



ETHIOPIA



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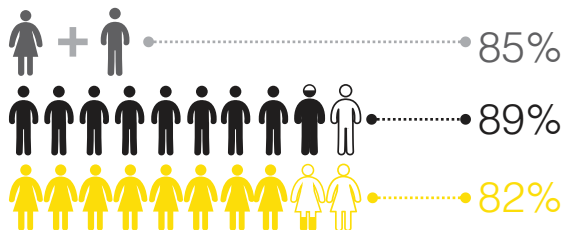
World Region | **AFRO** - Sub-Saharan Africa



Capital	Addis Ababa
Population	109,224,559
Urban Population	20.8%
Life Expectancy	66
Gini index for income inequality	0.35
Human Development Index	0.463
Literacy Rate	39.0%
Deaths from non-communicable diseases	52.0%

World Bank income category ★☆☆☆☆ **Low income**

Physical Activity Prevalence



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

Percentage of Deaths due to Physical Inactivity



In Ethiopia
4.0%

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 Strategic Action Plan (NSAP) for prevention & control of non-communicable diseases in Ethiopia 2006-2008

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

World Health Survey 2003 (IPAQ); WHO STEPS 2006, 2015 (GPAQ);

National health monitoring system Yes No

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

Name(s)

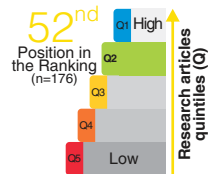
Physical Activity Research



0.18% 44

Contribution to physical activity research worldwide from 1950-2019

Total number of articles from the country from 1950-2019



Sedentary Behavior (Sitting Time)



Total Sitting Time = 2.8 hrs/day

Daily Sitting Time Global Tertile



WHO STEPS 2015

Physical Activity Promotion Capacity Pyramid



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