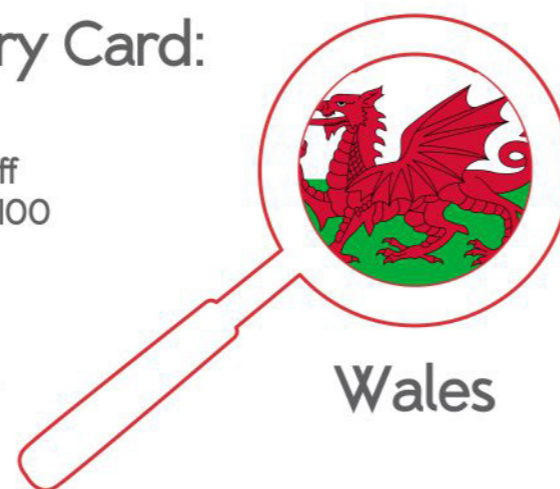




## Physical Activity Country Card: Wales

Capital ..... Cardiff  
 Inhabitants (2013) ..... 3,074,100  
 Life expectancy, (ONS 2013) ..... 80  
 GINI inequality index, UK (World Bank 2010) ..... 0.38  
 Human Development Index, UK (2013) ..... 0.892  
 Literacy rate, UK (CIA World Factbook 2003) ..... 99%  
 Deaths by NCDs\*\*, UK (2014) ..... 89%



### Deaths related to physical inactivity\*

» 16.9% of all deaths in UK are due to inactivity.



### Contact Information

Name:  
Malcolm Ward

Institution:  
Public Health Wales, Cardiff, Wales



### Physical activity plan

☒ Yes ☐ No

» Name:  
Creating an Active Wales

### National survey

☒ Yes

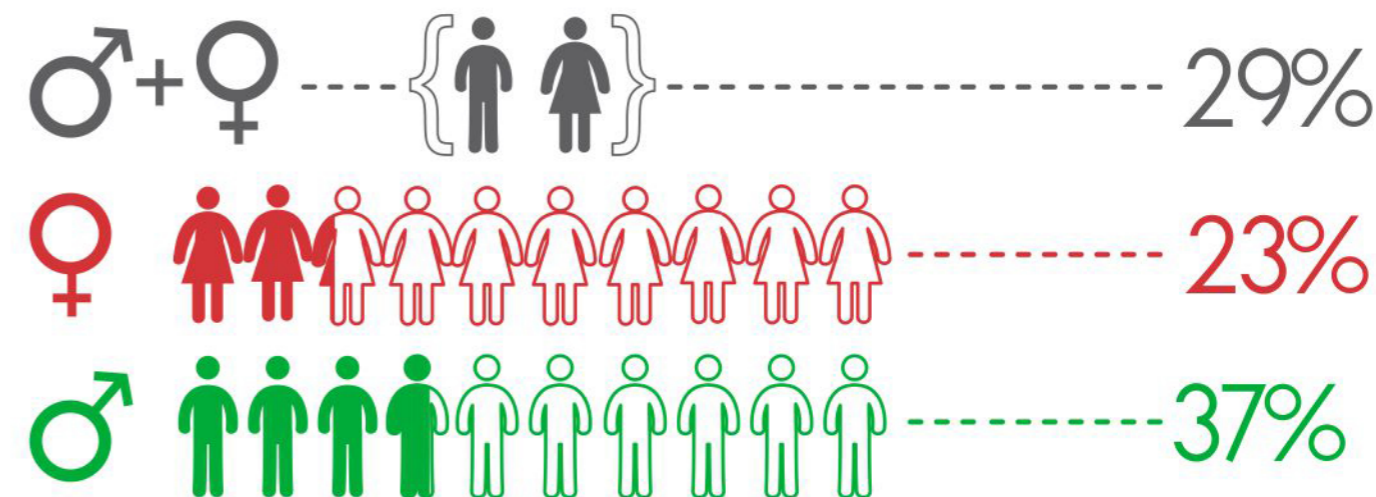
- ☒ First survey: 2005\*
- ☒ Most recent survey: 2013
- ☒ Next survey: 2015

☐ No

\*Welsh Health Survey

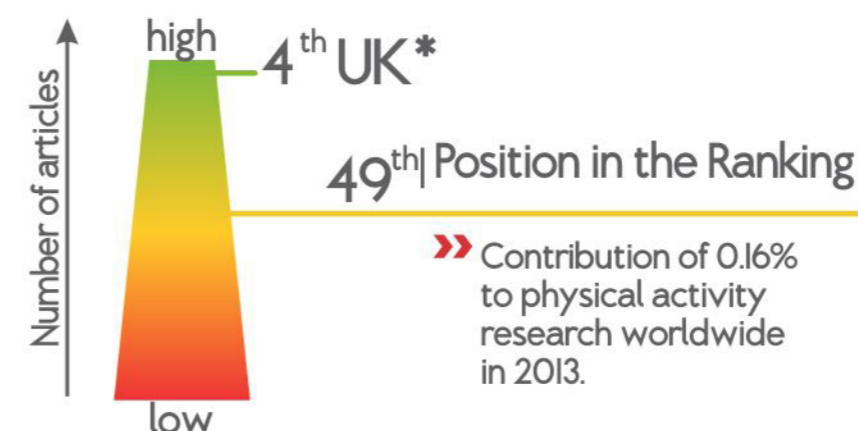
### Surveillance and policy status

### Prevalence of Physical Activity | Age 16+ years\*



(\* Welsh Health Survey 2013) This result was calculated according to the 5 day x 30min physical activity recommendation

### Research metrics (PubMed search in 2013)



» Contribution of 0.16% to physical activity research worldwide in 2013.

\* If United Kingdom as one country were included in the ranking it would be in the 4th position. Much of the research conducted in England, Scotland, Wales and Northern Ireland crosses the borders for funding, collaboration and dissemination.

\*\* Non-communicable diseases

For description of the indicators and data sources:  
[www.globalphysicalactivityobservatory.com/appendix](http://www.globalphysicalactivityobservatory.com/appendix)

Icons by Freepik

