



Capital	Valletta
Population	483,530
Urban Population	94.6%
Life Expectancy	82
Gini index for income inequality	0.27
Human Development Index	0.829
Literacy Rate	92.0%
Deaths from non-communicable diseases	79.0%

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

Physical Activity Prevalence



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

Percentage of Deaths due to Physical Inactivity



In Malta
10.5%

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

A strategy for the prevention of non-communicable diseases in Malta. Valletta, Department of Health, 2010

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

Eurobarometer 64.3 2005 (other); Eurobarometer 80.2 2013 (other); Special Eurobarometer 412 2014 (adapted GPAQ); Special Eurobarometer 472 2017 (Adapted GPAQ)

National health monitoring system Yes No

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

Name(s)

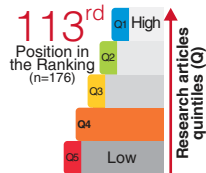
Physical Activity Research



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 = **4.6 hrs/day**

Daily Sitting Time Global Tertile



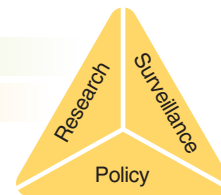
European Commission (2017). Special Eurobarometer 472: Sport and Physical Activity Report.

Physical Activity Promotion Capacity Pyramid

High

Medium

Low



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