Capital	**Beijing**
Population	**1,392,730,000**
Urban Population	**59.2%**
Life Expectancy	**76**
Gini index for income inequality	**0.47**
Human Development Index	**0.752**
Literacy Rate	**95.0%**
Deaths from non-communicable diseases	**86.0%**

World Bank income category ★★★☆ Upper middle income

Physical Activity Prevalence

86%

84%

88%

18 + years, Guthold, et al. The Lancet Global Health (2018)

Percentage of Deaths due to Physical Inactivity

In China **3.8%**

worldwide, % of deaths due to physical inactivity = **9%**

This Country Card is part of the 2nd Physical Activity Almanac (free resource on the GoPA! website)
For a description of the indicators and data sources visit:
www.globalphysicalactivityobservatory.com/country-cards

Policy and Surveillance Status

National physical activity policy/plan ● Yes ○ No

Title

National Fitness Program 2016; National Healthy Lifestyle Action 2016; the Plan to develop China into a leading sports power 2019; Sports Law of the People's Republic of China (2nd Amendament) 2016

National recommendations ● Yes ○ No

National survey(s) including physical activity questions ● Yes ○ No

First	Most recent	Next
2000	2015	2022

Surveys and instruments used to assess physical activity

World Health Survey 2002 (IPAQ); WHO STEPS 2007 (GPAQ); Survey Shanghai 2010 (IPAQ); NCD Risk Factor Surveillance 2013 (GPAQ); China Adult Chronic Disease and Nutrition Surveillance 2015; National Physical Activity and Fitness Survey 2015

National health monitoring system ● Yes ○ No

Physical activity ✔
Sedentary behavior (i.e. sitting time) ✘

Name(s)

China Nutrition and Health Surveillance

Physical Activity Research

2.56% Contribution to physical activity research worldwide from 1950-2019

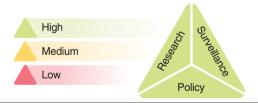**610** Total number of articles from the country from 1950-2019

10th Position in the Ranking (n=176)

Research articles quintiles (Q): Q1 High, Q2, Q3, Q4, Q5 Low

Sedentary Behavior (Sitting Time)

Total Sitting Time = **2.7 hrs|day**

Daily Sitting Time Global Tertile
1 High | 2 Medium | 3 Low

Leisure-time physical activity and sedentary behaviour among Chinese adults in 2010

Physical Activity Promotion Capacity Pyramid

High
Medium
Low

Research
Surveillance
Policy

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