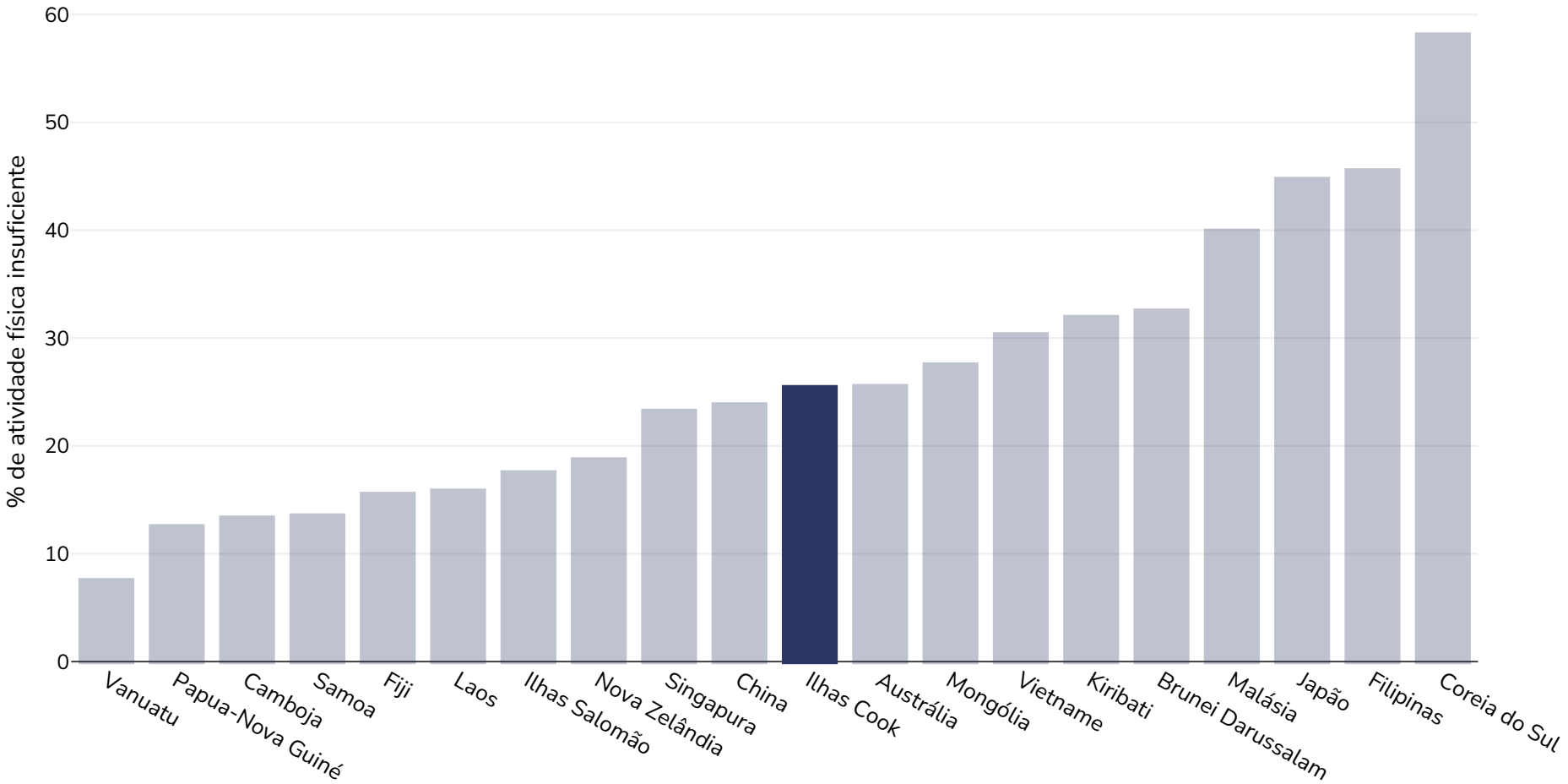


# Ilhas Cook: Insufficient physical activity



Adultos, 2022



|                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tipo de inquérito:                        | Autorreportado                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Idade:                                    | 18+                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Área abrangida:                           | Nacional                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Referências:                              | 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> |
| Definições (disponível apenas em inglês): | 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.                                                                                                                                                                                                                                                                                                        |