



IRELAND Ireland

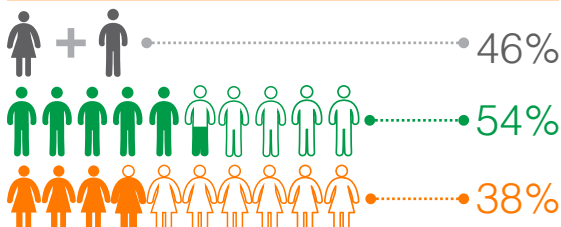
World Region | EURO - Europe & Central Asia



Capital	Dublin
Population	4,819,000
Urban Population	63.2%
Life Expectancy	82
Gini index for income inequality	0.31
Human Development Index	0.940
Literacy Rate	99.0%
Deaths from non-communicable diseases	91.0%

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

Physical Activity Prevalence



Healthy Ireland Report, 2019

Percentage of Deaths due to Physical Inactivity



In Ireland
8.4%

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

Get Ireland Active! National Physical Activity Plan for Ireland 2016-2020;
Healthy Ireland: A framework for Improved Health and Wellbeing 2013-2025;
National Sports Policy 2018-2027; Smarter Travel, a Sustainable Transport
Future 2009-2020;

National recommendations ☒ Yes ☐ No

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



Surveys and instruments used to assess physical activity

Eurobarometer 58.2 2002 (IPAQ); Eurobarometer 64.3 2005 (IPAQ); Eurobarometer 80.2
2013 (IPAQ); Special Eurobarometer 412 2014 (adapted GPAQ); Special Eurobarometer
472 2017 (adapted GPAQ); TILDA 2010 (IPAQ); Healthy Ireland Survey 2015, 2017, 2019
(IPAQ)
Sports Monitor 2017, 2019; Healthy Ireland Survey 2015, 2017, 2019 (IPAQ);

National health monitoring system ☒ Yes ☐ No

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

Name(s)

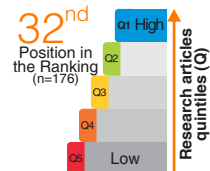
Physical Activity Research



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 = **3.5**
hrs/day

Daily Sitting Time Global Tertile



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

Physical Activity Promotion Capacity Pyramid



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