

The distribution of low physical activity level in **men** in Iran in 2016 by province according to the STEP wise study in percentage



### Conclusion

Considering the low prevalence of physical activity in more than half of the country's population and the current situation analysis of the physical activity, there is a need to enhance the cooperation of various stakeholders, departments and organizations involved in the physical activity domain in the country. This goal is achieved by developing a national program for physical activity and the cooperation of all stakeholders, organizations and ministries involved in the field of physical activity.



# Factsheet

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The fourth series



## Health-Enhancing Physical Activity in Islamic Republic of Iran



Current factsheet was developed by the National Institute for Health Research of the Islamic Republic of Iran and Sports Medicine Research Center of Tehran University of Medical Sciences.

The National Institute for Health Research of the Islamic Republic of Iran aims to monitor the health condition and produce and promote the scientific literature required by the health policymakers at the national level.

The institute mainly focuses on the results and outcomes of the measures and interventions in the field of health.

The National Institute for Health Research of the Islamic Republic of Iran is trying to design and recommend the effective interventions required to modify the national healthcare system, and if implemented, evaluate and monitor the interventions. As the country's health watch, the institute fulfills this mission by using all the national knowledge power, international capacities, and experiences of the other healthcare systems while anticipating trends and monitoring the indicators of the healthcare system. On the other hand, the institute is known as a reference and consultant in providing scientific evidence for the national health policymakers and as a monitor of the region. Through this, it helps the executives and trustees in the field of healthcare to achieve a healthy society

The Sports Medicine Research Center is the first and only academic sports medicine center in Iran, which commenced its activities in 1998 as an office for studying and teaching issues of sports medicine in the Tehran University of Medical Sciences.

The center has three main parts: education and research, clinics, and laboratories. The units of the Sports Medicine Research Center include the spine research group, the motor neuroscience research group, the physical activity research group, the sports nutrition research group, and the professional level sports research group. The Physical Activity Research Group of the Sports Medicine Research Center has commenced its activities at the national and international levels to improve the physical activity levels in Iran. The goals of this research group include providing a proper strategy to increase the levels of physical activity to achieve the global standards and suitable planning considering the needs and facilities of Iran.

Sports Medicine Research Center,  
Tehran University of Medical Sciences



Al-e Ahmad Highway, in front of the Dr. Shariati hospital, Tehran - Iran

[ni.tums.ac.ir/smrc/en/physical-activity/](http://ni.tums.ac.ir/smrc/en/physical-activity/)

National Institute for Health Research of the Islamic Republic of Iran



No. 70, East Bozorgmehr St., Vesal Shariati St., Keshavarz Blvd., Tehran - Iran

[nihr.tums.ac.ir](http://nihr.tums.ac.ir)



**Factsheet introduction**

Key points of physical activity status in Iran is illustrated in this factsheet

**In response to what questions, is compiled?**

This fact sheet was written to compile a comprehensive report on the situation analysis of the current physical activity domain policies in Iran..

**What does it consist?**

This factsheet consists of the results of national physical activity surveillances (STEPwise and CASPIAN) in Iran.

**What does not it consist?**

Information for other countries is not provided in this factsheet

**What does the content of the factsheet consist?**

Analysis of the current situation and the trend of physical activity in adolescents and adults

**Health-Enhancing Physical Activity in Islamic Republic of Iran****The key message**

The results of the national STEPwise surveillance studies of the Ministry of Health and Medical Education of the Islamic Republic of Iran has indicated that during the years 2006 to 2016, the percentage of individuals in the community with insufficient physical activity has been doubled. The prevalence of insufficient physical activity was **31%** in 2006, and has reached to **56%** in 2016. However, the global prevalence of insufficient physical activity has not increased in the mentioned 10 years and has been around **25%**.

According to the results of national STEPwise surveillance, the prevalence of insufficient physical activity in women was **37%** in 2006 and was **63%** in 2016, and the prevalence of insufficient physical activity in men was **22%** in 2006 and was **46%** in 2016. During 2006 to 2016 years, the prevalence of insufficient physical activity in women has always been higher compared to men, and prevalence of insufficient physical activity in women has increased with a steady trend over the past ten years.

**Health enhancing physical activity is conducted in three domains**

- At work: such as physical work in agriculture, carrying tools during work, work at home and housekeeping;
- In travel: such as walking and cycling;
- Leisure and sports: such as football, local and traditional games, hiking and exercise in the park.

All forms of physical activity, if performed regularly and with sufficient duration and intensity, will lead to health benefits.

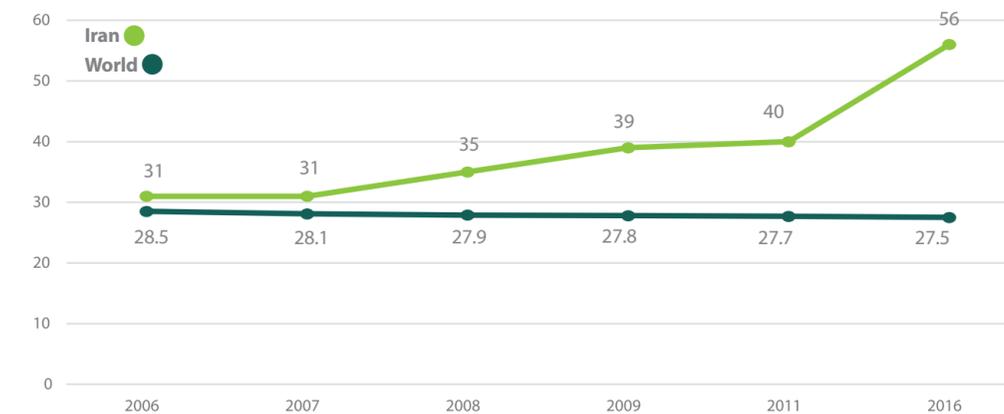


**Each dollar invested into physical activity, results in saving \$ 3.2 on health care costs.**

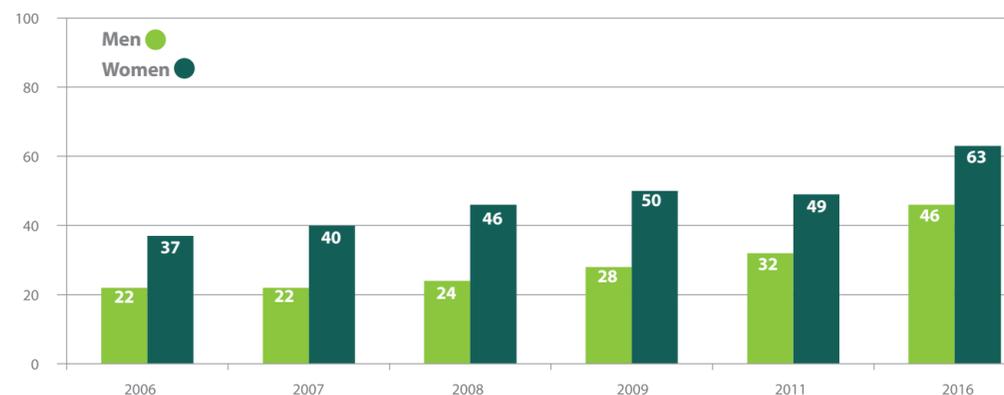
In case of achieving a **20% relative reduction** in the prevalence of insufficient physical activity, which is one of the goals of the National Document on the Prevention and Control of Non-Communicable Diseases of the Islamic Republic of Iran from 2015 to 2025, **at least 10717 deaths can be prevented in Iran annually.**

**Situation analysis of the current physical activity domain policies in Iran using Health Enhancing Physical Activity Policy Audit Tool (HEPA PAT)**

- In the management and mutual co-operation of the organizations at the national and provincial levels, a revision and planning on physical activity is required;
- In the evaluation of the macroplanning and main documents, limited activities are conducted in the domains of active environments, active societies, and active systems;
- Physical activity development programs have been neglected in some groups including children younger than 6 years old, the elderly, and the disabled;
- There is no connection and integrity between the present organizations and documents in physical activity;
- Provincial plans should receive more support and reinforcement;
- The counseling and participation of the stake holders associated with physical activity need reinforcement by focusing on the public sector, universities, executives, front-line staff, people affected by the policies, and the private sector;
- In the evaluation of the national macroplanning and documents for physical activity development, the reports are limited and require reinforcement;
- Investment in physical activity in various fields is limited and requires reinforcement;
- Capacity building in physical activity by the national TV channels and advocacy process should be supported.



The prevalence of insufficient physical activity in Iran from 2006 to 2016 according to the STEPwise surveillance study by percentage in Iran and the world



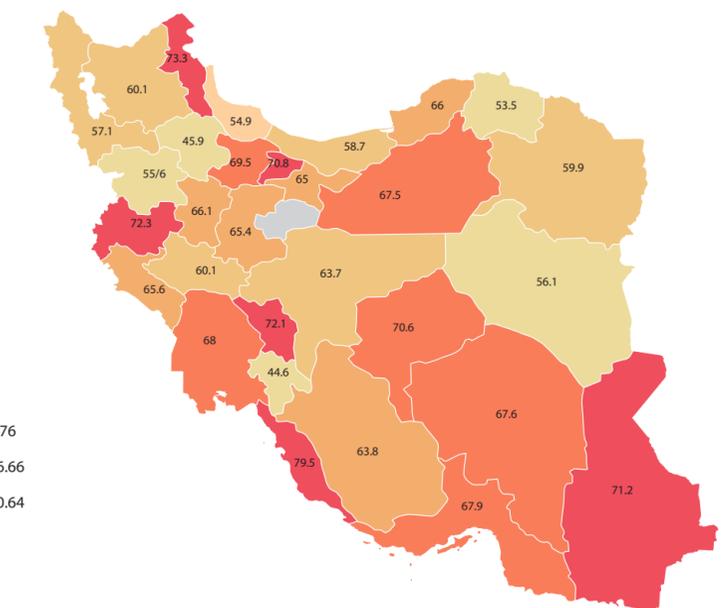
The trend of changes in the insufficient physical activity prevalence in Iran by gender from 2006 to 2016 according to the STEPwise surveillance study in percentage

The prevalence of low, moderate, and high levels of physical activity by gender according to the CASPIAN studies in students aged 6-18 years

Physical Activity	Girls	Boys	Total
<b>3rd CASPIAN</b>			
<b>Percentage (%)</b>			
Low level of physical activity	53.1	69.1	61.5
Moderate level of physical activity	31.7	19.3	25.1
High level of physical activity	15.3	11.6	13.3
<b>4th CASPIAN</b>			
<b>Percentage (%)</b>			
Low level of physical activity	39.6	28.7	34.1
Moderate level of physical activity	37.9	35.6	36.7
High level of physical activity	22.4	35.6	29.1
<b>5th CASPIAN</b>			
<b>Percentage (%)</b>			
Low level of physical activity	35.0	31.9	33.4
Moderate level of physical activity	33.4	33.0	33.2
High level of physical activity	31.6	35.1	33.3

According to the studies based on CASPIAN studies in students aged 6-18 years, physical activity is classified into three levels of low, moderate, and high as follows:

A low level of physical activity is defined as less than 2 sessions of physical activity per week (duration of each session is 30 min). A moderate level of physical activity is defined as 2-4 sessions of physical activity per week, while the high level of physical activity is defined as more than 4 sessions a week.



The distribution of low physical activity level in women in Iran in 2016 by province according to the STEP wise study in percentage

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