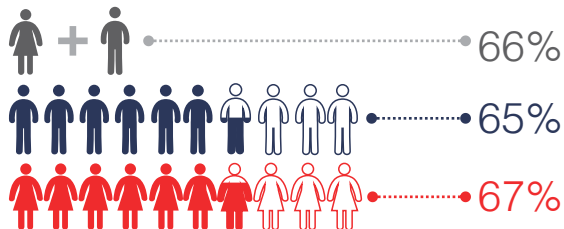




Capital	<b>Oslo</b>
Population	<b>5,314,336</b>
Urban Population	<b>82.2%</b>
Life Expectancy	<b>83</b>
Gini index for income inequality	<b>0.25</b>
Human Development Index	<b>0.944</b>
Literacy Rate	<b>99%</b>
Deaths from non-communicable diseases	<b>87.0%</b>

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

## Physical Activity Prevalence



adults 18+ years, Norwegian Directorate of Health, 2017

## Percentage of Deaths due to Physical Inactivity



In Norway **8.2%**

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

Folkhelsemeldingen – Gode liv i eit trygt samfunn (Meld. St. 19 (2018–2019); The Action Plan on Physical Activity 2005–2009. Working Together for Physical Activity. 8-2-0005. Norwegian Ministry of Health and Care Services

National recommendations  Yes  No

National survey(s) including physical activity questions  Yes  No



Surveys and instruments used to assess physical activity

KAN study 2005/2005, 2014/2015, 2020 (IPAQ, Saltin-Grimby PAQs)

National health monitoring system  Yes  No

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

Name(s)

KAN study

## Physical Activity Research



1.66%



397

Contribution to physical activity research worldwide from 1950-2019

Total number of articles from the country from 1950-2019

15<sup>th</sup>

Position in the Ranking (n=176)

Q1

Q2

Q3

Q4

Q5

Research articles quintiles (Q)

## Sedentary Behavior (Sitting Time)



Total Sitting Time = 7.1 hrs/day

Daily Sitting Time Global Tertile



Norwegian national Surveillance 2; 2014-15 (Sedentary time assessed by IPAQ)

## Physical Activity Promotion Capacity Pyramid



## Contact Information

Name: Ulf Ekelund  
Institution: Department of Sport Medicine  
Norwegian School of Sport Sciences, Oslo, Norway