



ACTIVE LIVING RESEARCHES

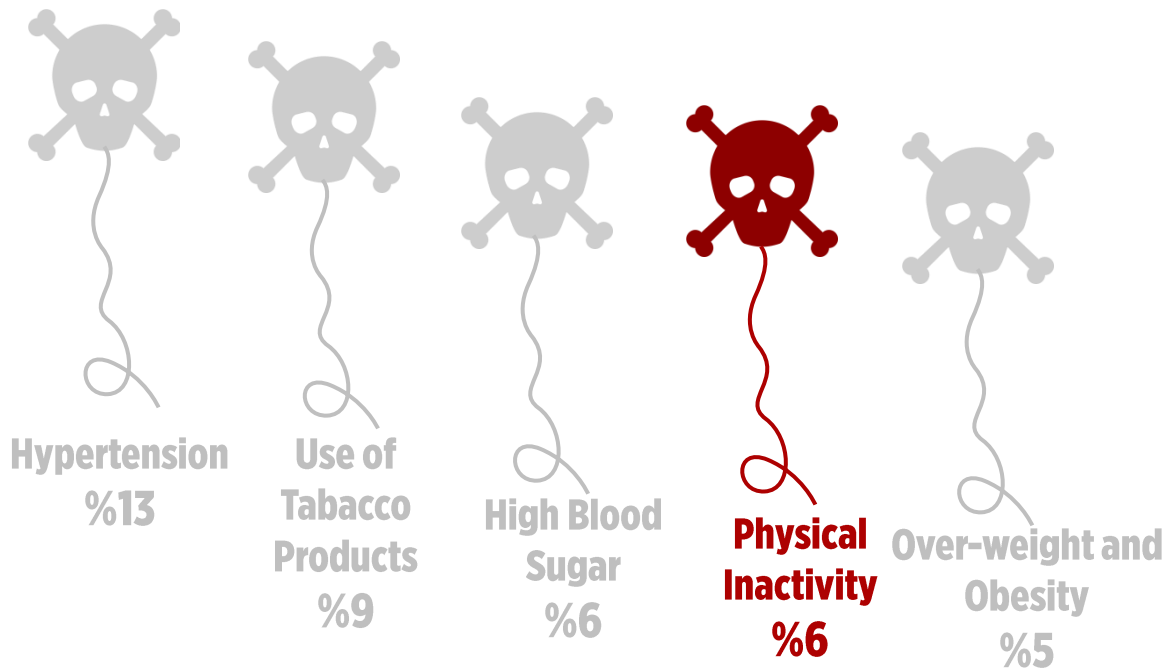
ACTIVE LIVING ASSOCIATION

Inactivity - 4th leading risk factor for global mortality.

Physical Inactivity

Physical inactivity is the 4th leading risk factor for global mortality.

Physical inactivity causes 6% of the deaths globally.



IS TURKEY SOCIETY

ACTIVE ?



+15 Adults

Research on Physical Activity
Level of Turkish Society
Active Living Association, 2010

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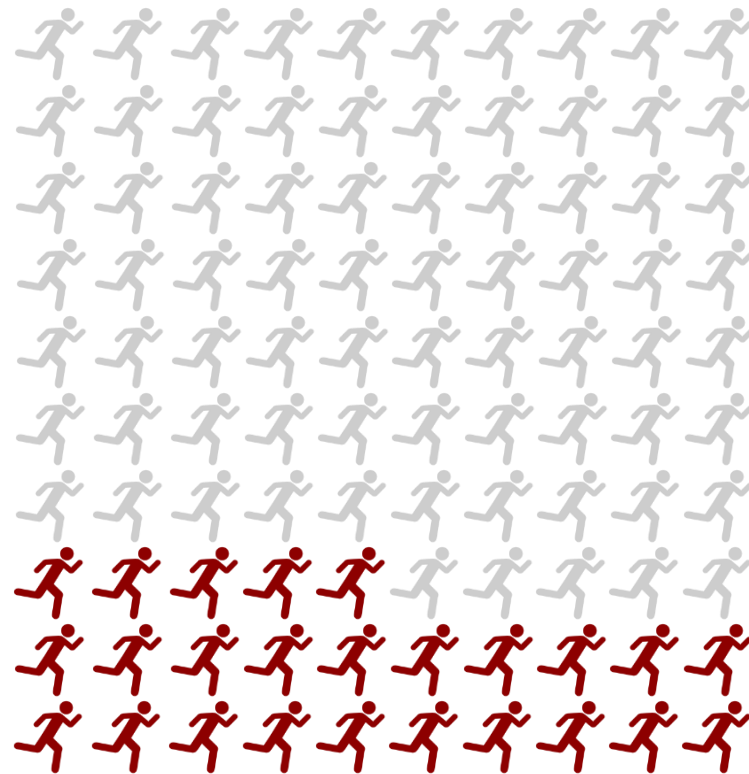
Active Living Research Report is the summary of researches «Research on Physical Activity Level of Turkish Society» and «Research on Physical Activity of Primary School Students» which has been conducted by Active Living Association.

Turkish Society is not moving.

Turkish Society

Only **25%** of Turkish Society has sufficient physical activity level.

When Physical Activity Level (PAL) rates analyzed, it's shown that 75% of the society doesn't have sufficient physical activity level.



The physical activity level (PAL) is a way to express a person's daily physical activity as a number, and is used to estimate a person's total energy expenditure.

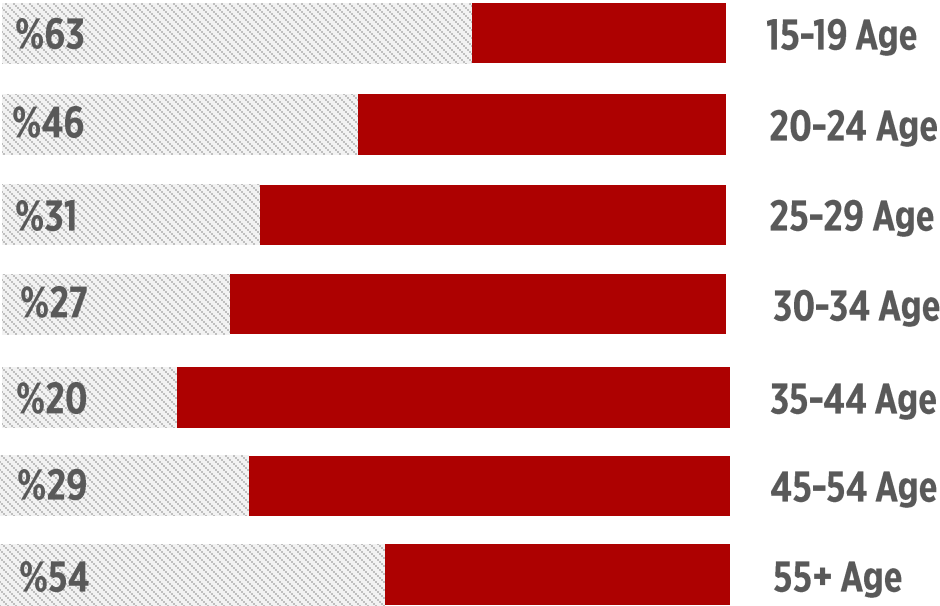
Adolescents are Inactive.

Age Groups

Most inactive age group is **15 – 19**.

When looking in to PAL rates distribution among age groups, it is shown that adolescents are not active enough with 63% inactivity rate. 55+ age group is following 15-19 age group with 54% inactivity rate. In physical activity wise, the most active age groups are 35-44 and 30-34. The reason of that is active working life.

Physical Activity Level (PAL)



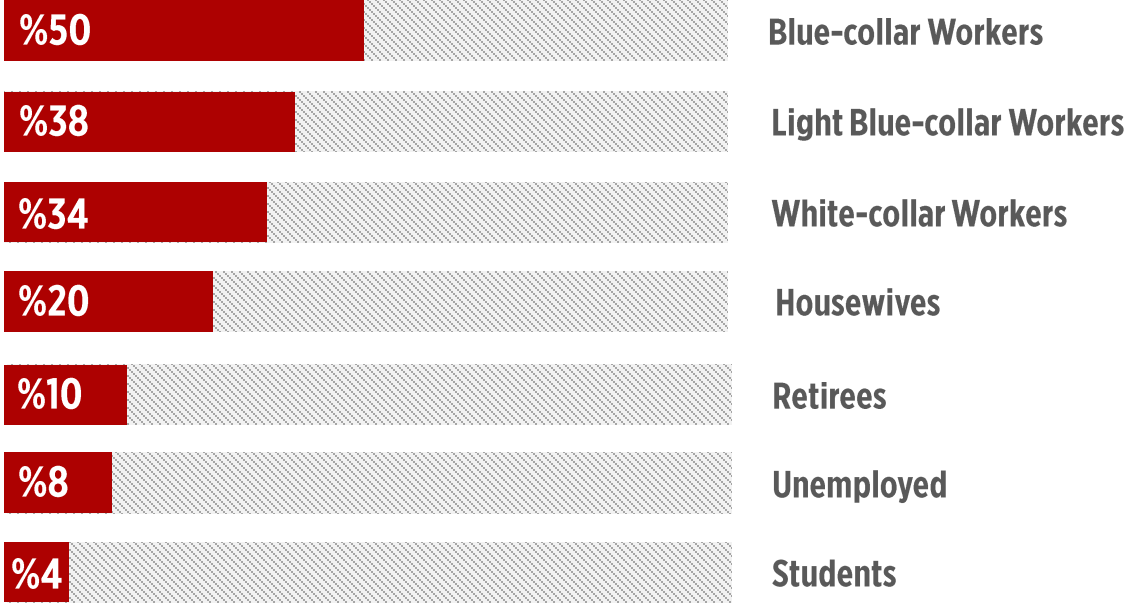
Activity Increases in Working Life.

Occupational Groups

The most active group is **blue-collar workers**.

When looking in to PAL levels of accupational groups, the most physically active group is blue-collar workers. We can say that labor-intensive working causes this result.

Physical Activity Level (PAL)



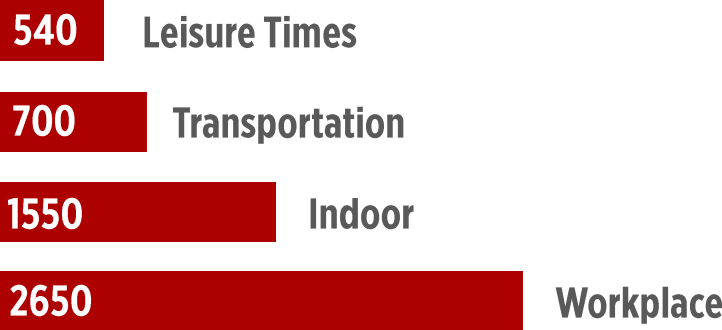
Our Culture Doesn't Involve Leisure Time Physical Activities.

Physical Activity

Turkish society is not physically active enough in their leisure times.

When MET rates are examined, the activities at workplaces seems to be much more than home, transportation and leisure time activities. MET rates at leisure time activities are remarkably low, so we can say that individuals are not active in their leisure times.

Metabolic Equivalent of Task (MET)



MET (Metabolic Equivalent of Task) is a measure expressing the energy cost of physical activities. 1 MET is equal to the energy produced per unit surface area of an average person seated at rest..



Children

Research on Physical Activity of
Primary School Students
Active Living Association, 2012

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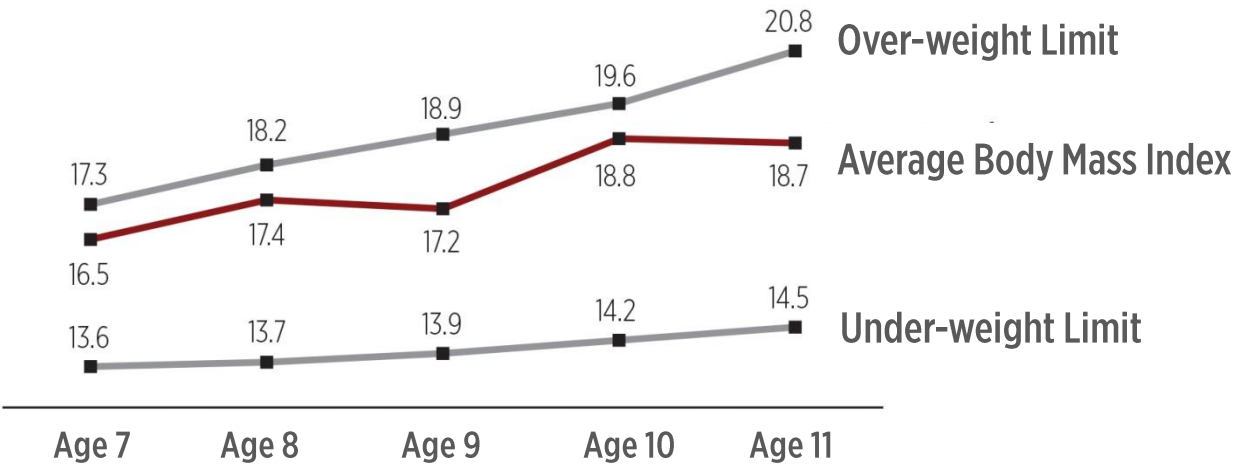
Obesity Alarm: Average BMI is just below overweight level.

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Body Mass Index

Primary school students are close to overweight threshold.

Even if they are in range of normal weight for now their body mass indexes (BMI) are growing para over-weight limit.



Less active children have significantly higher BMI.

BMI and Stepcounts

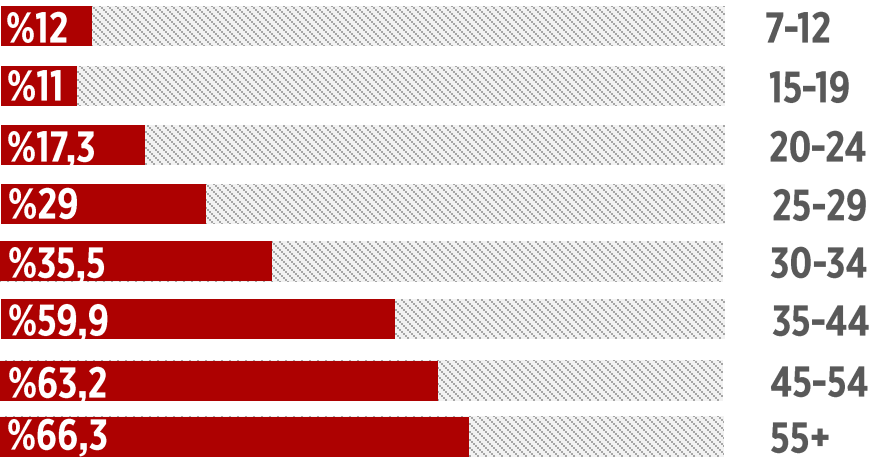
New generation is starting school with more weight.

When physical activity level compared to body mass index, over-weight and obese children's physical activity levels are lower. In another saying, students with low physical activity level have higher weight and students with high physical activity levels relatively have less weight.

Average of Daily Stepcounts



Overweight + Obese (Age)



Students' Stepcounts are Below than Recommended Stepcounts.

Girls and Stepcounts

85% of girls are not meeting recommended daily stepcounts. Girls' average daily stepcount is 9.733.

Recommended daily stepcount for girls is 12.000 steps.



Boys and Stepcounts

94% of boys are not meeting recommended daily stepcounts. Boys' average daily stepcount is 10.924.

Recommended daily stepcount for boys is 15.000 steps.



Parents are Inactive.

Parents and Sport

Only 55% of parents are doing sport activities.



Family and Sport

Only 39% of families are doing sport activities together.



Students are More Inactive on Weekends.

Stepcounts

When compared to weekdays, students are taking **15%** less steps on weekends.



Average Daily



10.330 Steps

Weekdays



11.192 Steps

Weekends

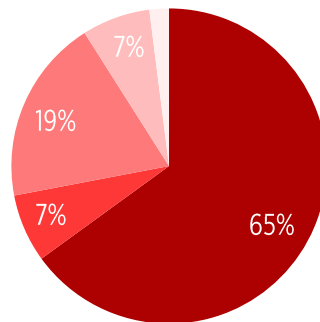


9456 Steps

Students are spending their times at home in front of screens.

Watching TV

65% of students are watching TV everyday, on a regular basis.



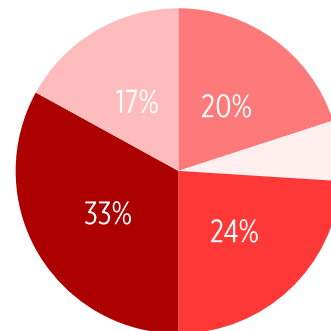
- Everyday
- 5-6 days a week
- 1-4 days a week
- Only weekends
- None

Computer Usage

Computer usage is one of the most common activities that students do at home, together with watching TV.



- Everyday
- 5-6 days a week
- 1-4 days a week
- Only weekends



Available Facilities but No Desire.

