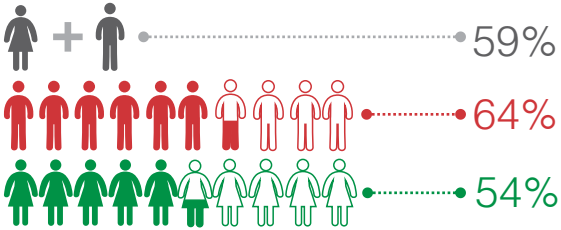
ITALY Italia

World Region | EURO - Europe & Central Asia

Capital	**Rome**
Population	**60,431,283**
Urban Population	**70.4%**
Life Expectancy	**83**
Gini index for income inequality	**0.35**
Human Development Index	**0.880**
Literacy Rate	**99.0%**
Deaths from non-communicable diseases	**92.0%**

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 Italy **10.4%**

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

Gaining health. Rome, Ministry of Health, 2007

National recommendations ● Yes ○ No

National survey(s) including physical activity questions ● Yes ○ No

First	Most recent	Next
2002	2017	--

Surveys and instruments used to assess physical activity

Eurobarometer 58.2 2002 (IPAQ); Eurobarometer 64.3 2005 (IPAQ); Eurobarometer 80.2 2013 (IPAQ); Special Eurobarometer 412 2014 (adapted GPAQ); Special Eurobarometer 472 2017 (Adapted GPAQ)
Okkio alla salute: indagini campionarie nei bambini (6-10 anni). Istituto Superiore di Sanità.

National health monitoring system ○ Yes ● No

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

Name(s)

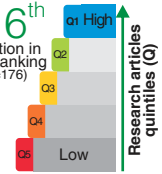
Studio PASSI: indagini campionarie. Istituto Superiore di Sanità;

Physical Activity Research

1.50% Contribution to physical activity research worldwide from 1950-2019

357 Total number of articles from the country from 1950-2019

16th Position in the Ranking (n=176)



Sedentary Behavior (Sitting Time)

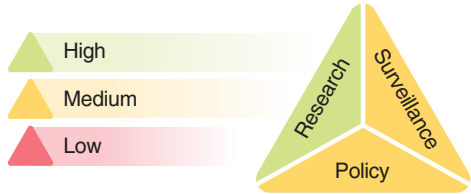
Total Sitting Time = 5.0 hrs|day

Daily Sitting Time Global Tertile

1 High | 2 Medium | 3 Low

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

Physical Activity Promotion Capacity Pyramid



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