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|---|------------------|
| Capital | Podgorica |
| Population | 622,345 |
| Urban Population | 66.9% |
| Life Expectancy | 77 |
| Gini index for income inequality | 0.29 |
| Human Development Index | 0.290 |
| Literacy Rate | 98.0% |
| Deaths from non-communicable diseases | 92.0% |

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

Physical Activity Prevalence



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

Percentage of Deaths due to Physical Inactivity



In Montenegro
---%

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

Strategy of Sport Development 2018-2021

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

National health monitoring system Yes No

Physical activity

Sedentary behavior (i.e. sitting time)

Name(s)

Physical Activity Research

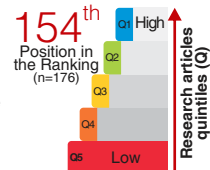


Contribution to physical activity research worldwide from 1950-2019



2

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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