



COUNTRY AND DEMOGRAPHIC DATA

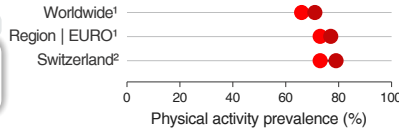
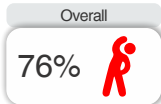
Capital - **Bern**
 Population - **9,002,763**
 Urban population - **74.2%**
 Life expectancy (years) - **83.5**
 Gini index for income inequality - **0.31**
 Human Development Index - **0.97**
 Literacy rate - **84.1%**
 Risk of premature non-communicable disease mortality - **6.7%**
 Human Capital Index - **0.90**
 Democracy Index - **9.14**
 Deaths from non-communicable diseases - **78.7%**
 World Bank income category - **High income**



PHYSICAL ACTIVITY PARTICIPATION

Physical activity prevalence estimates for adults

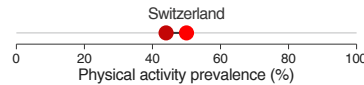
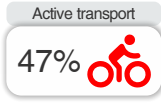
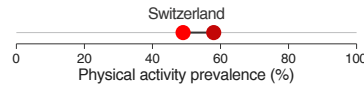
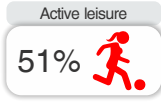
Gender inequalities in physical activity prevalence



Swiss Health Survey, 2022

Physical activity prevalence estimates for adults by domain

Gender inequalities in physical activity prevalence



Swiss Health Survey, 2022 & Swiss Microcensus Mobility and Transportation, 2021

POLICY AND SURVEILLANCE STATUS

National physical activity policy/plan **YES**

GoPA! Policy Directory

- National Noncommunicable Disease (NCD) Strategy, 2017-2028
- Physical activity guidelines Switzerland (HEPA) 2023
- Federal Act on the Promotion of Sport and Physical Activity (SpoF&G)

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

National recommendations **YES**

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

2022 | Most recent | 2027 | Next

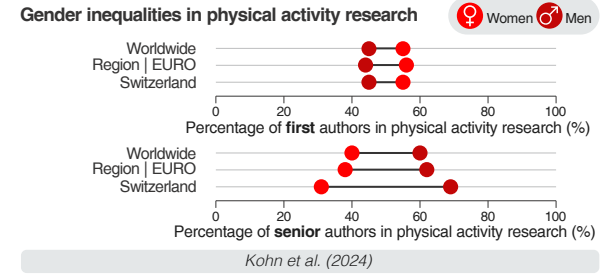
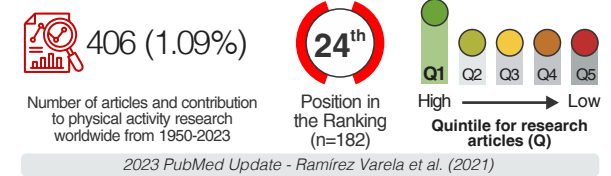
- Surveys and instruments used to assess physical activity
- Swiss health survey 2012, 2017, 2022, 2027 (Swiss questionnaire based on the IPAQ)
 - HBSC Health Behaviour in School-aged Children (since 1986) 2018, 2022, 2026 (HBSC questionnaire)
 - Swiss Microcensus Mobility and Transportation (since 1974) 1994, 2000, 2005, 2010, 2021, 2025 (MZMV questionnaire)
 - SPORTOBS Swiss Sport Observatory 2020, 2022 (Swiss Sport questionnaire)

Contact Information

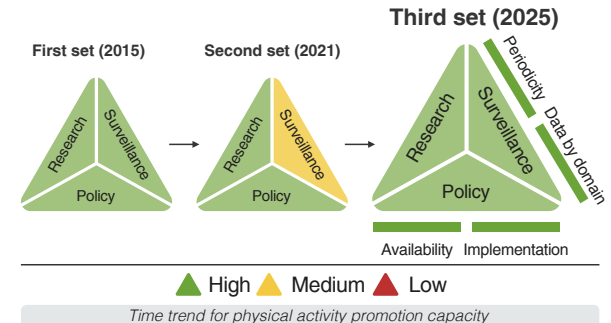
Name: Andrea Poffet
 Institution: Swiss Federal Office of Public Health FOPH, Prevention and Health Care Department, Department of NCD prevention, Switzerland

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



PHYSICAL ACTIVITY PROMOTION CAPACITY PYRAMID



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