



Capital	Stockholm
Population	10,183,175
Urban Population	87.4%
Life Expectancy	82
Gini index for income inequality	0.23
Human Development Index	0.898
Literacy Rate	99.0%
Deaths from non-communicable diseases	90.0%

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 Sweden
6.1%

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

Action Plan for healthy dietary habits and increased physical activity. Stockholm, National Institute of Public Health, 2005

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

Eurobarometer 58.2 2002 (other); Eurobarometer 64.3 2005 (other); Eurobarometer 80.2 2013 (other); Public Health Agency of Sweden HLIV survey 2014 (IPAQ modified); 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



2.70%



645

9th

Position in the Ranking (n=176)

Q1 High

Q2

Q3

Q4

Q5 Low

Research articles quintiles (Q)

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 = 5.8 hrs/day

Daily Sitting Time Global Tertile



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

Physical Activity Promotion Capacity Pyramid



Contact Information

Name: Maria Hagströmer
Institution: Division of Physiotherapy, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet, Solna, Sweden