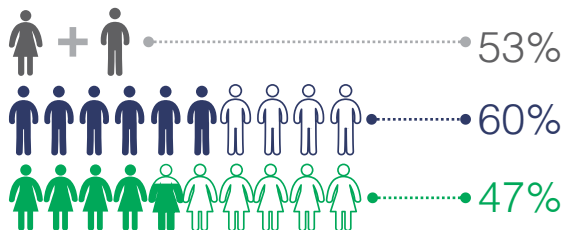




Capital	Brasilia
Population	209,469,333
Urban Population	86.6%
Life Expectancy	76
Gini index for income inequality	0.53
Human Development Index	0.740
Literacy Rate	92.0%
Deaths from non-communicable diseases	74.0%

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 Brazil
11.6%

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

- Strategic Action Plan to Tackle Noncommunicable Diseases (NCD) in Brazil 2011-2022

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

World Health Survey 2003 (IPAQ); Physical Activity Trends Study 2007, 2012, 2015 (IPAQ); PNAUM 2013 (IPAQ); VIGITEL 2014-2017 (Other); PNS: P-PNAD Pesquisa Nacional de Saúde 2013 (Other)

National health monitoring system Yes No

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

Name(s)

VIGITEL BRASIL

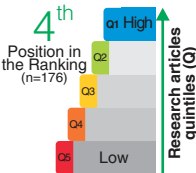
Physical Activity Research

 **5.0%**

Contribution to physical activity research worldwide from 1950-2019

 **1200**

Total number of articles from the country from 1950-2019



Sedentary Behavior (Sitting Time)



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

Daily Sitting Time Global Tertile

1 High 2 Medium 3 Low

Physical Activity Promotion Capacity Pyramid

High

Medium

Low



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