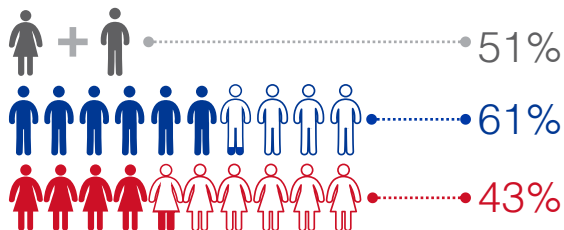




Capital	Bogotá
Population	49,648,685
Urban Population	80.8%
Life Expectancy	75
Gini index for income inequality	0.56
Human Development Index	0.747
Literacy Rate	94.0%
Deaths from non-communicable diseases	69.0%

World Bank income category **★★★★☆ Upper middle income**

Physical Activity Prevalence



Adults 18+ years, Encuesta Nacional de la Situación Nutricional en Colombia ENSIN, 2015

Percentage of Deaths due to Physical Inactivity



In Colombia
12.1%

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

- *Política Pública Nacional para El Desarrollo del Deporte La Recreación, La Actividad Física y El Aprovechamiento del Tiempo Libre Hacia un Territorio de Paz 2018-2028*

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

Instituto Colombiano de Bienestar Familiar, Encuesta Nacional de la Situación Nutricional en Colombia - ENSIN 2005, 2010, 2015 (IPAQ); WHO STEPS 2010 (GPAQ); International Prevalence Study 2003 (IPAQ)

National health monitoring system Yes No

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

Name(s)

Encuesta Nacional de la Situación Nutricional en Colombia - ENSIN

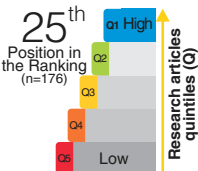
Physical Activity Research

 **0.95%**

Contribution to physical activity research worldwide from 1950-2019

 **226**

Total number of articles from the country from 1950-2019



Sedentary Behavior (Sitting Time)



Total Sitting Time = **--** hrs/day

Daily Sitting Time Global Tertile



Physical Activity Promotion Capacity Pyramid



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