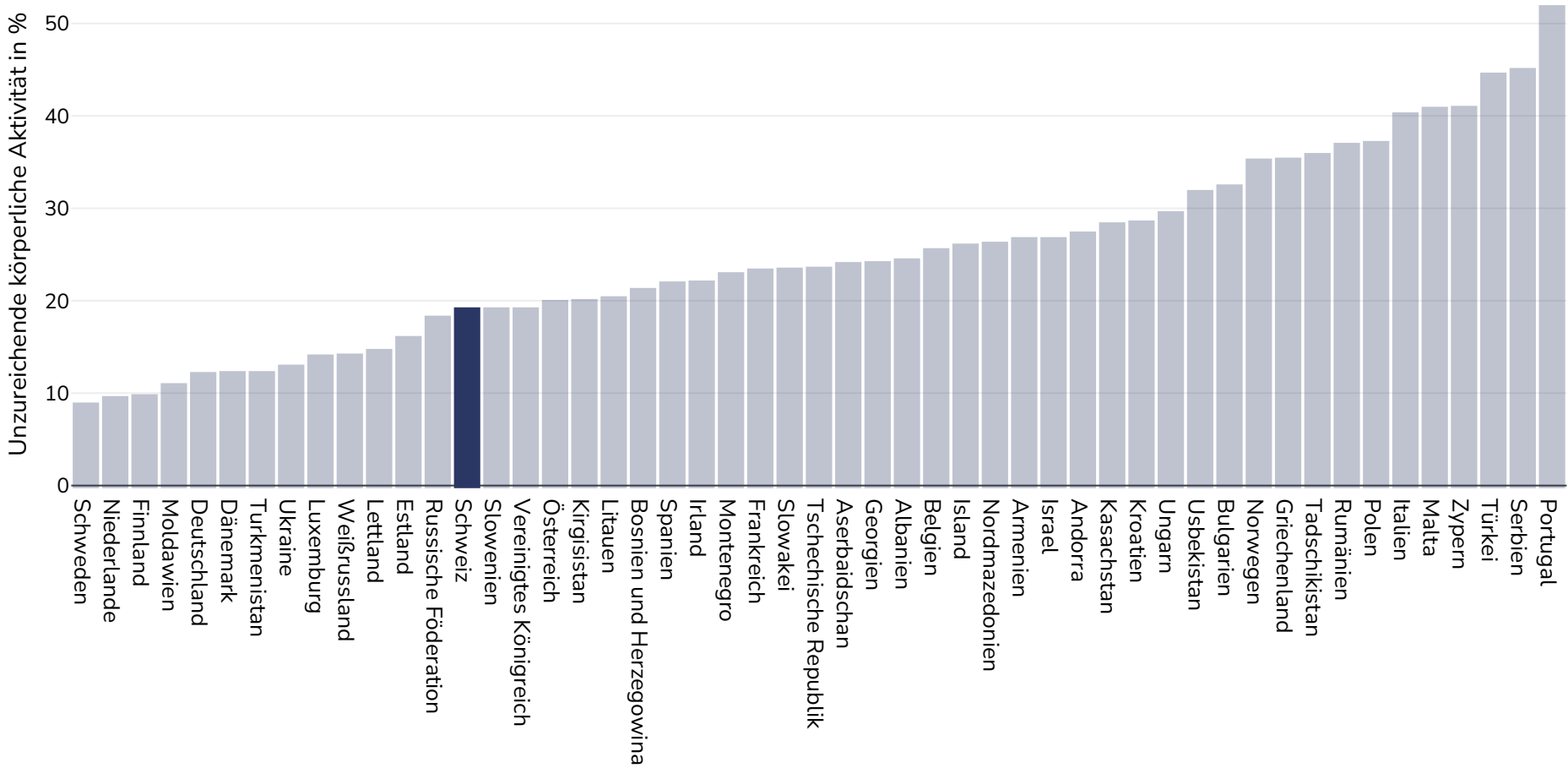


# Schweiz: Insufficient physical activity



Erwachsene, 2022



|                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Umfragetyp:                                         | Selbst berichtet                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Alter:                                              | 18+                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Geltungsbereich:                                    | National                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Referenzen:                                         | 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> |
| Definitionen (nur in englischer Sprache verfügbar): | 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.                                                                                                                                                                                                                                                                                                        |