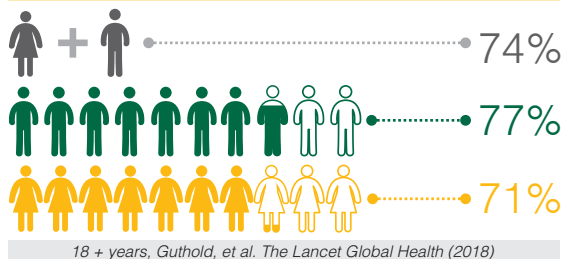




| | |
|--|------------------|
| Capital..... | Vilnius |
| Population..... | 2,789,533 |
| Urban Population..... | 67.7% |
| Life Expectancy..... | 75 |
| Gini index for income inequality..... | 0.36 |
| Human Development Index..... | 0.834 |
| Literacy Rate..... | 100.0% |
| Deaths from non-communicable diseases..... | 89.0% |

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

Physical Activity Prevalence



Percentage of Deaths due to Physical Inactivity



In Lithuania
6.9%

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

Lithuanian Health Strategy 2014-2025; National Sport Development Strategy 2011-2020; National Public Health Care Programme 2016-2023; Law on Sport of the Republic of Lithuania; National program for the transport development 2014-2022

National recommendations ☒ Yes ☐ No

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



Surveys and instruments used to assess physical activity

International Prevalence Study 2003 (IPAQ); Eurobarometer 64.3 2005 (other); National survey 2010 (GPAQ); Eurobarometer 80.2 2013 (other); Special Eurobarometer 412 2014 (adapted GPAQ); Special Eurobarometer 472 2017 (adapted GPAQ); Lithuania Health Behavior Among the Adult Population 2012, 2014 (other)

National health monitoring system ☒ Yes ☐ No

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

Name(s)

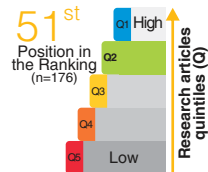
Physical Activity Research

0.19%

Contribution to physical activity research worldwide from 1950-2019

45

Total number of articles from the country from 1950-2019



Sedentary Behavior (Sitting Time)



Total Sitting Time = 4.9 hrs/day

Daily Sitting Time Global Tertile

1 High 2 Medium 3 Low

European Commission (2017). Special Eurobarometer 472: Sport and Physical Activity Report.

Physical Activity Promotion Capacity Pyramid



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