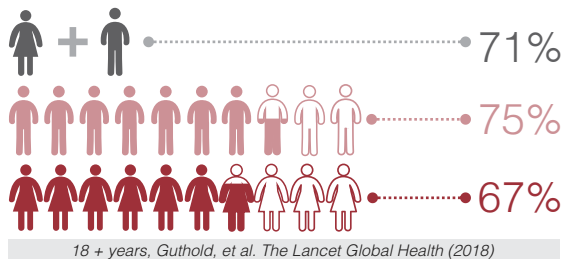




Capital	Riga
Population	1,926,542
Urban Population	68.1%
Life Expectancy	75
Gini index for income inequality	0.35
Human Development Index	0.847
Literacy Rate	99.9%
Deaths from non-communicable diseases	25.5%

World Bank income category ★★★★★ **High income**

Physical Activity Prevalence



Percentage of Deaths due to Physical Inactivity



In Latvia
7.6%

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 recommendations ☐ Yes ☒ No

National survey(s) including physical activity questions ☐ Yes ☒ No



Surveys and instruments used to assess physical activity

Latvian Adult Population survey 2014; Special Eurobarometer 472 2017 (adapted GPAQ)

National health monitoring system ☐ Yes ☒ No

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

Name(s)

Physical Activity Research



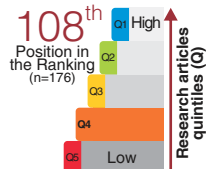
0.04%

Contribution to
physical activity
research
worldwide from
1950-2019



9

Total number of
articles from the
country from
1950-2019



Sedentary Behavior (Sitting Time)



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

Daily Sitting Time Global Tertile

1 High 2 Medium 3 Low

Physical Activity Promotion Capacity Pyramid



Contact Information

Name:
Institution: