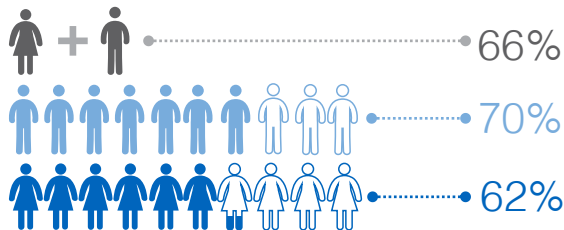




Capital	Edinburgh
Population	5,438,100
Urban Population	83.4%
Life Expectancy	81
Gini index for income inequality	0.33
Human Development Index	0.890
Literacy Rate	99.0%
Deaths from non-communicable diseases	89.0%

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 Scotland*
8.7%

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

*17% was the United Kingdom's National Health Survey estimate used in the 2015 Country Card. The difference with the 2020 estimate is due to the measurement method (see general appendix).

Policy and Surveillance Status

National physical activity policy/plan Yes No

Title

A Strategy for Physical Activity. Edinburgh: Scottish Executive; 2003; A More Active Scotland: Scotland's Physical Activity Delivery Plan 2018; A long term vision for active travel in Scotland 2030 2014-2030; Let's get Scotland Walking - The National Walking Strategy 2014.

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

Scottish Health Survey, 2017 (SHeS questionnaire)

National health monitoring system Yes No

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

Name(s)

Physical Activity Research

0.80%

Contribution to physical activity research worldwide from 1950-2019

192

Total number of articles from the country from 1950-2019



Sedentary Behavior (Sitting Time)



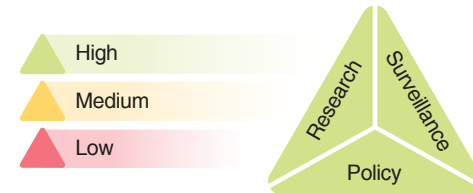
Total Sitting Time = **4.9 hrs/day**

Daily Sitting Time Global Tertile



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

Physical Activity Promotion Capacity Pyramid



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