



NORTHERN IRELAND



Northern Ireland World Region | EURO - Europe & Central Asia



Capital	Belfast
Population	1,881,641
Urban Population	83.0%
Life Expectancy	81
Gini index for income inequality	0.33
Human Development Index	0.887
Literacy Rate	99.0%
Deaths from non-communicable diseases	89.0%

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

Physical Activity Prevalence



adults 18+ years, Health Survey (NI) 2016/17

Percentage of Deaths due to Physical Inactivity



In Northern Ireland **11.2%**

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

Policy and Surveillance Status

National physical activity policy/plan Yes No

Title

Sport Matters 2009-2019; Fitter Futures Obesity Strategy 2015-2019. Note: Fitter Futures is an obesity strategy that included physical activity, not an overall NCD strategy. These policies are relevant/linked to physical activity but not standalone physical activity policies.

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

The Health Survey for Northern Ireland, 2015/2016 2016/2017 (Other)

National health monitoring system Yes No

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

Name(s)

Health Survey for Northern Ireland, 2015/2016 2016/17

Physical Activity Research



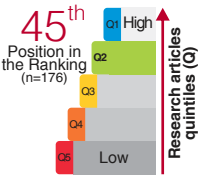
0.33%



78

Contribution to physical activity research worldwide from 1950-2019

Total number of articles from the country from 1950-2019



Sedentary Behavior (Sitting Time)



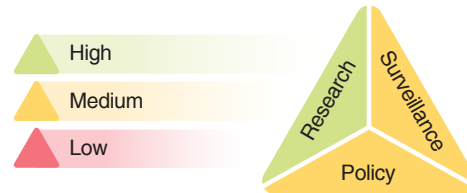
Total Sitting Time = **4.7 hrs/day**

Daily Sitting Time Global Tertile



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

Physical Activity Promotion Capacity Pyramid



Contact Information

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