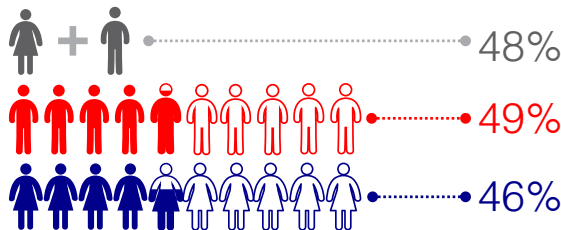




Capital .....	<b>Canberra</b>
Population .....	<b>24,992,369</b>
Urban Population .....	<b>86%</b>
Life Expectancy .....	<b>82</b>
Gini index for income inequality .....	<b>0.36</b>
Human Development Index .....	<b>0.939</b>
Literacy Rate .....	<b>99%</b>
Deaths from non-communicable diseases .....	<b>91.0%</b>

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

## Physical Activity Prevalence



## Percentage of Deaths due to Physical Inactivity



**In Australia**  
**7.8%**

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

National recommendations  Yes  No

National survey(s) including physical activity questions  Yes  No



## Surveys and instruments used to assess physical activity

National Health Survey 2011-2012, 2014-2015, 2018-2018 (IPAQ)

National health monitoring system  Yes  No

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

Name(s)  
*Australian Bureau of Statistics*

## Physical Activity Research



## Sedentary Behavior (Sitting Time)



## Physical Activity Promotion Capacity Pyramid



## Contact Information

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