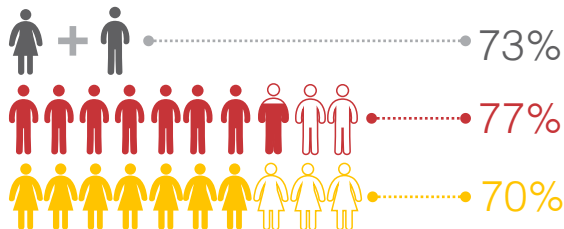




Capital .....	<b>Madrid</b>
Population .....	<b>46,723,749</b>
Urban Population .....	<b>80.3%</b>
Life Expectancy .....	<b>82</b>
Gini index for income inequality .....	<b>0.32</b>
Human Development Index .....	<b>0.869</b>
Literacy Rate .....	<b>98.0%</b>
Deaths from non-communicable diseases .....	<b>92.0%</b>

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 Spain**  
**7.0%**

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 Integral de Actividad Física y Deporte 2010-2020 [Integral Plan for Physical Activity and Sport Promotion], Madrid, High Council for Sport, 2009; Actividad física para la salud y reducción del sedentarismo: recomendaciones para la población 2013*

National recommendations  Yes  No

National survey(s) including physical activity questions  Yes  No



## Surveys and instruments used to assess physical activity

*ENCAT 2002 (IPAQ); Eurobarometer 58.2 2002 (other); World Health Survey 2003 (IPAQ); Eurobarometer 64.3 2005 (other); GPAQ study Madrid 2009 (GPAQ); COURAGE 2011 (GPAQ); National Health Survey 2011 (IPAQ); Eurobarometer 80.2; Special Eurobarometer 412 2014 (Adapted GPAQ); Special Eurobarometer 472 2017 (Adapted GPAQ); Eurostat-European Health Interview Survey 2014 (Adapted GPAQ); Encuesta Nacional de Salud 2017 (other)*

National health monitoring system  Yes  No

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

Name(s)

*Encuesta Nacional de Salud*

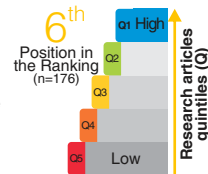
## Physical Activity Research



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 = 4.6 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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