ITALY Italia

World Region | EURO - Europe & Central Asia

COUNTRY AND DEMOGRAPHIC DATA

Capital - **Rome**
Population - **59,030,133**
Urban population - **55.7%**
Life expectancy (years) - **82.9**
Gini index for income inequality - **0.35**
Human Development Index - **0.91**
Literacy rate - **99.4%**
Risk of premature non-communicable disease mortality - **9.0%**
Human Capital Index – **0.84**
Democracy Index – **7.69**
Deaths from non-communicable diseases - **90.6%**
World Bank income category - **High income**

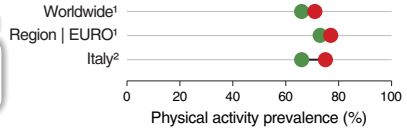
★★★★

PHYSICAL ACTIVITY PARTICIPATION

Physical activity prevalence estimates for adults
Gender inequalities in physical activity prevalence

Women ♀ Men ♂

Overall
48%

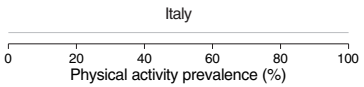


18–69 years, Progressi delle Aziende Sanitarie per la Salute in Italia (PASSI), 2022-2023

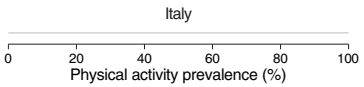
Physical activity prevalence estimates for adults by domain
Gender inequalities in physical activity prevalence

Women ♀ Men ♂

Active leisure
--%



Active transport
--%



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. Piano Nazionale Della Prevenzione, 2014-2018
2. Piano Nazionale Della Prevenzione, 2020-2025

Link to GoPA! Policy Directory: *new.globalphysicalactivityobservatory.com/directory.php*

National recommendations ····· YES

National survey(s) including physical activity questions ····· YES

2022-2023 | *Most recent* 2023-2024 | *Next*

Surveys and instruments used to assess physical activity

1. PASSI, PASSI d'ARGENTO, OKkio alla Salute 2021-2022, 2022-2023 (Other);
2. Eurobarometer 2017, 2022 (Eurobarometer 2013-2022)

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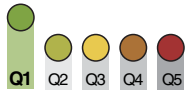
This Country Card is part of the 3rd Physical Activity Almanac (free resource on the GoPA! website)
For a description of the indicators and data sources visit:
www.globalphysicalactivityobservatory.com/country-cards

PHYSICAL ACTIVITY RESEARCH



648 (1.74%)
Number of articles and contribution to physical activity research worldwide from 1950-2023

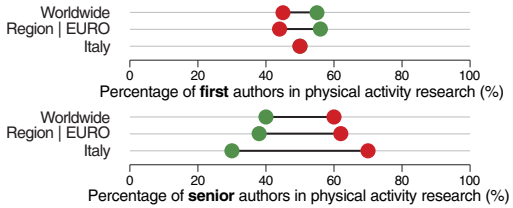
15th
Position in the Ranking (n=182)



2023 PubMed Update - Ramírez Varela et al. (2021)

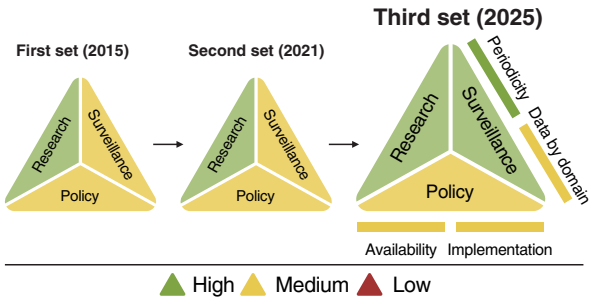
Gender inequalities in physical activity research

Women ♀ Men ♂



Kohn et al. (2024)

PHYSICAL ACTIVITY PROMOTION CAPACITY PYRAMID



Time trend for physical activity promotion capacity