

#BEACTIVE

**Sport è salute:
la Settimana
europea dello
sport**

**Claudia De Stefanis
Commissione europea -
Rappresentanza in Italia
27 settembre 2018**

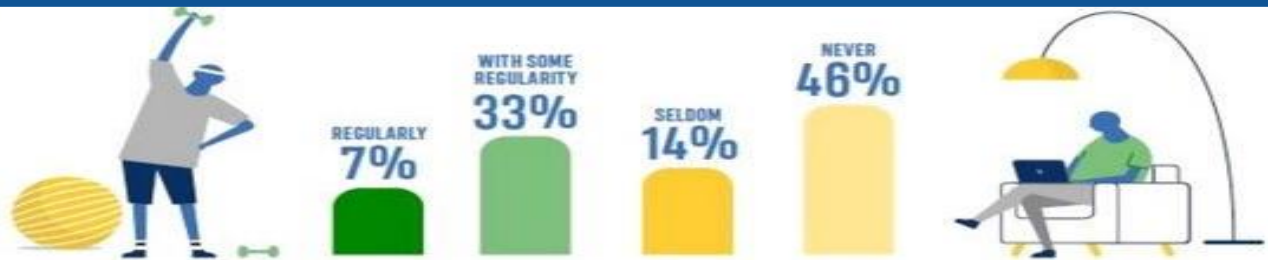


Commissione
europea

Sport e attività fisica nell'UE – i risultati dell'ultimo Eurobarometro (marzo 2018)

4 IN 10 EUROPEANS EXERCISE OR PLAY SPORT AT LEAST ONCE A WEEK

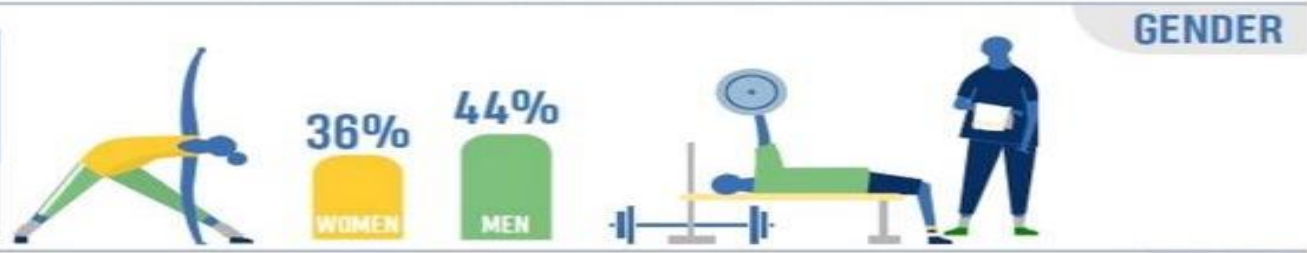
HOW OFTEN DO YOU EXERCISE OR PLAY SPORT?



*REGULARLY: AT LEAST 5 TIMES A WEEK / WITH SOME REGULARITY: 1 TO 4 TIMES A WEEK / SELDOM: LESS THAN ONCE A WEEK

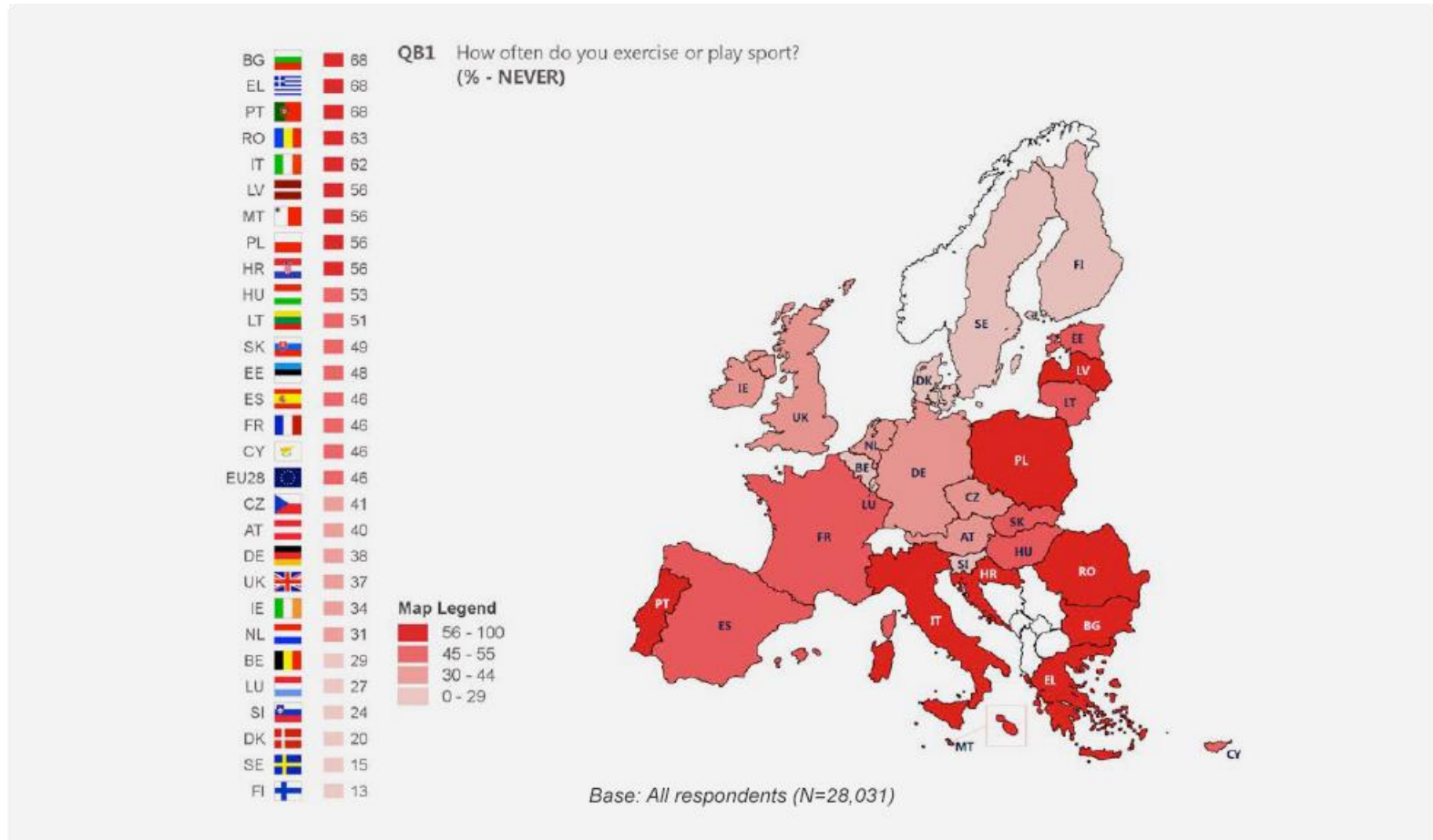
74% OF YOUNG MEN AGED 15-24 EXERCISE OR PLAY SPORT AT LEAST ONCE A WEEK

RESULTS FOR "AT LEAST ONCE A WEEK"








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Mappa dell'inattività fisica nell'UE



L'Italia a confronto con gli altri paesi UE

QB1 How often do you exercise or play sport?
(%)

Never or seldom		
	EU28	IT
TOTAL	60	72
 Gender		
Men	56	64
Women	64	79
 Gender * Age		
Men 15-24	29	22
Men 25-39	49	48
Men 40-54	59	62
Men 55+	70	88
Women 15-24	47	45
Women 25-39	59	57
Women 40-54	64	78
Women 55+	72	95
 Respondent occupation scale		
Self-employed	54	62
Managers	46	65
Other white collars	56	62
Manual workers	65	70
House persons	77	97
Unemployed	63	62
Retired	72	96
Students	27	37



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Settimana europea dello sport 2018

- **35 Paesi**
- **Oltre 37.000 eventi**
- **? milioni di persone**