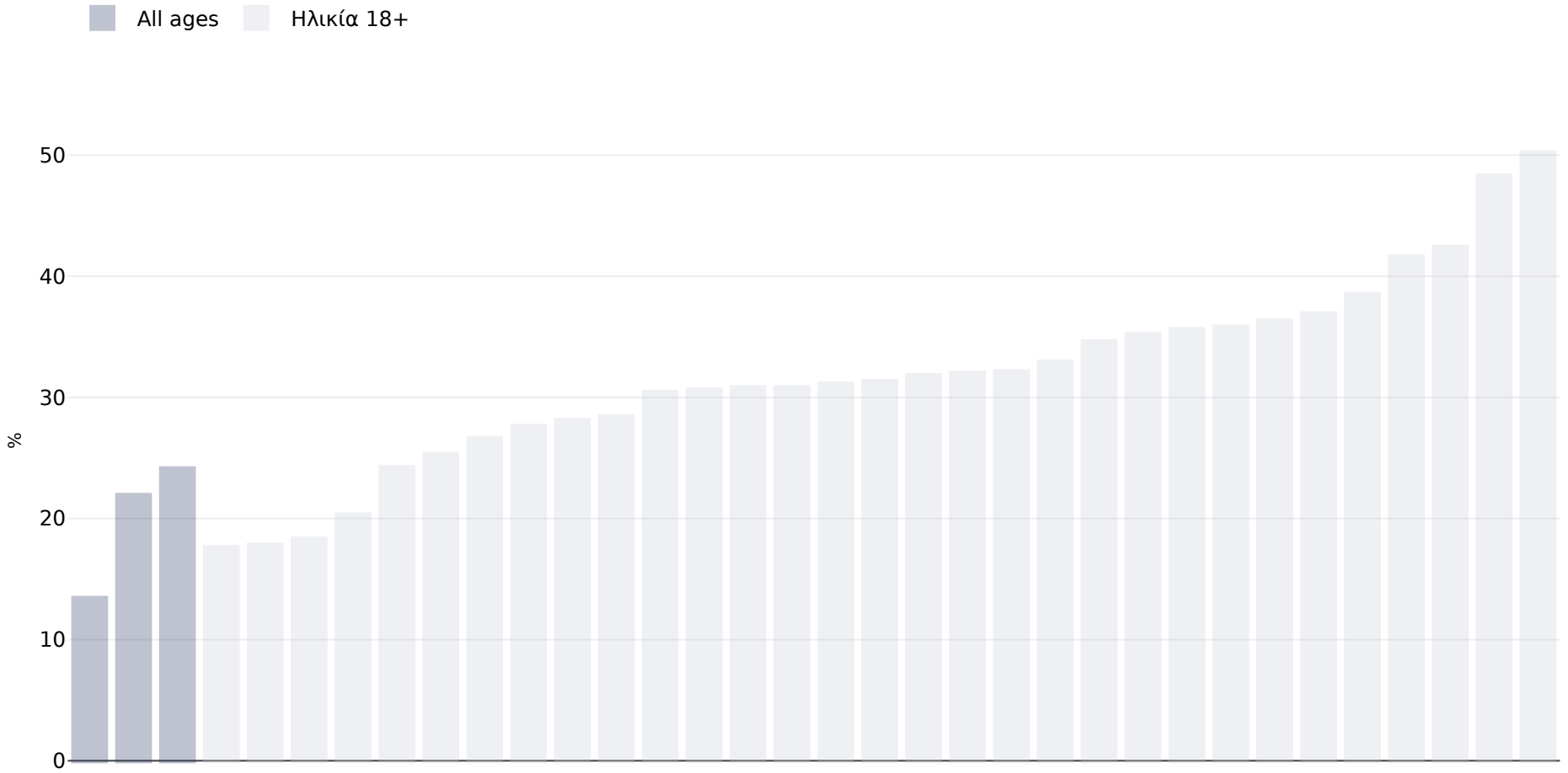
# Π.Ο.Υ. - Περιφέρεια Αμερικής (ηπείρου): Insufficient activity

## Ανδρες, 2016-2022

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| **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)-(-) |
| **Ορισμοί:** | 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. |