

COUNTRY FACTSHEET

INSUFFICIENT PHYSICAL ACTIVITY

COUNTRY: AFGHANISTAN

Updated as of 17-06-2015

INDICATORS	Total	Men	Female
Prevalence of insufficient physical activity among adult 18+ *	N/A		
PREVALENCE OF PHYSICAL INACTIVITY AMONG YOUTH	Total	Boy	Girl
Percentage of adolescent aged 13-15 y. o being insufficiently active (Sufficiently active= being physically active for a total of at least 60 min. daily on five or more days during the past seven days).**	N/A		

*Source: *Global Status Report on Non-communicable disease 2014/WHO*

*** Global Student Health Survey/WHO*

2-GOVERNANCE	Yes	No
1. Country has a designated focal point for physical activity		√
2. Country has an national plan of action/programme/strategy on physical activity with national targets		√
3. Country has formal mechanism(s) to collaborate with non-health sectors e.g. ministries of education, sports, urban planning etc.		√
3-POPULATION BASED INTERVENTION TO TACKLE INSUFFICIENT PHYSICAL ACTIVITY	Yes	No
1. Country has celebrated the World Day on physical activity on 6 April.		√
2. Country has conducted at least one national campaign on physical activity targeting adult population during the past year		√
3. Country has conducted at least one national campaign on physical activity during the past year targeting youth		√
4-SURVEILLANCE	Yes	No
1. Country has implemented STEPS during the last 5 years		√
2. Country has implemented GSHS during the last 5 years		√
3. Country has implemented the WHO PAT Survey during the last 5 years		√
NATIONAL SYSTEMS RESPONSE	Yes	No
1. Country has integrated physical activity in NCDs prevention programmes at primary health care services		√
2. Country has made physical education mandatory to the school curriculum		√
3. Country has a designated national day to celebrate physical activity		√
4. Country has designated national sport day engaging multiple sectors including education, health		√
