



Physical Activity Country Card: South Africa

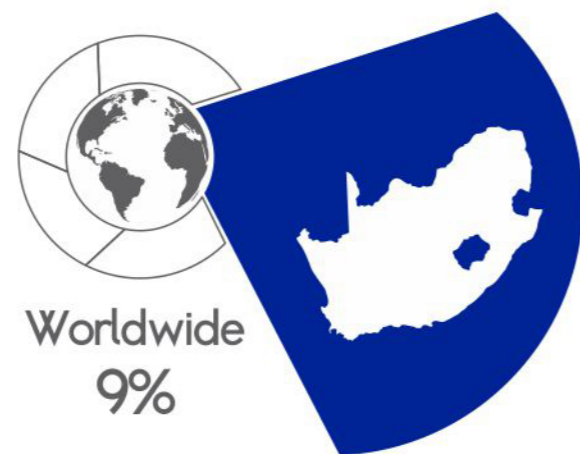
Capital Pretoria; Cape Town; Bloemfontein
 Inhabitants (2013) 52,981,991
 Life expectancy (2012) 56
 GINI inequality index (2009) 0.63
 Human Development Index (2013) 0.658
 Literacy rate (2012) 94%
 Deaths by non-communicable diseases 43%



South Africa
 Iningizimu Afrika
 Afrika-Dzonga
 Mzantsi Afrika

Deaths related to physical inactivity

» 14.0% of all deaths in South Africa are due to inactivity.



Worldwide
9%

South Africa
14.0%

Surveillance and policy status

Physical activity plan

Yes No

» Name:

1. National Plan for the Prevention and Control of Non-communicable Diseases 2013-2017

2. National Strategy for the Prevention and Control of Obesity 2015-2020

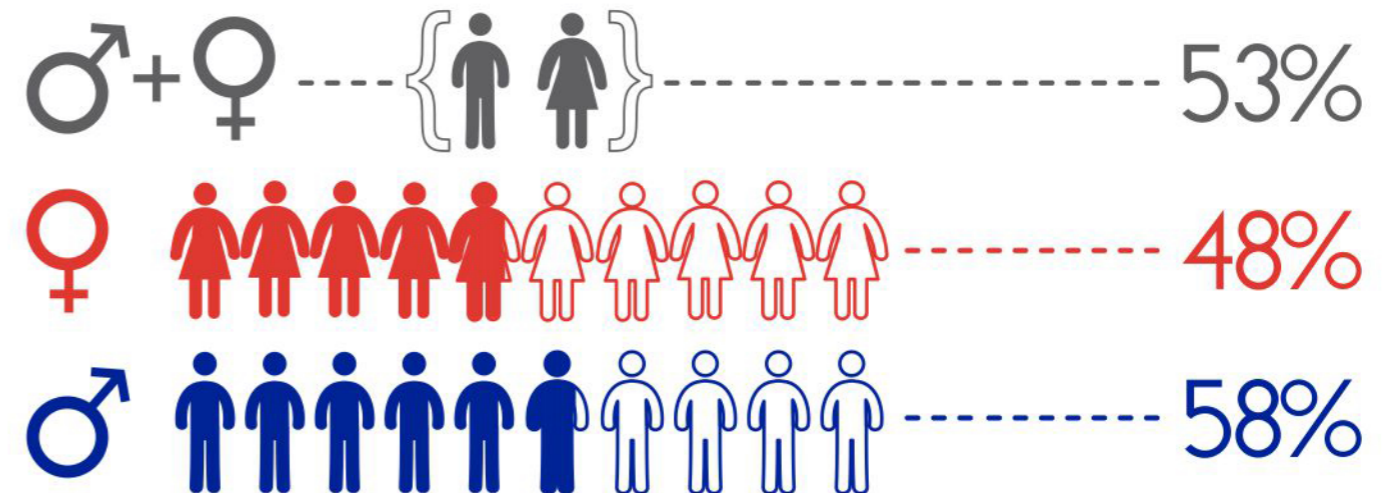
National survey

Yes

First survey: 2003
 Most recent survey: 2013
 Next survey

No

Prevalence of Physical Activity | Age 18+ years



Research metrics (PubMed search in 2013)

Articles related to Physical Activity and Public Health =10

Number of active researchers =58

Average connections (shared papers) among authors =10.6

Articles per million people =0.188

Researchers per million people =0.679

Identified publishing groups =9



For description of the indicators and data sources:
www.globalphysicalactivityobservatory.com/appendix

Icons by Freepik

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