



COUNTRY AND DEMOGRAPHIC DATA

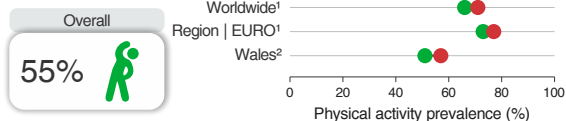
Capital - **Cardiff**
 Population - **3,131,600**
 Urban population - **65.0%**
 Life expectancy (years) - **79.9**
 Gini index for income inequality - **0.38***
 Human Development Index - **0.94***
 Literacy rate - **99.0%***
 Risk of premature non-communicable disease mortality - **10.0%***
 Human Capital Index - **0.94***
 Democracy Index - **8.28***
 Deaths from non-communicable diseases - **88.2%***
 World Bank income category - **High income**



PHYSICAL ACTIVITY PARTICIPATION

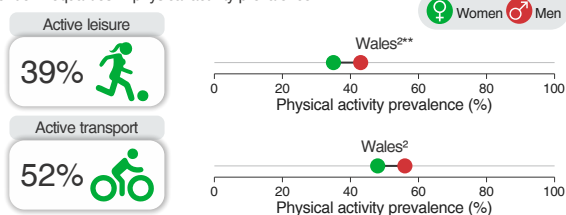
Physical activity prevalence estimates for adults

Gender inequalities in physical activity prevalence



Physical activity prevalence estimates for adults by domain

Gender inequalities in physical activity prevalence



POLICY AND SURVEILLANCE STATUS

National physical activity policy/plan **YES**

GoPA! Policy Directory

1. Healthy Weight, Healthy Wales 2020 - 2030
2. Working Together for a Healthier Wales 2023 - 2035
3. An Active Travel Action Plan for Wales, 2016
4. Enabling Sport in Wales to Thrive

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 2025 | Next

Surveys and instruments used to assess physical activity

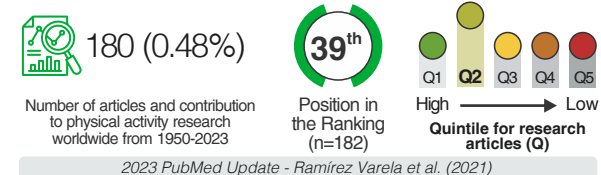
1. National Survey for Wales 2022/2023, 2025
2. School Health Research Network Student Health and Wellbeing Survey
3. Wales National Travel Survey
4. Travel to School Hands Up Survey
5. Sport Wales School Sport Survey
6. Sport Wales Sport and Active Lifestyle Survey

Contact Information

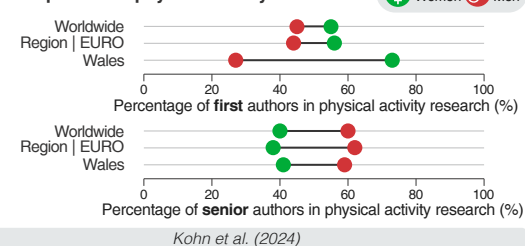
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This Country Card is part of the 3rd Physical Activity Almanac (free resource on the GoPA! website)
 For a description of the indicators and data sources visit: www.globalphysicalactivityobservatory.com/country-cards

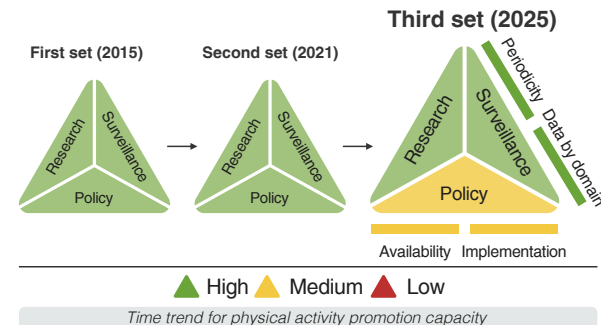
PHYSICAL ACTIVITY RESEARCH



Gender inequalities in physical activity research



PHYSICAL ACTIVITY PROMOTION CAPACITY PYRAMID



1 Global estimates (18+ years, Strain et al. (2024)) % participation by domain
 2 Country estimates
 **sport and/or physical activity 3 or more times/week