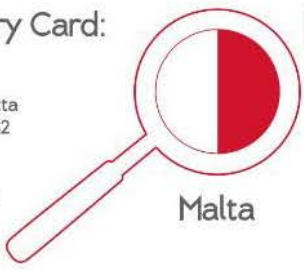




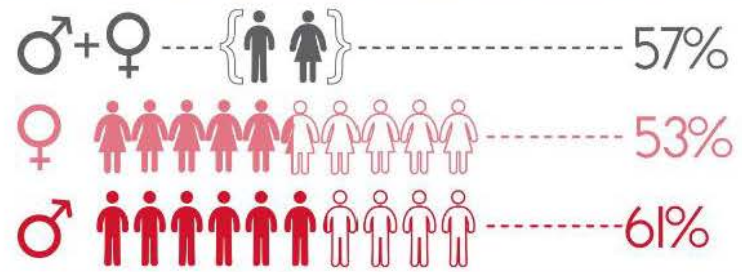
# Malta

## Physical Activity Country Card: Malta

Capital ..... Valletta  
 Inhabitants (2013) ..... 423,282  
 Life expectancy (2012) ..... 81  
 GINI inequality index (2012) ..... 0.27  
 Human Development Index (2013) ..... 0.829  
 Literacy rate (2005) ..... 92%  
 Deaths by non-communicable diseases ..... 79%



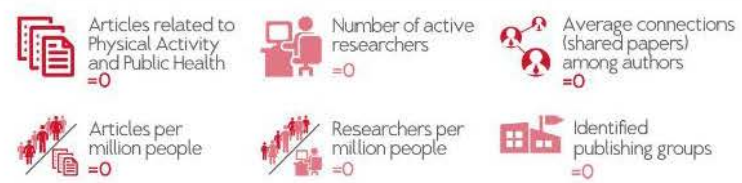
### Prevalence of Physical Activity | Age 18+ years



### Deaths related to physical inactivity



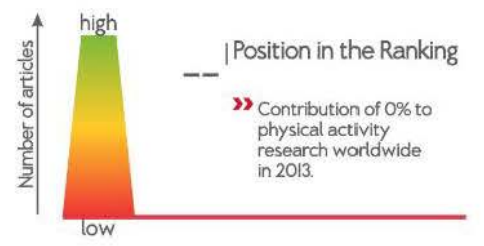
### Research metrics (PubMed search in 2013)



### Surveillance and policy status

**Physical activity plan**  
 Yes  No  
 » Name: A strategy for the prevention of non-communicable diseases in Malta, Valletta, Department of Health, 2010

**National survey**  
 Yes  No  
 First survey: 2002  
 Most recent survey: 2014  
 Next survey



For description of the indicators and data sources:  
[www.globalphysicalactivityobservatory.com/appendix](http://www.globalphysicalactivityobservatory.com/appendix)

Contact information  
 Name: Andrew Dacelis  
 Institution: Institute for Physical Education and Sport, University Sports Complex, University of Malta, Msida, Malta





# Country Card Appendix

## Demographic indicators

**Total population** |World Bank  
**Life expectancy** |World Bank  
**GINI** |World Bank

The GINI index measures the extent to which the distribution of income within an economy deviates from a perfectly equal distribution. A GINI index of 0 represents perfect equality, while an index of 1 implies perfect inequality.

**Literacy Rate**  
|World Bank, CIA World Factbook and Who Global Observatory Data

**Human Development Index** |United Nations  
**Deaths by NCDs** |World Bank  
**Deaths related to physical activity**  
|Lee IM et al Lancet 2012; 380: 219-29.

## Physical activity prevalence

- WHO Global Health Observatory data/National country survey according to the international recommendation (population % attaining at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity).  
Based on self-reported physical activity captured using the GPAQ, IPAQ or similar covering work household, transport, and during leisure time activities).  
- Eurobarometer 80.2 data (population % regularly engaged in sport, exercise or other physical activities 3 times per week or more).  
«The European Union does not endorse changes, if any, made to the original data and, in general terms to the original survey, and such changes are the sole responsibility of the author and not the EU».

## Surveillance and policy status

### Physical activity plan

An internet search was conducted to determine whether each country had a physical activity plan. We also asked our main contact in each country about the existence of a physical activity plan.

### National survey

An internet search was conducted to determine whether each country had a national survey including physical activity questions or a physical activity surveillance system. We also asked our main contact in each country about the existence of a national survey including physical activity questions and the periodicity.

## Research metrics

### Articles related to physical activity and public health

We searched MEDLINE for studies using the terms 'physical activity' and 'country name', either in the study title or abstract. Only 2013 publications were included. Studies on exercise physiology or whose outcomes were not related to physical activity were excluded.

### Number of active researchers

The number of researchers who were authors or coauthors of at least one paper identified in the search.

### Identifies publishing groups

Calculated using the modularity algorithm of the social network analysis program Gephi 8.2.

### Average connections among authors

Calculated using social network techniques in Gephi 8.2.

### Researchers per million people

Number of physical activity researchers identified per each million inhabitants.

### Articles per million people

Number of articles identified per each million inhabitants.

## Ranking

### Built in 4 steps

- \* The number of physical activity articles meeting the inclusion criteria was compared to the total number of physical activity articles identified in PubMed. (e.g. out of 6649 worldwide articles, 217 were from Brazil)
- \* The percentage of physical activity-related publications per country was determined. (e.g. out of the 217 articles identified, 96 - 44% - were selected based on the inclusion criteria).
- \* The number of expected physical activity publications per country was determined. (e.g.  $0.4424 \times 6649$  for Brazil)

- \* The number of physical activity articles meeting the inclusion criteria was divided by the expected physical activity publications per country, obtaining the country contribution to physical activity publications in 2013 (e.g.  $96/2941 = 3.26\%$ )

