

Physical activity levels among Fayoum governorate population (Egypt): Community-based survey

Background: Physical inactivity is one of the most important public health problems in the 21st century. It plays an active role in the prevention of both non-communicable diseases and premature death. **Methods:** A community-based survey was conducted to assess the level of physical activity among household population and to identify associated demographic factors of physical inactivity. A sample of 5000 households was selected by a multi-stage stratified cluster random sample. A standardized world health organization (WHO) structured questionnaire global physical activity questionnaire (GPAQ) was used in data collection. **Results:** About 25.2% of the study population practiced a physical activity less than WHO recommended level for their ages. The study has shown statistically-significant insufficient physical activity level among females (31.3%), adolescent (42.6%), the old (57.1%), housewives (38.8%), and the low-income (32.5%), with a P-value of <0.001 . **Conclusions:** The study concluded that Fayoum community practice physical activity less than recommended level by the WHO especially among females, adolescents, elderly, and the low-income households' population. Further studies should be recommended.

Keywords: Physical inactivity, recreational activity, global physical activity questionnaire (GPAQ).