



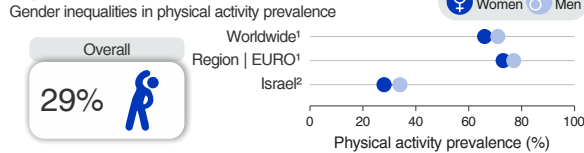
COUNTRY AND DEMOGRAPHIC DATA

Capital - Jerusalem
Population - 9,517,181
Urban population - 92.9%
Life expectancy (years) - 82.7
Gini index for income inequality - 0.39
Human Development Index - 0.92
Literacy rate - 97.1%
Risk of premature non-communicable disease mortality - 9.0%
Human Capital Index - 0.87
Democracy Index - 7.80
Deaths from non-communicable diseases - 85.4%
World Bank income category - High income



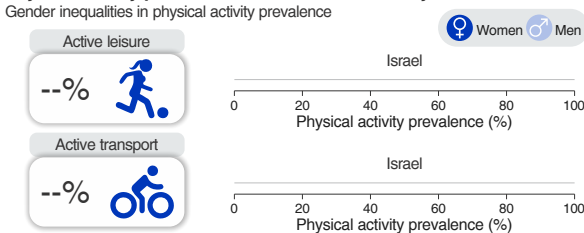
PHYSICAL ACTIVITY PARTICIPATION

Physical activity prevalence estimates for adults



Israel National Health Interview Survey INHIS-4, 2018-2020 - Selected Findings. Israeli Center for Disease Control, Ministry of Health, Publication, 423, 2023

Physical activity prevalence estimates for adults by domain



Salvo et al. (2025)

1 Global estimates (18+ years, Strain et al. (2024)
2 Country estimates

POLICY AND SURVEILLANCE STATUS

National physical activity policy/plan YES

GoPA! Policy Directory
1. Healthy Israel 2020 Initiative, 2020
Link to GoPA! Policy Directory: new.globalphysicalactivityobservatory.com/directory.php

National recommendations YES

National survey(s) including physical activity questions YES

2018-2020 | Most recent | Next

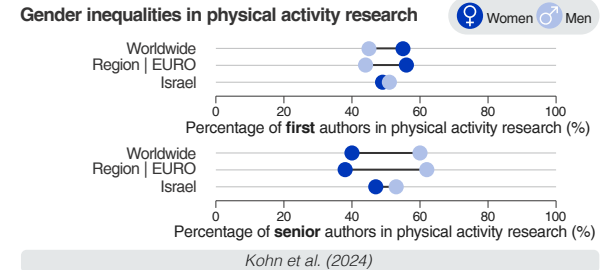
Surveys and instruments used to assess physical activity
1. The Israeli National Health Interview Survey 2014, 2018-2020 (IPAQ)

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This Country Card is part of the 3rd Physical Activity Almanac (free resource on the GoPA! website)
For a description of the indicators and data sources visit: www.globalphysicalactivityobservatory.com/country-cards

PHYSICAL ACTIVITY RESEARCH

165 (0.44%)
40th
Number of articles and contribution to physical activity research worldwide from 1950-2023
Position in the Ranking (n=182)
Quintile for research articles (Q)
2023 PubMed Update - Ramirez Varela et al. (2021)



PHYSICAL ACTIVITY PROMOTION CAPACITY PYRAMID

