Tham gia thể dục thể thao cộng đồng toàn cầu

intl.du-lich-van-hoa-the-thao.the-thao.sports-participation

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ĐIỂM NỔI BẬT

HOẠT ĐỘNG THỂ LỰC KHÔNG ĐỦ,...

31.3

%

Người trưởng thành, 2022

KHÔNG ĐẠT KHUYẾN NGHỊ HOẠT ...

22.2

%

Người 18–69 tuổi, khảo sát 2021

DỮ LIỆU

Tỷ lệ người trưởng thành hoạt động thể lực không đủ, ước tính chuẩn hóa theo tuổi — 31.3 %

Kỳ dữ liệu: 2022 · Địa bàn: Toàn cầu

Tỷ lệ người trưởng thành không đạt khuyến nghị của WHO về hoạt động thể lực — 22.2 %

Kỳ dữ liệu: 2021 · Địa bàn: Việt Nam

NGUỒN & ĐỘ MỚI

Phiên bản: 2026.11.01
Cập nhật: 2026-11-01
Giấy phép: Không ghi nhận

World Health Organization — Physical activity, insufficient, among adults aged 18+ years, prevalence (age-standardized estimate) (%)
https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

World Health Organization — Global levels of physical inactivity in adults: off track for 2030
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The Lancet Global Health / World Health Organization — National, regional, and global trends in insufficient physical activity among adults from 2000 to 2022
https://doi.org/10.1016/S2214-109X(24)00150-5

Ủy ban châu Âu, Directorate-General for Education, Youth, Sport and Culture — Strong increase in active commuting and some positive changes in sport and exercise habits, latest special Eurobarometer shows
https://sport.ec.europa.eu/whats-new/news/strong-increase-in-active-commuting-and-some-positive-changes-in-sport-and-exercise-habits-latest-special-eurobarometer-shows

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World Health Organization Regional Office for Europe — New WHO report highlights progress and challenges in improving physical activity levels across the European Union
https://www.who.int/europe/news/item/07-11-2024-new-who-report-highlights-progress-and-challenges-in-improving-physical-activity-levels-across-the-european-union

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https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-%28crude-estimate%29-%28-%29

World Health Organization — Nearly 1.8 billion adults at risk of disease from not doing enough physical activity
https://www.who.int/news/item/26-06-2024-nearly-1.8-billion-adults-at-risk-of-disease-from-not-doing-enough-physical-activity/

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https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/viet-nam/viet_nam_step_2021_report.pdf?download=true&sfvrsn=e05b8fe2_1