



COUNTRY AND DEMOGRAPHIC DATA

Capital - **Skopje**

Population - **1,826,247**

Urban population - **61.6%**

Life expectancy (years) - **74.4**

Gini index for income inequality - **0.32**

Human Development Index - **0.77**

Literacy rate - **98.4%**

Risk of premature non-communicable disease mortality - **23.0%**

Human Capital Index - **0.70**

Democracy Index - **6.03**

Deaths from non-communicable diseases - **96.1%**

World Bank income category - **Upper middle income**



PHYSICAL ACTIVITY PARTICIPATION

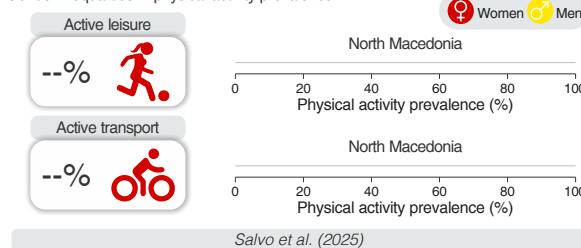
Physical activity prevalence estimates for adults

Gender inequalities in physical activity prevalence



Physical activity prevalence estimates for adults by domain

Gender inequalities in physical activity prevalence



Salvo et al. (2025)

POLICY AND SURVEILLANCE STATUS

National physical activity policy/plan

YES

GoPA! Policy Directory

1. National Strategy of the Republic of Macedonia for the Prevention and Control of Non-Communicable Diseases, 2009-2025
2. National Multisectoral Multidisciplinary Workshop for Development of Detailed Implementation of the Draft Action Plan For Noncommunicable Diseases (NCDs) in North Macedonia until 2025
3. National Strategy for the Health of the Republic of North Macedonia 2021-2030
4. Governmental program "Health for all" (Здравје за сите), 2024 (updated every year)

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

National recommendations

YES

National survey(s) including physical activity questions

YES

2015 | Most recent

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Surveys and instruments used to assess physical activity

1. Nutrition Survey 2015 (IPAQ-SF)

Contact Information

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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

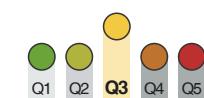


Number of articles and contribution to physical activity research worldwide from 1950-2023

100th

Position in the Ranking (n=182)

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



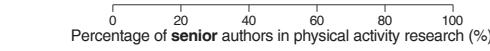
Women Men

Gender inequalities in physical activity research

Worldwide
Region | EURO
North Macedonia



Worldwide
Region | EURO
North Macedonia

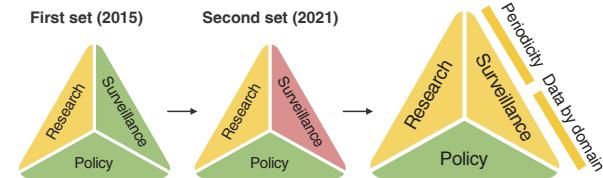


Kohn et al. (2024)

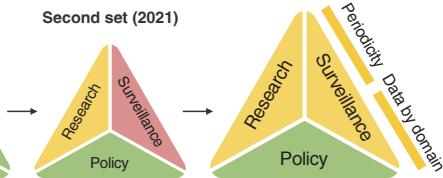
PHYSICAL ACTIVITY PROMOTION CAPACITY PYRAMID

Third set (2025)

First set (2015)



Second set (2021)



Availability Implementation

High Medium Low

Time trend for physical activity promotion capacity