



SEDENTARY LIVING AS A PROBLEM IN LATVIA

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Problem and actuality

- Exercise and physical health is now widely accepted by medical authorities across the world.
- Modern life increase living standards and quality of life, but reduce physical exertion, which has an adverse effect upon people's health.

Problem and actuality

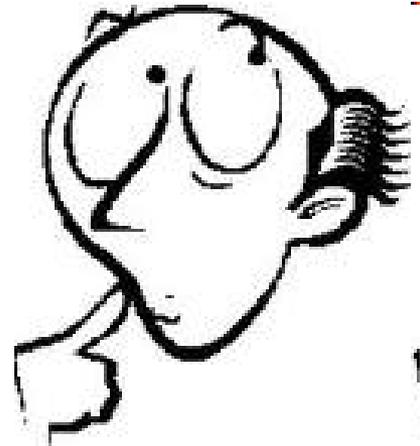
- Overweight and obesity are the problem in industrialized countries and in new countries.
- 21st Century for more than a billion people are overweight.
- Overweight and obesity - a major cause of disease and death in Europe.



Obesity and pathology

U.S. statisticians have calculated that by making all the American **obese** people slim, average life expectancy would increase by **4** years.

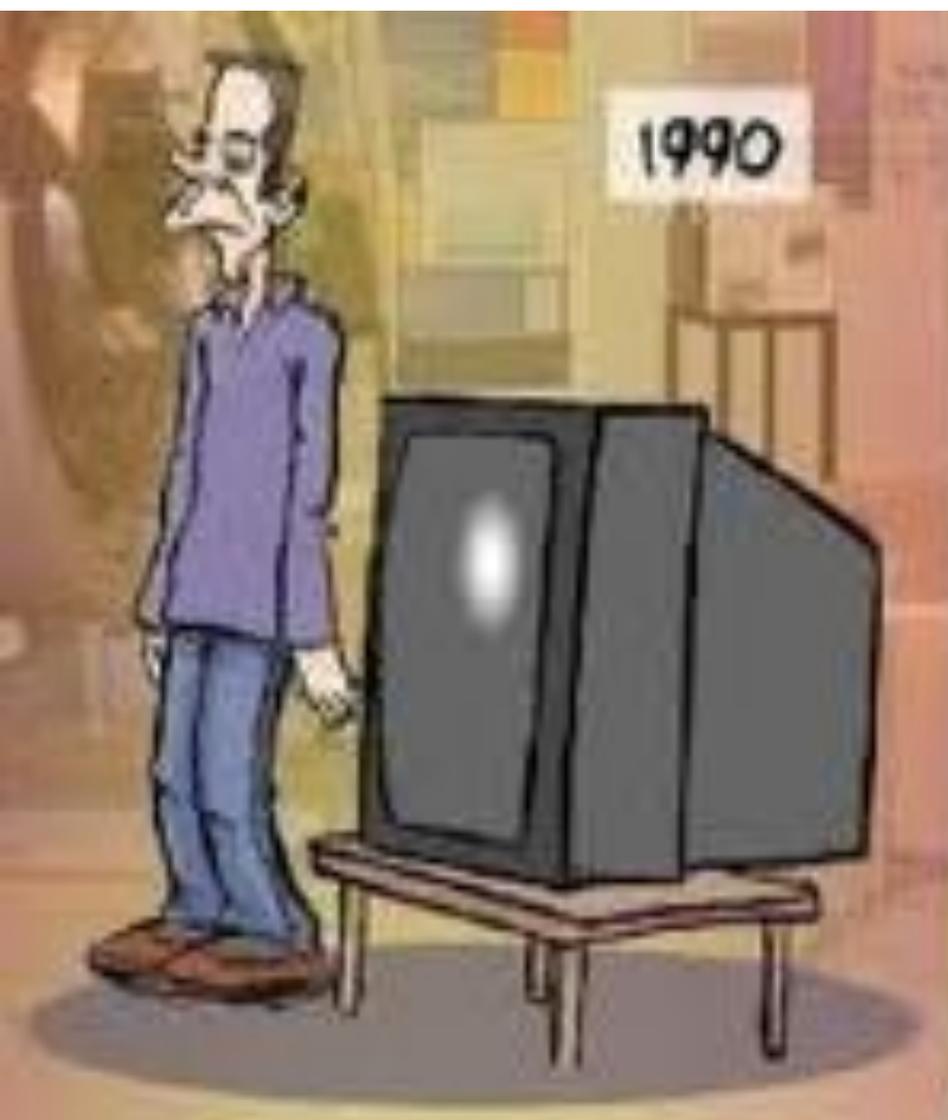
By contrast, if heal all **cancer** patients, life expectancy increased by only **2** years.





- Think about your attitude when you know that some people has a cancer?
- And what is your opinion and emotions when you see obese people?



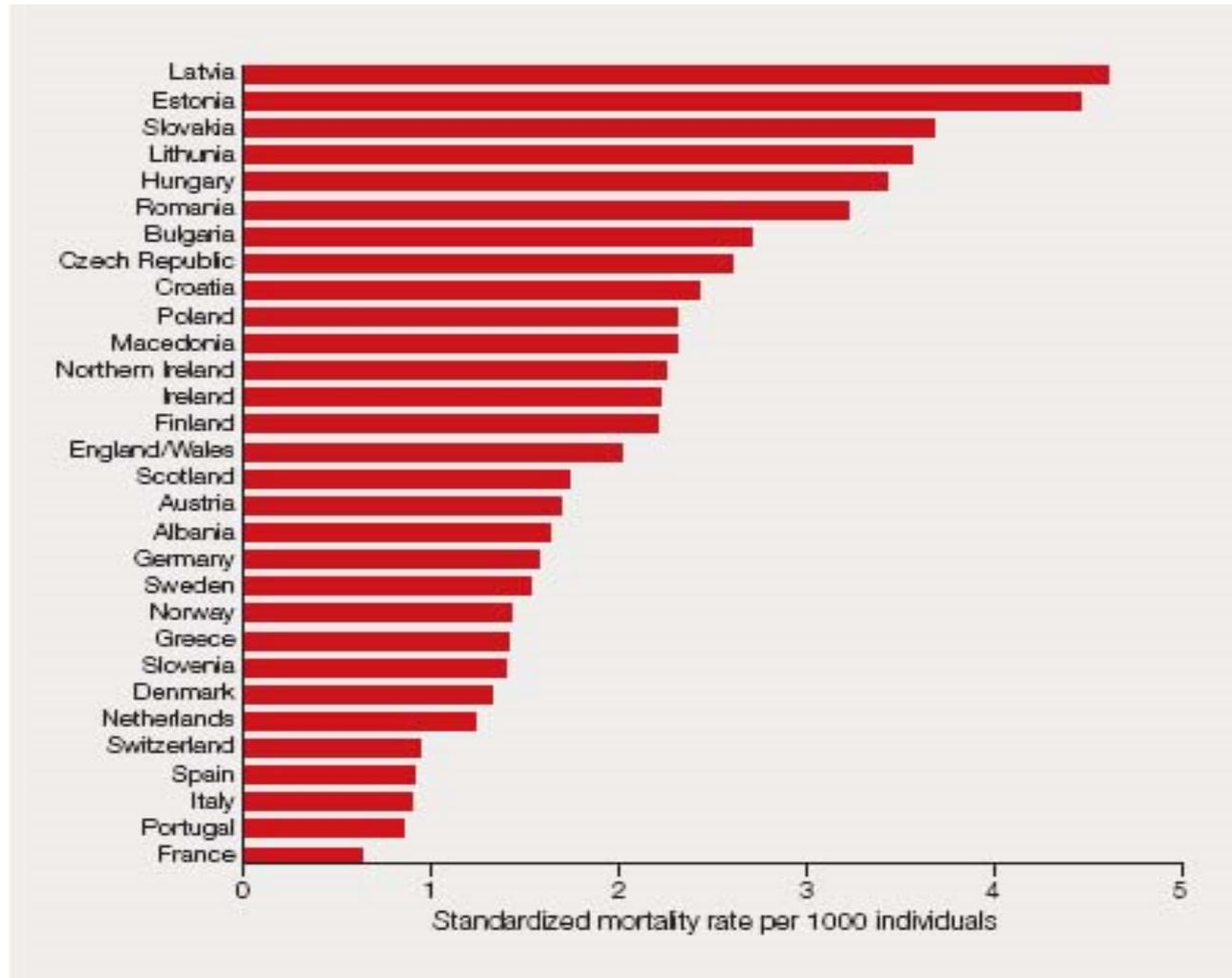


Problem and actuality in Latvia

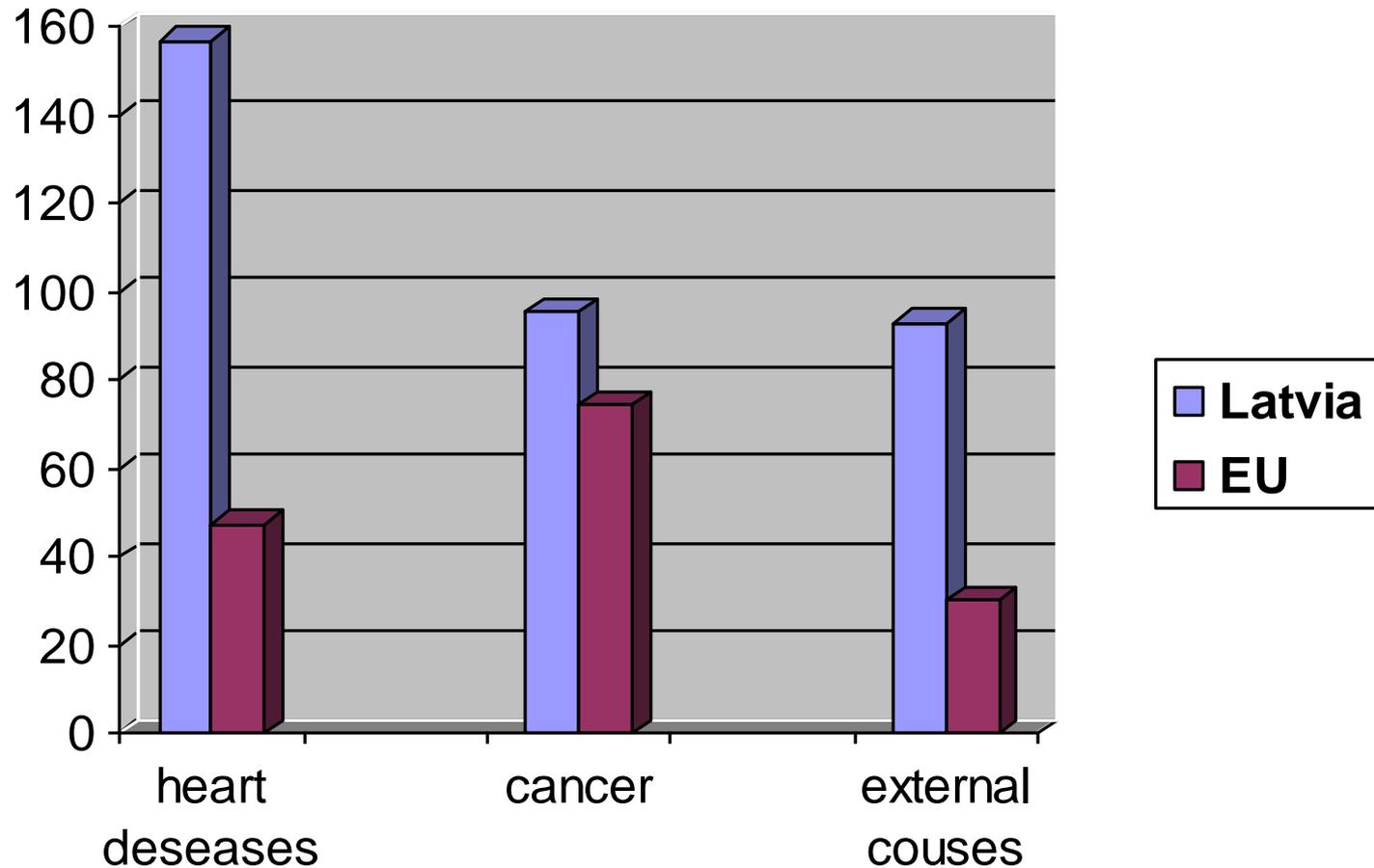
- More than half of all deaths caused in Latvia are by the circulatory diseases.
- Latvian life expectancy is among the lowest in the European Union - 68.1 for men and women 78 years.
- Latvian, 48% men and 28% of women dies before the age of 65. In 2010 in Latvia died 30,046 people but was born only 19 000.



The age-standardized mortality rates for CVD in 2000 for population aged 45 to 74 years in different European countries

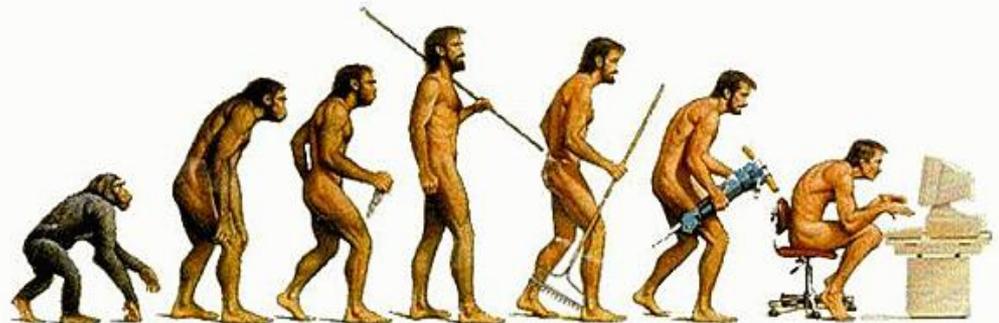


Death causes in Latvia and EU per 100 000 persons



- **The most effective prevention of CVDs are:**
 - engaging in regular physical activity,
 - giving up the habit of smoking,
 - consumption of healthy food and weight control.
- **Regular and appropriate physical activity is an essential health affecting factor at any age.**

G. G. De Backer (2009),
World Health Organization (2010),
Eurobarometer, 2010.



Physical activity in Latvia

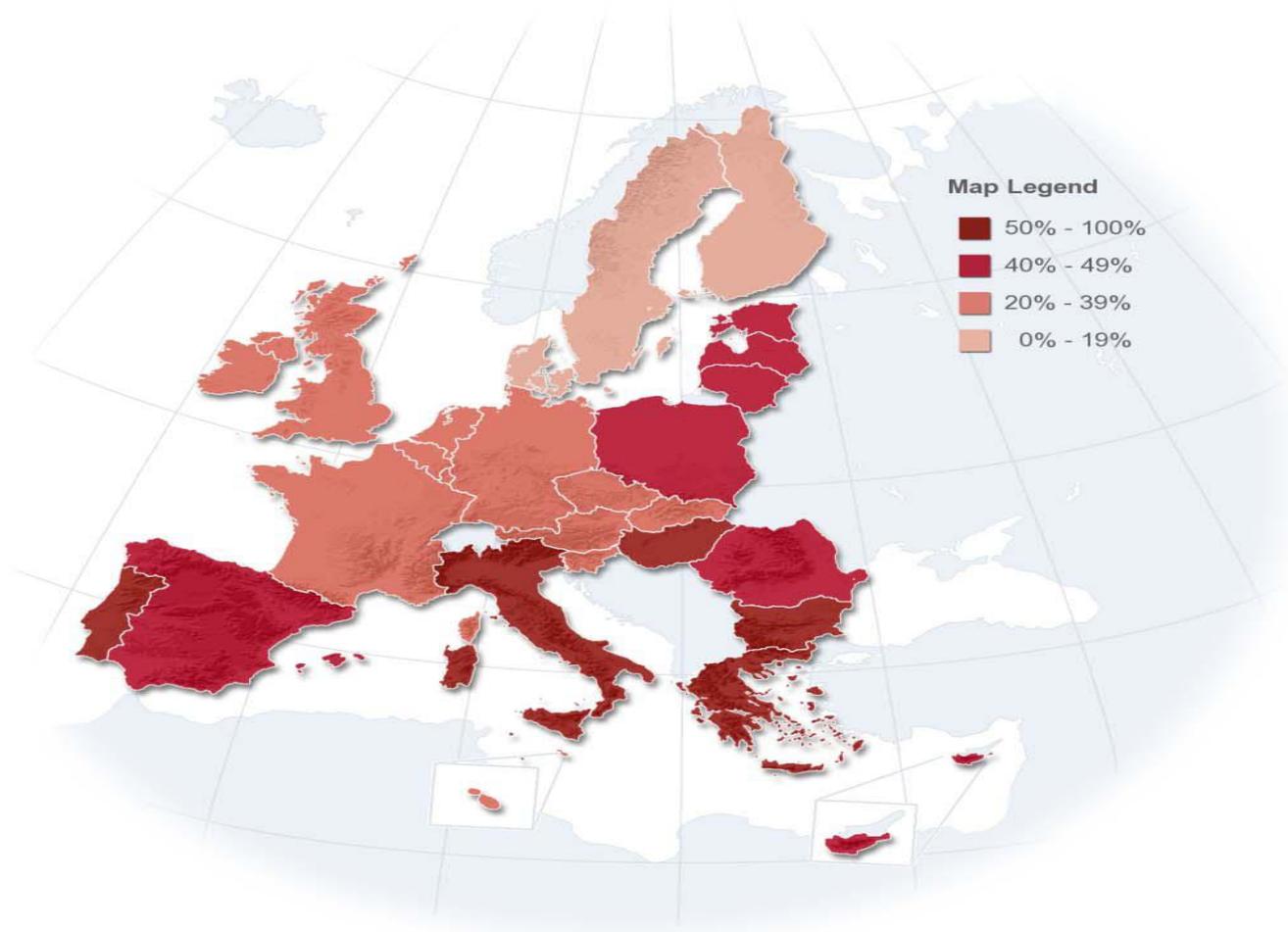
- **Latvia is one of the European countries where 44% of people are active 'regularly' (Eurobarometer. Sport and Physical Activity, 2010).**

How often do you exercises or play sport? Eurobarometer, 2010.

 EL	67%
 BG	58%
 PT	55%
 IT	55%
 HU	53%
 PL	49%
 RO	49%
 CY	46%
 LV	44%
 LT	44%
 ES	42%
 EE	41%
 EU27	39%
 MT	38%
 CZ	37%
 SK	35%
 FR	34%
 UK	32%
 LU	32%
 DE	31%
 AT	29%
 BE	28%
 NL	28%
 IE	26%
 SI	22%
 DK	18%
 FI	7%
 SE	6%

Question: QF1. How often do you exercise or play sport?

Answers: **Never**



Physical activity in Latvia

- **Typically physical activity decreases with age, but not among those who exercise regularly.**
- **The data suggests the importance of setting a pattern of exercising early on in life.**

Eurobarometer, 2010.

World Health Organization

Physical activity in Latvia

- **The amounts of physical activity that men and women generally engage in are very similar. 63% of men exercise at least once a week compared with 54% of female respondents.**
- **Men are also more active than women in the 70+ age group: 31% of men in this group exercise regularly, as opposed to 24% of women.**
- **But the trend is reversed in the 40-54 age bracket, in which only 24% of men exercise regularly compared with 28% of women, and 62% of men exercise at least once a week ('regularly' or 'with some regularity'), as opposed to 68% of women.**



Recommendations on physical activity

- **Healthy adults should engage in**
 - at least 30 minutes of moderate-intensity aerobic physical activity per day throughout the week or
 - at least in 20 minutes of vigorous-intensity aerobic physical activity 3 days per week.

The positive aspects of maintaining physical activity bring psychological (life satisfaction) and physical, as well as physiological and social benefits.

Thank you for attention!

