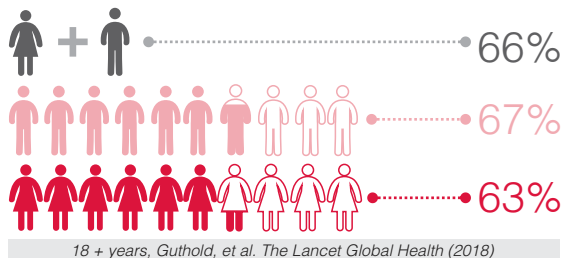




Capital.....	Warsaw
Population.....	37,978,548
Urban Population.....	60.1%
Life Expectancy.....	78
Gini index for income inequality.....	0.33
Human Development Index.....	0.865
Literacy Rate.....	100.0%
Deaths from non-communicable diseases.....	90.0%

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

Physical Activity Prevalence



Percentage of Deaths due to Physical Inactivity



In Poland
8.3%

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

Poland's National Health Program for 2016-2020 and 2021-2025

National recommendations ☒ Yes ☐ No

National survey(s) including physical activity questions ☒ Yes ☐ No



Surveys and instruments used to assess physical activity

Eurobarometer 64.3 2005; Courage 2011; Eurobarometer 80.2 2013; Special Eurobarometer 412 2014; Special Eurobarometer 472 2017; Eurostat-European Health Interview Survey 2014; Examination of the level of physical activity of the society 2014, 2015, 2016, 2017, 2018. Ministry of Sport and Tourism (other)

National health monitoring system ☒ Yes ☐ No

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

Name(s)

Physical Activity Research

 **0.95%**

Contribution to physical activity research worldwide from 1950-2019

 **227**

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



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