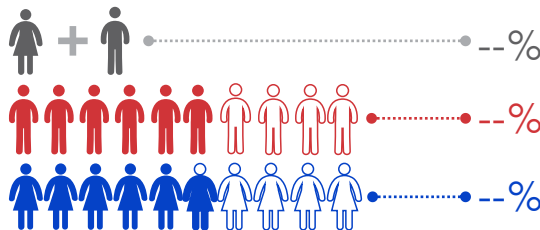




|   |                  |
|---|------------------|
| Capital .....                               | <b>San Juan</b>  |
| Population .....                            | <b>3,195,153</b> |
| Urban Population .....                      | <b>93.6%</b>     |
| Life Expectancy .....                       | <b>80</b>        |
| Gini index for income inequality .....      | <b>0.55</b>      |
| Human Development Index .....               | <b>0.086</b>     |
| Literacy Rate .....                         | <b>92.0%</b>     |
| Deaths from non-communicable diseases ..... | <b>19.0%</b>     |

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

### Physical Activity Prevalence



### Percentage of Deaths due to Physical Inactivity



In Puerto Rico  
---%

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

*Plan of Action for the Prevention and Control of Noncommunicable Diseases in the Americas 2013-2019; Puerto Rico Healthy People 2020 Strategic Plan 2012*

National recommendations  Yes  No

National survey(s) including physical activity questions  Yes  No



### Surveys and instruments used to assess physical activity

BRFSS 1996, 1998, 2000, 2001, 2003, 2005, 2007, 2009, 2011, 2013, 2015, 2017 (other)

National health monitoring system  Yes  No

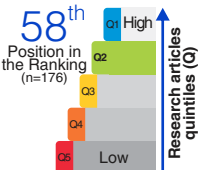
Physical activity    
Sedentary behavior (i.e. sitting time)

Name(s)

### Physical Activity Research

0.16%

39



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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