



## COUNTRY AND DEMOGRAPHIC DATA

Capital - **Belfast**  
Population - **1,910,500**  
Urban population - **64.0%**  
Life expectancy (years) - **80.4**  
Gini index for income inequality - **0.38\***  
Human Development Index - **0.94\***  
Literacy rate - **99.0%\***  
Risk of premature non-communicable disease mortality - **10.0%\***  
Human Capital Index - **0.94\***  
Democracy Index - **8.28\***  
Deaths from non-communicable diseases - **88.2%\***  
World Bank income category - **High income**

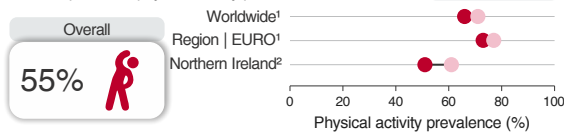


\*United Kingdom

## PHYSICAL ACTIVITY PARTICIPATION

### Physical activity prevalence estimates for adults

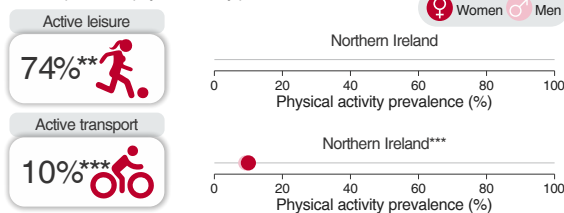
Gender inequalities in physical activity prevalence



18 + years, Health Survey (NI) 2016/17

### Physical activity prevalence estimates for adults by domain

Gender inequalities in physical activity prevalence



Continuous Household Survey (2023/24)

## POLICY AND SURVEILLANCE STATUS

National physical activity policy/plan **YES**

GoPA! Policy Directory

1. *Active Living - Sport and Physical Activity Strategy for Northern Ireland, 2022-2032*
2. *Strategic Framework to Prevent the Harm caused by Obesity, 2025 - In development*

Link to GoPA! Policy Directory: [new.globalphysicalactivityobservatory.com/directory.php](http://new.globalphysicalactivityobservatory.com/directory.php)

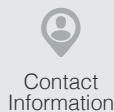
National recommendations **YES**

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

2017 | Most recent 2024 | Next

Surveys and instruments used to assess physical activity

1. *The Health Survey for Northern Ireland 2016/2017, 2024 (Other)*



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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](http://www.globalphysicalactivityobservatory.com/country-cards)

## PHYSICAL ACTIVITY RESEARCH



103 (0.28%)

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

46<sup>th</sup>

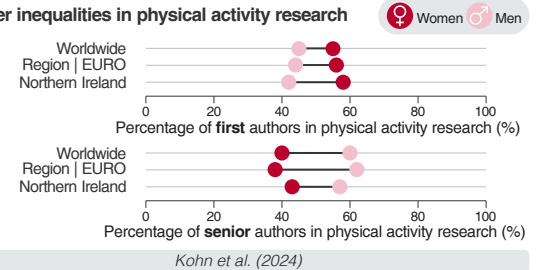
Position in the Ranking (n=182)



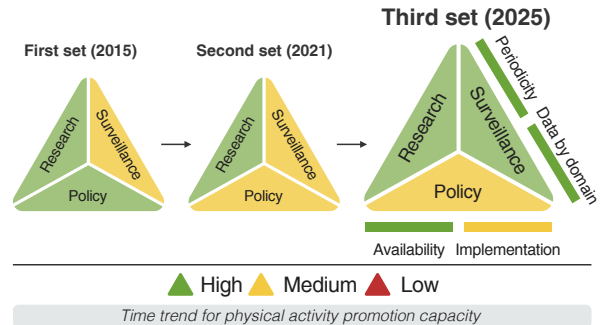
High → Low  
Quintile for research articles (Q)

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

### Gender inequalities in physical activity research



## PHYSICAL ACTIVITY PROMOTION CAPACITY PYRAMID



1 Global estimates (18 + years, Strain et al. (2024))  
2 Country estimates  
\*\* Engaged in sport/physical activity in the past 4 weeks  
\*\*\* Walk to or from work. Cycle to or from work: Overall: 2%, Women: 0%, Men: 4%