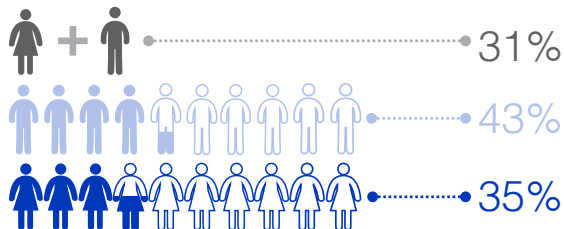




|   |                  |
|---|------------------|
| Capital .....                               | <b>Jerusalem</b> |
| Population .....                            | <b>8,883,800</b> |
| Urban Population .....                      | <b>92.4%</b>     |
| Life Expectancy .....                       | <b>83</b>        |
| Gini index for income inequality .....      | <b>0.38</b>      |
| Human Development Index .....               | <b>0.888</b>     |
| Literacy Rate .....                         | <b>98.0%</b>     |
| Deaths from non-communicable diseases ..... | <b>86.0%</b>     |

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 Israel  
**16.2%**

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

Healthy lifestyle 2005-2020

National recommendations  Yes  No

National survey(s) including physical activity questions  Yes  No



Surveys and instruments used to assess physical activity

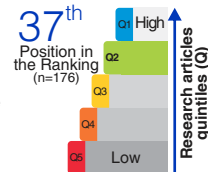
The Israeli National Health Interview Survey 2014 (IPAQ)

National health monitoring system  Yes  No

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

Name(s)

## Physical Activity Research



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 =  hrs/day

Daily Sitting Time Global Tertile



## Physical Activity Promotion Capacity Pyramid



## Contact Information

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