

Insufficient physical activity among population of Azerbaijan

K.H. Hasanov², R. Shiraliyeva¹, R. Aliyev¹, D. Aliyeva³

¹*Neurology and clinical neurophysiology, Azerbaijan State Advanced Training Institute for Doctors named after A. Aliyev, Azerbaijan*

²*Neurology 2, Republican Clinic Hospital, Azerbaijan*

³*Normal Physiology, Azerbaijan Medical University, Azerbaijan*

Background and Aims: Lack of physical activity has clearly been shown to be a risk factor for stroke. Less active and less fit people have a greater risk of developing high blood pressure. **Method:** In the offered article by means of International Physical Activity Questionnaire it was studied prevalence of insufficient physical activity among 40-49 years old population of the Guba-Khachmas economic region of Azerbaijan Republic during 2008-2010. In study participated 1821 persons (3% of 40-49 years old population). From them 1164 (the 575 women, the 589 men) lived in rural settlements, 657 (the 348 women, the 309 men) in the city. Also we studied other most common stroke risk factors among these persons. **Results:** Among risk factors an insufficient physical activity met more often – $37.3 \pm 1.1\%$. It was revealed that, men ($68.0 \pm 1.9\%$) conduct more physically an active way of life, than women ($57.5 \pm 1.6\%$). The country people conduct an active way of life ($76.4 \pm 1.3\%$) on comparison with city ($38.5 \pm 1.9\%$). **Conclusion:** The prevalence of insufficient physical activity increases according to the level of income. High income countries had more than double the prevalence compared to low income countries for both men and women, with 41% of men and 48% of women being insufficiently physically active in high income countries as compared to 18% of men and 21% of women in low income countries. In conclusion we found that on average, in Guba-Khachmaz region the prevalence of insufficient physical activity in Azerbaijan falls at the middle level in comparison with other countries.