



Global Observatory for Physical Activity Northern Ireland Country Card

Carlin, A., & Murphy, M. H. (2021, Jan 27). Global Observatory for Physical Activity Northern Ireland Country Card. <http://new.globalphysicalactivityobservatory.com/card/?country=ND>

[Link to publication record in Ulster University Research Portal](#)

Publication Status:

Published (in print/issue): 27/01/2021

Document Version

Publisher's PDF, also known as Version of record

General rights

Copyright for the publications made accessible via Ulster University's Research Portal is retained by the author(s) and / or other copyright owners and it is a condition of accessing these publications that users recognise and abide by the legal requirements associated with these rights.

Take down policy

The Research Portal is Ulster University's institutional repository that provides access to Ulster's research outputs. Every effort has been made to ensure that content in the Research Portal does not infringe any person's rights, or applicable UK laws. If you discover content in the Research Portal that you believe breaches copyright or violates any law, please contact pure-support@ulster.ac.uk.



NORTHERN IRELAND



Northern Ireland World Region | EURO - Europe & Central Asia



Capital	Belfast
Population	1,881,641
Urban Population	83.0%
Life Expectancy	81
Gini index for income inequality	0.33
Human Development Index	0.887
Literacy Rate	99.0%
Deaths from non-communicable diseases	89.0%

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

Physical Activity Prevalence



adults 18+ years, Health Survey (NI) 2016/17

Percentage of Deaths due to Physical Inactivity



In Northern Ireland
-.-%

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

Sport Matters 2009-2019; Fitter Futures Obesity Strategy 2015-2019. Note: Fitter Futures is an obesity strategy that included physical activity, not an overall NCD strategy. These policies are relevant/linked to physical activity but not standalone physical activity policies.

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

The Health Survey for Northern Ireland, 2015/2016 2016/2017 (Other)

National health monitoring system Yes No

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

Name(s)

Health Survey for Northern Ireland, 2015/2016 2016/17

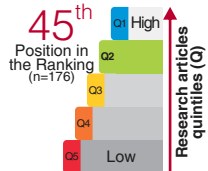
Physical Activity Research



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 = **4.7 hrs/day**

Daily Sitting Time Global Tertile



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

Physical Activity Promotion Capacity Pyramid



Contact Information

Name: Marie Murphy
Institution: Professor of Exercise and Health and Dean of Postgraduate Research / Director of the Doctoral College
 Centre for Exercise Medicine, Physical Activity and Health, Sports and Exercise Sciences Research Institute, Ulster University, Jordanstown
Name: Angela Carlin
Institution: Lecturer in Exercise and Health. Centre for Exercise Medicine, Physical Activity and Health, Sports and Exercise and Health Institute, Ulster University, Jordanstown