50 % insufficient physical activity 40 30 20 10 0 Portugal Finland Austria Czechia Croatia Hungary Greece Poland Cyprus Spain Ireland Belgium Italy Malta Sweden Netherlands Germany Denmark Luxembourg Latvia Slovenia United Kingdom Lithuania Slovakia Romania Estonia France Bulgaria Self-reported Survey type: 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)-(-)

## Poland: Insufficient physical activity

Adults, 2022





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.