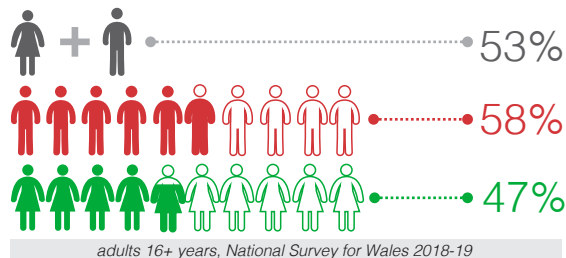




|   |                  |
|---|------------------|
| Capital .....                               | <b>Cardiff</b>   |
| Population .....                            | <b>3,138,631</b> |
| Urban Population .....                      | <b>83.4%</b>     |
| Life Expectancy .....                       | <b>80</b>        |
| Gini index for income inequality .....      | <b>0.38</b>      |
| Human Development Index .....               | <b>0.892</b>     |
| Literacy Rate .....                         | <b>99.0%</b>     |
| Deaths from non-communicable diseases ..... | <b>89.0%</b>     |

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

### Physical Activity Prevalence



### Percentage of Deaths due to Physical Inactivity



In Wales  
**11.6%**

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

Healthy Weight Healthy Wales 2020-2030, 2019; Public Health Wales  
Strategic Plan, 2019

National recommendations ☒ Yes ☐ No

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



Surveys and instruments used to assess physical activity

National Survey for Wales 2018-2019 (short IPAQ modified)

National health monitoring system ☒ Yes ☐ No

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

Name(s)

National Survey for Wales

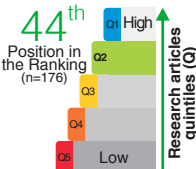
### Physical Activity Research



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 = **4.9**  
hrs/day

Daily Sitting Time Global Tertile



European Commission (2017). Special Eurobarometer 472: Sport and Physical Activity Report.

### Physical Activity Promotion Capacity Pyramid

High

Medium

Low



### Contact Information

Name: John Bradley  
Institution: Public Health Wales, Cardiff, Wales