



<b>Abbreviated name</b>	Insufficient physical activity in adults ( <i>Also: adolescents</i> )
<b>Indicator name</b>	Age-standardized prevalence of insufficiently physically active persons aged 18+ years
<b>Domain</b>	Risk factors
<b>Subdomain</b>	NCDs and nutrition
<b>Associated terms</b>	Noncommunicable diseases
<b>Definition</b>	<p>Age-standardized prevalence of insufficiently physically active persons aged 18+ years (percentage of adults aged 18+ years not meeting any of the following criteria: 150 minutes of moderate-intensity physical activity per week; 75 minutes of vigorous-intensity physical activity per week; an equivalent combination of moderate- and vigorous-intensity physical activity accumulating at least 600 metabolic equivalent minutes per week (minutes of physical activity can be accumulated over the course of a week but must be of a duration of at least 10 minutes).</p> <p>*Metabolic equivalent (MET) is the ratio of a person's working metabolic rate relative to the resting metabolic rate. One metabolic equivalent is defined as the energy cost of sitting quietly and is equivalent to a caloric consumption of 1 kcal/kg per hour. Physical activities are frequently classified by their intensity, using the metabolic equivalent as a reference.</p>
<b>Numerator</b>	<p>Number of respondents where all three of the following criteria are true:  weekly minutes* of vigorous activity &lt; 75 minutes;  weekly minutes* of moderate activity &lt; 150 minutes;  weekly metabolic equivalent minutes** &lt; 600.</p> <p>* Weekly minutes are calculated by multiplying the number of days on which vigorous/moderate activity is done by the number of minutes of vigorous/moderate activity per day.  ** Weekly metabolic equivalent minutes are calculated by multiplying the weekly minutes of vigorous activity by 8 and the number of weekly minutes of moderate activity by 4 and then adding these two results together.</p>
<b>Denominator</b>	All respondents of the survey aged 18+ years.
<b>Disaggregation/ additional dimension</b>	Age, sex, other relevant sociodemographic stratifiers where available <i>Also: Prevalence of insufficiently physically active adolescents (defined as less than 60 minutes of moderate to vigorous intensity activity daily)</i>
<b>Method of measurement</b>	
<b>Method of estimation</b>	$(\text{Number of respondents aged 18+ years not meeting the aforementioned criteria for physical activity}) / (\text{number of survey respondents aged 18+ years}) \times 100.$
<b>Measurement frequency</b>	At least every 5 years
<b>Monitoring and evaluation framework</b>	Outcome
<b>Preferred data sources</b>	Population-based (preferably nationally representative) survey
<b>Other possible data sources</b>	
<b>Further information and related links</b>	<p>Draft comprehensive global monitoring framework and targets for the prevention and control of noncommunicable diseases, including a set of indicators. Agenda item A66/8, Sixty-sixth World Health Assembly, 20–28 May 2013. Geneva: World Health Organization; 2013 (<a href="http://apps.who.int/gb/ebwha/pdf_files/WHA66/A66_8-en.pdf?ua=1">http://apps.who.int/gb/ebwha/pdf_files/WHA66/A66_8-en.pdf?ua=1</a>, accessed 29 March 2015).</p> <p>Global recommendations on physical activity for health. Geneva: World Health Organization; 2010.</p> <p>Physical Activity Guidelines Advisory Committee (PAGAC). Physical Activity Guidelines Advisory Committee Report, 2008. Washington (DC): Department of Health and Human Services; 2008.</p>