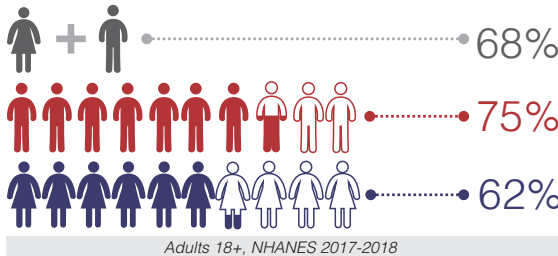




Capital .....	<b>Washington</b>
Population .....	<b>327,167,434</b>
Urban Population .....	<b>82.3%</b>
Life Expectancy .....	<b>79</b>
Gini index for income inequality .....	<b>0.45</b>
Human Development Index .....	<b>0.919</b>
Literacy Rate .....	<b>79.0%</b>
Deaths from non-communicable diseases .....	<b>88.0%</b>

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

### Physical Activity Prevalence



### Percentage of Deaths due to Physical Inactivity



In United States **10.1%**

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](http://www.globalphysicalactivityobservatory.com/country-cards)

### Policy and Surveillance Status

National physical activity policy/plan  Yes  No

Title

*US National Physical activity Plan 2016; Physical Activity Guidelines for Americans, 2nd edition 2018;*

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); NHANES 2007-2008, 2009-2010; 2011-2012; 2013-2014, 2015-2016, 2017-2018 (GPAQ); CDC BRFSS 1996, 1998, 2000, 2001, 2003, 2005, 2007, 2009, 2011, 2013, 2015, 2017, The National Health Interview Survey (NHIS) 1998-2018 (Other) The Behavioral Risk Factor Surveillance System BRFSS 2019 (Other)*

National health monitoring system  Yes  No

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

Name(s)

*The National Health and Nutrition Examination Survey (NHANES).*

### Physical Activity Research

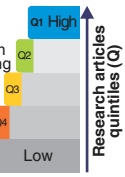


25.6%

6111

1<sup>st</sup>

Position in the Ranking (n=176)



Contribution to physical activity research worldwide from 1950-2019

Total number of articles from the country from 1950-2019

### Sedentary Behavior (Sitting Time)



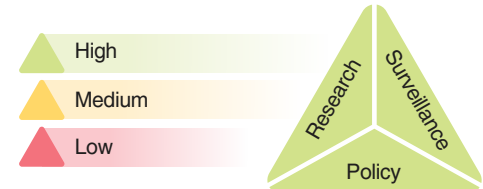
Total Sitting Time = 4.7 hrs/day

Daily Sitting Time Global Tertile



*Harrington et al. (2014). The descriptive epidemiology of sitting among US adults. NHANES 2009/2010. J Sci Med Sport.*

### Physical Activity Promotion Capacity Pyramid



### Contact Information

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