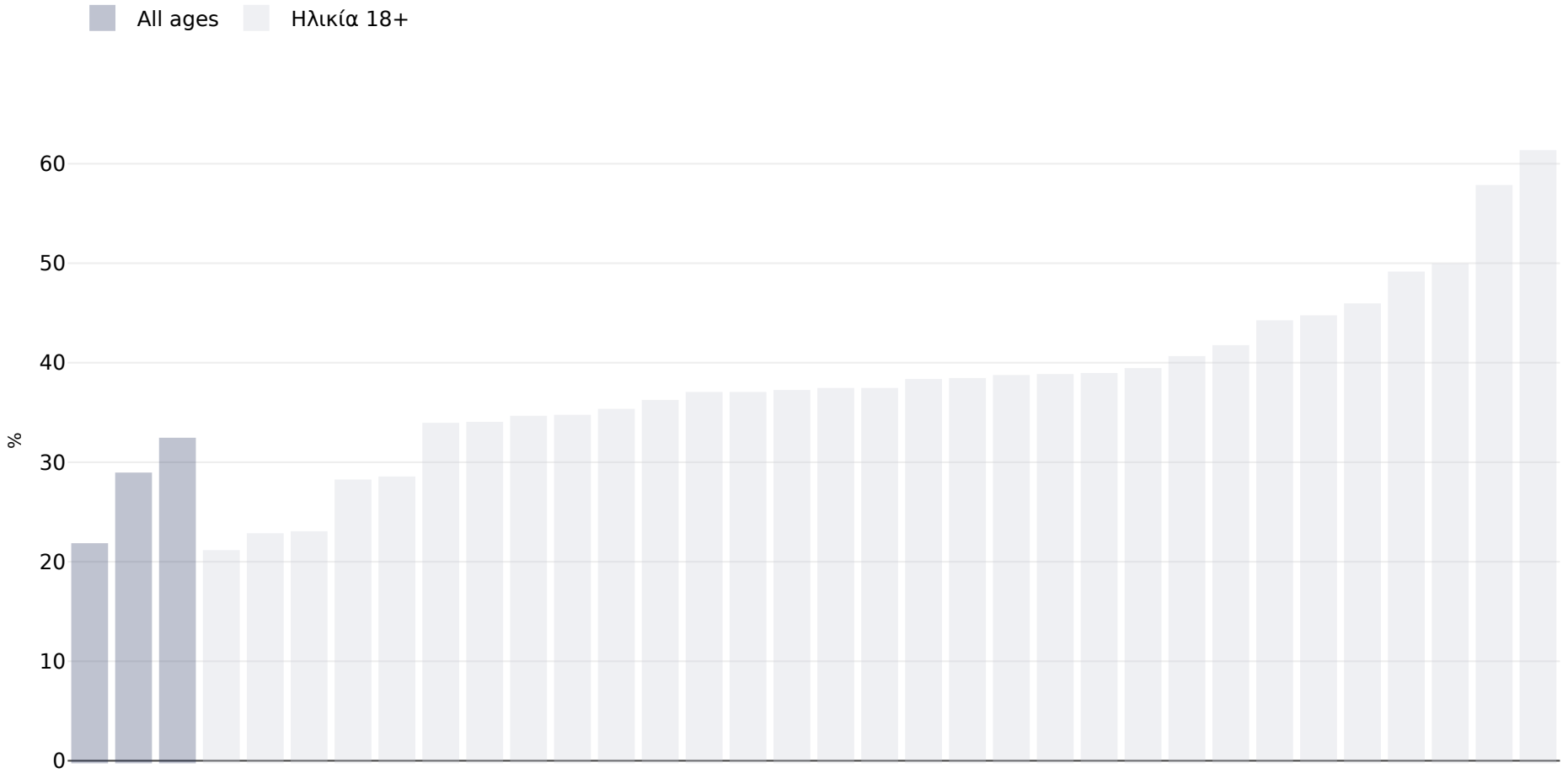
Π.Ο.Υ. - Περιφέρεια Αμερικής (ηπείρου): Insufficient activity

Ενήλικες, 2016-2022



Τύπος έρευνας:	Αυτοαναφερόμενοι
Γεωγραφική κάλυψη:	Εθνική
Παραπομπές:	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)-(-)
Ορισμός:	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.