



MALTA



Malta

World Region | EURO - Middle East & North Africa



COUNTRY AND DEMOGRAPHIC DATA

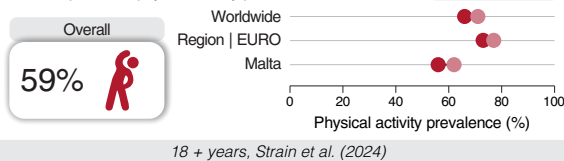
Capital - **Valletta**
Population - **563,443**
Urban population - **94.9%**
Life expectancy (years) - **82.7**
Gini index for income inequality - **0.31**
Human Development Index - **0.92**
Literacy rate - **95.7%**
Risk of premature non-communicable disease mortality - **11.0%**
Human Capital Index - **0.82**
Democracy Index - **7.93**
Deaths from non-communicable diseases - **90.9%**
World Bank income category - **High income**



PHYSICAL ACTIVITY PARTICIPATION

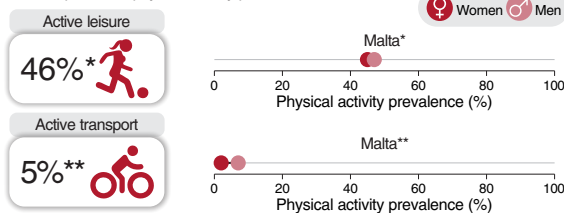
Physical activity prevalence estimates for adults

Gender inequalities in physical activity prevalence



Physical activity prevalence estimates for adults by domain

Gender inequalities in physical activity prevalence



European Health Interview Survey (EHIS) 2019/2020

* Leisure walks for at least 10 minutes continuously per week.

** Cycling for transport at least 10 minutes continuously per week. Walking: Overall: 73%, Women: 72%, Men: 73%

POLICY AND SURVEILLANCE STATUS

National physical activity policy/plan **YES**

GoPA! Policy Directory

1. Aiming Higher: An Overview of the National Strategy for Sport and Physical Activity in Malta, 2017-2027
2. A Strategy for Health-Enhancing Physical Activity, 2024

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

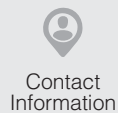
National recommendations **YES**

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

2022 | Most recent 2026 | Next

Surveys and instruments used to assess physical activity

1. Eurobarometer 2022 (Eurobarometer 2013-2022), 2026
2. European Health Interview Survey (EHIS) 2019/2020



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Contact Information

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



14 (0.04%)

Number of articles and contribution to physical activity research worldwide from 1950-2023

104th

Position in the Ranking (n=182)

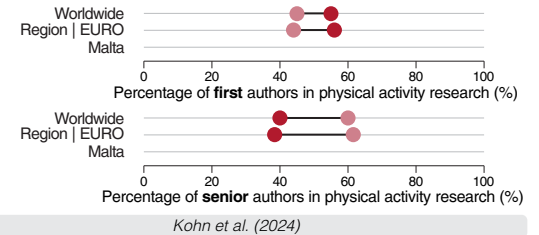


High → Low
Quintile for research articles (Q)

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

Gender inequalities in physical activity research

Women Men



PHYSICAL ACTIVITY PROMOTION CAPACITY PYRAMID

