



| | |
|---------------------------------------|------------------|
| Capital | Bern |
| Population | 8,513,227 |
| Urban Population | 73.8% |
| Life Expectancy | 84 |
| Gini index for income inequality | 0.29 |
| Human Development Index | 0.920 |
| Literacy Rate | 86.0% |
| Deaths from non-communicable diseases | 7.6% |

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 Switzerland
2.0%

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

Policy and Surveillance Status

National physical activity policy/plan Yes No

Title

National Noncommunicable Disease (NCD) Strategy 2017–2024; Federal Roads Authority. Guidelines and legal regulations for improvement of walking and cycling infrastructure; Federal Office of Sports. Guidelines and regulations for building sports infrastructure; Federal Office of Spatial Development. Guidelines for the promotion of (green) open spaces, mainly in urban areas.

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

Swiss Health Survey 2012 (IPAQ)

National health monitoring system Yes No

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

Name(s)

Swiss Health Survey

Physical Activity Research



0.98%



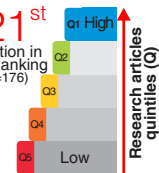
234

21st

Position in the Ranking (n=176)

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 = **5.5 hrs/day**

Daily Sitting Time Global Tertile

High 2 Medium 3 Low

Sitzen (Alter: 15+) | OBSAN

Physical Activity Promotion Capacity Pyramid



Contact Information

Name: Andrea Poffet
Institution: Swiss Federal Office of Public Health
Department of NCD Prevention