



2021 PHYSICAL ACTIVITY FACTSHEETS

FOR THE EUROPEAN UNION
MEMBER STATES IN THE
WHO EUROPEAN REGION

Abstract

This document contains updates of the physical activity country factsheets of the European Union Member States in the WHO European Region that were first published in 2015. The factsheets provide snapshots of the epidemiology of physical activity, national policy responses and current monitoring and surveillance systems. The first section provides information collected within the European Union Physical Activity Focal Points network on selected indicators of physical activity from surveillance and monitoring data, data collection procedures and the sources used for some of the information for the European Union. The second section comprises the physical activity factsheets of all 27 countries in the European Union.

This document was prepared to support Member States by exchanging successes and experiences to provide inspiration for further development, refinement and implementation of effective policies. It is also intended to inspire closer collaboration and synchronization of data collection and policy development among Member States, while monitoring trends and identifying effective approaches in this important area of public health.

Keywords

Physical activity

Policy

Surveillance

European Union

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CORRIGENDUM

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Member States in the WHO European Region

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A mistake in the total population for Czechia was made and
has been corrected to 10.71 m

This correction was incorporated into the electronic file on
11 November 2021.

A mistake was made in the prevalence of physical activity
among children aged 11, 13 and 15 years in Cyprus.

These data were corrected in the electronic file on
12 January 2022.



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Abbreviations and acronyms

| | |
|--------|--|
| EU | European Union |
| HEPA | Health-enhancing physical activity |
| IMPALA | Improving infrastructure for leisure-time physical activity in the local arena |
| WHO | World Health Organization |

INTRODUCTION

Regular physical activity has benefits for health throughout the lifespan. In children and adolescents, physical activity benefits musculoskeletal and cardiometabolic health, cognitive development, motor skills, self-esteem, social integration, academic achievement and overall well-being (1, 2). In adults and older adults, physical activity contributes to the prevention and control of noncommunicable diseases, such as cardiovascular diseases, cancer, diabetes, depression, anxiety, dementia and overweight and reduces overall mortality and the risk of premature death (3, 4).

World Health Organization (WHO) recommends that children and adolescents engage in at least 60 min of moderate-to-vigorous physical activity each day (1). According to the WHO European Childhood Obesity Surveillance Initiative (5), 53.9% of children do not engage in organized sports, and about 40% do not actively commute (walking or cycling) to or from school. Among adolescents, according to the Health Behaviour in School-aged Children study (6), only 25.0% of boys and 15.0% of girls reported that they met the WHO recommendation for daily physical activity.

For adults (including older adults), the WHO recommends at least 150 min of moderate-intensity physical activity or 75 min of vigorous-intensity physical activity or an equivalent combination each week (1). Physical activity can be practised in many ways, including commuting, leisure-time activities in the community, at school, at the workplace and at home during daily life. Maintaining sufficient levels of physical activity is, however, becoming more and more difficult, as most daily environments have become more sedentary (7, 8). Nevertheless, despite the known benefits of physical activity, according to the Eurobarometer (9) – a public opinion survey on sports and physical activity – nearly half (46%) of Europeans never exercise or play sports, and that proportion has increased gradually since 2009. Only 7% exercise regularly (at least five times per week), and a high proportion of adults in Europe spend more than 5 h/day sitting, which could be an independent risk factor for mortality, regardless of physical activity levels (1, 8).

A number of global and regional policy initiatives have been established to counter insufficient physical activity, including the WHO Global action plan for the prevention and control of noncommunicable diseases 2013–2020 (3), which calls for a 10% relative reduction in the prevalence of insufficient physical activity by 2025. Since the European Union (EU) Physical activity guidelines (11), the Council of the European Union recommendation on promoting health-enhancing physical activity (HEPA) (12), the WHO physical activity strategy for the WHO European Region 2016–2025 (7) and the WHO Global action plan on physical activity 2018–2030 (8), the European Commission Directorate-General for Education, Youth, Sport and Culture and the

WHO Regional Office for Europe have been supporting a collaborative project to establish and extend monitoring and surveillance of HEPA in the EU Member States in the WHO European Region. As part of that collaboration, focal points have been appointed in all EU Member States to provide and validate national data on physical activity. The focal points meet twice a year to share best practices and plan activities to promote physical activity in the EU.

The physical activity strategy for the WHO European Region 2016–2025 (7) was prepared to support countries in achieving this target. It provides inspiration to governments and stakeholders on policy in four areas: (i) providing leadership and coordination; (ii) supporting the development of children and adolescents; (iii) promoting physical activity among adults and older people; and (iv) supporting action through monitoring, surveillance, the provision of tools, enabling platforms, evaluation and research. In 2018, the Global action plan on physical activity 2018–2030 (8) was endorsed by the World Health Assembly and launched in the European Region, strengthening the European strategy for physical activity.

Finding ways to increase physical activity through, for example, more walking, cycling, active recreation, sports and play can also contribute to achieving many of the Sustainable Development Goals, as identified in the 2016 Bangkok declaration on physical activity for global health and sustainable development (13) and in the Global action plan on physical activity 2018–2030 (8). Collaboration between WHO, the European Commission and EU Member States facilitates monitoring of implementation of these strategies.

This report presents the results of this collaboration and builds on the factsheets on HEPA in the EU Member States in the WHO European Region that were published in 2015 and 2018 (14, 15). The factsheets provide a baseline for monitoring progress and trends in achieving the 23 HEPA indicators. This report provides updated data on the situation of HEPA in the EU Member States at the beginning of 2021 and also progress and changes. Physical activity factsheets were prepared by all 27 EU Member States in the WHO European Region, and this summary report provides information on the epidemiology of and policy on physical activity in the EU.



METHODS

The report provides an overview of the indicators reported in the country factsheets (**Table 1**), including definitions, methods and data collection. More detailed information on the definitions used and operationalization and data sources on indicators can be found in the Commission staff working document on the monitoring framework (16), which is based on the EU Physical activity guidelines (11) and on the recommendation of the Council of the European Union on promoting HEPA in all sectors (12). The questions in the survey were designed to elicit action by Member States and capacity in certain thematic areas.

TABLE 1. ORIGINAL 23 INDICATORS OF THE HEPA MONITORING FRAMEWORK

| Thematic area | Indicator |
|--|--|
| International physical activity recommendations and guidelines | 1 National recommendations on physical activity for health |
| | 2 Adults who reach the minimum WHO recommendation on physical activity for health |
| | 3 Children and adolescents who reach the minimum WHO recommendation on physical activity for health |
| Cross-sectoral approach | 4 National government coordination mechanism and leadership in HEPA promotion |
| | 5 Funding allocated specifically to HEPA promotion |
| Sport | 6 National Sport for All policy or action plan |
| | 7 Sports Clubs for Health programme |
| | 8 Framework to support offers to increase access to exercise facilities for socially disadvantaged groups |
| | 9 Target groups addressed by the national HEPA policy |
| Health | 10 Monitoring and surveillance of physical activity |
| | 11 Counselling on physical activity |
| | 12 Training in physical activity in the curricula of health professionals |
| Education | 13 Physical education in primary and secondary schools |
| | 14 Schemes for school-related physical activity promotion |
| | 15 HEPA in training of physical education teachers |
| | 16 Schemes to promote active travel to school |
| Environment, urban planning, and public safety | 17 Level of cycling and walking |
| | 18 European guidelines for improving infrastructure for leisure-time physical activity |
| Working environment | 19 Schemes to promote active travel to work |
| | 20 Schemes to promote physical activity at the workplace |
| Senior citizens | 21 Schemes for community interventions to promote physical activity in older adults |
| Evaluation | 22 National HEPA policies that include a plan for evaluation |
| Public awareness | 23 National awareness-raising campaign on physical activity |

During the meetings of the WHO and the European Commission with physical activity focal points to prepare the HEPA factsheets published in 2015, it was decided that data would be collected every 2–3 years to ensure up-to-date summaries of promotion of physical activity in each country and monitoring of progress towards implementing the EU Physical Activity Guidelines (11). In response to this request, data collection was repeated in 2018 and now in 2021 for an updated set of country factsheets on physical activity.

DEMOGRAPHIC DATA



Data for the most recent year (2020 or 2021) on demographic indicators for all the EU Member States factsheets were extracted from Eurostat (17), the Statistical Office of the European Commission:

- total population (2021);
- median age (2020);
- gross domestic product per capita (2020);
- life expectancy males and females (2020).

DATA COLLECTION AND ANALYSIS



Data were collected on the 23 indicators that form the basis of a light framework developed by the Council of the European Union to monitor adherence to the EU Physical activity guidelines (11). An online survey was designed with LimeSurvey software in January 2021 for the collection of data on the indicators and the information necessary for the country physical activity factsheets.

The survey was distributed to the 27 EU Member States in the WHO European Region at the beginning of March 2021 through the Physical Activity Focal Points Network, who were requested to collect data from national colleagues and complete the questionnaire within 2 months. WHO maintained a helpdesk and held three webinars during the data collection period to provide guidance on data sources and how best to answer specific questions. During these webinars, the 23 indicators were discussed and clarified, and the discussions were summarized and distributed to all focal points.

All 27 EU Member States responded to the survey. WHO reviewed the responses and provided feedback to ensure data quality and pose questions to elicit further information. The questionnaires were also checked manually for responses that required clarification, and links to source documents were opened to validate some responses. This process resulted in updated country factsheets on physical activity and an analysis of physical activity promotion in the EU and the WHO European Region.

The country profiles were prepared and sent to the Member States in August 2021 for final review before publication.



MONITORING AND SURVEILLANCE



National recommendations on physical activity

National recommendations on the amount of physical activity necessary to benefit health are an important element of promoting physical activity and serve as a benchmark for measuring progress in promoting physical activity. A national recommendation on physical activity and health is an official statement on the duration, intensity and frequency of physical activity for the population. Recommendations issued by nongovernmental bodies that have not been officially endorsed by a national government are not considered national recommendations for the purposes of this survey.

One question was whether the country had officially adopted a national recommendation on physical activity for health (**Indicator 1**) and, if so, on which international recommendation(s) (if any) they were based (e.g., the WHO guidelines on physical activity and sedentary behaviour (1) and/or the WHO guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age (18)), which population groups were targeted (children < 5 years, children and adolescents (5–17 years), adults (18–64 years), older adults (≥ 65 years) and whether they applied to special populations (e.g., frail or very elderly people (≥ 85 years), pregnant and breastfeeding women, people with disabilities and people with chronic diseases).



Physical activity surveillance

Data on the extent of and trends in physical activity over time are essential for designing a comprehensive, targeted national strategy to increase physical activity.

A national monitoring and surveillance system on physical activity is defined as systematic collection, consolidation, analysis and dissemination of data on the physical activity of the population for use in public health action. Integration of physical activity into the national health monitoring and surveillance system indicates its importance as a health determinant and policy area.

The survey determined whether a surveillance or monitoring system for physical activity was established in the health sector (**Indicator 10**), whether other sectors had such systems, the items measured and the instruments used.



Level of engagement in physical activity

Extensive scientific research has shown that reaching the minimum recommendations for physical activity for health (1) has certain health benefits. Thus, the proportion of individuals who attain the recommendations indicates the proportion of the population that is sufficiently physically active to have a low risk of negative health consequences.

Another survey question sought information on population physical activity levels and the numbers of children and adolescents (**Indicator 3**), adults (**Indicator 2**) and people in other age groups who reached the minimum levels of physical activity for health recommended by WHO (1) or a cut-off defined by the country. Adults are often defined as people aged 18–64 years, but the ranges differ. For example, in some countries, older adults (≥ 65 years) are included with adults, whereas they are reported separately in others. Children and adolescents are defined as aged 5–17 years in the WHO guidelines on physical activity and sedentary behaviour (1), but the age range differed by country.

Cycling and walking are increasingly recognized as important contributions to overall physical activity, as they are accessible to almost everybody and can easily be integrated into a busy day (e.g., for commuting, shopping or social activities) and require minimal personal financial investment. The prevalence of cycling and walking, therefore, reflects the degree of development of a country and can indicate potential for increasing the promotion of physical activity.

Data on the levels of cycling and walking can be collected in various ways, including objective measurements (e.g., GPS tracking), national travel surveys (from detailed individual travel diaries) or as part of other national surveys. In national surveys, data are usually collected as distance and/or time spent cycling or walking per day for all purposes (commuting, shopping, leisure, work).

The survey determined whether a country conducted a national travel survey (**Indicator 17**) and the distance (kilometres) and/or time (minutes) spent walking and/or cycling per person per day for all travel purposes (commuting, shopping, leisure, work).



POLICY RESPONSE



Coordination and funding

Physical activity promotion requires a multisectoral approach. Coordinated, concerted action by all relevant sectors avoids duplication and contradictory actions. A national coordination mechanism ensures that steps have been taken to promote concerted action among sectors.

The survey elicited information on whether countries had established a national coordination mechanism for HEPA promotion (**Indicator 4**), such as an informal working group, an advisory body or a formal intersectoral government body. In order to meet the requirements for this indicator, the body had to have a clear mandate to promote physical activity and not focus on noncommunicable diseases, obesity or other conditions.

The financial resources allocated specifically to HEPA promotion are a strong indicator of the importance a country attaches to this topic in its policy agenda. The sources of funding can indicate the sectors that have prioritized physical activity and whether a multisectoral approach has been taken. The survey determined whether countries had allocated funding specifically for HEPA promotion (**Indicator 5**) and from which sectors. HEPA promotion includes all forms of physical activity that are beneficial for health without undue harm or risk, e.g., sports, transport, environment and leisure time activity. Funding for the promotion of local sports was included, but funding for elite sports (competitive sports involving professional athletes) was excluded.



Policy implementation

National policies and action plans guide the promotion of physical activity and participation in sports in various sectors. As socioeconomic and cultural subgroups of populations in the European countries differ widely in their levels of physical activity and participation in sports, subgroup-specific activities may be organized, in addition to those for the majority of the population and sedentary individuals, in a national HEPA promotion policy. Evaluation is necessary for accountability and for adapting programmes to address weaknesses and make them more effective.

A policy is defined as written documentation of strategies and priorities with defined goals and objectives that is issued by part of an administration. It may include an action plan, usually prepared according to the policy, strategic directions defining who does what, when, how, and for how much and a mechanism for monitoring and evaluation.

In one of the survey questions, countries were asked to report whether they had a national “sports-for-all” policy (**Indicator 6**) and/or other national HEPA policies or action plans, the sectors involved, the target groups addressed (including groups with particular needs, such as children under 5 years, older adults (≥ 65), frail or very elderly people (≥ 85), pregnant and breastfeeding women, people in low socioeconomic groups, people with a disability or chronic disease, ethnic minorities, people deprived of liberty, migrants and unemployed people (**Indicator 9**), and whether they included a plan for evaluation (**Indicator 22**).

Sports setting

Sports promotion is an essential part of a comprehensive HEPA promotion strategy. Sports clubs, the backbone of the sports movement, make an important contribution to increasing levels of physical activity in many countries. Analysis of current approaches, however, showed that the link between sports and health promotion could be further strengthened. The “Sports clubs for health” programme was designed to provide support for sports clubs in delivering programmes with a stronger focus on health and to encourage them to invest in health-related activities and/or health promotion within sports. “Health-oriented sports clubs” specifically include health in their activities. In a “Sports club for health”, health promotion is one of the main principles, even if it is not its main orientation.

The Guidelines for sports clubs for health programmes were prepared by a working group of HEPA Europe and the Association for International Sport for All, supported by a grant from the European Commission. Countries were asked in the survey whether their sports clubs followed these specific guidelines (**Indicator 7**).

Health setting

Individual counselling on and prescription of physical activity can increase individual activity. Therefore, promotion of a more physically active lifestyle in primary health care can target groups who are otherwise difficult to reach. As health-care providers are loathe to include further topics in their general counselling, financial incentives might increase wide provision of such counselling. For example, physicians in primary health care could be financially rewarded for encouraging patients to move more. Reimbursement for counselling or prescription of physical activity within, for example, insurance schemes would provide an opportunity to define and monitor the quality and outcome of counselling programmes.



Member States were asked whether they had a national programme or scheme to promote counselling on physical activity by health professionals (**Indicator 11**). A health professional was defined as an individual who provides preventive, curative, promotional or rehabilitative health care services in a systematic way to people, families or communities, including medical doctors, nurses and physiotherapists.

Health professionals can advocate physical activity and serve as facilitators between health insurance providers, their members or clients and providers of physical activity programmes. To fulfil this role, they must be appropriately trained in physical activity and health. Countries were also asked if physical activity and health (e.g., health effects, determinants, effective interventions) were taught in the curricula of health professionals (**Indicator 12**), at which level (undergraduate or postgraduate) and whether this was mandatory or optional.



School setting

Schools are an important setting for encouraging physical activity among young people. Physical education in school increases physical activity and improves motor skills. It should be compulsory and the quantity and quality regulated on the basis of evidence.

Countries were asked in the survey to report the total number of hours of physical education provided in primary and secondary schools per week (**Indicator 13**), how many hours were mandatory and whether the quality of physical education was monitored.

Physical education teachers play an important role in promoting physical activity and sports among young people and act as role models. They must therefore be fully trained in the concept of HEPA, which covers all forms of physical activity that are beneficial for health without undue harm or risk, including sports, dance, fitness activities, active commuting and active play. Countries were therefore asked whether the curriculum of physical education teachers included HEPA as part of undergraduate or postgraduate studies and if it was mandatory or optional (**Indicator 15**).

Various schemes are effective in increasing the physical activity of young people in the school setting. While physical education at school makes an important contribution, it is provided only a few times a week, and additional schemes are necessary to help children and adolescents in reaching the recommended 60 min/day of moderate-to-vigorous intensity physical activity.

Active school breaks include opportunities for physical activity, such as adequate playground facilities and access to sports equipment and infrastructure.

Active breaks during school lessons consist of brief, structured physical activity during lessons to break up long periods of sitting.

After-school physical activity for health promotion programmes (at school, in sports clubs or in communities) include opportunities, infrastructure and access to structures such as fitness centres, aquatic centres or cycling arenas to support young people in being physically active after school. This can also include “sports homework”.

“Active travel” refers to any non-motorized form of travel, including walking, cycling, roller-blading and skate-boarding. Active travel is increasingly recognized as a means of augmenting overall physical activity. Data from a number of countries showed that young people who travel to school in an active way are more physically active overall. In most countries, the most common forms of travel are walking and cycling. Schemes to promote active travel to school include structured programmes such as “Safe routes to school” and “Walking bus” projects and a focus on the topic in national transport or school policy.

Countries were asked whether they had national schemes for active school breaks, active breaks during school lessons and after-school physical activity for health promotion programmes (**Indicator 14**) and also national schemes to promote active travel to school (**Indicator 16**).

Workplace setting

Adults who commute to work in an active way are also more physically active and, for example, less likely to be overweight. Schemes to promote active travel to work may be directed either to employers (e.g., a requirement for mobility plans for staff above a certain number of hours or a financial incentive) or led by a nongovernmental organization (e.g., incentives or subsidies to employees who use active forms of commuting). The survey included questions on whether countries had national schemes to promote active travel to work (**Indicator 19**).

The workplace is increasingly recognized as a setting for promoting physical activity. Schemes to promote physical activity at work may include structured sports or walking programmes at lunchtime, provision of appropriate infrastructure (e.g., gym, showers, walking tracks), systematic inclusion in all work processes (e.g., stand-up desks, walking meetings) and incentives or subsidies for employees who take up such offers. It is vital to ensure that all employees are reached and not, for example, mostly those who are already physically active. Countries were asked about the existence of national schemes to promote physical activity at the workplace (**Indicator 20**).

Urban planning

Leisure-time is the most common time for physical activity of all types, including traditional sports. All population groups should have access to infrastructure conducive to active leisure time. Guidelines have been prepared within the European Commission-funded project Improving Infrastructures for Leisure-time Physical Activity in the Local Arena (IMPALA), including sports facilities, infrastructure and urban “green” and “blue” spaces. Improvement of infrastructure requires appropriate policies for planning, building, financing and management.

Member States were asked whether the IMPALA guidelines were applied systematically in planning leisure-time infrastructure (**Indicator 18**).





Special populations

While low levels of physical activity are found throughout Europe, they are particularly prevalent in groups of society who are disadvantaged with regard to income, socioeconomic status, education, employment, age, gender, ethnicity, culture or religion. This is a particular concern, as these groups often have detrimental health behaviour, including unhealthy nutrition, physical inactivity, alcohol consumption and smoking. Such groups require targeted approaches, as the usual approaches for promoting sports or health are often insufficient.

Specific means to increase access to recreational or exercise facilities for socially disadvantaged groups can increase their opportunities for physical activity. The means might be a specific national policy or programme, an incentive scheme for facilities, specific outreach programmes or financial incentives to increase access and use. Countries were asked whether they had a framework to increase the access of socially disadvantaged groups to recreational sports or exercise facilities (**Indicator 8**).

Remaining physically active is of particular importance for older adults in order to maintain their mental and functional capacity and their independence and to prevent falls. As most European societies are ageing, this will be of increasing importance. Schemes for community interventions to promote physical activity among older adults may be government programmes with specific opportunities for older adults, investment in suitable leisure-time infrastructure or increasing access to existing infrastructure (including transport) or projects and programmes run by nongovernmental organizations in the community or in settings such as nursing homes. The survey included questions about national guidance or a programme for community interventions to promote physical activity among older adults (**Indicator 21**).

Raising awareness

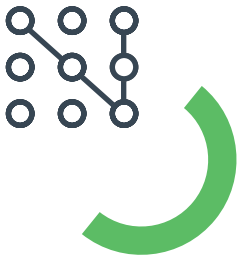
A national awareness-raising campaign is a mass media-based approach to influence a community's attitudes, behaviour and beliefs. It is a frequent element of national strategies to promote physical activity and can contribute to dissemination of knowledge and changing attitudes. If complemented by specific programmes, it can also support behaviour change.

Member States were asked whether they had clearly formulated national campaigns for education and public awareness about physical activity and the type of media used in the campaigns (**Indicator 23**).





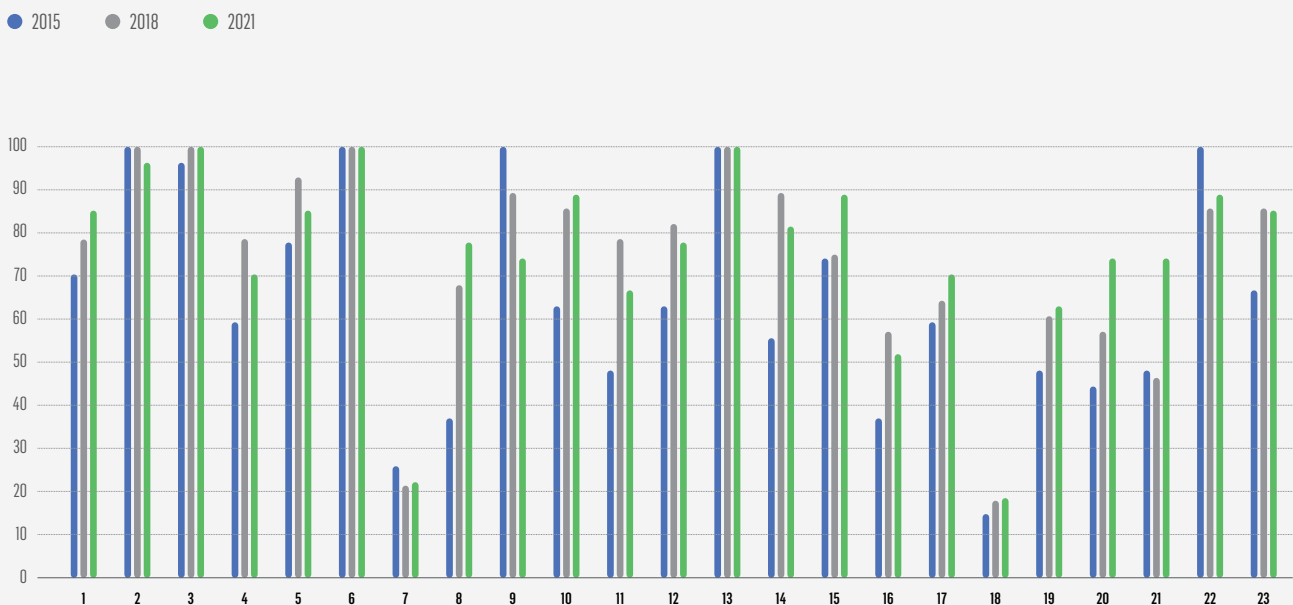
RESULTS



PATTERNS AND TRENDS IN PHYSICAL ACTIVITY PROMOTION IN THE EUROPEAN UNION

An overall improvement in the indicators can be observed between 2015 and 2021 (**Figure 1**). Across the Region, the average proportions of the 23 indicators that were attained by Member States was 64.7% in 2015, 74.5% in 2018 and 75.7% in 2021, showing stabilization between 2018 and 2021.

Direct comparisons of the data must, however, be made with caution, as the questions in the three surveys were slightly different, new focal points may have collected data differently and different Member States responded to the survey in each round (Greece did not participate in the survey in 2015, and the United Kingdom was no longer a Member State of the EU in 2021).



Data source: 2015, 2018 and 2021 Physical Activity Factsheets for the European Union Member States in the WHO European Region.

FIGURE 1. PROPORTIONS OF EACH INDICATOR MET IN 2015, 2018 AND 2021 BY THE EUROPEAN UNION MEMBER STATES

Two indicators are naturally highlighted by the low rates of accomplishment – **Indicator 7** (Sports clubs for health programme) and **Indicator 18** (European guidelines for improving infrastructure for leisure-time physical activity). These indicators assess the use of very specific guidelines developed for projects funded by the European Commission.

MONITORING AND SURVEILLANCE



National recommendations on physical activity

Twenty-three countries (85%) reported that they had national recommendations on physical activity for health (**Indicator 1**). Several countries used the WHO recommendations on physical activity to establish their national recommendations (**Table 2**).



| Source | No. of countries |
|---|------------------|
| WHO global recommendations on physical activity for health (2010) | 18 |
| WHO physical activity, sedentary behaviour, and sleep recommendations for children under 5 years old (2019) | 9 |
| WHO guidelines on physical activity and sedentary behaviour (2020) | 7 |

TABLE 2. WHO SOURCES FOR NATIONAL RECOMMENDATIONS ON PHYSICAL ACTIVITY FOR HEALTH

Table 3 shows the different target groups (by age and special group) included in national recommendations on physical activity for health.

| Target group | No. of countries |
|--|------------------|
| Children < 5 years | 17 |
| Children and adolescents (5–17 years) | 23 |
| Adults (18–64 years) | 22 |
| Older adults (≥ 65 years) | 20 |
| Frail and very elderly people (≥ 85 years) | 3 |
| Pregnant women | 16 |
| Breastfeeding women | 14 |
| People with disabilities | 9 |
| People with chronic diseases | 10 |
| Other | 1 |

TABLE 3. TARGET GROUPS COVERED BY NATIONAL RECOMMENDATIONS ON PHYSICAL ACTIVITY FOR HEALTH



Surveillance of physical activity

Twenty-six countries reported that they had at least one established physical activity surveillance system in one sector. Twenty-four countries reported an established physical activity surveillance system in the health sector (**Table 4; Indicator 10**).

TABLE 4. SECTORS WITH SURVEILLANCE SYSTEMS FOR MONITORING PHYSICAL ACTIVITY

| Sector | No. of countries |
|-----------|------------------|
| Health | 24 |
| Education | 15 |
| Sports | 17 |
| Transport | 8 |



Levels of engagement in physical activity

Data on national physical activity levels are reported in the country factsheets. The data were not compared, as the results of surveys depend on the methods used; different sampling methods, statistical modelling, instruments (such as the Global Physical Activity Questionnaire, the International Physical Activity Questionnaire and accelerometers) and definitions of “physically active” influence the data reported in surveys. National surveys allow monitoring of trends over time only if the same methods and instruments are used in each.

Table 5 shows the age groups for which physical activity prevalence is monitored in EU Member States.

TABLE 5. AGE GROUPS FOR WHICH DATA WERE AVAILABLE ON THE PREVALENCE OF PHYSICAL ACTIVITY

| Age group | No. of countries |
|--------------------------|------------------|
| Children < 5 years | 7 |
| Children and adolescents | 27 |
| Adults | 26 |
| Older adults | 22 |

No. of countries **19** **70%**

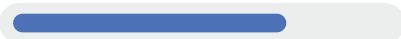


FIGURE 2. PROPORTION OF COUNTRIES WITH A NATIONAL TRAVEL SURVEY.

Nineteen countries (70%) reported that they had conducted a national travel survey (**Indicator 17, Figure 2**). Data on national levels of walking and cycling are presented in the country factsheets.

POLICY RESPONSE



Coordination and funding

As the promotion of physical activity requires action in several sectors, such as health, sports, education, urban planning and transport, a national coordination mechanism is necessary to ensure concerted action.

Nineteen countries (70%) reported that they had a national coordination mechanism to promote HEPA (Indicator 4, Figure 3). The mechanism ranged from small working groups for coordinating the physical activity component of a national noncommunicable disease action plan to high-level ministerial councils.

Allocation of specific funding for the promotion of HEPA is a strong indicator of action to promote physical activity by governments and government sectors.

Twenty-three countries (85%) reported that they provided dedicated funding for HEPA promotion (Indicator 5, Figure 4). The sports, health and education sectors provided funding for HEPA (Table 6).



FIGURE 3. PROPORTION OF COUNTRIES WITH AN ESTABLISHED GOVERNMENT COORDINATION MECHANISM FOR THE PROMOTION OF HEPA.



FIGURE 4. PROPORTIONS OF COUNTRIES THAT ALLOCATED FUNDING SPECIFICALLY TO PROMOTION OF HEPA.

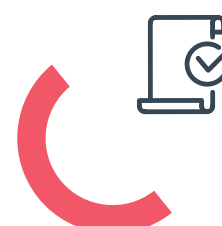
| Sector | No. of countries |
|----------------|------------------|
| Health | 20 |
| Education | 15 |
| Sports | 22 |
| Environment | 11 |
| Urban planning | 10 |
| Transport | 15 |
| Other | 11 |

TABLE 6. SECTORS THAT PROVIDED FUNDING FOR THE PROMOTION OF HEPA



Policy implementation

National policies and action plans for HEPA promotion are essential to guide action. All countries reported at least one national sports-for-all policy or action plan for promoting HEPA (Indicator 6). Overall, 165 national HEPA policies or action plans were reported, representing about six per country (1–20 policies) and involving different sectors (Table 7).



The health sector was that most commonly involved in implementing national physical activity policies or action plans. Most policies were multi-sectoral, with good coverage of the sectors recognized as important for HEPA promotion.

TABLE 7. SECTORS INVOLVED IN THE 165 NATIONAL HEPA POLICIES OR ACTION PLANS REPORTED

| Sector | No. of policies |
|----------------|-----------------|
| Health | 126 |
| Education | 105 |
| Sports | 111 |
| Environment | 76 |
| Urban planning | 70 |
| Transport | 78 |

In 20 countries, HEPA policies or action plans targeted groups with a particular need for physical activity (**Indicator 9**), including children < 5 years, older adults (≥ 65), frail or very elderly people (≥ 85), pregnant and breastfeeding women, people in low socioeconomic groups, people with a disability or a chronic disease, ethnic minorities, people deprived of liberty, migrants and unemployed people.

Of the 165 policies and action plans to promote HEPA, the special groups most often addressed were people with disabilities, older adults (≥ 65 years) and children < 5 years (**Table 8**).

TABLE 8. TARGET GROUPS IN THE 165 NATIONAL HEPA POLICIES OR ACTION PLANS REPORTED

| Target group | No. of policies |
|--|-----------------|
| General population | 121 |
| Children < 5 years | 45 |
| Children and adolescents (5–17 years) | 69 |
| Adults (18–64 years) | 52 |
| Older adults (≥ 65 years) | 47 |
| Frail and very elderly people (≥ 85 years) | 27 |
| People with a disability | 49 |
| People with a chronic disease | 35 |
| Pregnant women | 21 |
| Breastfeeding women | 19 |
| Low socio-economic groups | 38 |
| Ethnic minorities | 26 |
| Deprived of liberty | 6 |
| Migrants | 21 |
| Unemployed people | 20 |

In 24 countries, at least one reported policy or action plan included a plan for evaluation (**Indicator 22**).



Sports setting

Six countries (22%) reported having used the Guidelines for sports club for health programmes developed by HEPA Europe and the Association for International Sport for All (Indicator 7, Figure 5). Another nine countries reported having used similar national guidance or programmes designed to encourage sports clubs to promote health-related sport activities and/or health promotion.

No. of countries **6** **22 %**

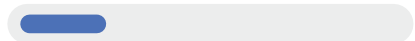


FIGURE 5. PROPORTION OF COUNTRIES IN WHICH "THE GUIDELINES FOR SPORTS CLUB FOR HEALTH PROGRAMS" WERE USED.

Health setting

Eighteen countries (67%) reported having national guidance or a programme to promote counselling on physical activity or exercise prescription by health professionals (Indicator 11, Figure 6).

No. of countries **18** **67 %**



FIGURE 6. PROPORTION OF COUNTRIES WITH A NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE COUNSELLING ON PHYSICAL ACTIVITY OR EXERCISE PRESCRIPTION BY HEALTH PROFESSIONALS.

In three countries, financial incentives were provided to health professionals to encourage patients to be more active. In two countries, patients had to pay for counselling on physical activity by health professionals, but the cost was reimbursed.

Twenty-one countries (78%) reported that physical activity for health was included in the curricula of one or more types of health professional (Indicator 12, Figure 7; Table 9).

TABLE 9. HEALTH PROFESSIONALS WHO RECEIVED TRAINING IN PHYSICAL ACTIVITY IN THEIR CURRICULA

| Type of health professional | No. of countries |
|-----------------------------|------------------|
| Medical doctors | 16 |
| Physiotherapists | 20 |
| Nurses | 19 |
| Nutritionists/dietitians | 8 |
| Psychologists | 5 |

No. of countries **21** **78 %**

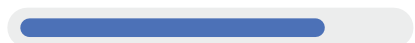


FIGURE 7. PROPORTION OF COUNTRIES THAT INCLUDED TRAINING IN PHYSICAL ACTIVITY IN THE CURRICULUM OF HEALTH PROFESSIONALS.

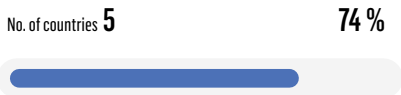


FIGURE 8. PROPORTION OF COUNTRIES THAT REPORTED MONITORING OF THE QUALITY OF PHYSICAL EDUCATION CLASSES.

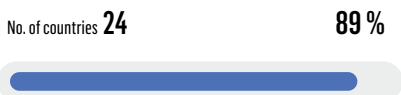


FIGURE 9. PROPORTION OF COUNTRIES IN WHICH THE CURRICULUM OF PHYSICAL EDUCATION TEACHERS INCLUDED TRAINING ON HEPA.

TABLE 10. NATIONAL GUIDANCE OR PROGRAMME FOR PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS AND ACTIVE TRAVEL TO SCHOOL

School setting

All Member States reported that physical education classes were held in schools (**Indicator 13**). The number of hours provided in each country is presented in the country factsheets.

Twenty countries (74%) reported that the quality of physical education classes was monitored (**Figure 8**). Training of physical education teachers in HEPA was reported by 24 countries (89%) (**Indicator 15, Figure 9**).

Twenty-two countries reported at least one national guidance or programme to promote physical activity in schools (**Indicator 14; Table 10**). The most commonly reported scheme was after-school programmes.

Fourteen countries reported having national guidance or a programme for active travel to school (**Indicator 16; Table 10**).

| National guidance or programme | No. of countries |
|---|------------------|
| Active school breaks | 12 |
| Active breaks during school lessons | 16 |
| After-school physical activity for health promotion | 21 |
| Active travel to school | 14 |



FIGURE 10. PROPORTION OF COUNTRIES WITH NATIONAL GUIDANCE OR PROGRAMMES TO PROMOTE ACTIVE TRAVEL TO WORK AND TO PROMOTE PHYSICAL ACTIVITY AT THE WORKPLACE.

Workplace setting

Seventeen countries (63%) reported that they had national guidance or a programme to promote active travel to work (**Indicator 19, Figure 10**), and 20 (74%) reported that they had national guidance or a programme to promote physical activity at the workplace (**Indicator 20**).



Urban planning

Five countries (19%) reported that they applied the IMPALA guidelines systematically (Indicator 18, Figure 11). Another 13 countries reported that they used similar national guidance or a programme to improve or develop infrastructure for leisure-time physical activity.

No. of countries **5** **19 %**

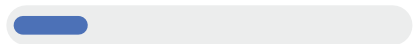


FIGURE 11. PROPORTIONS OF COUNTRIES THAT APPLIED THE IMPALA GUIDELINES.

Special populations

Twenty-one countries (78%) reported a specific framework to ensure access to recreational sports or exercise facilities for socially disadvantaged groups (Indicator 8, Figure 12), and 20 (74%) reported national guidance or a programme for community interventions to promote physical activity among older adults (Indicator 21, Figure 13).

No. of countries **21** **78 %**

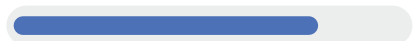


FIGURE 12. PROPORTION OF COUNTRIES WITH A FRAMEWORK TO INCREASE ACCESS TO EXERCISE FACILITIES FOR SOCIALLY DISADVANTAGED GROUPS.

No. of countries **20** **74 %**

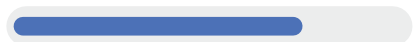


FIGURE 13. PROPORTION OF COUNTRIES WITH NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE PHYSICAL ACTIVITY IN OLDER ADULTS.

Raising awareness

Twenty-three countries (85%) reported that they conducted an established, clearly formulated national campaign for physical activity education and public awareness-raising (Indicator 23, Figure 14), through several types of media (Table 11).

TABLE 11. TYPES OF MEDIA USED IN NATIONAL AWARENESS-RAISING CAMPAIGNS ON PHYSICAL ACTIVITY

| Medium | No. of countries |
|----------------|------------------|
| Television | 19 |
| Radio | 20 |
| Newspapers | 18 |
| Social media | 21 |
| Public events | 18 |
| Public figures | 19 |

No. of countries **23** **85 %**

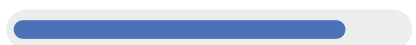
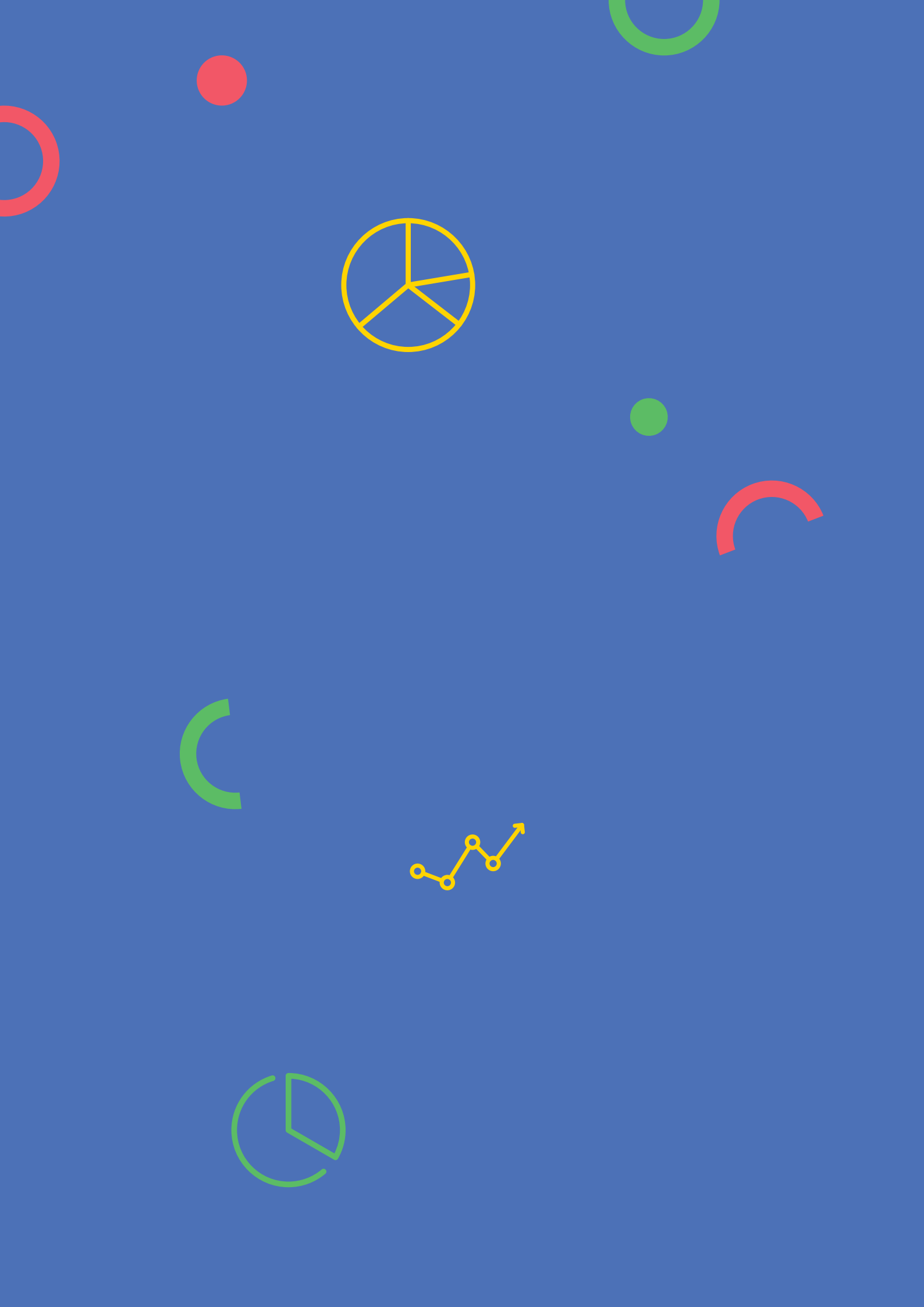


FIGURE 14. PROPORTIONS OF COUNTRIES THAT CONDUCTED NATIONAL AWARENESS-RAISING CAMPAIGNS ON PHYSICAL ACTIVITY.



POLICY IMPLICATIONS

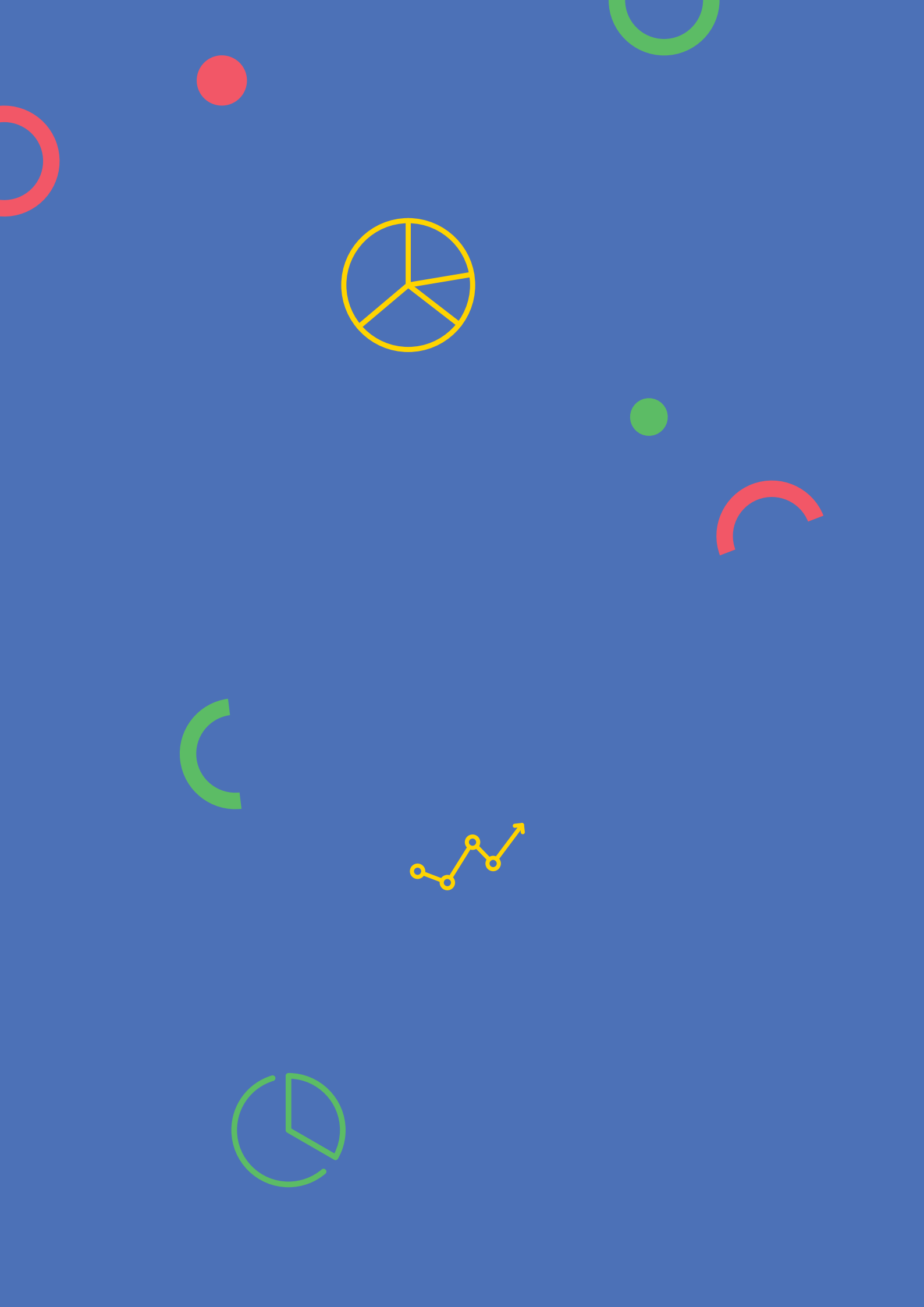
The results of the 2021 round of data collection on HEPA indicators showed overall stabilization of implementation of both the EU Physical activity guidelines and the Physical activity strategy of the WHO European Region.

Besides important increases in several indicators, such as indicators 15 (HEPA in the training of physical education teachers), 20 (Schemes to promote physical activity at the workplace) and 21 (Schemes for community interventions to promote physical activity in older adults), many others decreased and others showed no progress as the achieved rates were already maximal in 2018 (indicators 2, 3, 6 and 13). Most national physical activity policies or action plans were multi-sectoral, with good coverage of the sectors recognized as important for HEPA promotion.

While some methodological aspects may have affected the results, this round also reflected policy implementation during the COVID-19 pandemic (2019–2021). COVID-19 has had a significant impact on all sectors of society but especially on health, sports, education and mobility, which are major areas for physical activity promotion and policy implementation. Lockdowns and limited access to public spaces and infrastructure for physical activity negatively affected physical activity levels and increased sedentary behaviour, which were already at alarming levels before the pandemic (19, 20). Furthermore, management of risk factors for noncommunicable diseases, such as physical inactivity, in primary health care was severely impaired (21). Face-to-face consultations, exercise counselling and prescription and community exercise rehabilitation programmes were affected.

Nevertheless, the COVID-19 pandemic led to a new wave of advocacy for physical activity. Scientific studies have shown the independent protective effect of physical activity on outcomes of SARS-CoV-2 infection: being hospitalized, requiring admission to an intensive care unit and death (22). Even insufficient levels of exercise were better than inactivity in terms of risk of severe COVID-19 outcomes, which is an important and encouraging message: a little physical activity is better than nothing at all. Public health experts and decision makers should use the current public awareness of the health benefits of physical activity kindled by the COVID-19 crisis to implement new health-promoting policies.

Policy design, development and implementation of HEPA promotion must be strengthened for post-COVID-19 social and economic recovery. The collaboration between WHO, the European Commission and the EU Member States is a unique opportunity to rethink the future of national and European strategies for physical activity. The next steps should be to determine how to attain the goal of a 15% reduction in physical inactivity by 2030 (8) and attaining the United Nations Sustainable Development Goals by more participation in physical activity, such as sports, exercise and active commuting.



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PHYSICAL ACTIVITY COUNTRY FACTSHEETS





AUSTRIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **8.93 m**

Median age: **43.5 years**

GDP per capita: **35 610 €**

Life expectancy, males: **78.9 years**

Life expectancy, females: **83.6 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

Children (< 5 years)

Children and adolescents (5–17 years)

Adults (18–64 years)

Older adults (≥ 65 years)

Frail and very elderly adults (≥ 85 years)

Pregnant and breastfeeding women

People with disabilities

People with chronic diseases

The recommendations were developed in 2020 and are based on the [WHO global recommendations on physical activity for health \(2010\)](#), [WHO guidelines on physical activity, sedentary behaviour and sleep recommendations for children under 5 years of age \(2019\)](#) and 2008 and 2018 Physical activity guidelines for Americans.

▶ https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf



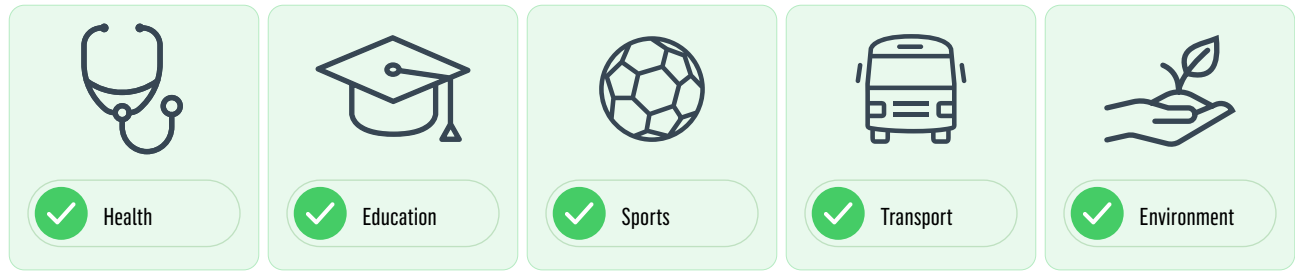
AUSTRIA

PHYSICAL ACTIVITY

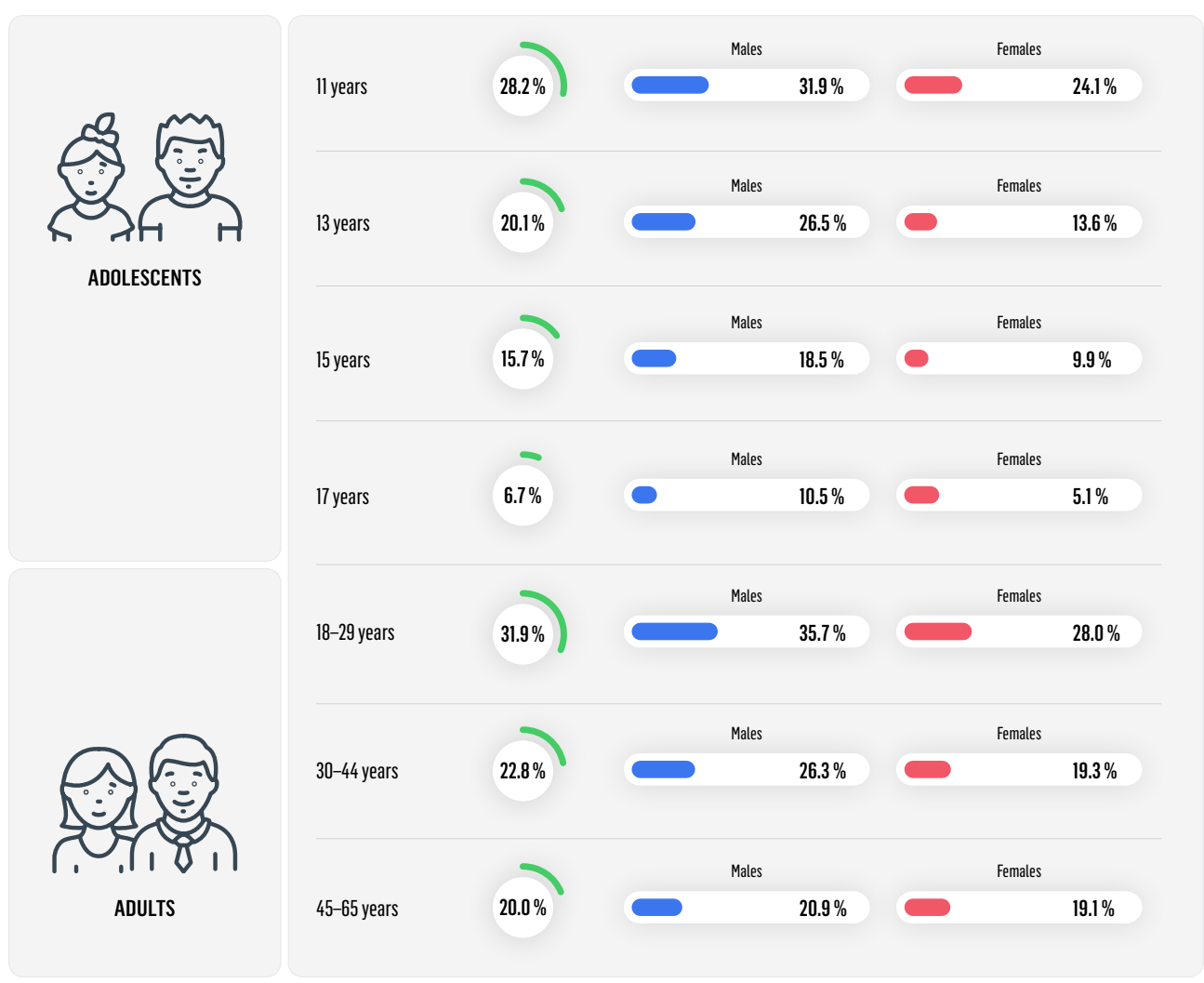
FACTSHEET 2021

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017–2018; data for adults were collected through the [Austrian Health Interview Survey](#) in 2019.

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PHYSICAL ACTIVITY FACTSHEET 2021



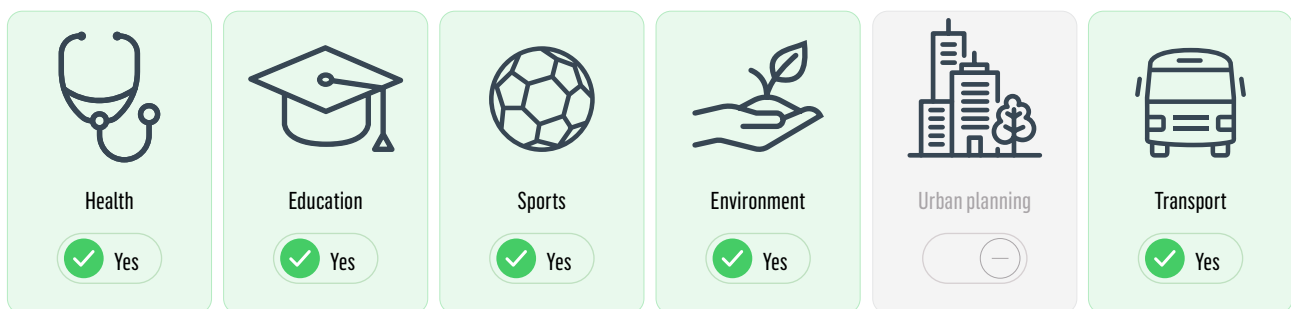
National government coordination mechanism and leadership in the promotion of physical activity

The Austrian Federal Ministry for Arts, Culture, the Civil Service and Sport and the Austrian Federal Ministry for Climate Action, Environment, Energy, Mobility, Innovation and Technology coordinate the Working group on health target number 8 – to promote healthy, safe exercise and activity in everyday life through appropriate environments, established in 2014.

► <https://www.bundeskanzleramt.gv.at/dam/jcr:7b9e6755-2115-440c-b2ec-cbf64a931aa8/RegProgramm-lang.pdf> ► <https://gesundheitsziele-oesterreich.at/english-summary/>

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



SUCCESS STORY

Since 2007, the national funding programme **"klimaaktiv mobil"** in the **Ministry of Climate Action** has provided financial support for companies, federal states and municipalities to promote cycling, including infrastructure. In 2020, the national budget was doubled to € 40 million per year. Additionally, new funding was provided for bicycle lanes.



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL ACTION PLAN FOR PHYSICAL ACTIVITY (NATIONALER AKTIONSPLAN BEWEGUNG)
- 2 AUSTRIAN 10 HEALTH TARGETS
- 3 NATIONALER AKTIONSPLAN BEHINDERUNG 2012–2020
- 4 MASTERPLAN CYCLING 2015–2025 STRATEGY
- 5 MASTERPLAN WALKING

TOTAL NUMBER OF POLICIES

5



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 |
|----------------|---|---|---|---|---|
| Health | ✓ | ✓ | ✓ | ✓ | ✓ |
| Education | ✓ | ✓ | ✓ | ✓ | ✓ |
| Sports | ✓ | ✓ | ✓ | ✓ | ✓ |
| Environment | ✓ | ✓ | ✓ | ✓ | ✓ |
| Urban planning | ✓ | ✓ | ✓ | ○ | ✓ |
| Transport | ✓ | ✓ | ✓ | ✓ | ✓ |

AUSTRIA

PHYSICAL ACTIVITY FACTSHEET 2021



POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
|---------------------------------|---|---|---|---|---|---------------------------|---|---|---|---|---|
| General population | ✓ | ✓ | ○ | ✓ | ✓ | Pregnant women | ○ | ○ | ○ | ○ | ○ |
| Children < 5 | ○ | ✓ | ○ | ○ | ○ | Breastfeeding women | ○ | ○ | ○ | ○ | ○ |
| Children and adolescents (5–17) | ✓ | ✓ | ○ | ○ | ○ | Low socio-economic groups | ✓ | ✓ | ○ | ○ | ○ |
| Adults | ✓ | ✓ | ○ | ○ | ○ | Ethnic minorities | ✓ | ✓ | ○ | ○ | ○ |
| Older adults (≥ 65) | ✓ | ✓ | ○ | ○ | ○ | Deprived of liberty | ○ | ○ | ○ | ○ | ○ |
| Frail/elderly (≥ 85) | ✓ | ✓ | ○ | ○ | ○ | Migrants | ○ | ✓ | ○ | ○ | ○ |
| People with disabilities | ○ | ✓ | ✓ | ○ | ○ | Unemployed people | ✓ | ✓ | ○ | ○ | ○ |
| People with chronic diseases | ○ | ✓ | ○ | ○ | ○ | | | | | | |

POLICY HIGHLIGHTS

2 Austrian 10 health targets. The aim of the 10 health targets is to improve the health of all people (including those with disabilities) and prolong healthy life years by an average of 2 years. The goals are set for the next 20 years. Concerning physical activity, the goal is to integrate adequate levels of exercise into everyday life, in residential surroundings and infrastructure (such as cycle paths, playgrounds, recreation rooms) and commuting to school, which must be designed to permit and encourage physical activity. It targets kindergartens, schools, nursing homes and clubs.

3 Nationaler Aktionsplan Behinderung 2012–2020. The aim is to include sports for people with disabilities in all sports policies and increase their participation in local and competitive sports. Specific measures are included to promote sports and physical activity for health promotion and disease prevention, create access to public spaces, extend offers to participate in sports and leisure activities and provide sign language interpretation for all activities that promote sport.

4 Masterplan cycling 2015–2025 strategy. The aim is to increase the prevalence of cycling from 7% to 13% as a health-promoting measure, reduce health and environmental costs and increase training in cycling, raise awareness and invest in promotion of cycling throughout the country, with development of infrastructure, cycle-friendly legal conditions and a pan-European Master Plan for Cycling Promotion in the context of the UNEC/WHO Transport, Health and the Environment Pan-European Programme.

▶ <https://www.forum-ernaehrung.at/>



SUCCESS STORY

Bewegt im Park is an initiative under the national action plan for physical activity that offers free exercise courses and weekly physical activities in public parks and other open spaces between June and September. The activities are led by professional trainers and organized in partnership with Sports for All organizations, sports clubs and Austrian social insurance institutions.

Increasing access to exercise facilities for socially disadvantaged groups

The Ministry of Sports in collaboration with sports organizations, the Ministry for Europe, Integration and Foreign Affairs, the Austrian Integration Fund, the Austrian Sports Fund and the fairplay initiative is promoting social integration and increased participation of immigrants in sports. It offers workshops to increase intercultural inclusion and competence in sports, share best practices and create opportunities to share experiences.

▶ <https://sportintegration.at/>



AUSTRIA

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY

The **"Do something-pass" (Tu Was-Pass)** is an initiative of the Vienna Health Promotion Company (Wiener Gesundheitsförderung gemeinnützige GmbH) to encourage low-income people to exercise by providing free-of-charge sport facilities and fitness centres.

Counselling on physical activity and exercise prescription

Jackpot.fit is a standardized exercise programme for inactive adults, with classes guided by trained people from all national sports umbrella organizations and co-financed by State funding agencies for up to half a year. Since its creation by members of all health insurance companies, national sports umbrella organizations and sports science professionals in 2015, it is now operational in six federal states, and nationwide scale up is planned for 2022. Eligible adults are invited to participate by partners in the private and public sectors, such as social insurance institutions, diabetes programmes, local physicians and retirement courses.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals* |
|---------------|--------------------------|---|---|------------------------------|--------------------------|---|
| | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> | <input checked="" type="checkbox"/> Mandatory | <input type="checkbox"/> Mandatory | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Mandatory |

*Sports physicians

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|------------------|---|--------------------|---|
| 3 | <input checked="" type="checkbox"/> Mandatory | 4 | <input checked="" type="checkbox"/> Mandatory |

Physical activity and health (health effects, determinants, effective interventions, etc.) is a mandatory component of the postgraduate curriculum of physical education teachers.

AUSTRIA

PHYSICAL ACTIVITY FACTSHEET 2021



PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

- During breaks
- ✓ During lessons
- ✓ After school
- ✓ Travel to and from school

Since 2010, the Federal Ministry of Education has offered an advanced training programme on physically active learning. The aim is for school teams to participate and learn the basics of active breaks during lessons.



“Move children healthy 2.0” (Kinder gesund bewegen 2.0) is Austria’s largest sport and school programme. Its aim is to build cooperation between sports clubs and primary schools and to promote an active lifestyle by offering physical activity with a joyful, fun approach to children aged 2–10. “Move children healthy 2.0” also targets educators, teachers and parents in recognition of their significant influence on the activity level and behaviour of children. The initiative started in 2009 under the name “Move children healthy” (Kinder gesund bewegen) and is implemented by the three Sports for All organizations (ASKÖ, ASVÖ and SPORTUNION) with local sport clubs. It is coordinated by the non-profit organization Fit Sport Austria and funded by the Austrian Federal Ministry for Arts, Culture, the Civil Service and Sport.

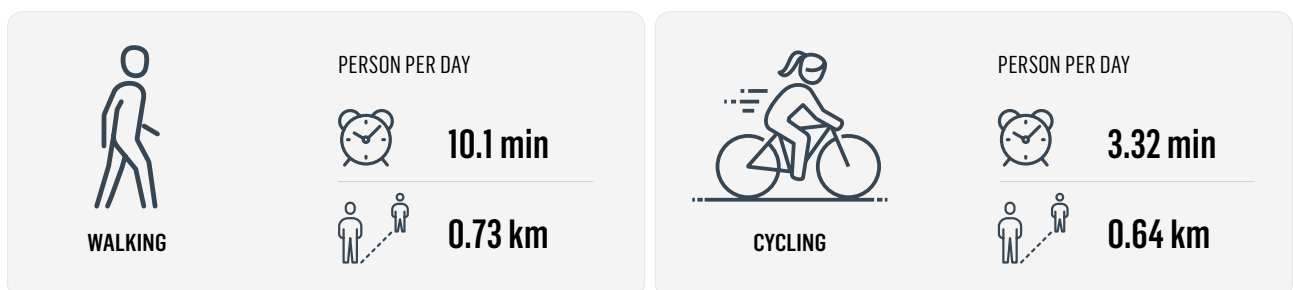
Mobility management for children, parents and schools (Klimaaktiv mobil) was launched in 2005 as part of the Austrian climate protection initiative. It motivates children, young people, parents and teachers to engage in active, environmentally friendly mobility. So far, more than 500 educational institutions, 80 000 children and young people and 6000 teachers across Austria have been advised and accompanied in its implementation. Thus, thousands of car trips and tonnes of CO₂ have already been saved. With this programme, Austria contributes to the WHO Children’s Environment and Health Action Plan for Europe and the Transport, Health and Environment Pan-European Programme.

The Pedibus (Walking Bus) project in Austria encourages children to form groups and, under supervision, walk together to school. It also supports schools by offering a Pedibus kit and guidelines to promote sustainable mobility on the way to kindergarten. Remarkably, specific guidelines with regard to COVID-19 were issued to support schools in its implementation during the pandemic. This campaign will be extended beyond 2022.

National travel survey

The nationwide trip-based household survey collects data from travel diaries for all members of a household over 6 years of age. During the last round, complete datasets on 196 604 trips of 38 220 people living in 17 070 households were collected on two consecutive sampling days per person between Monday and Sunday. According to the national travel survey, in an average week 7% of all trips are made by bicycle and 18% of all trips are walking trips.

www.oesterreich-unterwegs.at





AUSTRIA


PHYSICAL ACTIVITY FACTSHEET 2021




Infrastructure for leisure-time physical activity


The European guidelines for improving infrastructure for leisure-time physical activity are not applied systematically in Austria, but, in the revision of the national action plan for physical activity, the guidelines will be implemented at all relevant levels. Currently, the Austrian Institute for Schools and Sports Facilities (Österreichisches Institut für Schul- und Sportstättenbau) supports implementation from knowledge gained in the "IMPALA-NET" project.

Promotion of physical activity in the workplace




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

 Yes



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

 Yes

The cost-free consultancy programme Klimaaktiv mobil for companies promotes physically active commuting by walking and cycling and provides financial and other support (e.g., company bicycles, bicycle parking, awareness-raising). In 2021, with the first steps for greening tax systems, company bicycles have become more attractive fiscally than electric company cars. Companies are also addressed in the national cycling campaign "Austria cycles" and motivated to promote cycling among their employees.

The National action plan for physical activity (Nationaler Aktionsplan Bewegung) sets objectives and measures to promote physical activity in the workplace. The objectives and measures are not implemented in the form of a programme.



SUCCESS STORY

The Austrian Company Sports Association supports companies in integrating physical activity into the working environment, ensuring that the offers are appropriate for the target group and that the physical activity offered can be adapted to the lives of employees. The offers balance everyday exercise and ambitious amateur sports. The aim is to provide all employees, regardless of their origin, social milieu, age, gender or position in the company, with an exercise programme. The physical activity offered should promote intrinsic motivation and social cohesion, should help to prevent the classical diseases of modern civilization and provide employees with a sense of achievement in order to positively link physical activity with the working environment. The Austrian Company Sports Association summarizes trends and innovative approaches in the field of physical activity at the workplace in a reference book to help companies better anticipate future challenges. The Association provides information throughout Austria, organizes events in various sports and advises companies on the possibilities of integrating physical activity into the working environment. It answers all questions on physical activity at work and makes recommendations for suitable programmes. The Association also acts as a link between companies and the economy on the one hand and organized sports associations and commercial exercise providers on the other.



AUSTRIA

PHYSICAL ACTIVITY FACTSHEET 2021



Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME
FOR COMMUNITY-BASED INTERVENTIONS
TO PROMOTE **PHYSICAL ACTIVITY**
IN OLDER ADULTS



The National action plan for physical activity (Nationaler Aktionsplan Bewegung) includes objectives and measures to promote physical activity among older adults. These objectives and measures are not implemented in the form of a programme. Sports funding provides the opportunity to address the target group in sport-for-all approaches.

National awareness-raising campaign on physical activity

Multiple national awareness-raising campaigns are held. [The annual Sports Day \(Tag des Sports\)](#) held in September in Vienna is a nationwide event, and all sports federations provide information and opportunities to participate. Up to 500 000 participants have been counted. In conjunction with the European Week of Sport, special offers are promoted by sports clubs all over Austria.

The nationwide initiative for more physical activity, "[50 days PA](#)", takes place every year between 7 September and 26 October, when 2000–3000 physical activity courses are given nationwide, free of charge. They are accompanied by awareness activities to strengthen physical activity literacy (promoting physical activity guidelines) promoted by the Austrian Health Promotion Fund, Fit Sport Austria, the three Sports for All organizations (ASKÖ, ASVÖ, SPORTUNION) and the Association of Alpine Organizations. The national cycling campaign "Austria cycles", is an awareness-raising campaign for cycling, which promotes the benefits of more cycling for health and the climate.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|------------|-------|------------|--------------|---------------|----------------|--------|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other* |
| | | | | | | |

*Youtube / Website



BELGIUM*

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 11.57 m

Median age: 41.8 years

GDP per capita: 33 560 €

Life expectancy, males: 78.6 years

Life expectancy, females: 83.1 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

✓ Children (< 5 years)

✓ Children and adolescents (5–17 years)

✓ Adults (18–64 years)

✓ Older adults (≥ 65 years)

✓ Frail and very elderly adults (≥ 85 years)

✓ Pregnant and breastfeeding women

✓ People with disabilities

✓ People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010), [WHO physical activity, sedentary behaviour and sleep recommendations for children under 5 years old](#) (2019), [WHO guidelines on physical activity and sedentary behaviour](#) (2020), [Physical activity guidelines for Americans](#) (2018) and the Flemish scientific-expert consensus group. They were implemented in 2006 and were updated in 2021, coordinated by the Flanders Institute for Healthy Living.

*All data, figures, and policies are from the Flemish community only.



BELGIUM

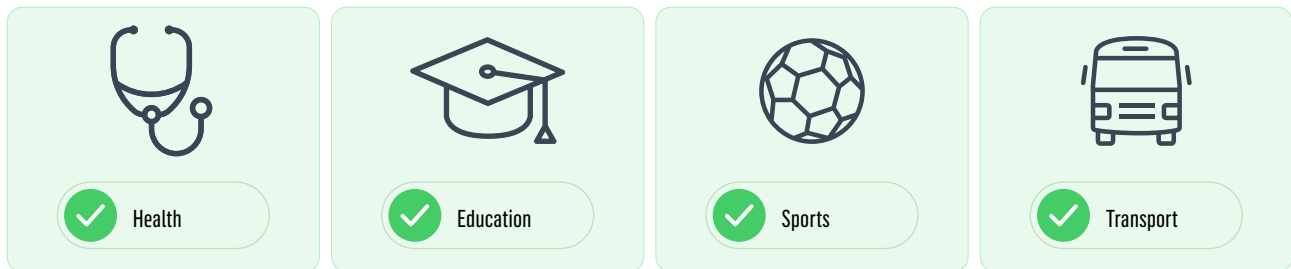
PHYSICAL ACTIVITY

FACTSHEET 2021



Monitoring and surveillance of physical activity

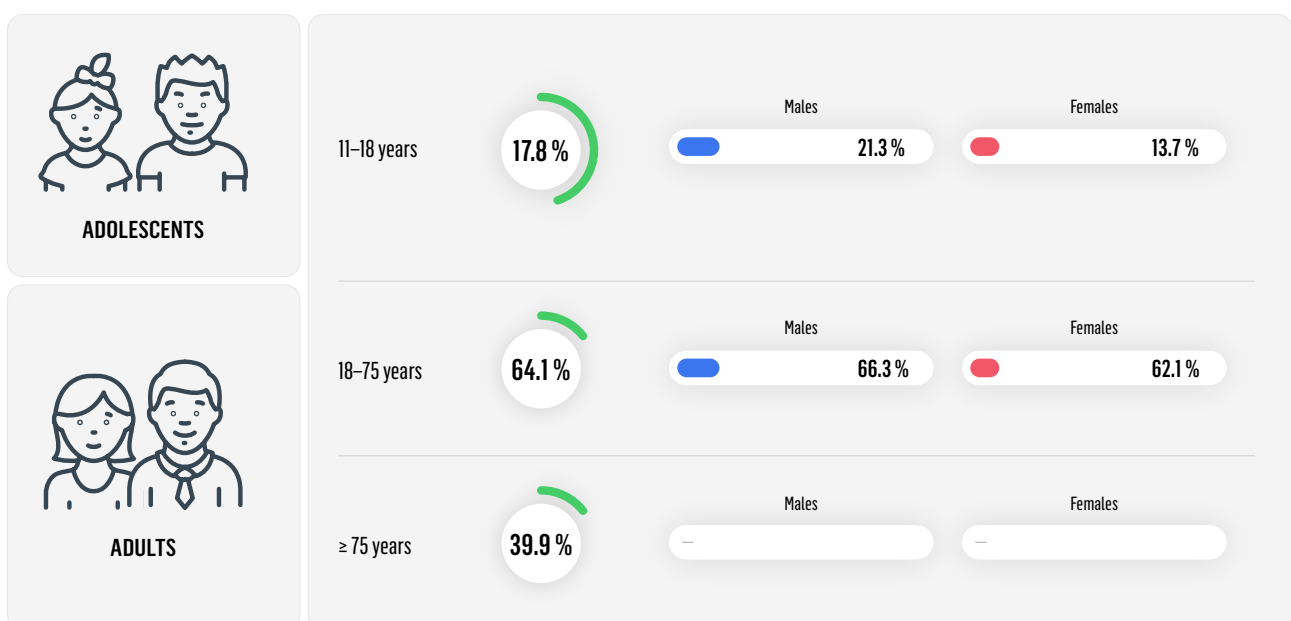
SECTORS WITH SURVEILLANCE SYSTEMS



SUCCESS STORY

The monitoring of both physical activity and local health in different settings guided the national health policy. Combining both monitoring strategies allows for deeper understanding, because local physical activity has been proven to be an important determinant of national physical activity. The results of three annual surveys of physical activity policy indicators (Indicatorenbevraging) in various settings are disseminated by the Flanders Institute for Healthy Living to stakeholders in those settings to mobilize them to set better health policies.

Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017–2018; data for adults and older adults were collected in the [Belgian Health Interview Survey–Flanders](#) in 2018.



BELGIUM

PHYSICAL ACTIVITY FACTSHEET 2021

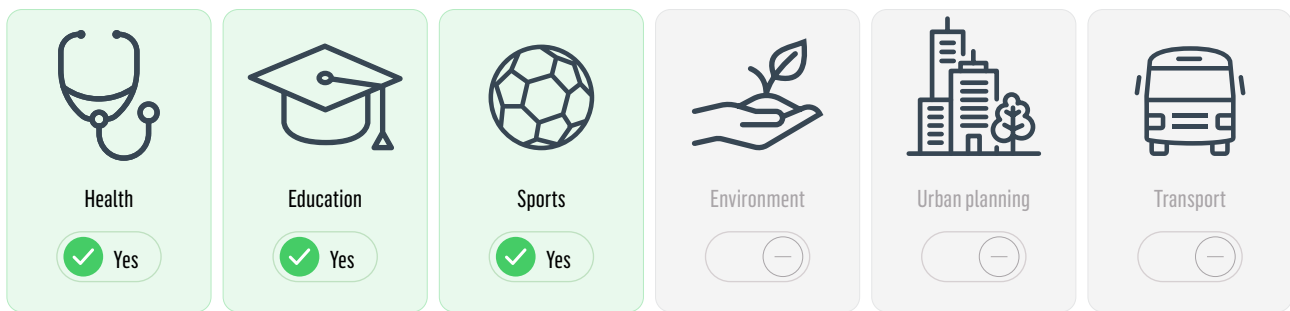


National government coordination mechanism and leadership in the promotion of physical activity

The Sports Ministries coordinates Belgian Health-enhancing Physical Activity (HEPA), established in 2015. It includes Informal meetings for data collection, exchange of information and good practices and preparation of international HEPA meetings.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



SUCCESS STORY



The **Flanders Institute for Healthy Living** receives funds specifically for developing and supporting policy instruments, strategies and projects for HEPA promotion and reducing sedentary behaviour. **Local and regional health organizations** receive funding to disseminate the instruments, strategies and projects. They also support intersectoral partnerships for HEPA and health in all policies. The Move Along (MOEV) strategy supports schools in developing high-quality, dynamic exercise policies that are incorporated into health policy to create a "movement-rich" school culture.

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 ORGANIZED SPORTS SECTOR: GUARANTEE OF SUSTAINABLE SPORT
- 2 ACTION PLAN: SPORTS AT THE WORKPLACE (SPORT OP HET WERK)
- 3 G-SPORT POLICY AND ACTION PLAN FOR PEOPLE WITH DISABILITIES
- 4 STRATEGY TO OPEN SCHOOL SPORT INFRASTRUCTURE AFTER SCHOOL HOURS
- 5 STRATEGIC PLAN "DE VLAMING LIVES HEALTHIER IN 2025" (STRATEGISCH PLAN 'DE VLAMING LEEFT GEZONDER IN 2025)
- 6 MOVE ALONG (MOEV): PHYSICAL ACTIVITY POLICY IN THE HEALTHY SCHOOLS FRAMEWORK
- 7 EDUCATIONAL GOALS FOR HEALTH

TOTAL NUMBER OF POLICIES

7



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|----------------|---|---|---|---|---|---|---|
| Health | ✓ | ✓ | ○ | ○ | ✓ | ✓ | ✓ |
| Education | ✓ | ○ | ○ | ✓ | ✓ | ✓ | ✓ |
| Sports | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Environment | ○ | ○ | ○ | ○ | ✓ | ○ | ○ |
| Urban planning | ○ | ○ | ○ | ○ | ✓ | ○ | ○ |
| Transport | ○ | ✓ | ○ | ○ | ✓ | ✓ | ✓ |



BELGIUM

PHYSICAL ACTIVITY FACTSHEET 2021



POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---------------------------------|---|---|---|---|---|---|---|---------------------------|---|---|---|---|---|---|---|
| General population | ✓ | ✓ | ○ | ✓ | ✓ | ○ | ○ | Pregnant women | ○ | ○ | ○ | ○ | ✓ | ○ | ○ |
| Children < 5 | ✓ | ○ | ○ | ○ | ✓ | ✓ | ✓ | Breastfeeding women | ○ | ○ | ○ | ○ | ✓ | ○ | ○ |
| Children and adolescents (5-17) | ✓ | ○ | ○ | ○ | ✓ | ✓ | ✓ | Low socio-economic groups | ✓ | ○ | ○ | ○ | ✓ | ✓ | ✓ |
| Adults | ✓ | ✓ | ○ | ○ | ✓ | ○ | ○ | Ethnic minorities | ○ | ○ | ○ | ○ | ✓ | ✓ | ✓ |
| Older adults (≥ 65) | ✓ | ○ | ○ | ○ | ✓ | ○ | ○ | Deprived of liberty | ✓ | ○ | ○ | ○ | ✓ | ○ | ○ |
| Frail/elderly (≥ 85) | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Migrants | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| People with disabilities | ✓ | ○ | ✓ | ○ | ✓ | ✓ | ✓ | Unemployed people | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| People with chronic diseases | ✓ | ○ | ✓ | ○ | ✓ | ✓ | ✓ | | | | | | | | |

POLICY HIGHLIGHTS

- 1 The organized sports sector: guarantee of sustainable sport.** The aim is to promote an inclusive, diverse policy of sports federations, sport organizations and clubs. The programme provides financial support to sports federations and organizations that promote non-organized and sporting leisure activities for population groups that do not engage regularly in sports or those in disadvantaged groups.
- 2 Action plan: Sports at the workplace (Sport op het werk).** The aim of the plan is to promote physical activity in small companies by targeting the areas of commuting to work, exercise in and around work and participation in corporate sport competitions and events. It is promoted through media campaigns on national television, social media and other media channels. It seeks to reach 250 companies yearly.
- 4 Strategy to open school sport infrastructure after school hours.** AGION and Sport Vlaanderen jointly launched a strategy to provide financial support for opening sports and physical activity infrastructure after school in pre-primary, primary and secondary educational institutions. The aim is to improve sports infrastructure and facilitate good sports practice after school. The maximum grant for secondary education per application and location is € 140 000 and € 160 000 for preschool and primary education.

Sports Clubs for Health

The Physical Activity, Sports & Health Research Group, Department of Movement Sciences, KU Leuven is a partner in the Sports Clubs for Health 2020–2022 project. In Flanders, a programme has been developed to disseminate a health policy in sports clubs. The Flanders Institute for Healthy Living has taken the lead in its development in cooperation with stakeholders in the sports sector. The initial focus was a policy for tobacco control and non-smoking in youth sports clubs, but the programme has now been extended to healthy nutrition and physical activity.

- ▶ <https://www.gezondleven.be/settings/vrije-tijd/sportclubs/sportclubs-en-roken>
- ▶ <https://www.gezondleven.be/settings/vrije-tijd/sportclubs/een-voedingsbeleid-in-de-sportclub>
- ▶ <https://www.vad.be/artikels/detail/sportivos-over-alcohol-en-drugs-in-de-sportclub>
- ▶ <https://www.vad.be/artikels/detail/de-sportclub-als-ideale-setting-voor-gokpreventie>

Increasing access to exercise facilities for socially disadvantaged groups

Several programmes are being implemented in Flanders to provide access to physical activities and sports to children, adolescents and older adults in ethnic and cultural groups living in poverty. This is one of the main policy principles of the strategic plan "Flemish Live Healthier in 2025".

- ▶ <https://www.gezondleven.be/gezondheidsongelijkheid>



BELGIUM

PHYSICAL ACTIVITY FACTSHEET 2021



Counselling on physical activity and exercise prescription

The project [Physical Activity on Referral \(Bewegen op Verwijzing\)](#) is funded by the Flemish Ministry of Health and coordinated by the Flanders Institute for Healthy Living. Its aim is to increase the physical activity of inactive and/or sedentary people in primary care. Patients are referred by a physician to a physical activity coach, who has a bachelor's or master's degree in physical activity and supports the patient in developing a personal plan through motivational interviews and counselling. As part of the project, regular media campaigns are directed to professionals and the general adult population.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dietitians | Psychologists | Other health professionals |
|---------------|--------------------------|---|---|---|--------------------------|-------------------------------|
| | | | | | | |
| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dietitians | Psychologists | Other health professionals |
| | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> | <input type="checkbox"/> |
| Undergraduate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | | Mandatory | Mandatory | Mandatory | | |

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|------------------|----------------|--------------------|----------------|
| | 2 | | 2 |
| | Mandatory | | Mandatory |

Physical activity and health (such as health effects, determinants and effective interventions) is part of the undergraduate and postgraduate curriculum of physical education teachers. The quality of physical education classes in schools is coordinated by the School Inspection Service, which organizes general and specific screening in schools.



BELGIUM

PHYSICAL ACTIVITY FACTSHEET 2021



PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

✓ During breaks

✓ During lessons

✓ After school

✓ Travel to and from school

The Healthy school framework (Gezonde school) is the main school health policy for health-enhancing physical activity and sedentary behaviour, with the Sports move your school programme (Sport beweegt je school).

For toddlers, the programme **Woogie Boogie** offers short online video clips with popular animated figures and children and animated instruction cards for active lessons. Physical activity breaks for primary-school children are promoted by the **Dip Dobbel Doe programme**. In primary and secondary schools, short online video clips and instruction cards are used for active breaks with dynabands.

In **Open School with Sports Activities (Brede School met Sportaanbod)**, schools cooperate with local organizations such as day care, sports clubs, youth and cultural organizations to create learning opportunities for children. Each age group has its own "sports product" for organized activities: Multimove, Sportsnack, SNS Passport. Furthermore, **Active day care in schools and municipalities (Actieve Kinderopvang)** provides different strategies and tools for health policy during day care, including non-structured physical activity (e.g., supervised free-play strategies) in order to enhance implementation among day-care providers with limited resources.

The **Octopusplan** promotes sustainable active travel to and from school and safe, child-friendly school environments.



SUCCESS STORY

Within the **Octopusplan**, school streets (schoolstraat) near educational institutions are not accessible to motorized vehicles at the beginning and end of the school day for a certain length of time, typically half an hour. They are solely accessible to pedestrians, bicycles and speed "pedelecs" in order to promote health and safe active travel for pupils and (grand)parents and contribute to a more pleasant living environment.

National travel survey

The **Onderzoek verplaatsingsgedrag Vlaanderen survey** collects information on the mobility behaviour of the Flemish population from the age of 6. The fifth study into travel behaviour in Flanders was conducted between January 2015 and January 2020.



WALKING

PERSON PER DAY



3.5 km



CYCLING

PERSON PER DAY



10.5 km



BELGIUM


PHYSICAL ACTIVITY FACTSHEET 2021



Infrastructure for leisure-time physical activity

The Global Sports Infrastructure Plan for Flanders offers a framework for targeted investment in sports infrastructure. One of the main aspects of the plan is a structural subsidy scheme for supralocal sports infrastructure. The Flemish Government launches a twice-yearly call for projects to local authorities, sports organizations, federations and clubs to submit applications for subsidies, which are screened in two phases. Sports infrastructure in Flanders is mainly under the authority of cities and municipalities. The Flemish Sports Administration (Sport Vlaanderen) gives financial support for construction and renovation of local and high-level sports infrastructure and facilities. Sport Vlaanderen itself supports 14 sports centres in Flanders in four domains: elite sports, recreational sports with a possibility to stay overnight, small sports and education.


Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

Yes

Bike to work: Method for employers to encourage employees to travel actively to work by bike. Consists of promotional materials, guidelines for employers for instituting a bike policy at work, professional education and networking for mobility coordinators, a competition element, online registration system, use of ambassadors and a support/help desk.




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

Yes

Sports at work (Sport op het Werk) – Healthy work framework (Gezond werken) is the main workplace health policy framework or scheme for HEPA and reducing sedentary behaviour.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

Yes

Physical activity interventions, including prevention of falls, in a community approach for older adults and prevention of sedentary behaviour. This includes evidence-based guidelines for prevention of falls in communities. The Ottawa programme includes exercises for the elderly in community care (e.g., nursing homes), training of coaches for preventing falls, guidance and support for a falls prevention policy in nursing homes, and campaigns such as the 10 000 Steps community project, an annual campaign week for falls prevention, community healthy walks and an educational tool for strength exercises for seniors (Spierkracht voor senioren).



BELGIUM

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY








The **annual campaign week for fall prevention (Week van de valpreventie)** was held for the 10th time in 2021, with a series of "challenges" that are effective in falls prevention, including "starting with a physically active week", healthy meals and walking more without falling. Famous Belgians acted as ambassadors for each challenge, and local organizations were challenged in many initiatives in their communities in order to win the prize for "the best falls-prevention province of Flanders".

National awareness-raising campaign on physical activity

The **"#sportersbelevenmeer"** campaign invites active sports people to share their (sport) experiences through social media to encourage non-sportspeople to participate in sports. The aim is to emphasize experiences of being active. A number of inspirational examples are created in cooperation with sports clubs to motivate other clubs to include more experience in their sports programme and thereby attract more people. In addition to social media, large campaigns on radio and television spots are used to promote this campaign.

10000 Steps (10.000 stappen) is an annual physical activity awareness-raising campaign based on evidence and a community approach. The evidence is from peer-reviewed research on the pilot project and implementation in Flanders (De Cocker et al., 2005; Van Acker et al., 2012). The campaign includes individual and environmental interventions for inactive adults and older people, including (social) media strategies and different campaign materials.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other* |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes |

Large number of promotional materials such as beach flags, banners, flyers and posters



BULGARIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 6.92 m

Median age: 44.8 years

GDP per capita: 6 600 €

Life expectancy, males: 69.9 years

Life expectancy, females: 77.5 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

The Ministry of Youth and Sports in Bulgaria is adapting the [WHO recommendations](#), which have been translated into Bulgarian and distributed to various stakeholders.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



✓ Health



✓ Education



✓ Sports



– Transport

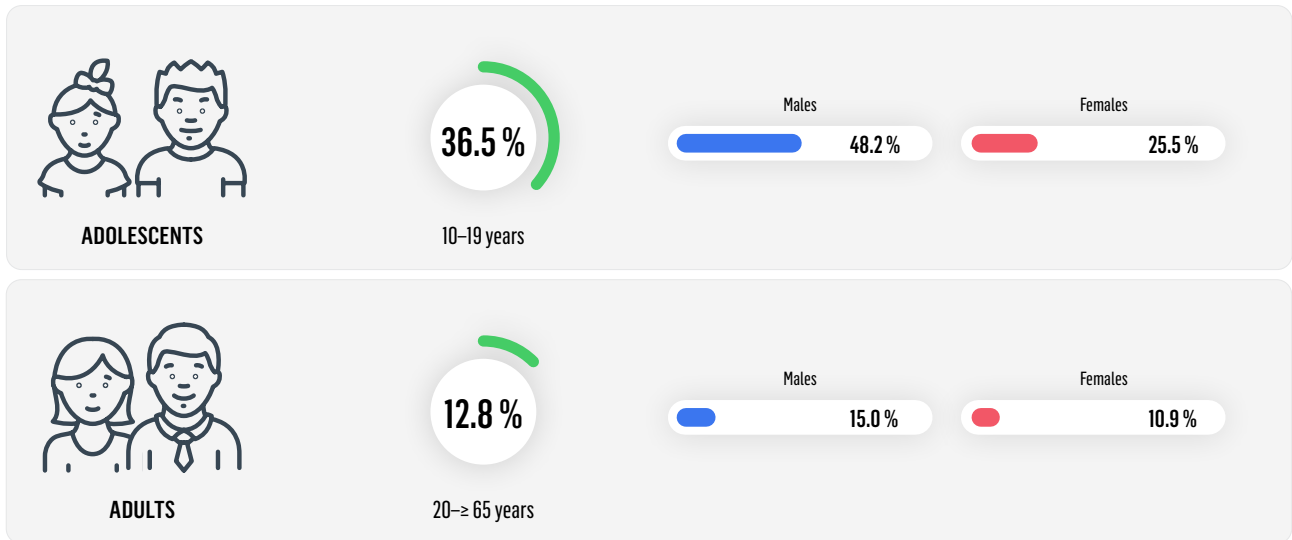
Bulgaria conducted a national survey on risk factors for health in 2014–2015, and the physical fitness of children and adolescents is measured every year. In 2020, a survey on sports habits and preferences was conducted.

BULGARIA

PHYSICAL ACTIVITY FACTSHEET 2021



Estimated prevalence of sufficient physical activity levels

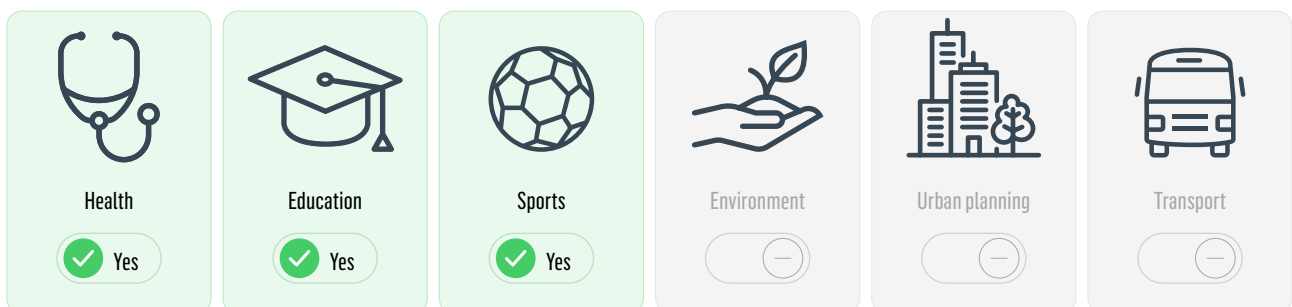


National government coordination mechanism and leadership in the promotion of physical activity

The Ministry of Youth and Sports is establishing a national coordination mechanism and national adoption of the WHO Guidelines on physical activity and sedentary behaviour and the Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Promotion of physical activity for health is a specific goal of several programmes of the Ministry of Youth and Sports. These programmes do not have separate budgets, and funds are provided. Further funding is provided through the National Programme for Noncommunicable Disease Prevention (2014–2020), which will be updated shortly.



BULGARIA

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY

The national student competition **"Ambassadors of health"** encourages young people to embrace a healthy lifestyle to prevent behavioural risk factors for health such as unhealthy eating, low physical activity, alcohol abuse and smoking. This is an initiative of the Ministry of Health, in partnership with the Ministry of Education and Science, the Ministry of Culture, the Ministry of Youth and Sports, the Ministry of Environment and Water, the WHO Country Office in Bulgaria and the Bulgarian Youth Red Cross.

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL PROGRAMME FOR DEVELOPMENT OF PHYSICAL ACTIVITY, PHYSICAL EDUCATION, SPORTS AND TOURISM ACTIVITIES 2021–2022
- 2 NATIONAL HEALTH STRATEGY 2014–2020
- 3 NATIONAL HEALTH STRATEGY 2021–2030
- 4 NATIONAL PROGRAMME FOR PREVENTION OF CHRONIC NONCOMMUNICABLE DISEASES 2014–2020
- 5 NATIONAL PROGRAMME FOR PREVENTION OF CHRONIC NONCOMMUNICABLE DISEASES 2021–2025
- 6 NATIONAL STRATEGY FOR DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS 2012–2022

TOTAL NUMBER OF POLICIES

6



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 |
|----------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Health | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Education | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Sports | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Environment | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Urban planning | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Transport | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | 6 |
|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| General population | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Children < 5 | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Children and adolescents (5–17) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Adults | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Older adults (≥ 65) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Frail/elderly (≥ 85) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| People with disabilities | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| People with chronic diseases | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

| | 1 | 2 | 3 | 4 | 5 | 6 |
|---------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Pregnant women | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Breastfeeding women | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Low socio-economic groups | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Ethnic minorities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Deprived of liberty | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Migrants | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Unemployed people | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

BULGARIA

PHYSICAL ACTIVITY FACTSHEET 2021



POLICY HIGHLIGHTS

- 1 National Programme for Development of Physical Activity, Physical Education, Sports and Tourism Activities 2021–2022.** The aim is to develop a functioning system to promote physical activity, physical fitness, and sports to improve health outcomes and increase physical activity through joint activities with the education, sports and tourism sectors. It works towards the SDGs, particularly objective 3: Health and welfare. It also promotes walking, cycling and use of public transport and promotion of good practices in sports. It also seeks to develop, promote and monitor physical activity guidelines.
- 3 National Health Strategy 2021–2030.** Its aim is to ensure a healthy lifestyle and promote well-being by reducing risk factors such as use of tobacco and alcohol, unhealthy diets and physical inactivity. It works towards the SDGs and the WHO's Global Strategy for Nutrition, Physical Activity and Health.
- 6 National Strategy for Development of Physical Education and Sports 2012–2022.** It seeks to restructure the physical education and sports system and to promote and increase physical activity in the next 10 years, revamp sport facilities, raise awareness through media campaigns and sports events, promote inclusion of people from different social groups, promote active recreation at work and develop a long-term programme to foster regular exercise and leisure physical activity.

Sports clubs for health

There are 21 clubs that endorse the guidelines for sports clubs for health. The Bulgarian federation, **Sports for All**, promotes a healthy lifestyle through regular exercise and sports by providing opportunities for individuals interested in sports, disadvantaged people, retired people and various ethnic groups. It builds and implements programmes to promote sports and physical activity and establishes sports clubs across the country. It also raises funds from the State, municipalities and individual ministries to finance activities in the field of sports for all.

Increasing access to exercise facilities for socially disadvantaged groups

The Physical Education and Sports Act requires that all State-owned sports facilities provide access to people with disabilities and provide programmes and activities free of charge for a certain period to promote sports for all at national and local levels. The Ministry of Youth and Sports provides opportunities to people with disabilities to practise local and elite sports through the Sports Development Programme for people with disabilities, 2021, and the Sports for Children at Risk, 2021, which supports children from disadvantaged backgrounds.

👉 <http://mpes.government.bg/Pages/Documents/Law/default.aspx> 👉 <http://mpes.government.bg/Pages/Programmes/Default.aspx?evntid=sddRAgD%2fvZ0%3d>
👉 <http://mpes.government.bg/Pages/Programmes/Default.aspx?evntid=8bN503ofW%2bk%3d>

Counselling on physical activity and exercise prescription


Within the **national programme for prevention of chronic noncommunicable diseases** between 2014 and 2020, an important activity was building the capacity of medical professionals to counsel and support people wishing to engage in physical exercise and sports. To this end, the Ministry of Health issued Ordinance No. 8 in 2016 for prophylactic medical examinations and screening.




BULGARIA

PHYSICAL ACTIVITY FACTSHEET 2021

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK |
|---|---------------------------|
|  | 3–3.5 Mandatory |

| SECONDARY SCHOOLS: | HOURS PER WEEK |
|--|---------------------------|
|  | 3–3.5 Mandatory |

Physical education teachers are trained in physical activity and health (e.g. health effects, determinants, effective interventions) as a mandatory subject in their undergraduate studies.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

| | | | |
|--|---|--|--|
| <input type="checkbox"/> During breaks | <input type="checkbox"/> During lessons | <input checked="" type="checkbox"/> After school | <input type="checkbox"/> Travel to and from school |
|--|---|--|--|

In Bulgaria, schools, centres for personal development, municipalities, sports federations and their member sports clubs create many opportunities for children to engage in physical activity outside compulsory schooling. Training and competition are oriented towards developing children's interests, improving their sports and technical skills, promoting a healthy lifestyle and development and selection of sports talents. A remarkable example is the "Sport for children in their leisure time" programme of the Ministry of Youth and Sports.

<http://mpes.government.bg/Pages/Programmes/default.aspx>



SUCCESS STORY

A national cycling movement has existed in Bulgaria for 35 years. The Bulgarian Auto Union and the Ministry of Science and Education created an "Applied cycling" programme to promote cycling while educating children in road safety. The goal of Applied cycling is to develop the skills of children and adolescents in riding a bicycle and to teach them road safety. Training and club membership are free of charge and thus accessible to every child.

National travel survey

Although there is no specific travel survey, the national survey on risk factors for population health in Bulgaria collects data on walking and cycling by its adult population. In the most recent survey, in 2014, slightly under 50% of Bulgarians spent over 60 min walking every day. For cycling, this proportion was only 5.5%, while 27% spent less than 30 min/day.

| | |
|---|---------------------------|
|  | PERSON PER DAY |
|  | > 60 min |
| WALKING | for 50 % of people |

| | |
|---|---------------------------|
|  | PERSON PER DAY |
|  | < 30 min |
| CYCLING | for 27 % of people |



BULGARIA

PHYSICAL ACTIVITY FACTSHEET 2021

Infrastructure for leisure-time physical activity

In the national programme for the development of physical activity, physical education, sports and sports tourism 2021–2022, a specific measure is foreseen under priority 6 “Construction and quality improvement of the sports infrastructure for leisure-time sport for citizens”, which is to be implemented by municipalities. The operational programme “Regions in growth” 2014–2020 supports projects for improving infrastructure for leisure-time physical activities. Some of the measures eligible for funding are improvement of the urban environment under Priority axis 1 “Sustainable and integrated urban development” (for example, construction and rehabilitation of public recreation areas, such as parks, green areas, playgrounds, sports grounds and other elements of urban furniture; construction, reconstruction, rehabilitation of the physical elements of the urban environment, such as pedestrian alleys, construction of bicycle paths and alleys and pedestrian zones). Elements such as sports and children’s playgrounds and outdoor gymnasiums are built within this programme.

Promotion of physical activity in the workplace

The Strategy for corporate social responsibility (2019–2023) and relevant action plans: Measures foreseen are organizing seminars and information campaigns, sharing good practices through media channels, including for practising physical activity at the workplace. A number of good practices have been presented, such as football for truck drivers, family games and free cards for practising different sports.

According to Article 294 of the Labour Code, “The Employer may solely or together with other bodies and organizations provide its employees and servants: bases (basic conditions) for long-term and short-term recreation, physical culture, sport and tourism”. The Law on healthy, safe working conditions implies that employers shall provide a physiological regime for work and breaks. The regimes are described in Ordinance 15 (1999) and are based on work pressure, monotony, work posture, work load, etc. They include breaks that may be active, semi-passive or passive and should be part of regular working hours.



SUCCESS STORY

Chair up is a programme that helps people whose jobs involve sitting for long periods or a high level of decision-making responsibility. The programme recommends workouts, physiotherapy and yoga therapy as well as remedial exercises that can be done in both offices and at home. Monthly thematic programmes are proposed, as well as one-off training sessions on diverse topics. The general goals are to introduce a healthy, active lifestyle to people working in offices and at home; improve the physical shape and health of employees whose work requires sitting; increase employee concentration, stress resistance and overall work efficiency; and raise the general awareness of employees about solutions to problems related to working in a sitting position. Programmes of Chair up have already been implemented in companies, institutions and business centres for a total of more than 12 000 employees.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR
COMMUNITY-BASED INTERVENTIONS TO PROMOTE
PHYSICAL ACTIVITY IN OLDER ADULTS





BULGARIA

PHYSICAL ACTIVITY FACTSHEET 2021

The national strategy for active living of elderly people in Bulgaria (2019–2030) and the action plan 2021–2022 foresee various measures for encouraging elderly people to be active, including access to sports facilities. The aim is to improve and maintain elderly people in optimal health through HEPA. Free access to a number of sports facilities is foreseen, with training in health for groups. More elderly people will take part in events, initiatives and campaigns for a healthy, active lifestyle. One of the seven target groups of the National programme for prevention of chronic noncommunicable diseases 2021–2025 is old and elderly people.



SUCCESS STORY

The **Happy bones project** promotes physical activity for women aged 50–65 by offering an innovative exercise protocol to involve them in moderate physical activity and thus strengthen their personal resources and practise of the physical activity necessary for their well-being. The aim of the exercise protocol is to promote the importance of health-enhancing physical activity by increased participation in exercise.

National awareness-raising campaign on physical activity

The Ministry of Youth and Sports organizes the European Week of Sport in Bulgaria each year, with strong communication in the mass media and the involvement of famous athletes.

Bulgaria implements the European campaign NowWeMove Bulgaria through the BGBeActive organization. The campaign is based on three principles: raise awareness about the benefits of physical activity; encourage regular practice of sport and physical activity; and improve access to sports and physical activity. The campaign includes Move Week, No elevators day, European school sports day, European fitness day, MOVEment prescriptions, training and workshops.

On Children's Day on 1 June 2020, a national initiative "Play sports with the President" was launched to build a network of partnerships with schools, sports organizations, institutions and parents and to stimulate the practice of sports to improve the health, development of motor skills and social communication among young people.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes |



CROATIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 4.05 m

Median age: 44.2 years

GDP per capita: 11 500 €

Life expectancy, males: 74.7 years

Life expectancy, females: 80.9 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

— Children (< 5 years)

✓ Children and adolescents (5–17 years)

✓ Adults (18–64 years)

✓ Older adults (≥ 65 years)

— Frail and very elderly adults (≥ 85 years)

✓ Pregnant and breastfeeding women

✓ People with disabilities

✓ People with chronic diseases

The recommendations were implemented in 2015 and are based on [WHO recommendations](#) (2010).

SUCCESS STORY

The **Polygon for Physical Activity of School-Aged Children (the Polygon)** was developed as an aid to conducting physical education classes in elementary schools in Croatia that do not have sports halls. By using the Polygon, all schools get the opportunity to conduct physical education classes and can use the Polygon to encourage their students to be physically active every day.





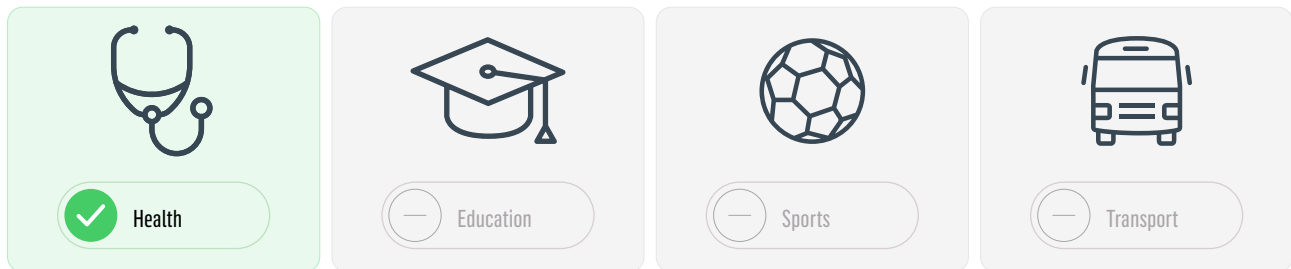
CROATIA

PHYSICAL ACTIVITY

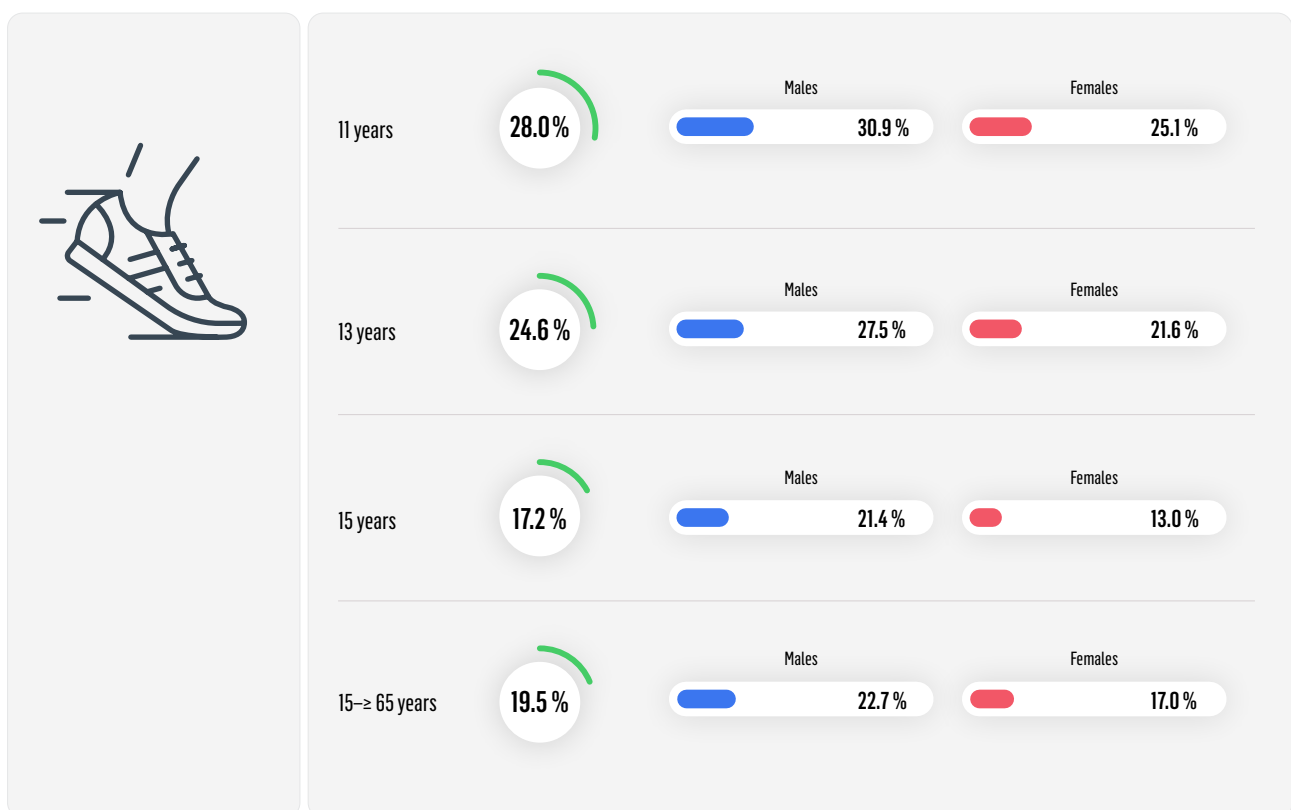
FACTSHEET 2021

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017/2018; data for adults aged 15-65+ were collected through the [European Health Interview Survey](#) in 2019.

National government coordination mechanism and leadership in the promotion of physical activity

The Croatian Institute of Public Health coordinates the national health promotion programme, Healthy Living, established in 2015.

► <https://zdravlje.gov.hr/programi-i-projekti/nacionalni-programi-projekti-i-strategije/zivjeti-zdravo/2471> ► <https://zivjetizdravo.eu/>

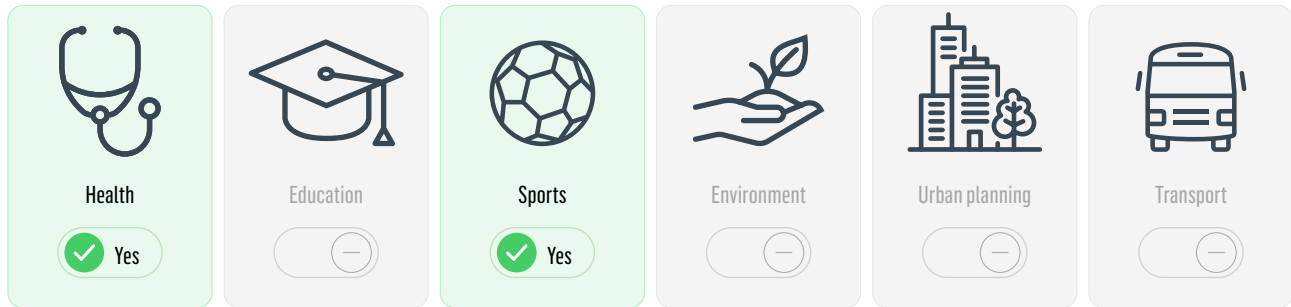


CROATIA

PHYSICAL ACTIVITY FACTSHEET 2021

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL HEALTH CARE STRATEGY 2012-2020
- 2 NATIONAL PROGRAMME "HEALTHY LIVING"
- 3 ACTION PLAN FOR PREVENTION AND CONTROL OF NONCOMMUNICABLE DISEASES 2020-2026
- 4 NATIONAL SPORTS PROGRAM 2019-2026
- 5 SPORTS ACT
- 6 THE NATIONAL DEVELOPMENT STRATEGY 2030

TOTAL NUMBER OF POLICIES

6



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 |
|----------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Health | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Education | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Sports | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Environment | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Urban planning | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Transport | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | 6 |
|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| General population | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Children < 5 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Children and adolescents (5-17) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Adults | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Older adults (≥ 65) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Frail/elderly (≥ 85) | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| People with disabilities | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| People with chronic diseases | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

| | 1 | 2 | 3 | 4 | 5 | 6 |
|---------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------|
| Pregnant women | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Breastfeeding women | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Low socio-economic groups | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ethnic minorities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Deprived of liberty | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Migrants | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Unemployed people | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |



CROATIA

PHYSICAL ACTIVITY

FACTSHEET 2021







POLICY HIGHLIGHTS

- 3 Action Plan for Prevention and Control of Noncommunicable Diseases 2020–2026.** This comprehensive action plan to promote healthier behaviours and prevention of diseases at population level actively targets high-risk groups and individuals. It seeks to significantly reduce the prevalence of noncommunicable diseases and premature mortality and includes specific objectives, such as the reduction of physical inactivity by at least 10% by 2026.
- 4 National Sports Programme 2019–2026.** The National Sports Programme seeks to encourage the implementation of health-oriented physical activity programmes into the lives of all Croatians regardless of age, ethnicity and level of fitness. Its aim is to incentivize the population to exercise more regularly and increase the number of beneficiaries of free-of-charge physical activity programmes for children and young people. Implementation is carried out through educational campaigns, programmes and promotional activities that provide the conditions for recreational sport activities in people’s daily life activities. It involves collaboration and working in partnership among regional, national and local governing bodies.
- 6 The National Development Strategy 2030.** The National Development Strategy to 2030 seeks to strengthen the implementation of activities under the national health promotion programme, Healthy Living. It will support the implementation of projects or programmes that promote and increase physical activity among children in kindergartens and schools. This includes investing in the construction of infrastructure for sports in primary and secondary schools. Actions to promote physical activity among the general population include improving the availability of sports and recreational infrastructure and providing training for professional sports and development staff through entrepreneurship programmes in the field of sports and recreation.

Counselling on physical activity and exercise prescription

The Counselling Centre for Nutrition and Physical Activity is part of the Croatian Institute of Public Health. It provides counselling services on nutrition and physical activity for all interested adults who want to adopt healthy living habits. Counselling services are offered by a team of experts, including a doctor, a nutritionist, a kinesiologist, a psychologist and a sanitary engineer.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| |  Medical doctors |  Physiotherapists |  Nurses |  Nutritionists/ dieticians |  Psychologists |  Other health professionals* |
|---------------|--|---|---|---|--|---|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| | Mandatory | Mandatory | Mandatory | | | Mandatory |

*Multidisciplinary studies in public health



SUCCESS STORY


Motivated by the Healthy Living programme, a multidisciplinary collaboration was established among eight schools of the University of Zagreb (School of Medicine, School of Education and Rehabilitation Sciences, School of Kinesiology, School of Architecture, School of Design, School of Agriculture, School of Engineering and the Arts Academy). This initiative aims to create recommendations for building city playgrounds that will be more attractive to children and families. Participating students also learn about the role of physical activity in enhancing health. As a result, the project has been chosen for the Rector’s award for socially useful work.




CROATIA

PHYSICAL ACTIVITY FACTSHEET 2021

Physical education in schools

| PRIMARY SCHOOLS: | LESSONS PER WEEK |
|---|--------------------------------|
|  | From 1st to 3th grade 3 |
| | From 4th to 8th grade 2 |
| | Mandatory |

| SECONDARY SCHOOLS: | LESSONS PER WEEK |
|--|--|
|  | In schools with 4 years program 2 |
| | In schools with 3 years program 1 |
| | Mandatory |

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

During breaks

During lessons

After school

Travel to and from school

A 10-minute exercise programme is implemented daily in elementary schools from 1st to 4th grade. It consists of general preparatory exercises lasting a total of 10 minutes between initiation and re-sitting at the desk. The exercise takes place in the classroom and can be practised both during school breaks and during lessons, although it is recommended that it be done at the beginning of the day as an wakening-up exercise or after the first half of the day's work. The main goal is to create healthy habits and encourage children to exercise on a regular basis.

To encourage the adoption of regular physical activity during children's leisure time after school, the Croatian Institute of Public Health, in collaboration with county public health institutes, initiated and implemented two activities, **Walking towards Health** and **Volunteers in Parks**, in all 21 Croatian counties. Infrastructure interventions were made within these activities. In cooperation with local communities, 21 parks and walking trails were adapted with new equipment and marked with motivating public health messages.


Promotion of physical activity in the workplace



HEALTH-FRIENDLY COMPANY TITLES

There is no specific guidance to promote active travel to work or physical activity at the workplace. The Health-friendly Company campaign of the Healthy Living national health promotion programme, however, awards the Health-friendly Company title to companies that invest in and support healthy lifestyles among their employees.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

Yes



CROATIA

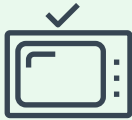






PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity

The Croatian Institute of Public Health implemented the comprehensive health promotion project Healthy Living at national level in 2016. The goal of the project is to improve the health of the entire population through various activities that aim to inform, educate and raise awareness among the citizens of all age groups on positive aspects of healthy lifestyles.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |



SUCCESS STORY

The **Croatian Walking Festival**, organized by the Croatian Walking Association, the Lika-Senj County Tourist Board and Lika travel d.o.o, is held every year on the first weekend in September in Gospić and Otočac. Three routes in each city are used. The organizers provide official T-shirts, water, fruit and transport between the two cities as part of registration fees. The event encourages leisure walking across some of the most beautiful landscapes in the country.



CYPRUS

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **0.90 m**

Median age: **37.7 years**

GDP per capita: **23 050 €**

Life expectancy, males: **80.3 years**

Life expectancy, females: **84.3 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

Cyprus is in the process of adapting the [2020 WHO recommendations](#), involving the Cyprus Sports Organization, the Ministry of Education, Culture, Sport and Youth, and the Ministry of Health.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



✓ Health



✓ Education



✓ Sports



– Transport



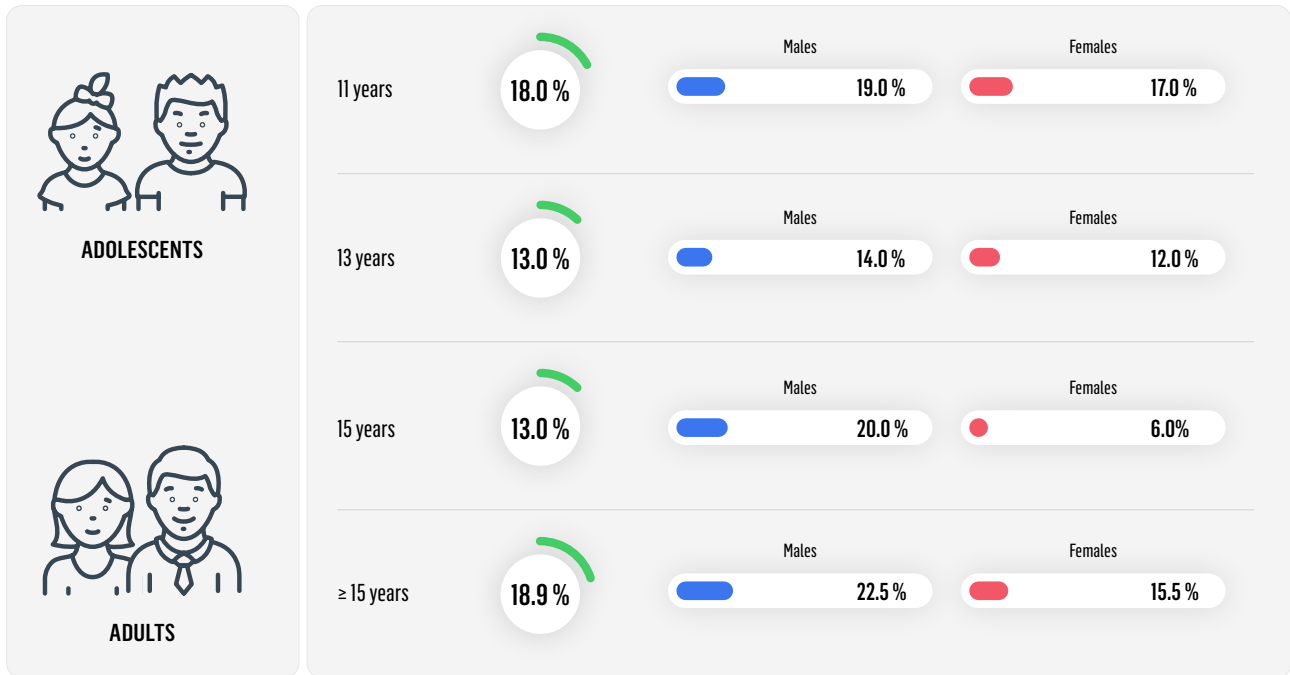
CYPRUS

PHYSICAL ACTIVITY

FACTSHEET 2021



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017/2018; data for adults were collected through the [European Health Interview Survey](#) in 2019, and includes at least 4 times/week of recreational physical activity and 1-3 times/week of strength training.

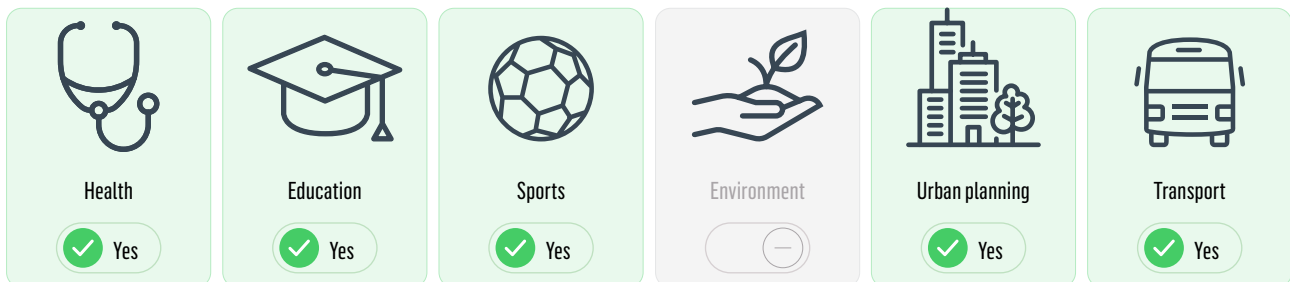
National government coordination mechanism and leadership in the promotion of physical activity

The Cyprus Sports Organization, which is under the Ministry of Education, Culture, Sport and Youth, is responsible for promoting and implementing health-enhancing physical activity (HEPA) in the country. The Cyprus Sports Organization is the highest sports authority in the country and is responsible for implementation of the Government's sports policy and for coordinating actions, policies and other institutions responsible for promoting HEPA. Both the Organization and the Ministry have HEPA focal points, one representing each organization.

▶ <https://cyprussports.org/gr/activities/european-affairs/%CF%80%CF%81%CE%BF%CE%B1%CE%B3%CF%89%CE%B3%CE%AE-%CF%84%CE%B7%CF%82-%CF%85%CE%B3%CE%B5%CE%AF%CE%B1%CF%82-%CE%BC%CE%AD%CF%83%CF%89-%CF%84%CE%B7%CF%82-%CF%86%CF%85%CF%83%CE%B9%CE%BA%CE%AE%CF%82-%CE%B4%CF%81%CE%B1%CF%83%CF%84%CE%B7%CF%81%CE%B9%CF%8C%CF%84%CE%B7%CF%84%CE%B1%CF%82-hepa.html>

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH





CYPRUS

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY

The most enduring and widely spread initiative throughout Cyprus for promoting exercise and sport as a recreational and healthy option is the Sport for All programme of the **Cyprus Sports Organization**. It is very successful and includes over 300 centres established throughout the country that provide opportunities for people of all ages to participate in sports. The Sport for All programme also provides funds to promote physical activity within the National Guard and Prison Department. The programme assigns physical education instructors who engage with soldiers and people living in prisons to increase their participation in recreational physical activity and sports. The approach aims to encourage a more active lifestyle to improve their health status and well-being.

▶ <https://cyprussports.org/en/activities/national-programs/sports-for-all.html>

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 SPORTS FOR ALL
- 2 TACKLING DEPENDENCE ON LEGAL AND ILLEGAL SUBSTANCES
- 3 STRATEGIC PROGRAMME FOR INCLUSION OF FOREIGNERS AND IMMIGRANTS
- 4 NATIONAL PLAN FOR SUPPORTING MINORITY RELIGIOUS GROUPS
- 5 NATIONAL PLAN FOR SUPPORTING INSTITUTIONS' SPORT ACTIVITIES
- 6 NATIONAL PLAN TO SUPPORT VULNERABLE POPULATION GROUPS

TOTAL NUMBER OF POLICIES

6



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 |
|----------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| Health | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Education | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sports | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |
| Environment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Urban planning | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Transport | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | 6 |
|---------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| General population | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Children < 5 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Children and adolescents (5-17) | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Adults | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Older adults (≥ 65) | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Frail/elderly (≥ 85) | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| People with disabilities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| People with chronic diseases | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| | 1 | 2 | 3 | 4 | 5 | 6 |
|---------------------------|----------------------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|
| Pregnant women | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Breastfeeding women | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Low socio-economic groups | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Ethnic minorities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Deprived of liberty | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Migrants | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Unemployed people | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



CYPRUS

PHYSICAL ACTIVITY FACTSHEET 2021



POLICY HIGHLIGHTS

- 2 Tackling dependence on legal and illegal substances.** This policy supports people undergoing treatment for drug addiction. The programme provides free access to sports activities and equipment to promote healthier choices and prevent the use and/or abuse of legal or illegal substances. The target population includes young people who have dropped out of school, children whose parents have a problem with substance abuse, children under the care of the State, adolescents with delinquent behaviours and pregnant women who use alcohol. The programme is under the Cyprus Sports Organization in partnership with the ministries of health, education and culture, and social welfare services, and the Cyprus Addiction Management Authority.
- 3 Strategic programme for inclusion of foreigners and immigrants.** This programme provides financial support to municipalities and communities to promote and organize sports programmes or events that seek to integrate foreigners and immigrants at local level. The purpose is to provide equal opportunities and resources through sports opportunities for all people residing in Cyprus. Nongovernmental and not-for-profit organizations that promote sports activities for foreigners and immigrants are eligible to apply for grants.
- 6 National Plan to Support Vulnerable Population Groups.** The plan targets people with long-term physical and mental disabilities and noncommunicable diseases. Its purpose is to improve the physical, mental and social well-being of vulnerable population groups through physical activity and sports. The objectives include raising awareness among the groups of the benefits of greater involvement in physical activity, identifying people's basic physical activity needs, and offering free exercise services and sports equipment through organizations that specialize in working with people with disabilities and noncommunicable diseases. Financial support is offered to cover additional expenses for activities directed to promoting physical activity.

Sports Clubs for Health

The Sports clubs for health guidelines are not well known in Cyprus, but many clubs promote social and recreational sport and physical activity with objectives that are compatible and in agreement with the guidelines.

Running clubs are private initiatives that contribute to the overall development and growth of the running/jogging movement in Cyprus, at national and local levels. The running events aim to promote social sport and encourage a healthier and more active lifestyle, and include people of all ages. These clubs continue to grow in number by attracting new runners and aid in training and promoting running events. Some clubs promote programmes such as the Running and Kids academies to increase physical activity among children.

Counselling on physical activity and exercise prescription

Currently, there is no active programme for prescription of counselling on physical activity by health-care professionals, but the Cyprus Sports Medicine Association, in cooperation with the Cyprus Sports Medicine and Research Centre, is planning action in this area. The Cyprus Sports Medicine Association is a member of the European Federation of Sports Medicine Associations and the International Federation of Sports Medicine and, in accordance with their guidelines, has started establishing exercise prescription by health-care professionals.





CYPRUS

PHYSICAL ACTIVITY FACTSHEET 2021



Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|---|----------------|--|----------------|
|  | 1.5–2 |  | 2–2.5 |
| | Mandatory | | Mandatory |

Physical education teachers receive both mandatory and optional training in physical activity and health as part of their undergraduate studies. The quality of physical education classes is evaluated via audits conducted by qualified physical education inspectors and random advisory class visits by school principals. The United Nations Educational, Scientific and Cultural Organization checklist and benchmarks for evaluating the quality of physical education in schools are used to develop the physical education curriculum and instructors' personal development programmes.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

During breaks

During lessons

After school

Travel to and from school

The Active School Breaks programme is run by physical education teachers of schools. It aims to encourage students to take part in physical activities during break times and promote healthy engagement with exercise, cooperation and appropriate social behaviour. A variety of extracurricular activities to promote health education and physical activity exists in primary and secondary education, with implementation at national and local levels. These programmes aim to increase the number of students involved in physical activity, raise the total time spent in physical activity, scout for talent and support cooperation with sports clubs and nongovernmental organizations.



SUCCESS STORY

Junior NBA Cyprus is part of the official development programme of the international National Basketball Association (NBA). In Cyprus, it runs in collaboration with the Cyprus Basketball Federation and is managed by the Ministry of Education, Culture, Sports and Youth. The programme organizes a kind of NBA "league" for schoolchildren aged 12–13 years who have no previous experience of playing basketball. It aims to encourage and support children to play and have fun and at the same time increase the time they spend in physical activity. The programme was implemented in 2018 and 2019, but has been put on hold due to the COVID-19 pandemic.

Infrastructure for leisure-time physical activity

The Cyprus Sports Organization subsidizes the construction of several outdoor communal sports facilities. Economic subsidization of projects of this type aims to increase participation in sports and exercise in general among citizens of all ages and make exercise and sports facilities accessible to all.



CYPRUS

PHYSICAL ACTIVITY

FACTSHEET 2021



SUCCESS STORY

Athletic facilities co-funded by the Cyprus Sports Organization have contributed to increasing access for local populations to promote physical activity. Examples include a futsal pitch in Tseri municipality in Nicosia district completed in 2019, a basketball court in Kato Mylos in Limassol district completed in 2020, a skatepark in Deryneia municipality in Famagusta district completed in 2015, and outdoor tennis, basketball and volleyball courts in Livadia municipality, Larnaca district, completed in 2018.

Promotion of physical activity in the workplace

There is no national guidance or programme to promote active travel to work or physical activity at the workplace. However, some private companies have taken the initiative to provide infrastructure such as gyms and changing rooms with showers to motivate their employees to commute to work by walking or cycling, while others provide free gym memberships.

Community-based interventions for older adults

The Sports for All programme established by the Cyprus Sports Organization in 1985 specifically promotes physical activity in older adults. The programme has been implemented widely in Cyprus, with around 300 centres nationwide. Participation has been growing over the years and the programme has developed a multisectoral approach by bringing together the Cyprus Sports Organization with municipal authorities and senior citizens' organizations.

National awareness-raising campaign on physical activity

The Cyprus Sports Organization implements the European Be Active campaign across Cyprus to ensure the option of adopting regular sports participation is available to the whole population. The promotion of Be Active during the European Week of Sport has a similar objective. These programmes are promoted throughout the country through sport stations in which qualified coaches and instructors encourage, instruct, guide and organize sporting events that are accessible to all citizens.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|---|---|-----------------------------|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |



SUCCESS STORY

#Be Active in Cyprus is a very successful action that is promoted throughout the country. It involves mass participation of people of all ages in events organized to attract people to participate in new sports. This campaign has promoted sports throughout the population and has made sports which previously had not been familiar to many people more widely known in the general population.



CZECHIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **10.71 m**

Median age: **43.4 years**

GDP per capita: **11 100 €**

Population, male: **48.3%**

Population, female: **51.7%**

Life expectancy, males: **75.0 years**

Life expectancy, females: **81.3 years**



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

Children (< 5 years)

Children and adolescents (5–17 years)

Adults (18–64 years)

Older adults (≥ 65 years)

Frail and very elderly adults (≥ 85 years)

Pregnant and breastfeeding women

People with disabilities

People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010), [WHO Guidelines on physical activity and sedentary behaviour](#) (2020) and [Physical activity guidelines for Americans](#) (2018) and were implemented in 2014.



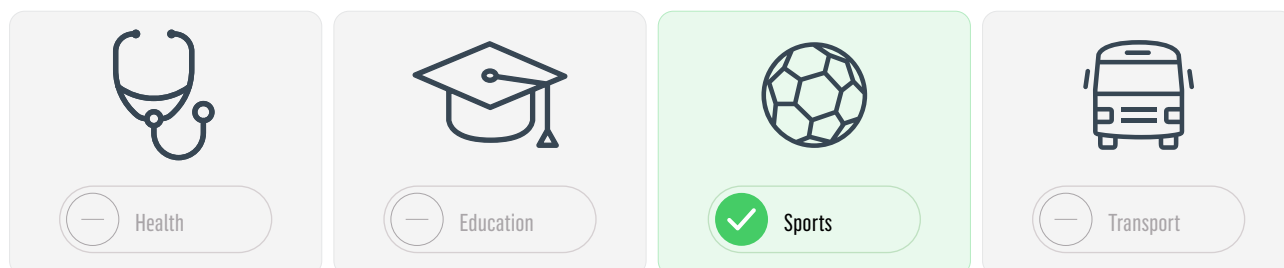
CZECHIA

PHYSICAL ACTIVITY FACTSHEET 2021

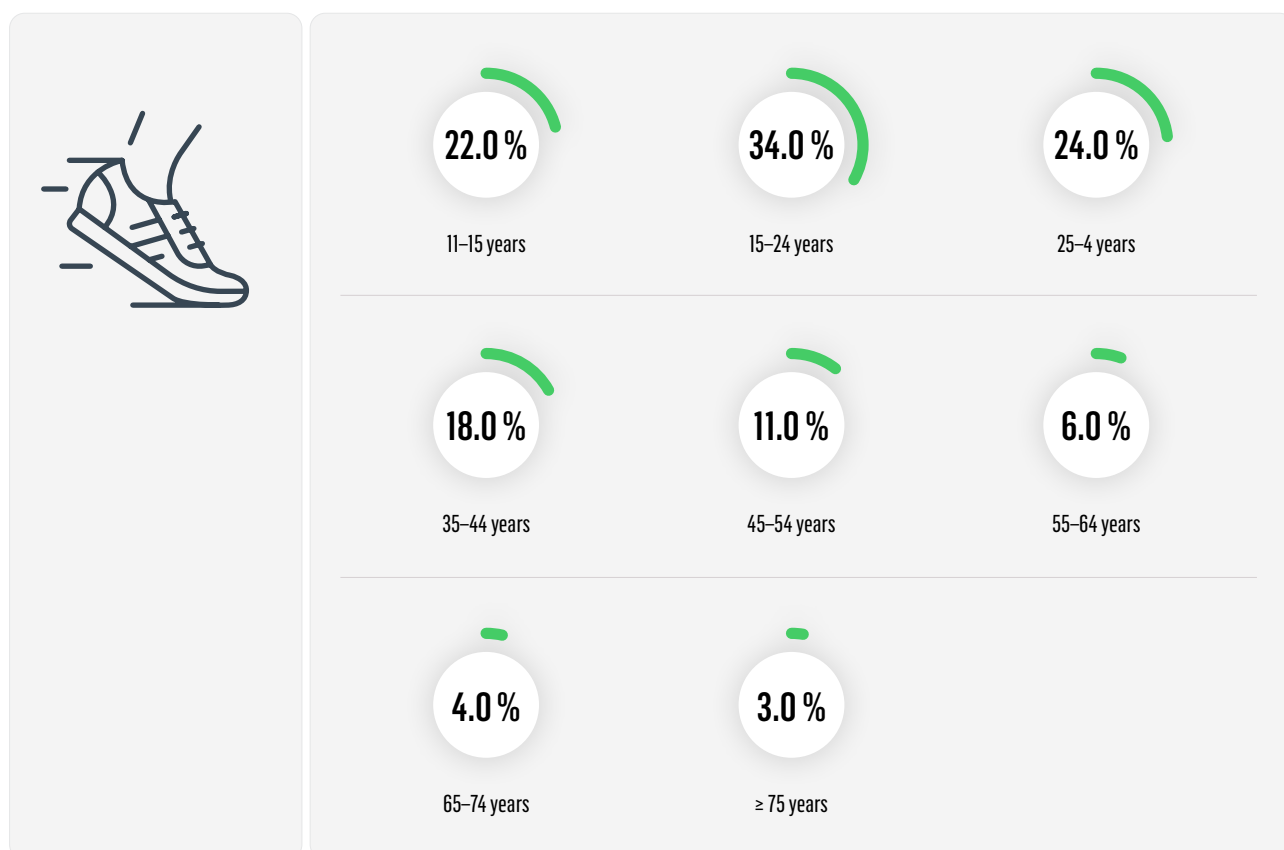


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were retrieved from the [National report on physical activity of Czech children and youth](#) in 2018; data for adults and older adults were collected through the [European Health Interview Survey](#) in 2014-2015.

National government coordination mechanism and leadership in the promotion of physical activity

The Government coordinates the [Národní sportovní agentura](#), established in 2020.

CZECHIA

PHYSICAL ACTIVITY FACTSHEET 2021



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 SPORTS CONCEPT FOR 2016-2025
- 2 NATIONAL STRATEGY FOR HEALTH PROTECTION AND PROMOTION AND DISEASE PREVENTION
- 3 ACTION PLAN FOR SPORTS

TOTAL NUMBER OF POLICIES

3



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 |
|----------------|----------------------------------|----------------------------------|----------------------------------|
| Health | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Education | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| Sports | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| Environment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Urban planning | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Transport | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

POPULATION GROUPS TARGETED BY EACH POLICY



| | 1 | 2 | 3 |
|------------------------------|----------------------------------|----------------------------------|----------------------------------|
| General population | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |
| People with chronic diseases | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |



| | | |
|--|--|---|
| Children < 5 Children and adolescents (5–17) Adults Older adults (≥ 65) Frail/elderly (≥ 85) | People with disabilities Pregnant women Breastfeeding women Low socio-economic groups | Ethnic minorities Deprived of liberty Migrants Unemployed people |
|--|--|---|

POLICY HIGHLIGHTS

1 Sport concept for 2016–2025. The plan is based on the principles of sport as a tool for health prevention, self-fulfilment and development of social relationships for all ages and social groups. Its aims are to facilitate intercultural education and reduce social inequalities, build space for local sports activities and foster a culture of sports in schools and universities. A programme for school sports clubs will be developed. The plan includes 2 h of physical education and 3 h of physical activity per week. Further, it seeks to improve social accessibility and facilitate a barrier-free infrastructure for people with disabilities. An annual report is submitted to the Government.

2 National strategy for health protection and promotion and disease prevention. The aim is to promote health and prevent diseases through a life-course approach, empower people and provide safe, sustainable environments for them to reach their full health potential. It focuses on healthy living for both young and older people by increasing physical activity, improving diets and eating habits, managing stress and mental health and reducing health risky behaviour to reduce noncommunicable diseases through mass media campaigns, e-Health, websites and product labelling.

3 Action plan for sport. The plan promotes sport in any form of physical activity, including organized and unorganized participation. One of the aims is to develop an action plan to foster physical and mental fitness, strengthen social integration and improve health and sports performance at recreational and competitive levels. It is directed to all people, including people with disabilities. The Ministry of Education, Youth and Sports, the Ministry of Defense and the Ministry of the Interior are responsible for creating the conditions for development of sports activities and establishing sport centres, and the Ministry for Regional Development is responsible for the development of sports infrastructure in the framework of the programme for tourism.



CZECHIA

PHYSICAL ACTIVITY FACTSHEET 2021



Sports clubs for health

The [Guidelines for sports clubs](#) for health have been used in sports clubs working with 210 schools.

Increasing access to exercise facilities for socially disadvantaged groups







The aim of the European Union project "[Effective health promotion of people at risk of poverty and social exclusion](#)" 2018–2022 is to establish regional centres for health promotion to reduce health inequality in the country's 14 regions. A coordinator and a mediator are assigned to each region to encourage individuals at risk of poverty and social exclusion to engage in physical activity and other programmes for health promotion. All physical activities are free of charge.

Physical activity is one of 69 interactive programmes to improve health and reduce risk factors. Training in physical is provided for 40 h, with lecturers and sites funded from the project's budget. It targets single parents, individuals living in shelters, people with disabilities and people in prison. Physical activities such as dancing, self-defence, cycling, swimming and hiking are offered. The project is coordinated by the State Institute of Public Health, which manages the 14 regional health promotion centres.

▶ <https://www.facebook.com/efektivnipodporaz>

Counselling on physical activity and exercise prescription

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| |  Medical doctors |  Physiotherapists |  Nurses |  Nutritionists/ dieticians |  Psychologists |  Other health professionals |
|---------------|--|---|---|---|--|--|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Undergraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SUCCESS STORY



The national qualification standard within the National qualification framework is achieved in an education programme designed and taught by doctors, which trains fitness instructors in supporting people with lifestyle diseases. The programme has been approved but is currently implemented only at individual fitness clubs by fitness professionals in cooperation with doctors.





CZECHIA

PHYSICAL ACTIVITY FACTSHEET 2021



Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|---|-----------------------|--|-----------------------|
|  | 2 Mandatory |  | 2 Mandatory |

Physical activity and health (e.g., health effects, determinants, effective interventions) is a mandatory subject in the undergraduate curriculum of physical education teachers. The quality of physical education classes is evaluated by the Czech School Inspectorate. Specific and topic-based evaluations are conducted every 5–6 years.

The [Health-promoting school programme](#) covers schools that have a holistic concept of health, in line with that of WHO. Schools that participate in the programme develop biological, psychological and social ability by respecting the natural needs of the individual, promoting communication, cooperation and responsibility for their own health and developing life competence. There are currently 300 schools in the network, which provide physical activity during breaks and lessons. The coordinator and guarantor of the programme is the State Institute of Public Health.



SUCCESS STORY

During the lockdown imposed by the COVID-19 pandemic and to motivate exercise, projects were set up to encourage various forms of walking such as **Nordic walking and cross-country skiing**. As part of the project, the number of kilometers walked from the town of Mikulov was counted for 5 months and was found to equal the distance between Mikulov and Melbourne, Australia.

Infrastructure for leisure-time physical activity

Some of the European guidelines are applied, and more will be applied in the near future. Infrastructure is being developed in regions.

Promotion of physical activity in the workplace

Although there is no national programme or guidance for promoting physical activity at the workplace, many employers provide opportunities to their employees, such as active zones for physical activity in the workplace (zone for fitness or relaxing with active elements) and outdoor zones near the workplace. Some employers allow breaks for exercise during the working day.

Community interventions for older adults

Several activities organized by non-profit organizations are implemented at local level.

National awareness-raising campaign on physical activity

There is no long-term national campaign but many at local level.



DENMARK

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 5.84 m

Median age: 42.1 years

GDP per capita: 48 150 €

Life expectancy, males: 79.6 years

Life expectancy, females: 83.6 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

✓ Children (< 5 years)

✓ Children and adolescents (5–17 years)

✓ Adults (18–64 years)

✓ Older adults (≥ 65 years)

— Frail and very elderly adults (≥ 85 years)

✓ Pregnant and breastfeeding women

— People with disabilities

✓ People with chronic diseases

The current Danish recommendations are based on [WHO recommendations](#) (2010), the [US Centers for Disease Control and Prevention](#) and the [American College of Sports Medicine](#) (1995), as well as [Canadian evidence and recommendations](#) (2010).



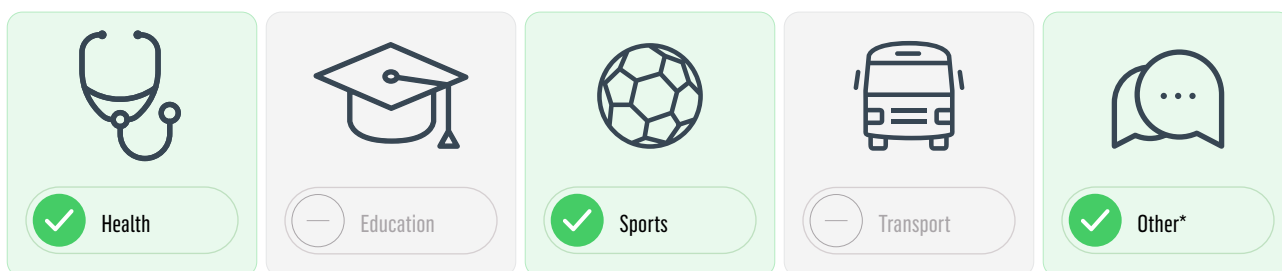
DENMARK

PHYSICAL ACTIVITY FACTSHEET 2021



Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



*HBSC

Estimated prevalence of sufficient physical activity levels



Physical activity and sedentary behavior among 11-15 year olds - monitoring with objective measurements in 2017-2018; data for adults and older adults were collected using questionnaires as part of the [Danish National Health Profile \(Danskernes nationale sundhedsprofil\)](#) in 2017, based on WHO recommendations (2010).



DENMARK

PHYSICAL ACTIVITY FACTSHEET 2021

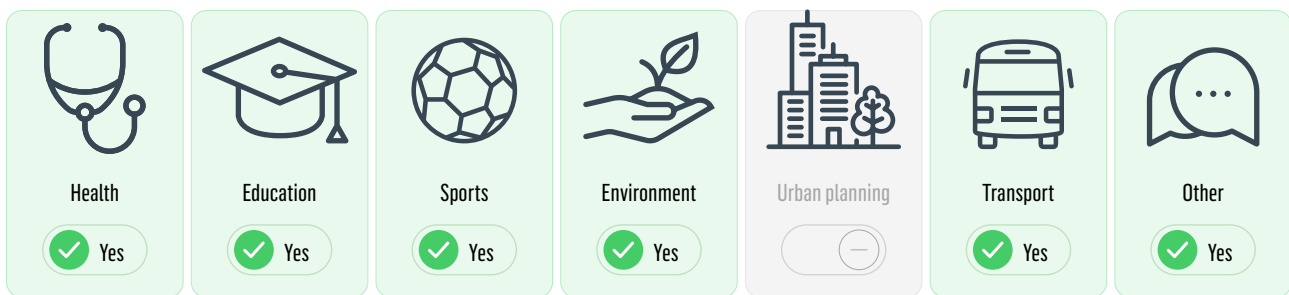


National government coordination mechanism and leadership in the promotion of physical activity

Although Denmark has no established national coordination mechanism or leadership in promoting physical activity, the Danish Health Authority is a member of several advisory boards at which physical activity is discussed and coordinated.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



SUCCESS STORY

Local sports are governed by the Danish Gymnastics and Sports Association and the National Olympic Committee and Sports Confederation of Denmark. Half of all local sport clubs and associations in Denmark are members of both organizations. The Danish Federation of Company Sports directs sports in local clubs and associations that promote sports in the workplace. The Danish Gymnastics and Sports Association and the National Olympic Committee and Sports Confederation are mainly state-subsidized and manage and allocate funds independently. The Act on allocation of revenues from the national lotteries (Udlodningsloven) ensures financing of the organizations, and the Act on informal education and democratic voluntary activity (Folkeoplysningsloven) ensures municipal support to local sports clubs and associations through grants for active members under the age of 25 and facilitates access to Government sports facilities.

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 THE POLITICAL AGREEMENT ON SPORT
- 2 THE DANISH SPORT POLICY AIMS
- 3 MOVE FOR LIFE
- 4 LGBTI PARTICIPATION IN DANISH SPORTS ASSOCIATIONS
- 5 POOL FOR INCLUSION IN LOCAL COMMUNITIES THROUGH SPORTS
- 6 ACT ON PRIMARY AND LOWER SECONDARY SCHOOLS, 2014
- 7 EXAMINATIONS ON PHYSICAL EDUCATION AND SPORT
- 8 AGREEMENT ON IMPLEMENTATION OF FUNDS FOR CYCLING (AFTALE OM GRØN OMSTILLING AF VEJTRANSPORTEN)
- 9 CYKELPULJE 2020
- 10 COMPREHENSIVE CYCLING COUNCIL (VEJDIREKTORATETS CYKELRÅD)

TOTAL NUMBER OF POLICIES

10



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| Health | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Education | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sports | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Environment | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Urban planning | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Transport | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |



DENMARK

PHYSICAL ACTIVITY FACTSHEET 2021



POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
|---------------------------------|---|---|---|---|---|---|---|---|---|----|---------------------------|---|---|---|---|---|---|---|---|---|----|---|
| General population | ✓ | ✓ | ✓ | ✓ | ○ | ○ | ○ | ✓ | ○ | ✓ | Pregnant women | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Children < 5 | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Breastfeeding women | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Children and adolescents (5-17) | ○ | ○ | ○ | ○ | ✓ | ✓ | ✓ | ○ | ✓ | ○ | Low socio-economic groups | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Adults | ○ | ○ | ✓ | ○ | ✓ | ○ | ○ | ○ | ○ | ○ | Ethnic minorities | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Older adults (≥ 65) | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Deprived of liberty | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Frail/elderly (≥ 85) | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Migrants | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| People with disabilities | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Unemployed people | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| People with chronic diseases | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | | | | | | | | | | | | |

POLICY HIGHLIGHTS

5 Funding for Inclusion in Local Communities through Sports. The funding pool is part of the Danish Sports policy. Its aim is to encourage participation in physical activities and sports of socially disadvantaged children, youth, adults, people with disabilities and families. The Ministry of Culture creates opportunities to increase sport and community engagement among people in vulnerable situations, including cooperation of private sports actors, nongovernmental organizations (NGOs), associations, civil society and public information.

7 Examinations on physical education and sport. Primary and lower secondary schools are required to test students' knowledge and skills in physical education and sports. The aim is to increase exercise and physical activity and promote the status and prominence of the subject to increase learning outcomes and foster early healthy habits. The classes go beyond teaching students about sports and also raise awareness about their responsibility to care for their well-being, health and social integration by living an active life.

10 Comprehensive Cycling Council (Vejdirektoratets Cykelråd). The Danish Road Directorate established a Cycling Council to increase awareness among various stakeholders about the latest cycling practices and ensure efforts to increase cycling. The Council is composed of the Expert Group for Bicycle Tourism, the Electric Bicycle Network and the Cooperation Committee on Tourist Guidance. Networks will be integrated to create a central Cycling Council.

Sports Clubs for Health

The Ministry of Social Affairs and Senior Citizens funds NGOs that engage socially marginalized groups in sports to improve their health, quality of life and community integration. The OMBOLD organization organizes football tournaments among people who do not belong to a sports association, which represent Denmark at the "Homeless World Cup". The Sport for Life (LIVET) promotes the participation of people at risk of social inclusion, which includes programmes and activities in 42 sports disciplines, training of coaches and tournaments. Sports for the Mind (Idræt for Sindet) is managed by local sport associations and directed by people with mental and psychosocial disabilities who find it difficult to be physically active in ordinary sports associations.

The project **Get2Sport** under the Ministry of Immigration and Integration and the Sports Confederation of Denmark provide opportunities for children and young people in underprivileged areas to participate in sports, primarily football, in local clubs. It is active in 22 municipalities and provides various benefits, including health, networking, integration, education and employment.



DENMARK

PHYSICAL ACTIVITY FACTSHEET 2021



Counselling on physical activity and exercise prescription

In 2015, The Danish Health Authority published [materials to support hospitals and primary care centres](#) in assessment of and counselling on healthy lifestyles. After an initial assessment of the patient's lifestyle (use of alcohol and tobacco, diet, physical activity and drugs), they provide information about their lifestyle and health and, if necessary and requested by the patient, refer them to an intervention in primary care.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals* |
|---------------|--------------------------|--------------------------|--------------------------|------------------------------|--------------------------|-----------------------------|
| | | | | | | |
| | Yes | Yes | Yes | Yes | Yes | Yes |
| Undergraduate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Mandatory | Mandatory | Mandatory | Mandatory | Mandatory | Mandatory/Optional |

*Occupational therapy, psychomotor therapy, nutrition and health, global nutrition and health, chiropractic

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|------------------|----------------|--------------------|----------------|
| | 1.5 | | 1.5 |
| | Mandatory | | Mandatory |

Physical education teachers may be trained in physical activity and its relation to health (e.g., health effects, determinants, effective interventions) as part of their undergraduate studies.

The Ministry of Education monitors physical activity in schools through evaluations and research projects, and the SPIF-project evaluates and examines physical education classes continuously according to their content and development of the subject in primary and lower secondary schools.

Daily physical exercise was made a mandatory part of the school day in 2013. Students in public primary and secondary schools are required to engage in 45min of physical activity every day.



DENMARK

PHYSICAL ACTIVITY FACTSHEET 2021



PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



During breaks



During lessons



After school



Travel to and from school

Danish School Sports (Dansk Skoleidræt) is a sports organization that improves public health through nationwide school activities. These include programmes for active school breaks, such as 'Legepatruljen', in which the oldest students design different activities, plays and tournaments for younger students during school breaks in grades 0–3. A similar programme for students in grades 4–6 is 'GameBoosters', while 'Kick-starter' encourages teachers of grades 7–9 to include movement and physical activity during school breaks.

The initiative **Subjects in movement (Fagene I bevægelse)** of Dansk Skoleidræt started in 2020 and will end in 2023. The aim of the project is to ensure 45 min of movement during the school day by offering training to teachers and training in management to municipalities and schools. **Movement in school (Sæt Skolen i Bevægelse)**, also designed by Dansk Skoleidræt, proposes exercises and ideas for including movement and physical activity during lessons to teachers. Part of the programme are "brain breaks" that teachers can use during school lessons.

All schools are required to offer an **after-school activity (Skolefritidsordning)** to children in grades 0–3 that includes body movement and health. Youth school (Ungdomsskole) offers after-school educational and leisure-time activities to students aged 14–18, some of which focus on movement. An independent institution for lower secondary students (14–18 years old) focuses on various aspects of life, which could be sports, in which movement and physical activity are integrated into the school day.

The Act on Primary and Lower Secondary Schools requires students to Learn about traffic (**Færdselslære**). This is mandatory in kindergarden, where children learn about safe travel to and from school, with promotion of active travel, such as cycling and walking.

SUCCESS STORY

The Ministry of Education and the sports organization Dansk Skoleidræt launched **Schools' spring exercise day (Skolernes forårsmotionsdag)** to counteract the negative consequences of the COVID-19 pandemic. The initiative supports schools in organizing a non-mandatory, inspirational day of sports with a focus on joy, movement and community. Its aim was to increase knowledge and well-being in primary and lower secondary schools in summer 2021 after a long period of home-schooling and distance learning. Various innovative materials, including physical activities, have been prepared by Dansk Skoleidræt to help schools prepare for the spring exercise day.



National travel survey

The **Transport Habits Survey (Transportvaneundersøgelsen)** of the Centre for Transport Analytics collects data on all methods of transport in Denmark, including active transport, such as walking and cycling. After annual data collection, it publishes statistics of the time spent on all means of transport. The latest data are for 2020.



WALKING

PERSON PER DAY



14.0 min



1.2 km



CYCLING

PERSON PER DAY



5.9 min



1.4 km

DENMARK


PHYSICAL ACTIVITY FACTSHEET 2021




Infrastructure for leisure-time physical activity

In Denmark, leisure-time physical activity is monitored mainly by unions and sports organizations. Article 3 of the Act on the Primary and Lower Secondary School is Open School (Åben Skole) which obliges schools to cooperate with companies, institutions for vocational education and the local community, e.g., sports unions, that can contribute to leisure-time physical activity in primary and lower secondary schools.

Promotion of physical activity in the workplace




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)


 Yes

An award is granted annually to the Danish workplace that has promoted travel to work by bicycle. Because of COVID-19, the 2021 award will be awarded to the workplace that supports employees in choosing cycling for transport when society reopens.

<https://www.trm.dk/nyheder/2021/nu-aabner-indstillingen-til-cykelprisen-2021/>




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**


 Yes

The **Danish Federation for Company Sports (Firmaidrætten)** promotes physical activity in workplaces through activities such as campaigns, talks and community events. These include the annual Workplace Exercise Day (Arbejdspladsernes Motionsdag), the campaign Count steps (Tæl skridt) and the provision of inspiration to college activities developed in collaboration with industrial workers, such as drivers, craftsmen and nurses. Success stories of active workplaces are collected in the annual event The healthiest workplaces in Denmark (Danmarks Sundeste Arbejdspladser), at which the best cases are honoured and their stories and experiences told to inspire other workplaces.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

 Yes

The Guide to physical exercise and activity for people with dementia was published by the Danish Health Authority in 2018 as part of the National Dementia Action Plan 2025. The aim of the guide is to help municipalities, volunteers, relatives, coaches and others who support citizens with dementia in remaining physically active.



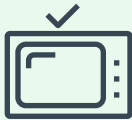






DENMARK

PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|--|---|--|--|--|--|---|
|  <p>Television</p> <p><input checked="" type="checkbox"/> Yes</p> |  <p>Radio</p> <p><input checked="" type="checkbox"/> Yes</p> |  <p>Newspapers</p> <p><input type="checkbox"/> No</p> |  <p>Social media</p> <p><input checked="" type="checkbox"/> Yes</p> |  <p>Public events</p> <p><input checked="" type="checkbox"/> Yes</p> |  <p>Public figures</p> <p><input checked="" type="checkbox"/> Yes</p> |  <p>Other</p> <p><input type="checkbox"/> No</p> |
|--|---|--|--|--|--|---|



SUCCESS STORY

In 2021, various unions and sports organizations collaborated on the project **Together we move (Sammen I bevægelse)** to bring Danish citizens together through movement and physical activity during the COVID-19 pandemic. The aim is to inspire and create a community around movement. Schools around the country are joining the project in various ways, such as the initiative Together we walk (Vi går sammen), in which school classes count the kilometres they walk. As part of the project, the Danish Broadcasting Corporation (Denmark's largest electronic media enterprise) will produce a wide range of programmes and content on radio, television and the Internet during 2021.

ESTONIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 1.33 m

Median age: 42.3 years

GDP per capita: 15 250 €

Life expectancy, males: 74.2 years

Life expectancy, females: 82.7 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- Children (< 5 years)
- Children and adolescents (5–17 years)
- Adults (18–64 years)
- Older adults (≥ 65 years)

- Frail and very elderly adults (≥ 85 years)
- Pregnant and breastfeeding women
- People with disabilities
- People with chronic diseases

National recommendations on physical activity are based on [Nordic Nutrition Recommendations](#) (2012) and the [United Kingdom physical activity guidelines](#) (2011).

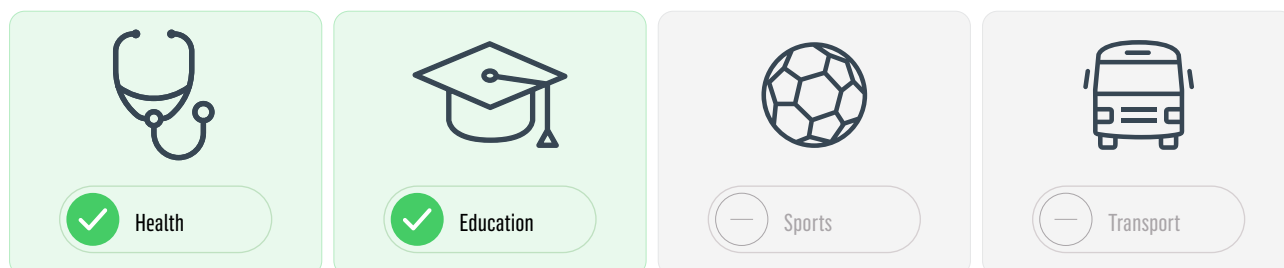
ESTONIA

PHYSICAL ACTIVITY FACTSHEET 2021

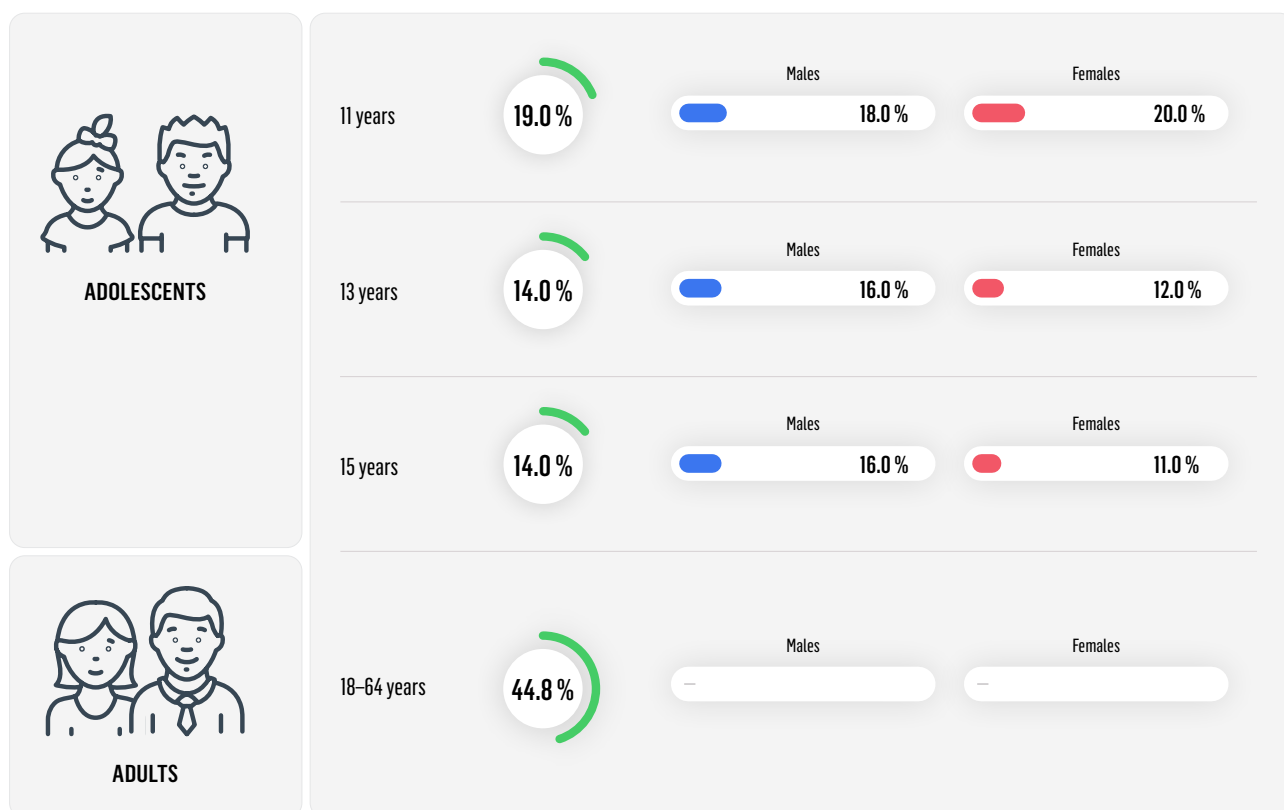


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017/2018; among adults, prevalence refers to adults who are physically active 30 minutes 4-6 times a week and 30 minutes every day, in 2020.

National government coordination mechanism and leadership in the promotion of physical activity

The Estonian Sport for All Association, established in 1991, aims to contribute to Estonian policy regarding sport for all, improve exercise conditions and increase awareness through programmes, events and campaigns.

► <http://www.sportkoigile.ee/>

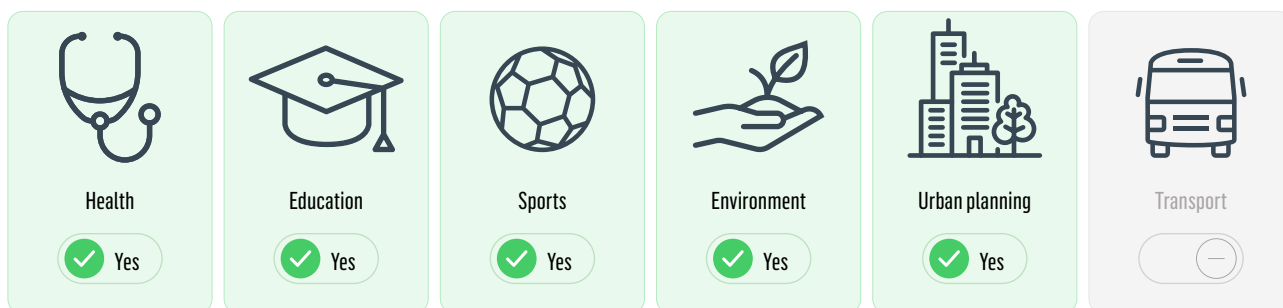
ESTONIA

PHYSICAL ACTIVITY FACTSHEET 2021



Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 |
|----------------|-----|-----|-----|
| Health | Yes | Yes | Yes |
| Education | Yes | Yes | Yes |
| Sports | Yes | Yes | Yes |
| Environment | Yes | Yes | Yes |
| Urban planning | Yes | Yes | Yes |
| Transport | Yes | Yes | Yes |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 |
|--------------------|-----|-----|-----|
| General population | Yes | Yes | Yes |

| | | |
|--|--|---|
| Children < 5 Children and adolescents (5-17) Adults Older adults (>= 65) Frail/elderly (>= 85) | People with disabilities People with chronic diseases Pregnant women Breastfeeding women Low socio-economic groups | Ethnic minorities Deprived of liberty Migrants Unemployed people |
|--|--|---|

ESTONIA

PHYSICAL ACTIVITY FACTSHEET 2021



POLICY HIGHLIGHTS

- 1 The Fundamentals of the Estonian Sports Policy to 2030.** The Fundamentals of the Estonian Sports Policy aims to improve the mental and physical health and well-being of Estonians by encouraging them to be more active through exercise and playing sports and provide living environments that promote physical activity and services that contribute to living longer and healthier lives. The Ministry of Culture will report on implementation of the policy.
- 2 National Health Development Plan 2020–2030.** The plan is based on three pillars: human-centred health care, health support choices and health-supported environments. It focuses on healthy option programmes that include the development of the life-cycle nutrition and mobility policy and approval of the green paper on physical activity and nutrition by the Government. It also aims to reduce the trend of overweight, obesity and sedentary behaviours and support the development of community-based social networks to promote physical activity among older adults.
- 3 Green paper on nutrition and physical activity.** The green paper seeks to reduce the prevalence of noncommunicable diseases and reduce health problems related to overweight and obesity. One of the targets is to increase physical activity and regular exercise by 25% among adults aged 16–64 and 30% in children.

Sports Clubs for Health

Many sport clubs promote health-enhancing physical activity (HEPA) without any national frameworks or guidelines. Promoting HEPA is becoming more and more popular as an effective way for sport clubs to raise their membership or involve more people.

Increasing access to exercise facilities for socially disadvantaged groups

The Hobby School Act supports and promotes programmes that provide hobby activities for young people, including those with disabilities. It involves improving the availability and quality of hobby activities and providing opportunities for participation. Cities and rural municipalities participating in the programme are required to report on implementation of their plans.

The goal of measures to promote the integration of young people to revive regional economic development is to improve the connection between young people from different regions and backgrounds through sports and cultural activities as a means of eradicating poverty and creating equal opportunities for young people to participate in recreational activities.

Counselling on physical activity and exercise prescription

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY



| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals |
|---------------|---|---|---|------------------------------|--------------------------|-------------------------------|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Undergraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

ESTONIA

PHYSICAL ACTIVITY FACTSHEET 2021



Physical education in schools

| PRIMARY SCHOOLS: | LESSONS PER WEEK | SECONDARY SCHOOLS: | LESSONS PER WEEK |
|---|-------------------------|--|-----------------------|
|  | 2-3 Mandatory |  | 2 Mandatory |

Physical education teachers have the option of receiving training in physical activity and health as part of their undergraduate and postgraduate studies. The quality of physical education classes in schools is evaluated via external inspections at state level and internal audits within schools at local level.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

- ✓
During breaks
- ✓
During lessons
- ✓
After school
- ✓
Travel to and from school

The **Schools in Motion** programme supports schools to integrate physical activities into the school day, including movement during and between lessons and active travel to and from school. The programme seeks to ensure that students are able to move more and sit less during lessons and recess, take greater initiative in organizing their own recess activities and gain greater joy from learning. Under the umbrella of the School in Motion project, schools are provided with innovative ideas to promote physical activity among students during recess. Examples include dance recess, provision of sports equipment for recess activities, outdoor recess, obstacle courses and changes in the environment. Another example is the appointment of playground leaders, older students who are trained to organize active games for younger students during recess. In 2021, there are 148 participating schools (28% of all general education schools) with more than 63 000 students.



SUCCESS STORY

The school roadmap is a collaboration involving schools and the education and transport sectors. The goal is for local governments to plan public spaces and implement changes in a way that allows children to walk safely or use light vehicles for travelling to school. Using the Transport Authority's school route-mapping information system, students can plan their school journey, think about their daily movement and the safety of the journey to school, and plan safer journeys to and from school. This information is used by teachers to address the topic of road safety in class and by school leaders and local government to better manage issues related to traffic.

▶ <https://www.liikumakutsuvkool.ee/aktiivne-koolitee/> ▶ <https://koolitee.mnt.ee/>

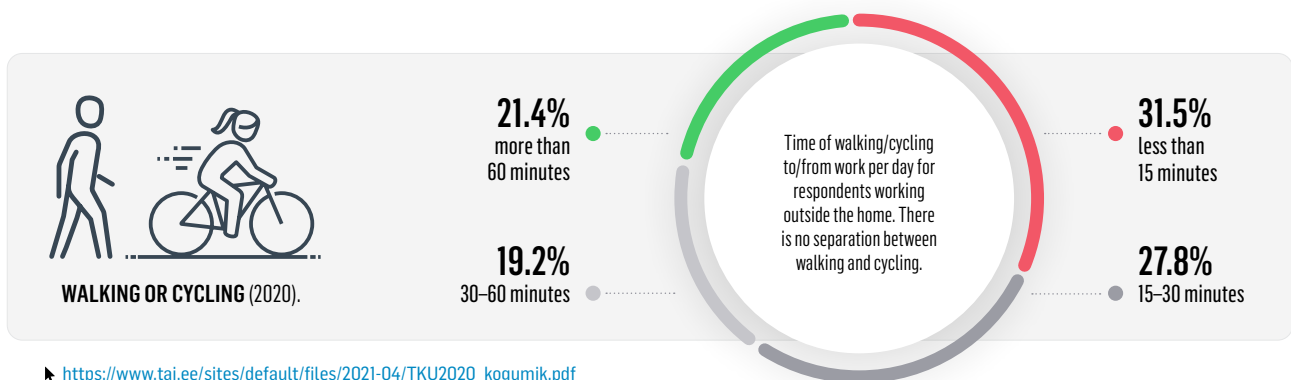
ESTONIA

PHYSICAL ACTIVITY FACTSHEET 2021



National travel survey

The Estonian adult health behaviour survey focuses on the health status of the Estonian population by evaluating medical care and use of medicines, nutrition, smoking and alcohol consumption, physical activity and traffic behaviour. Part of the survey estimates people's walking or cycling time to and from work and in their free time and days off.



Infrastructure for leisure-time physical activity

The Government took a decision in April 2018 to invest €2.4 million (€600 000 per year) between 2019 and 2022 in outdoor leisure-time Sport for All facilities. At least one facility in each county (Estonia has 15 counties) will receive investment.

Promotion of physical activity in the workplace

NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

Yes

NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

Yes

The Kondimootoriga Tööle [Walk2Work] campaign encourages people to go to work with what is described as their "bone engine" rather than use options like cars or buses. Commuting to and from work by walking is an effective way of increasing physical activity. As of April 2021, groups can register a team on the campaign website. Every day, each member can earn two points for the team (one for coming to work by foot and the other by going home by foot). The competition includes prizes for teams that earn the most points.

Since 2018, employers have been able to compensate up to €100 per employee per quarter for health and sports expenses as a tax-exempt fringe benefit. Health-promotion expense that are tax-exempt include fees for participation in public sports events, expenses directly related to regular use of sporting venues and those for health services provided to employees.

ESTONIA








PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity

The National Olympic Committee of Estonia runs a campaign called "Estonia is moving" that targets the whole population, with special attention paid to physically inactive people. The campaign is delivered mainly via commercials, TV clips, Facebook and the Sport for All website.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|--|---|--|--|--|--|--|
|  Television <input checked="" type="checkbox"/> Yes |  Radio <input checked="" type="checkbox"/> Yes |  Newspapers <input checked="" type="checkbox"/> Yes |  Social media <input checked="" type="checkbox"/> Yes |  Public events <input checked="" type="checkbox"/> Yes |  Public figures <input checked="" type="checkbox"/> Yes |  Other <input type="checkbox"/> |
|--|---|--|--|--|--|--|

▶ <https://www.liigume.ee>



FINLAND

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 5.53 m

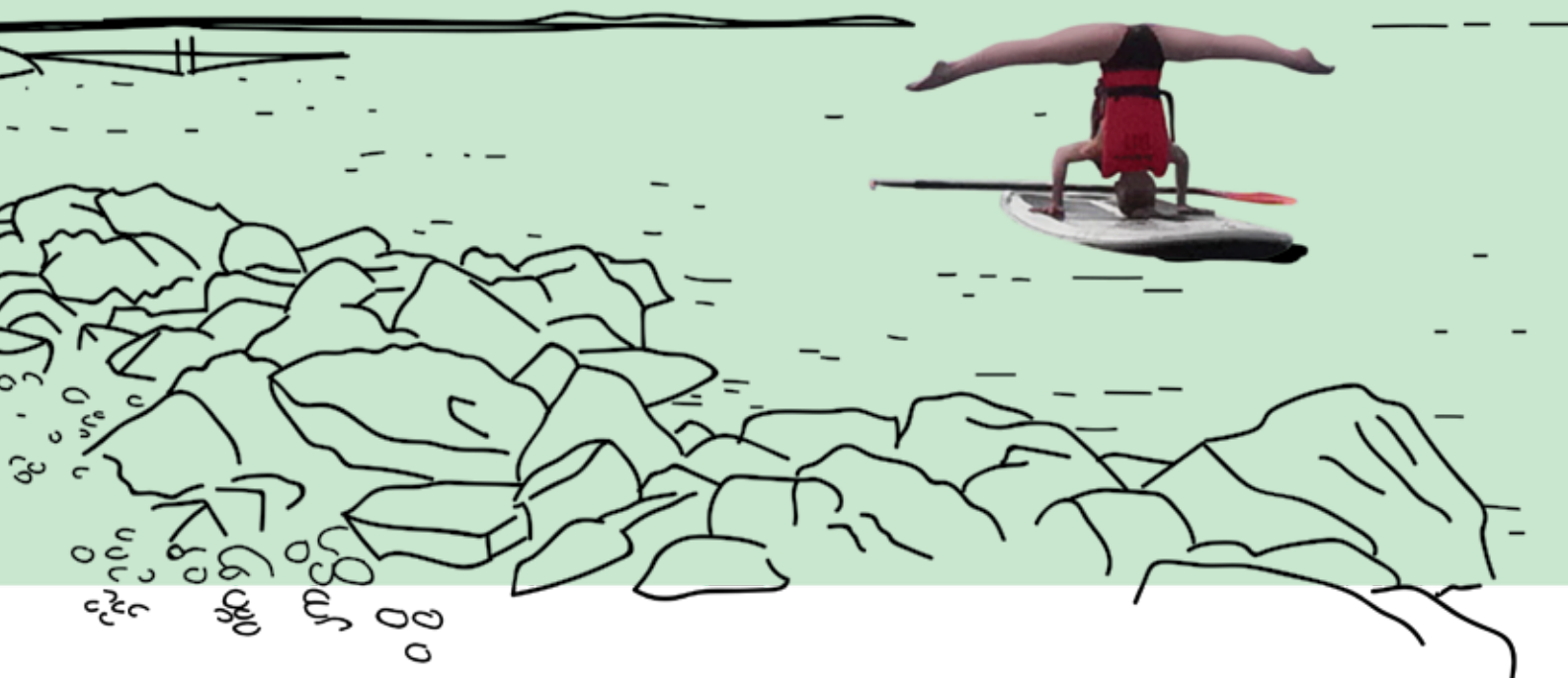
Median age: 43.1 years

GDP per capita: 36 070 €

Life expectancy, males: 79.4 years

Life expectancy, females: 85.0 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

✓ Children (< 5 years)

✓ Children and adolescents (5–17 years)

✓ Adults (18–64 years)

✓ Older adults (≥ 65 years)

— Frail and very elderly adults (≥ 85 years)

✓ Pregnant and breastfeeding women

✓ People with disabilities

✓ People with chronic diseases

National recommendations are based on [WHO physical activity, sedentary behaviour and sleep recommendations for children under 5 years old](#) (2019), [WHO guidelines on physical activity and sedentary behaviour](#) (2020) and [Physical activity guidelines for Americans](#) (2018).

SUCCESS STORY

Recommendations for physical activity were prepared by a multidisciplinary and professional group of experts on the physical activity and well-being of children and adolescents. Researchers from different fields and physical activity stakeholders for children and adolescents were represented.





FINLAND

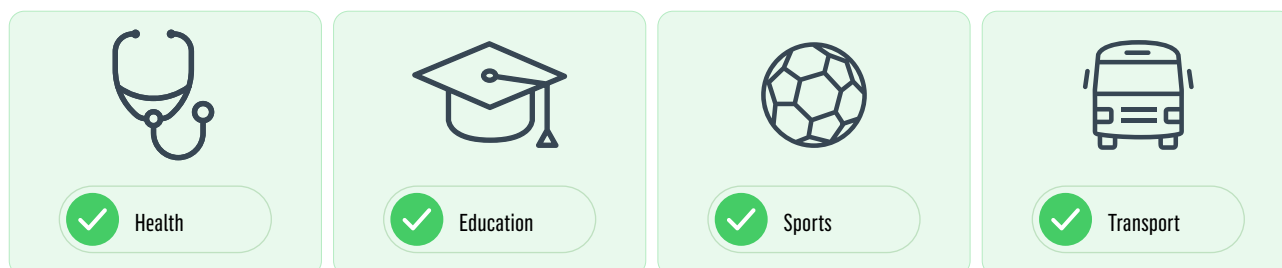
PHYSICAL ACTIVITY

FACTSHEET 2021

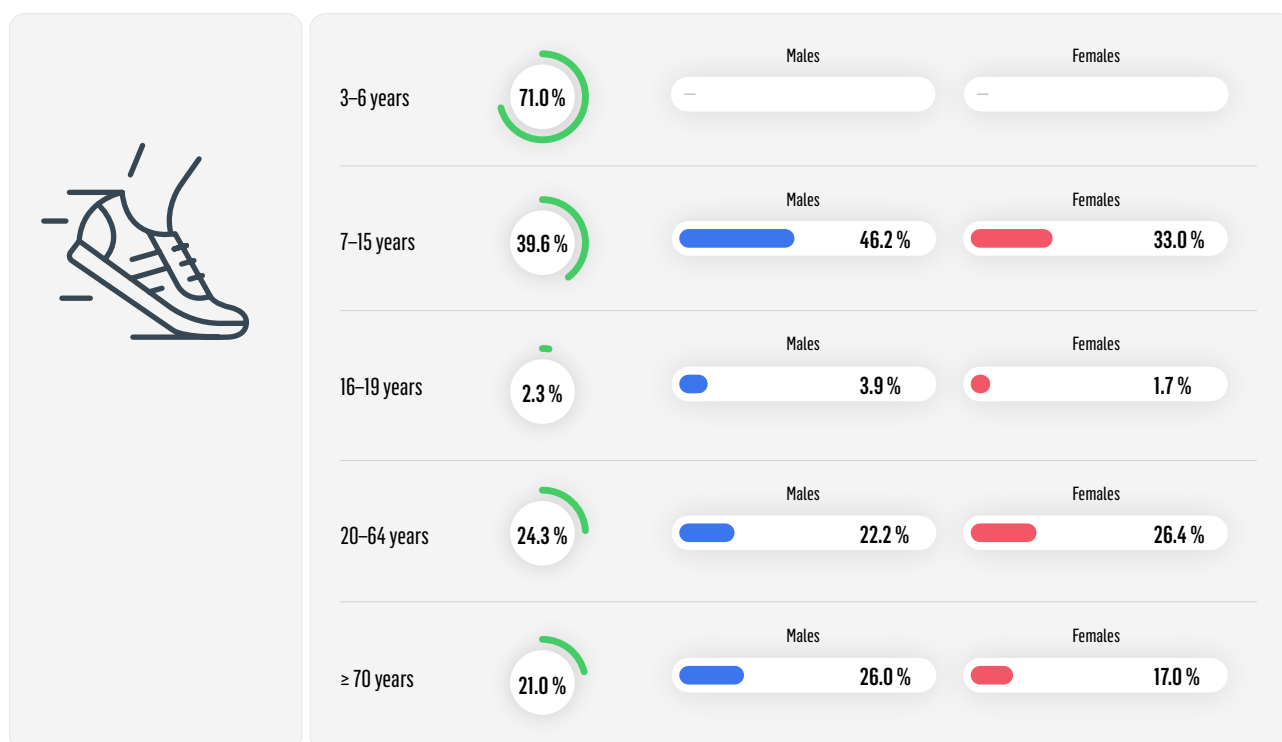


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children and adolescents were assessed in the [DAGIS \(Määttä 2018\)](#) in 2015/2016, and in the Finnish School-age Physical Activity (FSPA) in 2018 and 2020; data among adults were collected through the [FinFit 2017 study](#) in 2017/2018; data among older adults were collected through the [National Fin Health Study](#).

National government coordination mechanism and leadership in the promotion of physical activity

The [Sports Policy Coordination Body](#), established in 2018 by the Ministry of Education and Culture, aims to support all ministries and sectors to advance physical activity. The body coordinates, monitors and evaluates ministries' and sectors' actions in sports policy. The Sports Policy Coordination Body organized workshops in every ministry and their administrative branches in March and April 2021. The aim of the workshops was to find out how attached each ministry and administrative branch was to the coordination body's action plan, what concrete aims they had and what actions they were taking. These workshops were successful and have managed to expand the network and increase awareness of the importance of promoting physical activity in the state public sector.



FINLAND

PHYSICAL ACTIVITY FACTSHEET 2021



Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



SUCCESS STORY

Several projects in Finland provide information and guidance on implementing active and sustainable modes of transportation. These programmes are co-funded by different ministries and are carried out in partnership with the transport sector and nongovernmental organizations (NGOs). The Smart to School programme, for instance, aims to increase active travel to school, improve road safety, strengthen a culture of active transportation and support schools to implement policies that promote these objectives. Similarly, the Smart to Work forum is a nationwide network of governmental, labour and NGOs that promotes active travel as a strategy to increase levels of physical activity among workers and encourage climate-friendly choices.



▶ <https://fiksustikouluun.fi/> ▶ <https://liikkuvaaikainen.fi/sidosryhmat/fiksusti-toihin-foorumi/>

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 GOVERNMENT REPORT ON SPORTS POLICY
- 2 GOVERNMENT RESOLUTION FOR PROMOTING HEALTH AND WELLBEING
- 3 THE NATIONAL PROGRAM ON AGING 2030: FOR AN AGE-COMPETENT FINLAND
- 4 NATIONAL ON THE MOVE PROGRAMMES
- 5 FINNISH MODEL ON LEISURE ACTIVITIES
- 6 THE STRATEGY FOR RECREATIONAL USE OF NATURE
- 7 RESOLUTION ON PROMOTING WALKING AND CYCLING
- 8 HEALTHY PARKS, HEALTHY PEOPLE FINLAND
- 9 NATIONAL NUTRITION RECOMMENDATIONS
- 10 EUROPEAN AGRICULTURAL FUND FOR RURAL DEVELOPMENT EAFRD
- 11 SPORTS LAW (LIIKUNTALAKI)

TOTAL NUMBER OF POLICIES

11



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|----------------|---|---|---|---|---|---|---|---|---|----|----|
| Health | ✓ | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Education | ✓ | ✓ | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | ✓ | ○ |
| Sports | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ○ | ○ | ✓ |
| Environment | ✓ | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | ✓ | ✓ | ○ |
| Urban planning | ✓ | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | ○ | ○ | ○ |
| Transport | ✓ | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | ○ | ○ | ○ |



FINLAND

PHYSICAL ACTIVITY

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POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|---------------------------------|---|---|---|---|---|---|---|---|---|----|----|
| General population | ✓ | ✓ | ○ | ○ | ○ | ✓ | ○ | ✓ | ✓ | ✓ | ✓ |
| Children < 5 | ✓ | ○ | ○ | ✓ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Children and adolescents (5-17) | ✓ | ○ | ○ | ✓ | ✓ | ○ | ○ | ○ | ○ | ○ | ✓ |
| Adults | ○ | ○ | ○ | ✓ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Older adults (≥ 65) | ✓ | ○ | ✓ | ✓ | ○ | ○ | ✓ | ○ | ○ | ○ | ○ |
| Frail/elderly (≥ 85) | ✓ | ○ | ✓ | ✓ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| People with disabilities | ✓ | ✓ | ○ | ✓ | ✓ | ○ | ○ | ✓ | ○ | ○ | ○ |
| People with chronic diseases | ○ | ✓ | ○ | ✓ | ○ | ○ | ○ | ✓ | ○ | ○ | ○ |
| Pregnant women | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Breastfeeding women | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Low socio-economic groups | ✓ | ✓ | ○ | ✓ | ○ | ○ | ○ | ○ | ✓ | ○ | ○ |
| Ethnic minorities | ○ | ✓ | ○ | ✓ | ○ | ○ | ○ | ○ | ✓ | ○ | ○ |
| Deprived of liberty | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Migrants | ✓ | ✓ | ○ | ✓ | ○ | ○ | ○ | ○ | ✓ | ○ | ○ |
| Unemployed people | ○ | ✓ | ○ | ✓ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

POLICY HIGHLIGHTS

3 Finland's National Programme on Ageing – 2030. The programme seeks to increase the number of active and functional-capacity life-years of older adults. It supports and motivates older adults to adopt healthy behaviours by improving their diet, increasing physical activity and creating age-friendly services and residential environments. It also promotes inclusive mental health programmes by investing in the early identification of at-risk populations and targeting preventive measures to improve and extend functional abilities and ensure equality for older adults. It has a cross-sectoral approach and involves cooperation with the sport, transport, education and catering sectors.

6 Strategy for Recreational Use of Nature. The strategy aims to provide information on the benefits and advantages of the recreational use of nature as a tactic to increase physical activity, enhance exercise/sports performance, and improve physical and mental health. The Ministry of the Environment is encouraging stakeholders to design recreational strategies. The strategy seeks to clarify the role of stakeholders and is linked to the sports policy report, health and safety, the Walking and Cycling Promotion programme and the Finnish Tourism Strategy.

7 Finland's resolution on promoting walking and cycling. The programme under the resolution aims to have a positive impact on the public health of the population and on the climate. It includes 10 sets of measures that aim to increase walking and cycling by 20% and reduce emissions from transport by 0.3 million tons. It is co-funded by national and local government and seeks to manage and develop infrastructure and land-use planning to influence population attitudes and mobility preferences. Cooperation between national and local government in promoting walking and cycling has been significant, involving the ministries of the environment, social affairs and health, and education and culture, the National Sports Council, Transport Agency, Cyclists' Federation and Network of Finnish Cycling Municipalities. It is linked to the National Energy and Climate Strategy, which aims to reach 30% growth in the number of journeys on foot or by bicycle by 2030.

Sports Clubs for Health

Around 9 000 sports clubs in Finland have embraced the Sports for Health definition, and 557 sports clubs and 45 sport discipline/sport associations have adopted the guidelines for Sports Club for Health programmes (SCforH). The Star Club programme began in 2018 and is grounded in the SCforH guiding principles. It involves all sports associations working with children, adolescents and adults and also elite sports people. The Club Programme is part of the Olympic Committee which, together with stakeholders, conducts official audits to determine if associated clubs are implementing the SCforH principles in their activities. The Star Club's Olympic Committee disseminates relevant information and tools via its website.

Increasing access to exercise facilities for socially disadvantaged groups

The Government's report on sports policy follows the principles of equality, equity and gender inclusion. It targets individuals with disabilities, immigrants and older people. The Government, as a promoter of adapted physical activity and para sports, also created the municipal sport instructor system by funding a professorship of adapted physical activity at the University of Jyväskylä, developing adapted physical activity services and disability sport integration, and making sports facilities more accessible to people with disabilities. The system requires that the government sector supports the promotion of adapted physical activity through its projects and grants.

► <https://minedu.fi/-/valtioneuvosto-antoi-selonteon-liikuntapolitiikasta>

► <https://www.sportscience.fi/adapted-physical-activity/apa-related-research-in-finland/the-government-as-a-promoter-of-adapted-physical-activity-and-para-sports.html>



FINLAND

PHYSICAL ACTIVITY FACTSHEET 2021



Counselling on physical activity and exercise prescription

National guidelines for counselling on physical activity and Physical Activity Prescription are coordinated by the Adults on the Move programme and the UKK Institute. The guidelines are directed at health and exercise professionals working in physical activity services in the public and private sectors, primary health care and hospitals, and those who provide counselling services to promote health and well-being among sedentary adults. The counselling process requires a service chain that brings together health professionals such as doctors, nurses and physiotherapists with sports services, pharmacies and NGOs.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals* |
|---------------|---|---|---|------------------------------|--------------------------|---|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| | Mandatory | Mandatory | Optional | | | Optional |

*Wellness coaches

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|------------------|----------------|--------------------|----------------|
| | 1.9 | | 2 |
| | Mandatory | | Mandatory |

..... Average values



SUCCESS STORY

The **Pyöräily Elämäntavaksi [Biking as a Way of Life]** 2019–2021 project has been developed to promote biking in primary education and upper-secondary schools. The aim is to create a positive image of the bike and year-round cycling, inspire and encourage school children, students and teachers to cycle, increase mobility during school days and make cycling a part of the daily lives of primary and secondary school students. The project has been organized by the Network of Finnish Cycling Municipalities, Finnish Cycling Federation and School Sports Federation.



FINLAND

PHYSICAL ACTIVITY

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PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

✓ During breaks

✓ During lessons

✓ After school

✓ Travel to and from school

Finnish Schools on the Move is a national programme established in 2010 that aims to increase physical activity during the school day. Schools and municipalities develop their own ideas and several joint projects have been initiated for recess activities. One example is peer activator training, in which pupils from classes 4 to 9 are trained to organize guided recess activities for their peers. Every other participant school has added one long (over 30 minutes) activity-based recess to their daily schedule.

Teacher-training programmes, such as Learning on the Move, aim to educate primary, secondary and high-school teachers and principals in physically active teaching methods and materials. Currently, around half of Finnish teachers use activity-based methods during most of their classes and around 73% of schools utilize the schoolyard and local environment to support education. These programmes are supported by the Ministry of Education and Culture and are provided by municipalities and regional sport organizations in cooperation with NGOs and universities.




The Finnish model, established in 2020 by the Ministry of Education and Culture, aims to enable every child and young person to have a leisure activity they enjoy and can access free of charge. This is done via consultation with children on leisure activities, coordination of existing procedures and practices, and cooperation between schools and actors in leisure activities. A range of afternoon and club activities is arranged in the schools by municipalities and schools. For example, exercise or sports associations such as the Finnish Olympic Committee organize extracurricular recreational activities in connection with school days in approximately 50% of schools.




During the last 10 years, the Ministry of Education and Culture has funded projects related to active commuting to and from school. Active commuting to school and back (and during the school day) is part of the Finnish Schools on the Move programme. Most pupils with school journeys under 5 km engage in active transportation to and from school and 61% of schools encourage pupils to walk or cycle to school.



National travel survey

The [Finnish National Travel Survey](#), managed by the Finnish Transport and Communication Agency, aims to collect basic data on mobility in Finland. The data are used to enhance mobility opportunities, improve road safety and reduce harmful environmental impacts arising from traffic. The last round of data collection in 2016 included more than 9 300 Finns aged 6 years and above, with the exception of residents of Åland. The survey will be renewed in 2021; thereafter, a new set of annual follow-up surveys will make the data collection continuous.

|  WALKING | Work | 0.1 km | PERSON PER DAY  14.9 min  1.0 km |
|--|-----------------|--------|--|
| | Shopping | 0.1 km | |
| | Sports | 0.5 km | |
| | School/studying | 0.1 km | |

|  CYCLING | Work | 0.2 km | PERSON PER DAY  4.4 min  0.7 km |
|--|-----------------|--------|---|
| | Shopping | 0.1 km | |
| | Sports | 0.2 km | |
| | School/studying | 0.1 km | |

FINLAND


PHYSICAL ACTIVITY FACTSHEET 2021



Infrastructure for leisure-time physical activity


About 80% of the 33 000 sports facilities in Finland have been constructed by and are run by local authorities. The Ministry of Education supports research into, and the development of, sports facilities. Local authorities and organizations can apply for state subsidies for the construction and renovation of sports facilities, although the subsidies cover only a fraction of the cost. The ministry also ensures that expert advice and information about construction and maintenance is available.

Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

Yes




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

Yes

The Smart Commute Task Force has 23 representatives of government departments, municipalities, labour-market organizations, research institutes and NGOs. The aim of the task force is to create a favourable operational environment in society for smart commuting. Objectives include increasing awareness and participation within networks and influencing national strategies and programmes in relation to smart commuting.

“Workplaces on the move”, a theme of the Adults on the Move programme, aims to renew and strengthen the status of physical activity in Finnish working life. This thematic focus provides factual information to support decision-making processes and presents solutions and tools to help management and employees integrate physical activity into the workdays.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

Yes

The Strength in Older Age programme aims to promote autonomy and quality of life for independently living older adults (75+ years) who experience decreased functional capacity. Municipalities implement good practices, supported by mentoring activities from the Institute for Ageing. Activities are organized locally in cooperation with NGOs, the public sector and older adults. The programme has developed several good practices that focus on physical activity (exercise counselling, guided strength and balance exercises, opportunities for daily and outdoor exercise and virtually guided exercise), structures for promotion (collaborative local groups, older people’s councils, voluntary activities and regional learning networks) and education.

My Retirement Years, a group-coaching project coordinated by the Institute for Ageing, aims to promote physical activity and mental well-being among recently retired people. The model is group-based and is developed to be implemented either by a professional or a volunteer.



FINLAND

PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity








Coordinated by the Adults on the Move programme, "Lean forward" hosts a series of free online events that focus on physically active lifestyles, especially on issues of immobility. The Adults on the Move programme produced six "Lean forward" online events in 2021.

Every Move Counts is an advertising campaign on television and social media. Two commercials have been made, featuring celebrities who completed regular household chores that were made to appear like sports performances. A famous Finnish sports commentator provided the narration for the performances. The commercials end with a slogan, "Every move is a victory." The purpose of the campaign is to raise awareness, especially among inactive people, that doing everyday chores can support their physical health.

The aim of the [Finland forward \(Suomi harrastaa\)](#) campaign is to increase well-being through active movement outside the home. The nationwide campaign, which will take place this year between 27 August and 31 October, encourages people to move, engage in physical activity in various areas of life and to ensure well-being in everyday life, keeping in mind guidelines and recommendations for safety. The campaign includes events and regional campaigns throughout Finland.

The campaign is implemented by the Government, regions, organizations and hobby clubs as part of "Finland Works", coordinated by the Prime Minister's Office, which supports the activities and resilience of people and society in crisis situations. The Ministry of Education and Culture and the Prime Minister's Office are responsible for organizing the campaign.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> |



SUCCESS STORY

The purpose of the [Finland Forward project](#) coordinated by the Prime Minister's Office is to support the ability of people and society to cope with crises and to strengthen psychological resilience through communication. The goal is to offer emotional support, strengthen people's confidence in their ability to manage their lives, help build trust among communities and create a channel for assistance and support. The Finland Forward communications campaign was launched in spring 2020 and will continue until the end of 2022. The project and actions will proceed based on the progress of the crisis and are being developed continuously. Our activities are based on research knowledge and data and continuous monitoring of the situation. We collaborate across administrative boundaries and support national and regional cooperation aiming to tackle the COVID-19 crisis. The Strategic Communications Team at the Prime Minister's Office is responsible for the Finland forward communications package.



FRANCE

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 67.44 m

Median age: 41.9 years

GDP per capita: 30 610 €

Life expectancy, males: 79.2 years

Life expectancy, females: 85.3 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

✓ Children (< 5 years)

✓ Children and adolescents (5–17 years)

✓ Adults (18–64 years)

✓ Older adults (≥ 65 years)

— Frail and very elderly adults (≥ 85 years)

✓ Pregnant and breastfeeding women

✓ People with disabilities

✓ People with chronic diseases

✓ Menopausal women

The recommendations are based on [WHO recommendations \(2010\)](#) and were implemented in 2016.



FRANCE

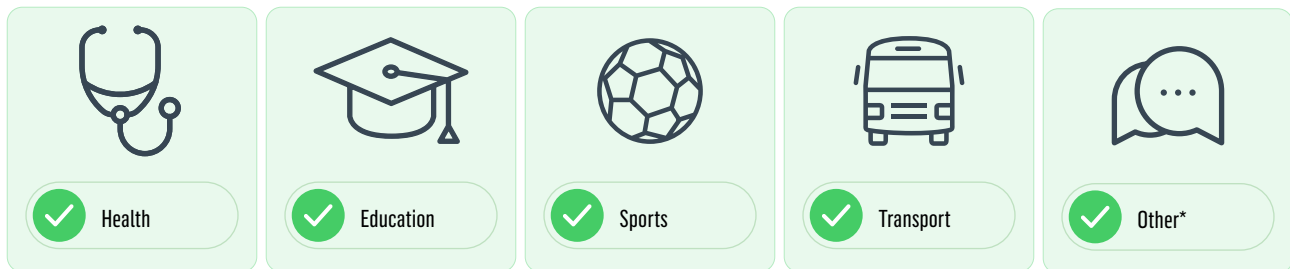
PHYSICAL ACTIVITY

FACTSHEET 2021



Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



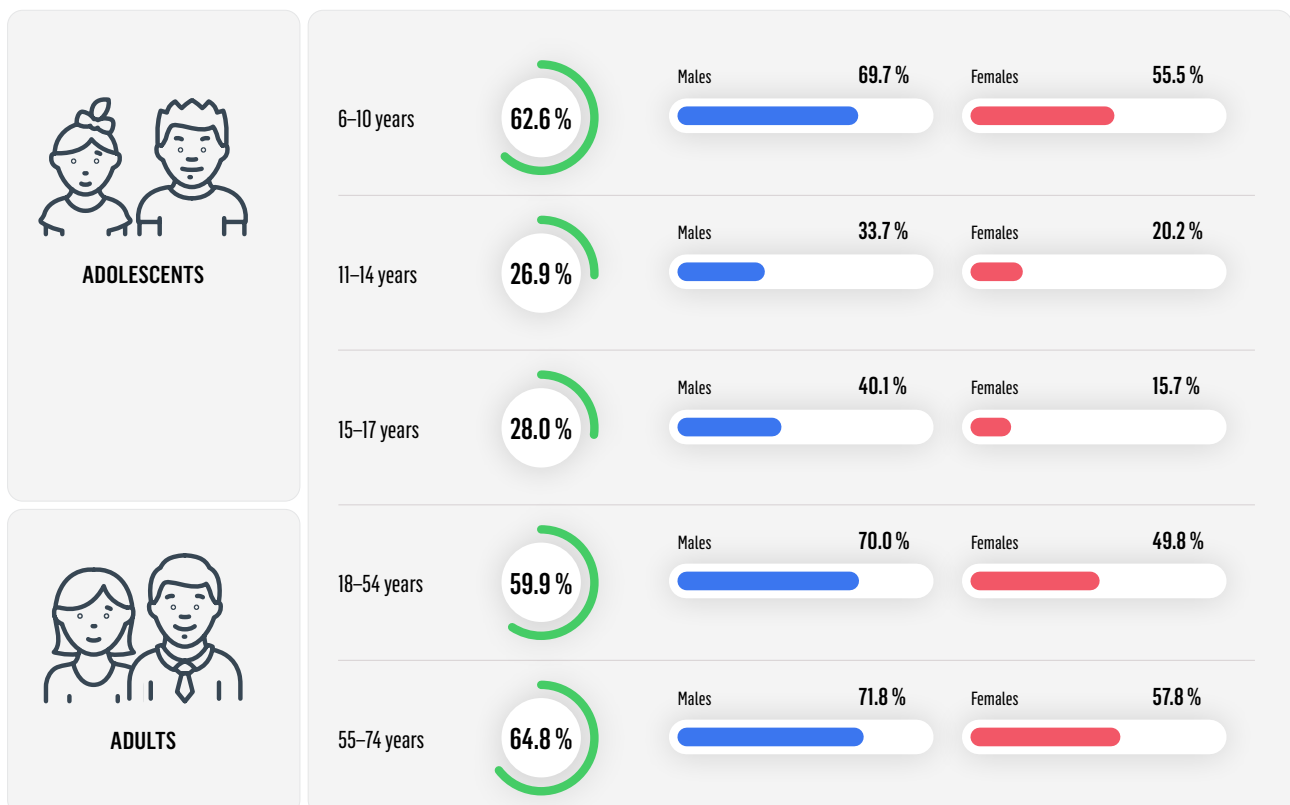
*Levels of physical and sedentary activity

SUCCESS STORY

The National Agency for Food, Environmental and Occupational Health Safety, supported by the ministries of Health and Agriculture, conducts a **study on national food consumption** every 7 years. The third study of children and adults was conducted between February 2014 and September 2015. Data collected from questionnaires included physical activity and a sedentary lifestyle.



Estimated prevalence of sufficient physical activity levels



Levels of physical activity in all age groups were assessed in the [Esteban survey](#) in 2014–2015.

FRANCE

PHYSICAL ACTIVITY FACTSHEET 2021

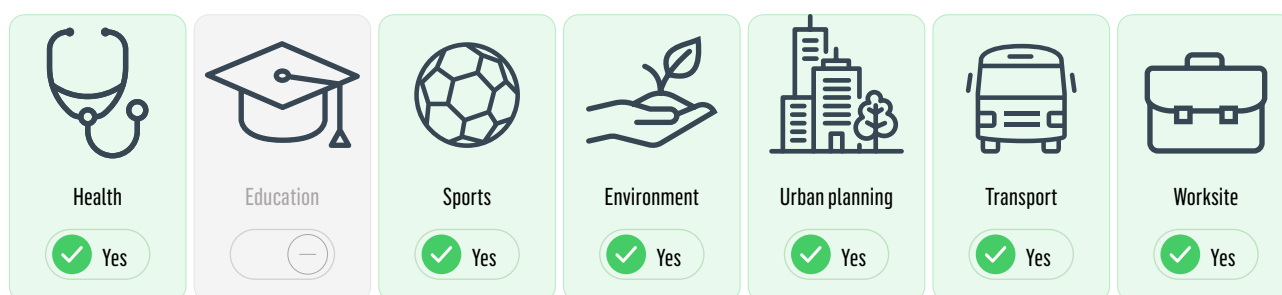


National government coordination mechanism and leadership in the promotion of physical activity

The Ministry of Sports and the Ministry of Health coordinate a national piloting committee for the national sport and health strategy ([stratégie nationale sport santé 2019-2024](#)), established in 2019.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL SPORT HEALTH STRATEGY (STRATÉGIE NATIONALE SPORT SANTÉ 2019-2024)
- 2 4TH NATIONAL HEALTH AND ENVIRONMENT PLAN (2021-2025)
- 3 BICYCLE AND ACTIVE MOBILITY PLAN, 2018 (PLAN VÉLO ET MOBILITÉS ACTIVES 2018)
- 4 NATIONAL HEALTH NUTRITION PROGRAMME 2019-2023 (PROGRAMME NATIONALE NUTRITION SANTÉ 2019-2023)
- 5 THIRD HEALTH AT WORK PLAN 2016-2020 (TROISIÈME PLAN SANTÉ TRAVAIL 2016-2020)

TOTAL NUMBER OF POLICIES

5



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 |
|----------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Health | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Education | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sports | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Environment | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Urban planning | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Transport | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| General population | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Pregnant women | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Children < 5 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Breastfeeding women | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Children and adolescents (5-17) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Low socio-economic groups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Adults | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ethnic minorities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Older adults (≥ 65) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Deprived of liberty | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Frail/elderly (≥ 85) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Migrants | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| People with disabilities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Unemployed people | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| People with chronic diseases | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | | | | | | |



FRANCE

PHYSICAL ACTIVITY FACTSHEET 2021



POLICY HIGHLIGHTS

- 1 National sports health strategy 2019–2024 (Stratégie nationale sport santé 2019–2024).** The aims are to improve the health of the population by promoting physical and sports activity for everyone, daily, with or without pathology, at all stages of life; to demonstrate the cost-effectiveness of physical activity and sports for patients with long-term illness and to promote behavioural changes in the French population; and to reduce social and territorial inequalities in the health system. These objectives will be evaluated throughout implementation, structured along the following axes: promotion of health and well-being through physical and sports activity, development and use of physical activity for therapeutic purposes and dissemination of knowledge. The strategy has a specific focus on women, people with disabilities and people from disadvantaged backgrounds.
- 3 Bicycle and active mobility plan 2018 (Plan vélo et mobilités actives 2018).** The aim is to triple the share of cycling in everyday travel from 3% to 9% by 2024. The Government has also launched the “Active mobility fund” to support, accelerate and extend the creation of bicycle routes and ensure continuity with existing biking lanes in communities. The Plan includes promoting cycling by creating a sustainable mobility package for employees, introducing use of a bicycle in the tax scale and supporting the provision of fleets of bicycles by companies.
- 4 National health nutrition programme 2019–2023 (Programme nationale Nutrition Santé 2019–2023).** The Programme seeks to improve the health of the whole population by improving nutrition and increasing physical activity. It includes promoting healthy diets and physical activity in workplaces through e-training of professionals to implement the company's policy and help employees to adopt a balanced diet and regular physical activity and to reduce sedentary time.

Sports Clubs for Health

About 50 national sports federations have implemented the Guidelines for sports clubs for health programmes. Under the Medicosportsanté of the National Olympic Committee, each national sports federation recommends objectives to sports programmes for adults with metabolic or cardiovascular disease, cancer or musculoskeletal or bronchopulmonary diseases. It also targets the elderly, children and pregnant women. Each federation creates a commission with a general practitioner, technical director and a scientific committee of medical experts. The sports programmes are promoted on the national website to general practitioners and the general population.

► <https://cnosf.franceolympique.com/cnosf/actus/7038-nouvelle-version-du-mdicosport-sant.html>



SUCCESS STORY

In 2021, the Ministry of Sports provided licensing assistance to promote participation in amateur sports, which was affected by the closure of sports facilities and a sharp drop in membership. The aim of this measure, valued at € 100 million, is to facilitate the return of people to sports clubs. The PassSports is a 15-h coupon that grants a reduction in the price of a sports club membership or license, which can be downloaded from the Ministry of Sports website. The initiative primarily targets the most vulnerable populations.

Increasing access to exercise facilities for socially disadvantaged groups

City policies (politiques de la ville) support social, cultural, sports and associated facilities in order to promote social bonds. This collaboration between the Government and local authorities increases cohesion and promotes sports in the most disadvantaged neighborhoods.



FRANCE

PHYSICAL ACTIVITY FACTSHEET 2021



Counselling on physical activity and exercise prescription



A [decree on physical activity on prescription](#) came into force in 2016. It specifies that an attending physician can prescribe physical activity to patients with a long-term illness that requires special treatment and prolonged follow-up. In compliance with the regulations, sports–health houses ([Maisons Sport-Santé](#)) set a framework for dispensation of physical activity adapted to patients with long-term illnesses.



SUCCESS STORY

Sports–health houses were initiated by the ministries responsible for sports and health in 2019. There are currently 288 such centres throughout the country, and the goal is to have 500 by 2022. They may be hosted by public (e.g., hospitals, local authorities) or private structures (e.g., associations, sports and health networks). They organize information and awareness sessions and provide guidance and personalized support from health and sports professionals for sustainable practice of physical activity and sport, particularly for people who require adapted physical activity prescribed by a doctor, people with chronic diseases for whom physical activity is recommended and citizens in good health who want support to return to a physically active lifestyle.

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|---|-----------------------|--|-------------------------|
|  | 3 Mandatory |  | 2–4 Mandatory |

The quality of physical education in schools is evaluated during official inspections by education inspection offices.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

| | | | |
|--|---|--|---|
| <input type="checkbox"/> During breaks | <input type="checkbox"/> During lessons | <input checked="" type="checkbox"/> After school | <input checked="" type="checkbox"/> Travel to and from school |
|--|---|--|---|

Several national programmes encourage physical activity and sports practice among young people. For example, schools and other educational establishments can join various health promotion projects, such as Health-promoting schools (*Écoles promotrices de santé*) or gain a “Generation 2024 label” (*Label Génération 2024*). The “I learn to swim” (*dispositif J’apprends à nager*) programme is part of the interministerial “Aquatic ease” plan launched in 2019 by the Ministry of Sports, which finances 10 swimming sessions for children aged 4–12 years to allow them discover and evolve safely in the aquatic environment. Additionally, Public Health France, a national agency under the supervision of the Ministry of Health, has entrusted a national centre to support physical activity and fight against sedentary lifestyles for the development of physical activity and sports programmes during and outside school time and also use of the approach “Intervention with middle-school students centred on physical activity and a sedentary lifestyle” throughout France.

► <https://www.sports.gouv.fr/accueil-du-site/zoom-sur/article/j-apprends-a-nager> ► <https://www.cndaps.fr/>

Within the cycling plan launched in 2018, the “Knowing how to ride a bike” (*Savoir rouler à vélo*) initiative generalizes the learning and practice of independent cycling for all children before they enter college. The 10-h programme allows children aged 6–11 to ride a bike autonomously, practise physical activity daily and travel ecologically and economically.

FRANCE

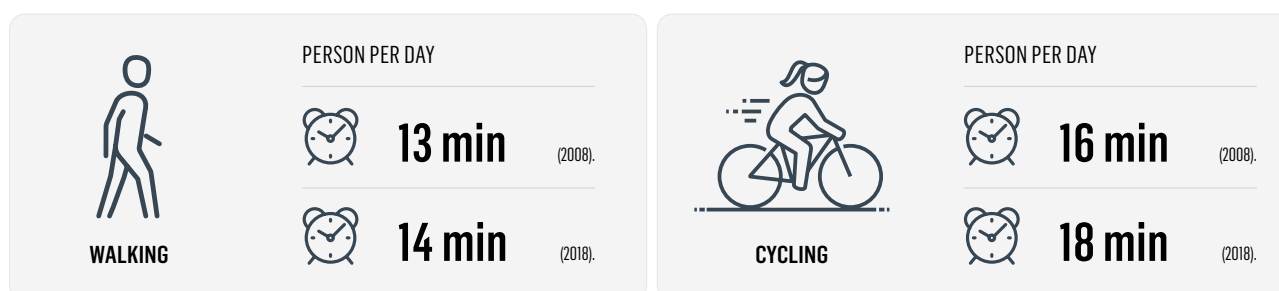
PHYSICAL ACTIVITY

FACTSHEET 2021



National travel survey

A national survey is conducted by the Ministry of Ecological Transition every 10–15 years to collect data on movement by households living in cities, suburbs and the countryside and their use of collective and individual means of transport (reason, length, duration, mode of transport, time of year and time of day). While the latest personal mobility survey was conducted in 2018–2019, the latest complete published data are from 2008.

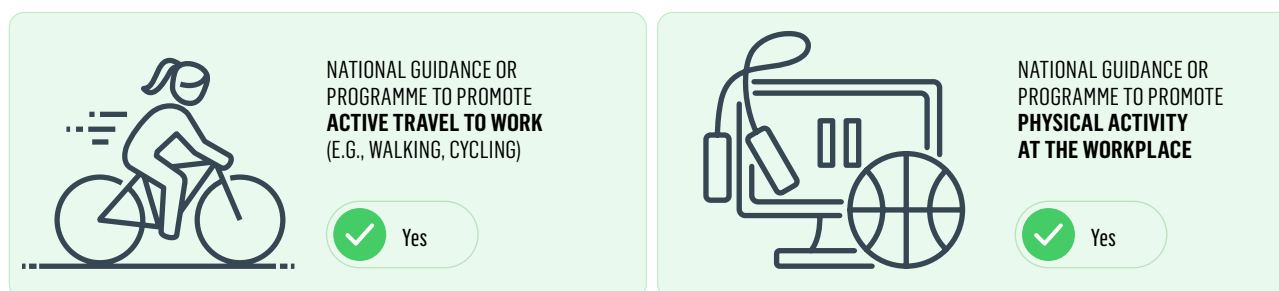


Infrastructure for leisure-time physical activity

In 2019, the Ministry of Sports invested € 20 million in the construction and renovation of sports facilities, with priority for underserved areas.

► <https://www.sports.gouv.fr/IMG/pdf/strategie-nationale-sport-sante4-pages.pdf>

Promotion of physical activity in the workplace



The “sustainable mobility package” decree of 9 May 2020: In line with the mobility law, the decree establishes a sustainable mobility package to be provided optionally by employers for personal transport by electric or manual bicycle between home and work up to € 400 per year.

The third “Health at work” plan sets strategic goals for public health objectives. Operational objective 6 is “promoting a work environment conducive to health”. The fourth “Health at work” plan 2021–2026 is being developed to “encourage the development of actions promoting the health of agents, including sports practices”. The aim of Law 2021-1018 is to strengthen health prevention at the workplace by separating it from public health. The health services provide care pathways for employees, including links to medical care in towns and integration of occupational health into medical records so as to link services integrating physical activity with non-drug treatment and improve the quality of life of patients with chronic diseases. Prevention and occupational health services promote health in the workplace, including raising awareness of the benefits of physical and sports practice.



FRANCE

PHYSICAL ACTIVITY

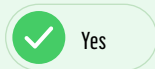
FACTSHEET 2021



Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY** IN OLDER ADULTS



The aim of the National action plan for preventing fragility and loss of autonomy among the elderly is to coordinate actions to prevent loss of autonomy among people aged ≥ 60 and their funding among departments. It has been supported by the National solidarity fund for autonomy (Caisse nationale de solidarité pour l'autonomie) since 2015 and includes physical activity. Departmental councils committed € 135 million in 2018. About 15.4% of the budget is for the promotion of physical activity and prevention of falls.

National awareness-raising campaign on physical activity

National School Sports Day (Journée Nationale du Sport Scolaire) takes place every year in September throughout France to promote the activities of school sports associations and federations to students, teachers, parents of students and the local sports world in schools, colleges and high schools. Sporting and fun events (demonstrations, cross-country, tournaments, athletics competitions) bring together students, their teachers and their parents.

The web application MoveAtHome (BougezChezVous) of the Ministry of Sports helps people to be active at home with an app accessible on a mobile, tablet or computer. The platform helps people to attain their sporting goals with daily reminders, according to a schedule defined by the user, and advice and personalized emails and notifications according to their preferences and physical capacity. The reminders also link subscribers to activities recommended and supported by the Ministry of Sports.

Playground 2024 (Terre de Jeux 2024) is intended for municipalities, inter-municipal authorities, departments and regions of France and the overseas territories that wish to include more sport in the daily life of their inhabitants. In 2024, France will welcome the Olympic and Paralympic Games. The aim of the initiative is to promote more sports for health and inclusion, more sustainable, responsible sport, more sport accessible to all, regardless of age, gender, place of residence, sexual orientation, origin or physical condition, and more sports to experience unique emotions.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|------------|-------|------------|--------------|---------------|----------------|-------|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| | | | | | | |



SUCCESS STORY

The 11th National School Sports Day took place on 23 September 2020, with the theme of health and resumption of physical activity. More than 6500 forums, tournaments and meetings have been organized, and more than a million students have been mobilized across the country. The Ministry's renewed partnerships with school sports federations have facilitated education on sport in regions.



GERMANY

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **83.16 m**

Median age: **45.9 years**

GDP per capita: **34 310 €**

Life expectancy, males: **79.0 years**

Life expectancy, females: **83.7 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

Children (< 5 years)

Children and adolescents (5–17 years)

Adults (18–64 years)

Older adults (≥ 65 years)

Frail and very elderly adults (≥ 85 years)

Pregnant and breastfeeding women

People with disabilities

People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010) and [Physical activity guidelines for Americans](#) (2008) and were implemented in 2016.



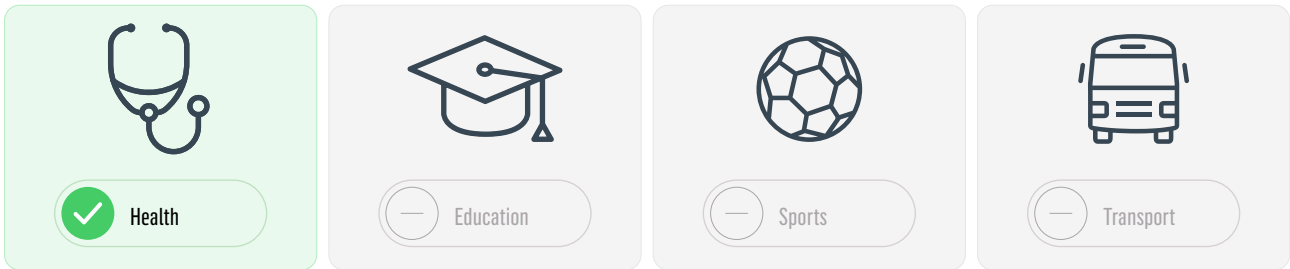
GERMANY

PHYSICAL ACTIVITY

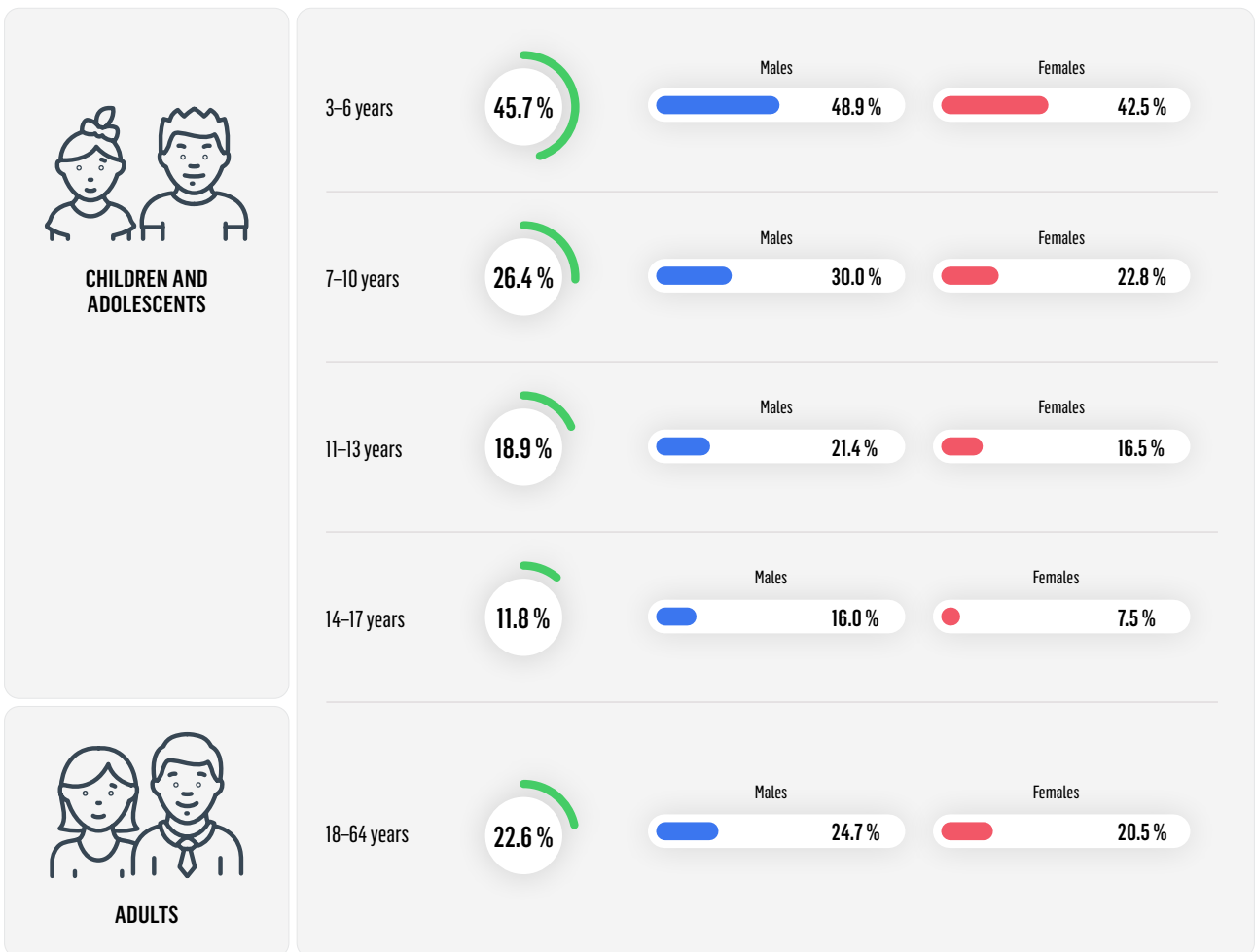
FACTSHEET 2021

Monitoring and surveillance of physical activity

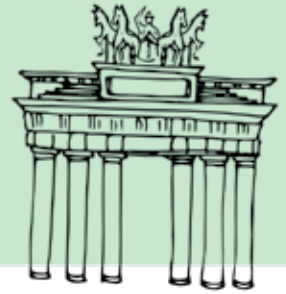
SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children (including those under 5 years) and adolescents were assessed in the [German Health Interview and Examination Survey for Children and Adolescents](#) 2014–2017; data for adults and older adults were collected through the [German Health Update](#) in 2014–2015.



GERMANY

PHYSICAL ACTIVITY FACTSHEET 2021

National government coordination mechanism and leadership in the promotion of physical activity

The Federal Ministry of Health coordinates the National Working Group for health-enhancing physical activity promotion in daily living (Bewegungsförderung im Alltag), established in 2010. The Federal Ministry for Economic Cooperation and Development has coordinated the National Working Group Sport for Development since 2013.

▶ <https://www.in-form.de> ▶ <https://dserver.bundestag.de/btd/19/091/1909150.pdf>



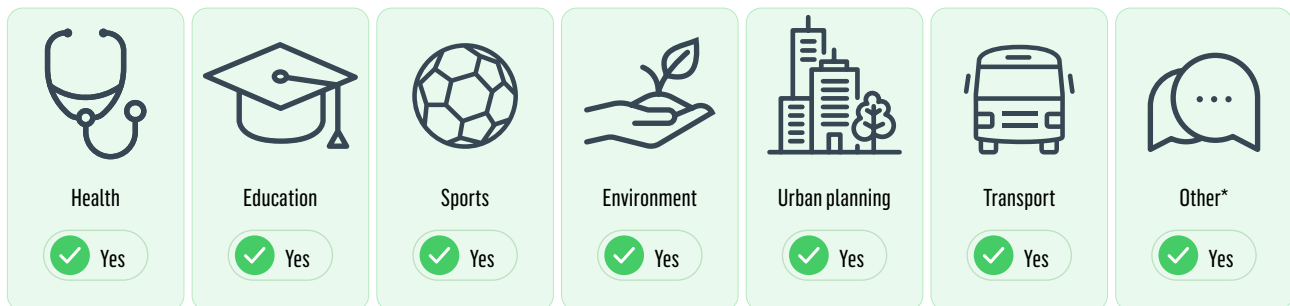
SUCCESS STORY

National coordination mechanisms for the National Action Plan "IN FORM", Germany's initiative for healthy nutrition and more physical activity promoted: a national steering group; 16 networking units for day-care and school meals; 11 alliances for healthy lifestyles and living environments; 24 "Eat better. Move more" (Kinderleicht-Regionen), geared towards children; and the network a healthy start in life (Gesund ins Leben) for infants, mothers and families.

▶ <https://www.in-form.de/in-form/allgemein/> ▶ <https://www.in-form.de/materialien/in-form-zwischenbericht-kurzform/>

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



*Sports development cooperation

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 PREVENTIVE HEALTH CARE ACT (PRÄVENTIONSGESETZ)
- 2 NATIONAL ACTION PLAN IN FORM
- 3 NATIONAL CYCLING PLAN (NATIONALER RADVERKEHRSPPLAN)
- 4 NATIONAL DEMENTIA STRATEGY (NATIONALE DEMENZSTRATEGIE)

TOTAL NUMBER OF POLICIES

4



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 |
|----------------|---|---|---|---|
| Health | ✓ | ✓ | ✓ | ✓ |
| Education | ✓ | ✓ | ○ | ○ |
| Sports | ✓ | ✓ | ✓ | ✓ |
| Environment | ✓ | ✓ | ✓ | ○ |
| Urban planning | ✓ | ✓ | ✓ | ○ |
| Transport | ✓ | ✓ | ✓ | ○ |



GERMANY

PHYSICAL ACTIVITY

FACTSHEET 2021

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | | 1 | 2 | 3 | 4 |
|---------------------------------|---|---|---|---|---------------------------|---|---|---|---|
| General population | ✓ | ✓ | ✓ | ○ | Pregnant women | ○ | ○ | ○ | ○ |
| Children < 5 | ○ | ○ | ○ | ○ | Breastfeeding women | ○ | ○ | ○ | ○ |
| Children and adolescents (5-17) | ○ | ○ | ○ | ○ | Low socio-economic groups | ○ | ○ | ○ | ○ |
| Adults | ○ | ○ | ○ | ✓ | Ethnic minorities | ○ | ○ | ○ | ○ |
| Older adults (≥ 65) | ○ | ○ | ○ | ✓ | Deprived of liberty | ○ | ○ | ○ | ○ |
| Frail/elderly (≥ 85) | ○ | ○ | ○ | ✓ | Migrants | ○ | ○ | ○ | ○ |
| People with disabilities | ○ | ○ | ○ | ○ | Unemployed people | ○ | ○ | ○ | ○ |
| People with chronic diseases | ○ | ○ | ○ | ○ | | | | | |

POLICY HIGHLIGHTS

1 Preventive Health Care Act (Präventionsgesetz). The Act of 2015 requires that health and nursing care insurance companies invest in programmes to encourage health promotion and prevention. Next, the **National Prevention Conference** was created which consists of relevant stakeholders, health insurance companies, the Federal Government, the states (Bundesländer) and municipalities. Recommendations were adopted to improve the effectiveness and quality of current programmes on health promotion and to establish the **Prevention Guideline (Leitfaden Prävention)**, which sets the field of action and criteria to promote physical activity for statutory health insurers.

3 National Cycling Plan (Nationaler Radverkehrsplan). The aims are to promote health through cycling; provide a uniform, uninterrupted cycling infrastructure in urban and rural areas; and make Germany a country for cycling tourism. The Plan is under the Federal Ministry of Transport and Digital Infrastructure, which funded over 290 projects so far.

4 National Dementia Strategy. The aim of the Strategy is to accelerate the development of and access to cultural and sporting programmes for people with dementia. Local associations and networks with existing and new programmes to promote physical activity among people with dementia will work in partnership with national and regional government offices to provide information and expertise and ensure implementation of the programmes. A consultation will take place among stakeholders and academics to establish and extend funding for this type of programme. The programme will start receiving funds by the end of 2022.

▶ <https://nationaler-radverkehrsplan.de/de/bund/nationaler-radverkehrsplan-nrvp-2020>



SUCCESS STORY

The **National Cycling Plan** funds the following activities: the **National Cycling Congress**, which takes place every 2 years, the German Cycling Prize and the Bicycle Climate Test. The National Cycling Congress brings together experts in the field of planning, academia, industry, public authorities and relevant associations to discuss challenges and opportunities to advance the vision of cycling. The German Cycling Prize is awarded every year to the best projects that promote cycling in the categories of infrastructure, service and communication. Similarly, the **Bicycle Climate Test** is a non-representative survey conducted every 2 years to measure the "bicycle climate", e.g., to determine changes over time and consider cycling friendliness in cities and communities. More than 230 000 people participated in the 2020 survey.

Sports clubs for health

The **German Olympic Sports Confederation (Deutscher Olympischer Sportbund, DOSB)** is the non-governmental umbrella organization of German sports and one of the largest citizen movements in the country, with over 28 million memberships in over 90.000 sports clubs. One of its fields of expertise is health management and prevention. Within this field, the quality seal "Sports for Health" (Sport pro Gesundheit) was established in cooperation with the German Medical Association. All preventive health sport programs that are licenced with this quality seal must meet the core goals of health sport as well as the seal's



GERMANY

PHYSICAL ACTIVITY FACTSHEET 2021

own quality criteria. There are several more initiatives, for example the „Recipe for Exercise“ (Rezept für Bewegung) which was developed by the DOSB, the German Medical Association and the German Society for Sports Medicine. Another example is the “German Sports Badge” (Deutsches Sportabzeichen). Also noteworthy is a programme in cooperation with the German Cancer Aid called “Activity Against Cancer” (Bewegung gegen Krebs) that promotes health-enhancing physical activity for cancer prevention and also rehabilitation offering consultation and sport tools, modules, and games to get active.







Increasing access to exercise facilities for socially disadvantaged groups

The [Physical Activity Programme \(Alltags Training Programm\)](#) provides access to physical activity and sports activities close to peoples' homes. It is conducted in partnership with housing associations (which supply structural assistance) and welfare organizations (which provide networking). The exercise instructors are trained in implementing courses, and, within various municipal and federal branches of the German Red Cross, additional structures are being established in socially disadvantaged areas. The German Statutory Health Insurance Fund supports living environments, such as day-care centres, schools and municipalities to reduce socially determined and gender inequalities and to promote physical activity. The German cooperation network Equity in Health (Kooperationsverbund Gesundheitliche Chancengleichheit) supports health promotion to children, unemployed people, refugees and the elderly through physical activity in districts.

Counselling on physical activity and exercise prescription

The Federal Act to Strengthen Health Promotion and Preventive Health Care of 2015 includes counselling on physical activity and the possibility of medical prevention recommendations. Furthermore, in Germany the statutory health insurance companies include rehabilitation sports and functional training as a supplement to medical rehabilitation, and these are also prescribed by medical doctors. The [Federal Centre for Health Education \(Bundeszentrale für gesundheitliche Aufklärung\)](#) supports statutory health insurance funds in providing health promotion and primary prevention in living environments.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| |  Medical doctors |  Physiotherapists |  Nurses |  Nutritionists/ dieticians |  Psychologists |  Other health professionals* |
|---------------|--|---|---|---|--|---|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Postgraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Mandatory |

*Psychotherapists




GERMANY

PHYSICAL ACTIVITY

FACTSHEET 2021

Physical education in schools


PRIMARY SCHOOLS: HOURS PER WEEK



1.5–2.25

Mandatory

SECONDARY SCHOOLS: HOURS PER WEEK



2.25–3.75

Mandatory

Physical activity and its relation to health (e.g., health effects, determinants, effective interventions) is a mandatory subject in the undergraduate and postgraduate curriculum of physical education teachers. The quality and content of physical education classes are evaluated regularly by State appointees.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

During breaks

During lessons

After school

Travel to and from school


In Germany, physical education is regulated not at national but at state level. The different states use terms such as **Moving Schools (Bewegte Schule, Bewegungsfreudige Schule, Bewegungsfreundliche Schule)** to describe the objective of making schools, pupils and the learning process more movement-friendly, including active breaks every day or entire lessons held in motion. To this end, states have initiated programmes and competitions to support schools with holistic prevention strategies. One example is the **Moving School – Partner for Safety (Bewegte Schule – Partner für Sicherheit)** and the **Young Saxons on the Move** learning portal in Saxony.

The essential topics in health promotion and prevention at school are exercise, healthy nutrition, strengthening resilience and stress management as well as prevention of addiction and violence. Schools are thus encouraged to cooperate with local partners such as sports clubs, some forms of which are subsidized by the State. Sports clubs establish sports activities in the school, and pupils can use sports clubs in the afternoons, sometimes free of charge.

National travel survey

The Federal Ministry of Transport and Digital Infrastructure organizes two nationwide surveys on private mobility. The **Mobility in Germany study** is a national household travel survey conducted at intervals since 1976, most recently in 2002, 2008 and 2017. With the participation of regional partners, the 2017 survey included a sample of more than 150 000 households. The German Mobility Panel is an annual longitudinal survey with data since 1994. The sample comprises around 1500 households.

PERSON PER DAY




3.6 km (pedestrians)

1.1 km (entire population)

WALKING

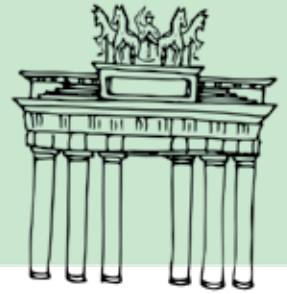
PERSON PER DAY



9.3 km (cyclists)

1.4 km (entire population)

CYCLING



GERMANY

PHYSICAL ACTIVITY


FACTSHEET 2021

Infrastructure for leisure-time physical activity


The German Olympic Sport Confederation played a key role in the creation and dissemination of the European Guidelines for Improving Infrastructures for Leisure-time Physical Activity.

The joint Federal and state government programme investment package sports facilities (Bund-Länder-Programm "Investitionspakt Sportstätten") was initiated in 2020 and the Federal programme rehabilitation of community facilities in the areas of sports, youth, and culture (Bundesprogramm Sanierung kommunaler Einrichtungen in den Bereichen Sport, Jugend und Kultur) has been operating since 2015. These programmes support redevelopment of municipal sports facilities in the country. Originally started as a "D-Netz", the German cycle network (Radnetz Deutschland) is an integral part of the measures of the Federal Government's National cycling plan. In the network, Federal and state governments are committed to common standards and high-quality cycling tourism. The network, funded with € 45 million until 2023, consists of 12 long-distance cycle routes, the "German Unity Cycle Route" and the EuroVelo route "Iron Curtain Trail". This network allows people to plan and experience a bike trip on safe, comfortable, relaxing routes by combining several thematic bike routes connecting all the regions of Germany.


Promotion of physical activity in the workplace




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

 Yes

The National Cycling Plan includes strengthening of commuter transport.



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

 Yes

Social Code V mandates statutory health insurance funds, in cooperation with accident insurance institutions and the authorities responsible for occupational health and safety in states, to establish and strengthen health-promoting structures.

Community-based interventions for older adults

The project "Ageing in balance" of the German Federal Centre for Health Education promotes physical activity among older adults in municipalities, communities and nursing homes. One element of this project is a toolbox for municipal interventions to promote activity, with a step-by-step guide to creating an activity-friendly environment for older adults.



SUCCESS STORY

The Federal Centre for Health Education (Bundeszentrale für gesundheitliche Aufklärung - BZgA) is a specialist authority within the portfolio of the Federal Ministry of Health. Its website provides tips for games and movement for all ages. For example, the campaign "Make children strong" includes a five-part video series "The ABC of Movement" and cooperation with the major German sports associations, such as sport clubs, also support personal development. During the COVID-19 pandemic, digital measures to support physical activity were developed, including tips for exercise on the website and a three-part video series on exercise and physical activity in combating obesity in children and adolescents.



Total population: 10.68 m

Median age: 45.2 years

GDP per capita: 16 300 €

Life expectancy, males: 78.6 years

Life expectancy, females: 83.7 years

Sources: Eurostat (2020/2021)

GREECE

PHYSICAL ACTIVITY

FACTSHEET 2021



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

Children (< 5 years)

Children and adolescents (5–17 years)

Adults (18–64 years)

Older adults (≥ 65 years)

Frail and very elderly adults (≥ 85 years)

Pregnant and breastfeeding women

People with disabilities

People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010) and were implemented in 2017.

SUCCESS STORY

Four health guides have been published by the Ministry of Health, for children under 5, children and adolescents, adults and older adults and pregnant and lactating women. The Ministry has also published several brochures and posters. **All the published material is accessible online.**



GREECE

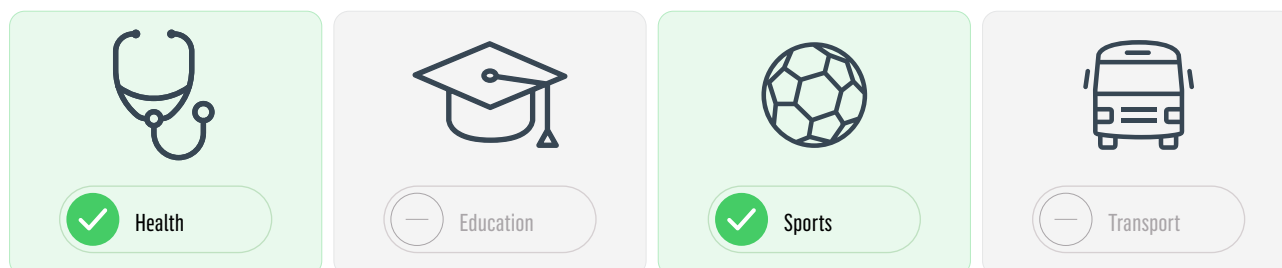
PHYSICAL ACTIVITY

FACTSHEET 2021

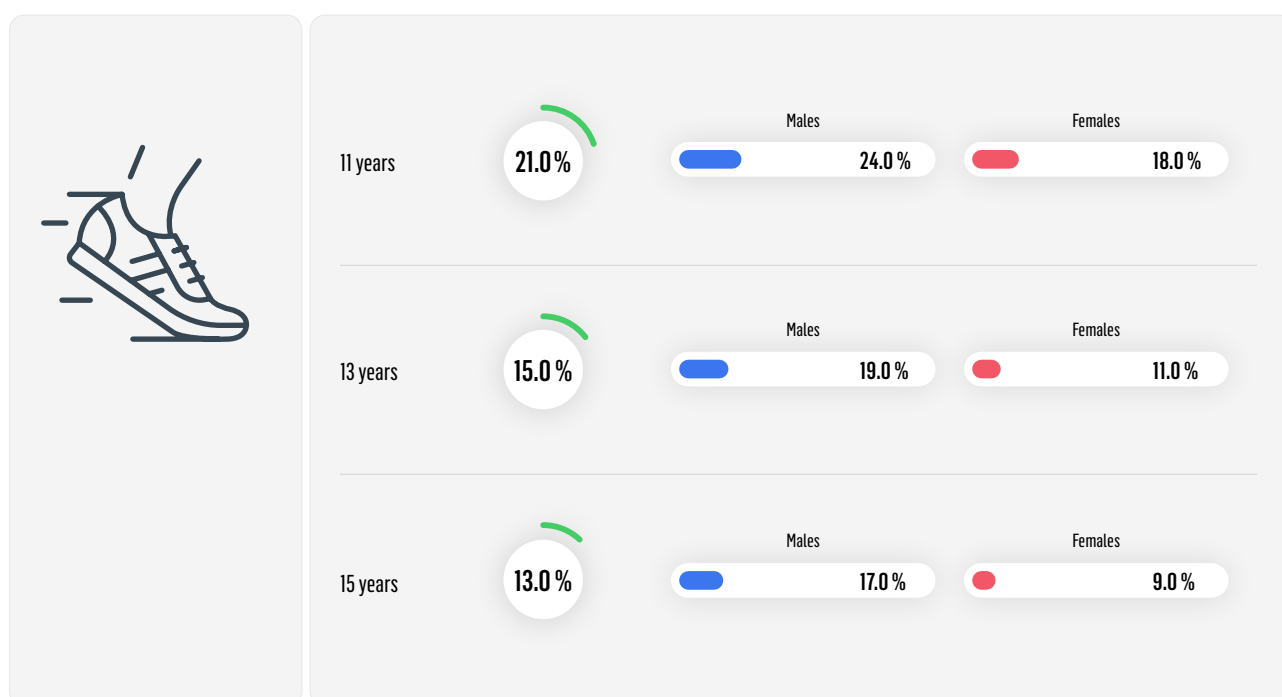


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017/2018; data for adults aged 15-65+ were collected through the [European Health Interview Survey](#) in 2019.

National government coordination mechanism and leadership in the promotion of physical activity

The General Secretariat of Sports coordinates the [#Ziseathlitika](#) (Ζήσε Αθλητικά), established in 2020. Olympic winners, champions and other famous athletes, with all competent bodies (Hellenic Olympic and Paralympics Committees, National Anti-Doping Organization, representatives of team sports) participate in a programme to raise people's awareness, particularly of younger generations, to the value of sport through the socialization of young people in the context of family and education.

► <https://www.youtube.com/channel/UC75zIXb1UKHGaVAVytQK8uQ> ► <https://www.instagram.com/ziseathlitika/?hl=e>

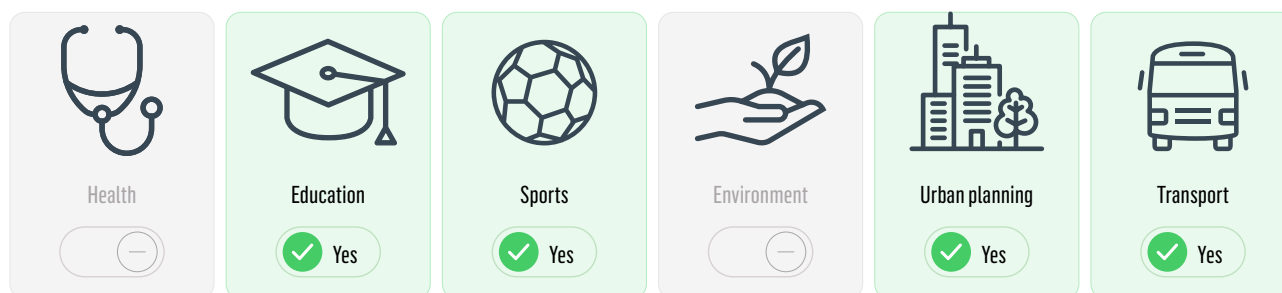


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PHYSICAL ACTIVITY FACTSHEET 2021

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



SUCCESS STORY



The Green Fund has financed the development of 180 sustainable urban mobility plans in 180 municipalities, which are designed to increase “active mobility”. Every year, during the European Week of Sport, the 12 best campaigns on urban regeneration, biking and sidewalk networks are selected and sponsored by the Fund.

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL PROGRAMME FOR THE PROMOTION OF PHYSICAL ACTIVITY AND HEALTHY NUTRITION
- 2 NATIONAL BICYCLE STRATEGY
- 3 NATIONAL PLAN FOR ACCESSIBILITY, WITH EMPHASIS ON CLIMATE CHANGE
- 4 NATIONAL PLAN FOR ENERGY AND CLIMATE
- 5 SPORTS FOR ALL PROGRAMME

TOTAL NUMBER OF POLICIES

5



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 |
|----------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Health | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Education | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sports | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Environment | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Urban planning | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Transport | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---------------------------|--------------------------|-------------------------------------|-------------------------------------|--------------------------|-------------------------------------|
| General population | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | Pregnant women | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Children < 5 | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Breastfeeding women | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Children and adolescents (5-17) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Low socio-economic groups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Adults | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Ethnic minorities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Older adults (≥ 65) | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Deprived of liberty | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Frail/elderly (≥ 85) | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Migrants | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| People with disabilities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Unemployed people | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| People with chronic diseases | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | |

GREECE

PHYSICAL ACTIVITY FACTSHEET 2021





POLICY HIGHLIGHTS

- 1 National Programme for the Promotion of Physical Activity and Healthy Nutrition.** The Programme is part of the National Strategy for Public Health and was established as national law in 2020. One of its objectives is to control and manage major health risk factors such as poor diets and physical inactivity by adopting public health risk prevention policies and a national systematic screening programme to prevent, protect and improve the health of children, adolescents, adults and vulnerable groups.
- 4 National Plan for Energy and Climate.** The Plan targets urban areas in terms of sustainability, land use and promotion of sustainable urban mobility by adoption of other modes of transport, like shared transport, walking and cycling, which may indirectly contribute to the promotion of well-being and physical activity.
- 5 Sports for all programme.** The aim of this life-course approach is to create opportunities for the practice of sports and leisure activities for all people, regardless of age, sex, social or economic status, disability or chronic disease. It seeks to improve participation in sports, create a culture of sports and increase the engagement and quality of recreational activities for all citizens. All sports programmes are required to be linked to the environment, education and ecological activities. The Department of Planning, Evaluation and Monitoring evaluates the feasibility, planning and implementation of each proposal.

▶ https://gga.gov.gr/images/%CE%9F%CE%A1%CE%93%CE%91%CE%9D%CE%A9%CE%A4%CE%99%CE%9A%CE%9F_%CE%A0%CE%9B%CE%91%CE%99%CE%A3%CE%99%CE%9F_2020.pdf

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|---|-------------------------|--|-------------------------|
|  | 2-3 Mandatory |  | 2-3 Mandatory |

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

| | | | |
|---|---|--|---|
| <input checked="" type="checkbox"/> During breaks | <input type="checkbox"/> During lessons | <input checked="" type="checkbox"/> After school | <input checked="" type="checkbox"/> Travel to and from school |
|---|---|--|---|



Young people and adolescents have the opportunity to do sports after school in sports clubs, where they can choose among various non-competitive sports.

Within the Ecomobility campaign supported by the Ministry, technical institutions have prepared a guideline on "active travel plans to school" for low-emission zones, "living streets", "superblocks" and other urban plans.

GREECE

PHYSICAL ACTIVITY FACTSHEET 2021



National travel survey

A national bicycle strategy and a national accessibility plan were initiated in 2021. The national bicycle strategy provides for the establishment of a “bicycle observatory” to monitor implementation of the strategy, evaluate the cycling infrastructure and record the number of daily bicycle trips, collect data on bicycle travel from workers, students and others, include a database and cooperate with other bodies to collect reliable data. A corresponding observatory will be established for the national accessibility plan.

Promotion of physical activity in the workplace

The Act of Law in sports 4726/2020 section VI, article 24 provides for the supervision and support of workplace sports in Greece, adoption of a single regulatory framework for the certification and supervision of bodies organizing sports activities in the workplace environment, certification of bodies organizing programmes and sports events in the workplace and registration of these bodies in the General Secretariat of sports official electronic record.



SUCCESS STORY

The World Federation for Company Sport and Health and the Hellenic Organization for Company Sport and Health hosted the **3rd World Company Sport Games 2021** in Greece. The World Company Sport Games develop and promote sports activities in the workplace around the world and bring together working people from across the globe to demonstrate the virtues of company sport. Participants in this event, which lasts several days, can form friendship within and outside their work circle in an environment that strengthens their physical and mental well-being and increases employees' engagement and organizational culture. Men and women can compete in a diverse range of sports, sharing values that are inherent to both the sports and work environment: teamwork, communication and commitment.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY** IN OLDER ADULTS



The General Secretariat of Sports, in collaboration with municipalities, offers centres for protection and exercise programmes for adults aged ≥ 65 through the Sports for All Programme. The programmes are offered 3 days per week and include low-to-moderate-intensity aerobic workouts (e.g., walking, dancing), body-weight and resistance-band workouts, flexibility and stretching workouts and balance exercises.



SUCCESS STORY

The **Golden Age Gym Festival** is a week-long series of gymnastics and athletic events for people aged ≥ 50 offered by the Hellenic Federation of Gymnastics, in collaboration with the European Gymnastics Federation and the support of the Region of Crete, the municipality of Rethymno and the General Secretariat of Sports (Be Active Hellas). The event includes team competitions and the opportunity to experience sports and culture in a group, with no discrimination.

GREECE








PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity

The Greek General Secretariat of Sports promotes Sport Ideal and the Sport Moral as models for everyday life through an innovative 3-year programme #Ziseathlitika (Ζήσε Αθλητικά). Olympic winners, champions and other famous athletes and competent bodies (Hellenic Olympic and Paralympics Committees, National Anti-Doping Organization, representatives of team sports) participate in this programme to raise people's awareness of the values of sports. Four nationwide campaigns are conducted in settings such as schools, organized sports events and workshops, conferences and seminars. Greece also participates in the European campaign #BEACTIVE-European Week of Sport.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|--|---|---|---|---|---|
|  Television <input checked="" type="checkbox"/> Yes |  Radio <input checked="" type="checkbox"/> Yes |  Newspapers <input checked="" type="checkbox"/> Yes |  Social media <input checked="" type="checkbox"/> Yes |  Public events <input checked="" type="checkbox"/> Yes |  Public figures <input checked="" type="checkbox"/> Yes |  Other <input type="checkbox"/> |
|---|--|---|---|---|---|---|



HUNGARY

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 9.73 m

Median age: 43.3 years

GDP per capita: 12 640 €

Life expectancy, males: 72.3 years

Life expectancy, females: 79.1 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED



Children (< 5 years)



Frail and very elderly adults (\geq 85 years)



Children and adolescents (5–17 years)



Pregnant and breastfeeding women



Adults (18–64 years)



People with disabilities



Older adults (\geq 65 years)



People with chronic diseases

The recommendations were implemented in 2011 and are based on [WHO recommendations](#) (2010).

SUCCESS STORY



The Hungarian School Sport Federation launched its “Do60” campaign in 2018. The aim of the campaign is to promote 60 minutes of daily physical activity for children and students based on social game activities, but not focusing on performance. The objective is to ensure a safe and positive sporting environment for pupils. Do60 reflects the age and educational background and provides joyful physical activities for all schoolchildren.



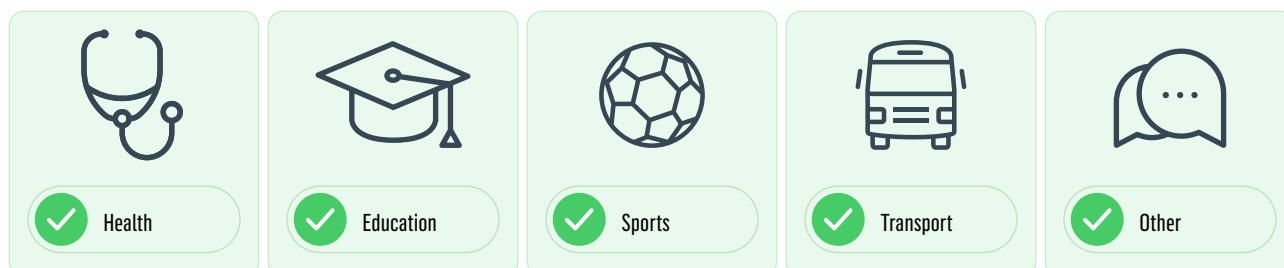
HUNGARY

PHYSICAL ACTIVITY FACTSHEET 2021



Monitoring and surveillance of physical activity

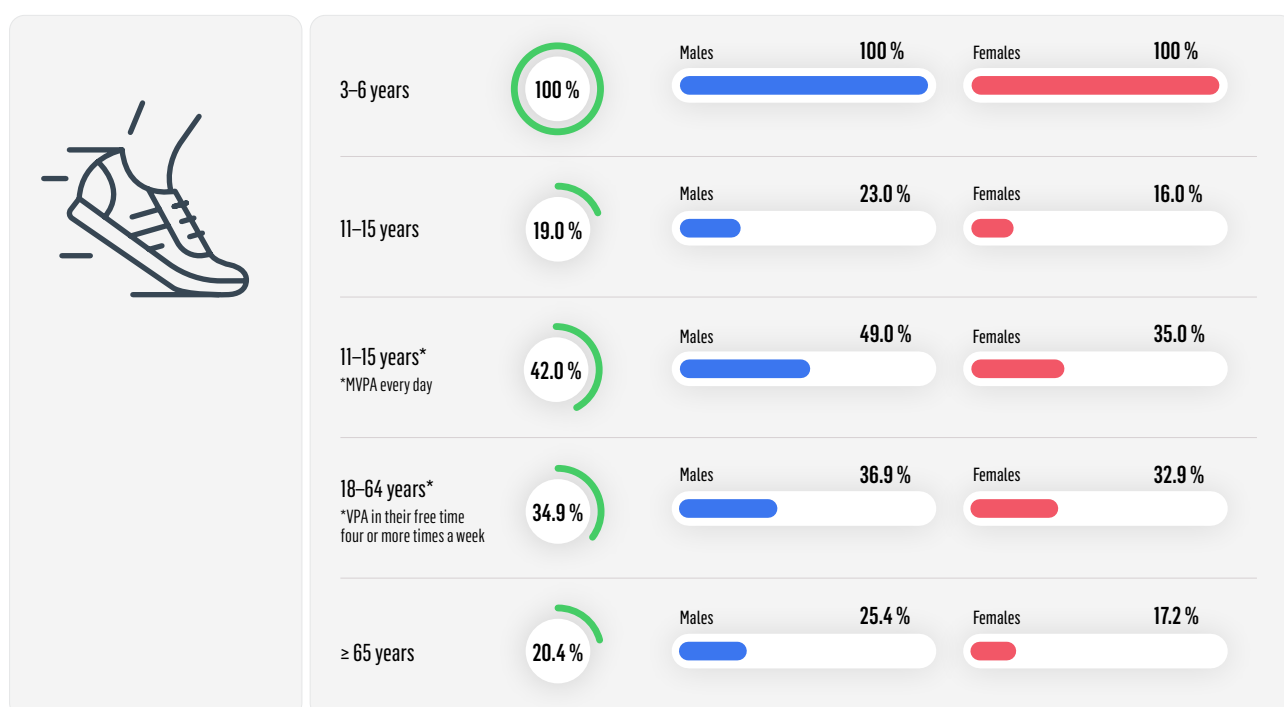
SECTORS WITH SURVEILLANCE SYSTEMS



Hungary participated in the European Union (EU)-funded project called **EUPASMOS (European Union Physical Activity and Sport Monitoring System)** through the Hungarian Leisure Sport Association and researchers from the University of Pécs and University of Physical Education. The aim of the EUPASMOS project was to implement a harmonized physical activity and sport monitoring system through the development of an integrated and shared methodological process that will provide comparable, valid and reliable physical activity and sport participation data across EU Member States. The four most commonly used questionnaires (International Physical Activity Questionnaire (IPAQ), **Global Physical Activity Questionnaire (GPAQ)**, Eurobarometer and European Health Interview Survey (EHIS)) have been used and their results, which are still being analysed, have been compared against data collected by accelerometers and objective measurements. The GPAQ and the Eurobarometer had already been validated in Hungarian. Criterion validity and reliability of the IPAQ – Hungarian short form against the RM42 accelerometer was conducted within the frame of the EUPASMOS project.

➔ <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-021-10372-0>

Estimated prevalence of sufficient physical activity levels



Children aged 3 to 6 years follow the National Basic Program for Preschool Education; levels of physical activity among adolescents were assessed in the **Health Behaviour of School-aged Children survey** in 2017/2018; data for adults and older adults were collected through the **European Health Interview Survey** in 2019.



HUNGARY

PHYSICAL ACTIVITY FACTSHEET 2021



National government coordination mechanism and leadership in the promotion of physical activity

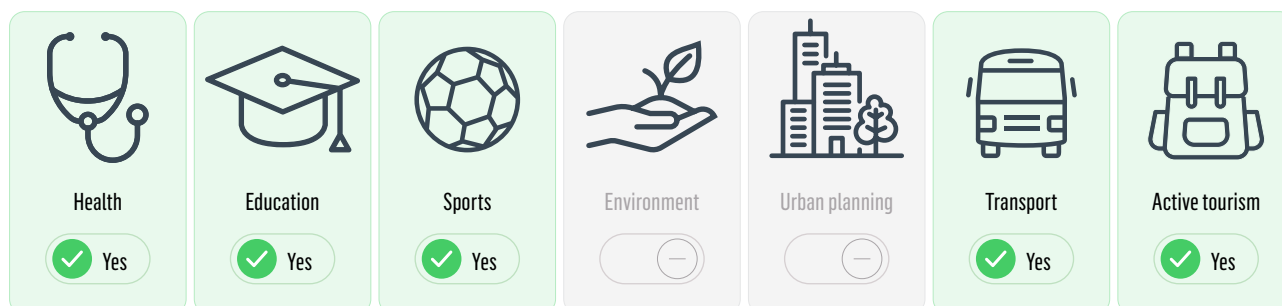
The National School, University and Leisure Sport Federation, in partnership with the Ministry of Human Capacities, has been operating a national coordination mechanism for promoting health-enhancing physical activity (HEPA) since 2018.

▶ <https://ndhsz.hu/2018/06/11/nsulf-hosts-european-union-conference/>

▶ <https://ndhsz.hu/2020/03/10/sports-club-for-health-2020-22-project-successfully-launched/>

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 THE NATIONAL STANDARD PROGRAMME FOR KINDERGARTEN EDUCATION
- 2 T.E.S.I. 2020 STRATEGY (NATIONAL STRATEGY ON PHYSICAL EDUCATION)
- 3 NATIONAL PUBLIC EDUCATION STRATEGY
- 4 CHANGING THE SPEED IN HIGHER EDUCATION 2016- (FOKozATVÁLTÁS A FELsŐOKTATÁSBAN KÖZÉPTÁVÚ SZAKPOLITIKAI STRATÉGIÁ 2016-)
- 5 HEALTHY HUNGARY 2014–2020
- 6 NATIONAL POLICY ON AGING (RESOLUTION 81/2009 – OGY HATÁROZAT AZ IDŐSÜGYI NEMZETI STRATÉGIÁRÓL)
- 7 NATIONAL DISABILITY PROGRAMME 2015–2025
- 8 HAJÓS ALFRÉD PLAN 3.0 FOR PROGRESS IN SPORTS IN HIGHER EDUCATION - (FOKozATVÁLTÁS A FELsŐOKTATÁSI SPORTBAN – HAJÓS ALFRÉD TERV 3.0)
- 9 NATIONAL CYCLING STRATEGY UNTIL 2030
- 10 NATIONAL STRATEGY ON ACTIVE TOURISM (NEMZETI AKTÍV TURISZTIKAI STRATÉGIÁ)

TOTAL NUMBER OF POLICIES

10



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| Health | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |
| Education | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |
| Sports | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |
| Environment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |
| Urban planning | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |
| Transport | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |



HUNGARY

PHYSICAL ACTIVITY FACTSHEET 2021



POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
|---------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| General population | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | Pregnant women | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Children < 5 | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | During breastfeeding | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Children and adolescents (5-17) | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Low socio-economic groups | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Adults | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | Ethnic minorities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Older adults (>= 65) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Deprived of liberty | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Frail/elderly (>= 85) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Migrants | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| People with disabilities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Unemployed people | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| People with chronic diseases | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | | | | | | | | | | | | |

POLICY HIGHLIGHTS

- 1 The National Standard Programme for Kindergarten Education.** The National Standard Programme centres on promoting healthy habits from an early age (3–6 years) and encouraging children’s physical and emotional development. It embraces the concept of HEPA through regular movement games, free play, health-promoting exercise and other tasks that shape the healthy development of children’s psychomotor skills and abilities.
- 2 T.E.S.I. 2020 Strategy (national strategy on physical education).** The strategy is based on a health-centred approach towards the operation of public education institutions to provide quality education on physical education that aims to change students’ attitudes towards physical and mental health. The objectives of the strategy include developing its framework, setting the conditions for services and implementation in the public education system, and creating the conditions for teacher training and qualifications.
- 7 National Disability Programme 2015–2025.** The programme aims to improve the life of people living with disabilities. It includes increasing access to leisure-time physical activity by improving current infrastructure (such as tracks and sports facilities, parks and playgrounds) and providing adequate equipment. It also seeks to improve physical education, access to sports activities and the development of integrated sport associations to provide programmes for people with disabilities.



SUCCESS STORY

The **PEDELEC programme** encourages car commuters to switch to cycling through the provision of government grants to purchase electric bikes. The aim is to improve the health of the population and reduce air pollution. The programme is under the Ministry of Innovation and Technology in connection with the Climate and Nature Conservation Action Plan. The **Free Sport Parks Map** shows which kinds of sport activities are available in urban and rural areas in Hungary. It has resulted in hundreds of outdoor parks providing physical activities.

▶ <https://aofk.hu/?lang=en>

Sports Clubs for Health

In the framework of a national pilot project called “More than a club” [“Több, mint egy klub”], the philosophy of the Sports Clubs for Health (SCforH) approach has been tested in an innovative way in Hungary. The pilot project was based on the SCforH concept. The National School, University and Leisure Sport Federation, in partnership with the Athletic Club of the University of Debrecen, tested the HEPA-oriented approach of the framework through a three-year pilot project (started 1 May 2018) in a traditional university sports club environment. The aim of the pilot was not to promote widespread implementation of SCforH guidelines – rather, the goal was to test this approach in a pilot environment – but similar initiatives are planned to take place in the future.

The national programme I Believe in You [Hiszek Benned] raises awareness of the importance of HEPA. The Ministry of Human Capacities provides financial support to local sports organizations to organize events that support the aim of the programme and works in partnership with the Hungarian Leisure Sport Association.

▶ <https://masport.hu/palyazat/?s=hiszek+bennedpalyazat/?s=hiszek+benned>



HUNGARY

PHYSICAL ACTIVITY FACTSHEET 2021



Increasing Access to Exercise Facilities for Socially Disadvantaged Groups

The [Centre for Development of Active and Ecotourism](#) has launched a national programme to set up publicly accessible running and cycling paths and skate parks to encourage people to spend their spare time actively while enjoying nature. These facilities are accessible to people of all ages and social groups, so disadvantaged people may also benefit from this investment.

The Hungarian Government issued Decree nr. 1314/2016 on the [Healthy Sports Park Programme](#) to create spaces to encourage people to participate in physical activity. To date, more than 800 parks have been established or will be inaugurated soon.

Counselling on physical activity and exercise prescription

Health education and physical activity promotion among adults is the primary purpose of the 110 [health-promoting offices \(HPOs\)](#) established since 2013. The HPOs operate in subregions of Hungary, offering services free of charge and without the need for referral. One of their successes has been the engagement of senior citizens with preventive and rehabilitation-oriented physical activities.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals |
|---------------|-----------------|------------------|-----------|------------------------------|---------------|-------------------------------|
| | Yes | Yes | Yes | - | - | - |
| Undergraduate | - | - | - | - | - | - |
| Postgraduate | Mandatory | Mandatory | Mandatory | - | - | - |



SUCCESS STORY

The [National Public Health Centre \(NPHC\)](#) has developed a service catalogue that includes evidence-based practices and interventions for promoting HEPA and serves as a supportive methodological tool for the HPOs. The catalogue includes counselling and practical recommendations at individual and community levels that aim to provide the basic skills and knowledge to promote a healthy lifestyle and create healthy physical and social environments. The NPHC has also developed several [lifestyle infographics related to the COVID-19 pandemic](#). Some of these infographics reflect the recommended physical activity levels for children, adults and seniors, thereby contributing to health promotion and disease prevention.





HUNGARY

PHYSICAL ACTIVITY FACTSHEET 2021



Physical education in schools

| PRIMARY SCHOOLS: | LESSONS PER WEEK | SECONDARY SCHOOLS: | LESSONS PER WEEK |
|---|-----------------------|--|-----------------------|
|  | 5 Mandatory |  | 5 Mandatory |

Physical education teachers receive mandatory training in physical activity and health (health effects, determinants, effective interventions, etc.) as part of their undergraduate and postgraduate studies. The quality of physical education classes in the schools is monitored in the context of a general evaluation of the pedagogical work.







PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

During breaks
 During lessons
 After school
 Travel to and from school

The **BikeAcademy [Bringaakadémia]** is a programme of the Vuelta Sports Office, developed in cooperation with the Hungarian Police and Institute for Transport Sciences. It started in 2008 as a road-safety pilot programme for schoolchildren aged 9–12 with a connected mentor teaching programme. The BikeAcademy programme has a theoretical part concerned with learning about, for instance, road signs and traffic regulations, and a practical part on improving cycling skills to prepare children to ride safely in road traffic. The BikeAcademy now is available to all elementary schools as an optional subject and as a voluntary course. Teachers can apply to do a 30-hour training course to improve their theoretical and practical skills and become mentors.

National travel survey

An [online survey of a representative sample of 3000 adults](#) was conducted in 2018 and 2020 by the Hungarian Cyclists' Club with the support of the Ministry for Innovation and Technology. This survey is the first of its kind to measure cycling practices countrywide. The estimated values for cycling time and distance are related to the active 20% of the population and not the entire population. Walking data are collected through EUPASMOS research.

| | | | |
|---|---|--|---|
|  WALKING | PERSON PER DAY |  CYCLING | PERSON PER DAY |
| |  39.9 min | |  40 min |
|  3.3 km | |  10 km | |

Infrastructure for leisure-time physical activity

The Centre for Development of Active and Ecotourism has launched a national programme to set up publicly accessible running paths, cycling and skate parks aiming to promote an active lifestyle in the near to the living environment. These facilities are accessible to all kinds of ages and social groups.




HUNGARY

PHYSICAL ACTIVITY FACTSHEET 2021




Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)


Yes



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

The **Cycle to Work** programme, organized by the Ministry of Economy and Transport, began in 2007. The Hungarian Cyclists' Club took it over in 2008, running yearly spring and autumn campaigns. The aims are to create healthier and happier communities and more livable environments by maximizing cycle commuting to work. It demonstrates how much easier, cheaper, healthier and more environmentally friendly it is to cycle to work. This campaign is based on community perceptions and builds on workplace relationships, social networks and grassroots cycling movements. It was renewed in 2018 to engage with social media and smartphone platforms.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

Yes

The nationwide network of walking clubs for older people, led by the Prime Minister's Office and the Minister for Families, was launched in 2017. One hundred walking clubs had registered by the end of March 2021.

Senior-friendly Municipality Awards have a major role in establishing contact with older people in localities. The Awards are of symbolic, but far-reaching, significance, emphasizing the Government's commitment to this issue. Since 2004, the minister responsible for elderly affairs and the Ministry of Interior have invited proposals for the annual Awards, with a separate theme specified each year. The themes for 2017 and 2018 were related to the power of physical activity in maintaining health in older age.



SUCCESS STORY

In response to the COVID-19 pandemic beginning in March 2020 that led to strict Government containment measures, the Hungarian Leisure Sports Association established an online programme called **Move Experience for Seniors**. The aim of the programme is to provide physical activity opportunities for older people through online broadcasts at fixed times twice a day from Monday to Friday and on Sunday. The 15- or 30-minute training sessions are provided by specialist instructors who have many years of experience in working on older people's activity levels. The programme has contributed to keeping seniors active by reaching nearly 10000 participants in their homes.

► <https://www.youtube.com/watch?v=2GXfyehfU90>



HUNGARY








PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity

Several physical activity awareness-raising campaigns are regulated by the Hungarian National Assembly. The Hungarian School Sports Day, National Day of Parasport and Hungarian Day of Sports are promoted by the relevant national sports organizations and the Ministry of Human Capacities.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|--|---|--|--|--|--|--|
|  Television <input checked="" type="checkbox"/> Yes |  Radio <input checked="" type="checkbox"/> Yes |  Newspapers <input checked="" type="checkbox"/> Yes |  Social media <input checked="" type="checkbox"/> Yes |  Public events <input checked="" type="checkbox"/> Yes |  Public figures <input checked="" type="checkbox"/> Yes |  Other <input type="checkbox"/> |
|--|---|--|--|--|--|--|



IRELAND

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **5.01 m**

Median age: **38.1 years**

GDP per capita: **62 980 €**

Life expectancy, males: **80.8 years**

Life expectancy, females: **84.7 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- Children (< 5 years)
- Children and adolescents (5–17 years)
- Adults (18–64 years)
- Older adults (≥ 65 years)

- Frail and very elderly adults (≥ 85 years)
- Pregnant and breastfeeding women
- People with disabilities
- People with chronic diseases

The recommendations are based on the [European Union Physical Activity Guidelines](#) and were implemented in 2009.



IRELAND

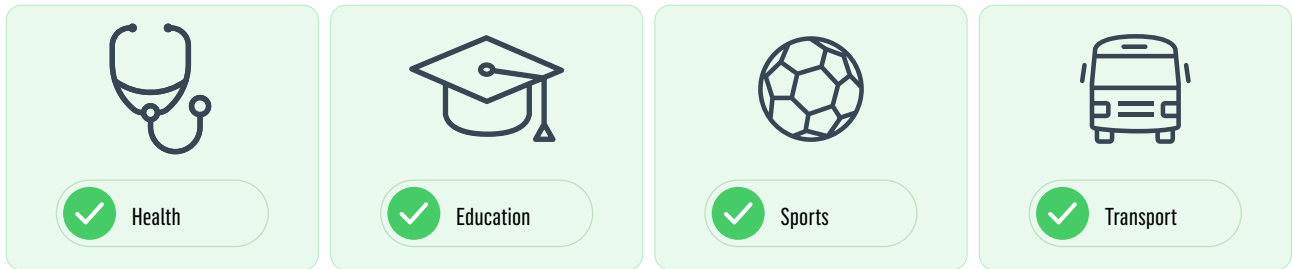
PHYSICAL ACTIVITY

FACTSHEET 2021



Monitoring and surveillance of physical activity

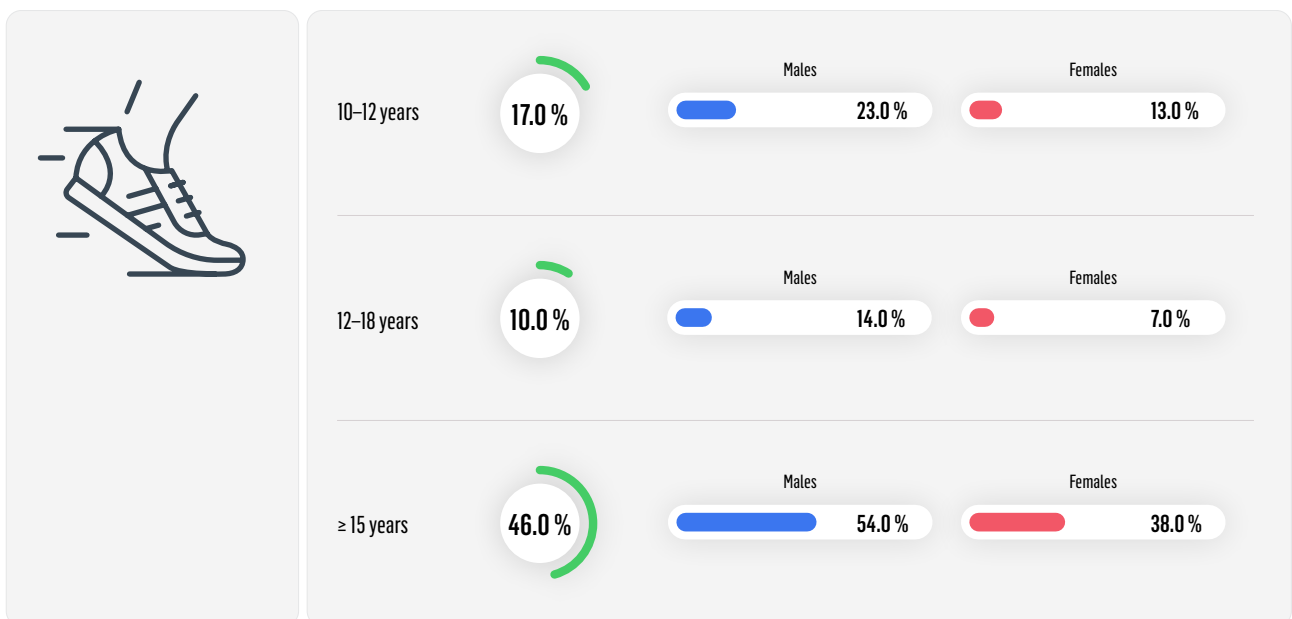
SECTORS WITH SURVEILLANCE SYSTEMS



SUCCESS STORY

The National Physical Activity Plan Implementation Group offers support to various research groups. An example of such collaboration is the **Irish Physical Activity Research Collaboration**, which operates on an all-island basis and has hosted workshops and two international conferences, in 2020 and 2021. Its aim is to connect researchers, policy-makers and practitioners in finding effective ways to enable more people to be more active. It works with the Practitioner Advisory Group and an international research advisory group to develop tools for monitoring, evaluation and co-ordination of physical activity interventions in Ireland.

Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children and adolescents were assessed in the [Children's Sport Participation and Physical Activity Study](#) in 2018; data for adults were collected in the [Heathy Ireland Survey](#) in 2019.



IRELAND

PHYSICAL ACTIVITY FACTSHEET 2021










National government coordination mechanism and leadership in the promotion of physical activity

The Department of Health and the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media coordinates the National Physical Activity Plan Implementation Group. The National Sports Policy, 2018-2027, is led by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media and the Sports Leadership Group.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

| | | | | | | |
|--|---|--|---|---|---|---|
|  Health <input checked="" type="checkbox"/> Yes |  Education <input checked="" type="checkbox"/> Yes |  Sports <input checked="" type="checkbox"/> Yes |  Environment <input checked="" type="checkbox"/> Yes |  Urban planning <input checked="" type="checkbox"/> Yes |  Transport <input checked="" type="checkbox"/> Yes |  Other <input checked="" type="checkbox"/> Yes |
|--|---|--|---|---|---|---|



SUCCESS STORY

The **Healthy Ireland Fund** was launched in October 2017 with an annual budget of € 5 million, which was increased to € 10 million in 2021. It is an innovative mechanism to stimulate and support intersectoral action and partnership to increase participation and ownership of the Healthy Ireland agenda in sectors beyond health. It supports evidence-based initiatives for implementation of policies and strategies within the Healthy Ireland Framework, including the National Physical Activity Plan. Many of the Fund's projects, at both national and local levels, have supported initiatives for physical activity .

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 GET IRELAND ACTIVE; NATIONAL PHYSICAL ACTIVITY PLAN
- 2 NATIONAL SPORTS POLICY, 2018–2027
- 3 THE HEALTHY IRELAND STRATEGIC ACTION PLAN 2021–2025
- 4 A HEALTHY WEIGHT FOR IRELAND: OBESITY POLICY AND ACTION PLAN
- 5 NATIONAL CYCLING POLICY FRAMEWORK
- 6 PHYSICAL EDUCATION CURRICULUM SPECIFICATION
- 7 PHYSICAL EDUCATION FRAMEWORK

TOTAL NUMBER OF POLICIES

7



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|----------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Health | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Education | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Sports | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Environment | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Urban planning | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Transport | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |




IRELAND


PHYSICAL ACTIVITY

FACTSHEET 2021



POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|--|---|---|---|---|---|---|---|
|  General population | ✓ | ✓ | ✓ | ✓ | ✓ | ○ | ○ |
| Children and adolescents (5-17) | ✓ | ✓ | ✓ | ✓ | ○ | ✓ | ✓ |

|  | | |
|---|------------------------------|---------------------|
| Children < 5 | People with chronic diseases | Ethnic minorities |
| Adults | Pregnant women | Deprived of liberty |
| Older adults (≥ 65) | Breastfeeding women | Migrants |
| Frail/elderly (≥ 85) | Low socio-economic groups | Unemployed people |
| People with disabilities | | |

POLICY HIGHLIGHTS

- 1 Get Ireland Active; National Physical Activity Plan.** The aim is to increase physical activity throughout the population by modifying unhealthy lifestyles and promoting awareness of the benefits of physical activity. The objective is to increase regular physical activity by 1% per annum for all ages but particularly for children, young people, people with disabilities and older adults. The plan is based on evidence-based strategies for physical activity, equity and improvement of physical, social and environmental determinants. Action areas within the plan include public awareness, education, communication, health settings, workplaces, research, monitoring, evaluation and implementation. The Plan was extended to 2021 because of COVID-19. The NPAP is implemented in co-ordination with the Obesity Policy and Action Plan.
- 2 The National Sports Policy 2018-2027** outlines the long term policy objectives and aims to increase participation in sport and Physical activity in Ireland. The policy contains 57 actions across three key pillars of increasing participation, improving high performance and building capacity and capabilities. The policy aims to increase sport participation in Ireland from 43% to 50% by 2027, with the subsequent Programme for Government increasing this target to 60%. To help achieve the ambitious participation target the policy actions include a plan to increase investment in sport over the lifetime of the policy so that the amount invested doubles over the life time of the plan from €111 million in 2018 to exceeding €220 in 2027.
- 3 The Healthy Ireland Strategic Action Plan 2021–2025.** The Plan was based on the first 7 years of implementation of the Healthy Ireland Framework, which provides a road map for the next 5 years of implementation. The aim is to reduce smoking, alcohol use, poor diets, physical inactivity and obesity and also to promote health and well-being during and beyond the COVID-19 pandemic. A Healthy Communities Programme for disadvantaged communities will be established to address health inequalities in the poorest areas. A second Healthy Ireland Council will be established to build the scope and capacity of the existing Healthy Ireland Network.

Sports Clubs for Health

The Sports Clubs for Health guidelines have been adopted by over 300 clubs in the [Gaelic Athletic Association](#) as part of their Healthy Club initiative, which was established to provide a holistic approach to health (including physical, emotional and psychological conditions) among club members and communities. It also helps clubs to identify areas for improvement and to highlight attained objectives to improve the health-enhancing experience of players, officers, coaches, parents, supporters and members of their local community.



SUCCESS STORY

Men on the Move is a free, 12-week community programme for physical activity by inactive adult men. The wellness and physical activity programme is delivered by local sports partnerships in conjunction with the Health and Safety Executive. Men on the Move supports men in (re)connecting with themselves in a safe, non-judgemental environment in which they can connect with their surroundings and other men. It includes structured group exercise, experiential workshops, resources and a celebration event.

Increasing access to exercise facilities for socially disadvantaged groups

The [Dormant Accounts Fund](#) is a scheme for disbursement of unclaimed funds from accounts in credit institutions in Ireland. The fund supports HEPA projects and other projects for people at economic, social and educational disadvantage or with disabilities. The Fund has provided about €6.5 million in funding per year to the national governing bodies of sports and local sports partnerships to enhance sport and physical activity programmes for these groups.



IRELAND

PHYSICAL ACTIVITY FACTSHEET 2021



Counselling on physical activity and exercise prescription

The Making Every Contact Count approach recognizes opportunities to influence behavioural change in the Irish population through health services. The initiative informs health professionals on using routine patient consultations to support them in making healthier lifestyle choices, to achieve long-term behavioural change and prevent and manage chronic diseases. The programme will result in routine questioning of patients about the main lifestyle risk factors for chronic diseases – tobacco, alcohol and substance abuse, diet and physical activity levels.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals* |
|---------------|---|---|---|---|---|---|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> - | <input type="checkbox"/> - | <input type="checkbox"/> - | <input type="checkbox"/> - | <input type="checkbox"/> - | <input type="checkbox"/> - |
| | Mandatory | Mandatory | Mandatory | Mandatory | Mandatory | Mandatory/ Optional |

*A Making Every Contact Count module is included in undergraduate curricula for all health professionals

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|------------------|----------------|--------------------|----------------|
| 1 | 1 | 2 | 2 |
| | Mandatory | | Mandatory |

Physical activity and health (e.g. health effects, determinants, effective interventions) is a mandatory subject in the undergraduate and postgraduate curricula of physical education teachers. The quality and provision of physical education are monitored by subject inspection, in whole-school evaluations and/or occasional inspections. The Schools Inspectorate conducts a continuous programme of school evaluation, in which some inspectors specifically monitor and evaluate physical education.



IRELAND

PHYSICAL ACTIVITY

FACTSHEET 2021



PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



During breaks



During lessons



After school



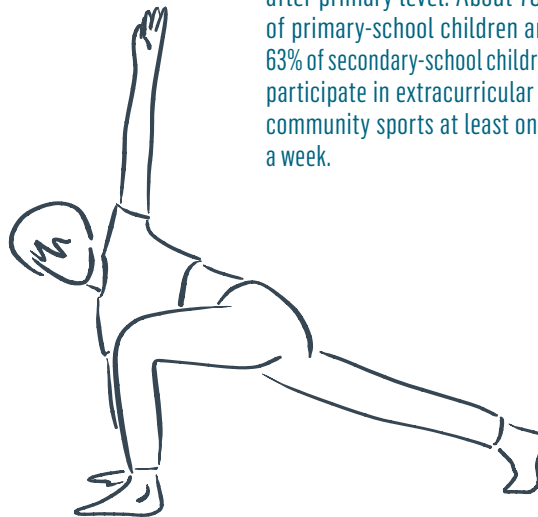
Travel to and from school

An “Active School Flag” is awarded to schools that achieve a physically educated, active school community. In order to be awarded the flag, schools self-evaluate their provision of physical education and physical activity, organize an “Active School Week” and commit to including it in school calendar. Since 2009, over 2000 primary schools have engaged with the programme, and a pilot programme has extended the active school flag to 17 secondary schools. During the COVID-19 pandemic, engagement with the initiative has remained high and measures taken to ensure that all the activities could be undertaken within the safety guidelines, for example by adapting the annual “active school week” to an “active home week”.

As part of the active school flag programme, it is a requirement that schools provide physical activity breaks in the classroom on days when children are unable to play outdoors. Short physical activity breaks are also encouraged during lesson transitions to energize the school day and restore concentration and focus.

The vast majority of schools in Ireland provide after-school extracurricular activities, including physical activity and sports in the form of football, rugby or hockey and tennis or athletics during the summer term. These are often run on a voluntary basis by parents’ associations and similar at primary level and by the school itself after primary level. About 70% of primary-school children and 63% of secondary-school children participate in extracurricular or community sports at least once a week.

The Safe Routes to School Programme was launched in March 2021 by the Department of Transport, the National Transport Authority and An Taisce-Green Schools. It encourages pupils in primary and post-primary schools to walk and cycle to school. Its three aims are to build walking, scooting and cycling infrastructure on access routes to schools, provide “front of school” treatments to enhance access to school grounds and extend the area of bike parking at schools. Almost one in four schools have expressed interest in the programme and all will receive funding for walking and cycling infrastructure. Details of the work to be undertaken in and around the individual schools will be determined after a detailed assessment by the relevant local authority.



National travel survey

Several national surveys collect data on the travel of the Irish population. One example is the National Travel Survey, which provides detailed information on the domestic travel patterns of Irish residents. Within the Healthy Ireland Framework, interviews with a representative sample of the adult population are conducted every 2–3 years to collect information on health modules, including active travel. The Irish Sports Monitor is a large biannual population study of forms of physical activity, including recreational walking and cycling and, since 2019, of active transport.

PERCENTAGE OF PEOPLE (PER DAY)



WALKING

| | |
|--------|--------|
| < 2 km | 36.1 % |
| 2–4 km | 12.6 % |
| 4–6 km | 5.5 % |
| 6–8 km | 4.9 % |
| ≥ 8 km | 0.7 % |



CYCLING

PERCENTAGE OF PEOPLE (PER DAY)

| | |
|--------|-------|
| < 2 km | 2.0 % |
| 2–4 km | 2.3 % |
| 4–6 km | 1.6 % |
| 6–8 km | 2.3 % |
| ≥ 8 km | 0.7 % |



IRELAND


PHYSICAL ACTIVITY FACTSHEET 2021



Infrastructure for leisure-time physical activity


Most local authorities have walking and cycling strategies as part of their city or county development plan, local economic community plan or a specific walking or cycling strategy. Significant progress was made in national planning within the Smarter Travel Areas programme, Active Travel towns programme and National Cycle Network programme, and a number of funded projects are complete. Furthermore, the budget for 2021 includes additional allocations for active travel infrastructure, such as cycle lanes and cycle ways. While active travel is not defined as including leisure-time physical activity, the improvements made by a number of local authorities in cycling and walking infrastructure in response to the COVID-19 pandemic have resulted in more people working from home and taking daily exercise.

Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

Yes




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

Yes

The National Transport Authority operates the Smarter Travel Workplaces and Smarter Travel Campus behavioural change programmes on behalf of the Department of Transport. The Workplaces and Campus programmes work with large employers and third-level institutions to encourage more sustainable commuting and travel by students and staff. A workplace travel plan provides measures to support sustainable travel for work-related journeys and promotes walking, cycling, public transport, car-sharing, use of technology instead of travel and flexible working practices.

The Cycle to Work scheme allows a civil or public service employer to provide employees with bicycles and bicycle safety equipment up to a limit of € 1500, while the employee is not liable for benefit-in-kind taxation. The tax exemption may be used only once in any 4-year period. The employee pays back the cost of the equipment through salary sacrifice from gross (pre-tax) salary, typically over 12 months.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

Yes

Go for Life is the national programme for sports and physical activity for older adults in Ireland. The programme is an Age and Opportunity initiative, funded by Sport Ireland and delivered nationally in partnership with local sports partnerships and Health Service Executive health promotion units. The aim of Go for Life is to get “more older people, more active, more often”. Resources for people, including older adults, to remain active at home or close to home, have been provided in the In This Together and Keep Well Information campaigns.



IRELAND

PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other* |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes |

*Government and partner websites, telephone help lines



SUCCESS STORY

The Healthy Ireland national citizen engagement and awareness campaigns, which had always supported people's health and wellbeing, were revised during the Covid-19 pandemic to provide specific supports for health and wellbeing in the context of necessary Covid-19 restrictions and to support population resilience. This was managed initially through the In This Together campaign, which ran during the spring and summer of 2020. In keeping with the recent Government resilience and recovery plan, the Keep Well Campaign (October 2020–June 2021) promoted resilience by showing people of all ages how they could ensure their physical and mental health and well-being by adding healthy habits to their daily and weekly routines. The national campaign was co-ordinated by Healthy Ireland and supported by Sport Ireland, local authorities, the regional offices of Local Sports Partnerships, local libraries, Children's and Young People's Services Committees and Creative Ireland. Specific supports for families, children and pregnant and postpartum women, and a Fitline helpline were available through Sport Ireland's website.



ITALY

PHYSICAL ACTIVITY FACTSHEET 2021



Total population: **59.26 m**

Median age: **47.2 years**

GDP per capita: **24 890 €**

Life expectancy, males: **80.1 years**

Life expectancy, females: **84.7 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

— Children (< 5 years)

✓ Children and adolescents (5–17 years)

✓ Adults (18–64 years)

✓ Older adults (≥ 65 years)

✓ Frail and very elderly adults (≥ 85 years)

✓ Pregnant and breastfeeding women

✓ People with disabilities

✓ People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010), and [WHO guidelines on physical activity and sedentary behaviour](#) (2020). The Ministry of health is updating the recommendations by including children under 5 and for other pathological conditions of different ages.

SUCCESS STORY

The Ministry of Health and Italian Regions adopted in 2019 National recommendations on physical activity for different age groups and with reference to physiological and pathophysiological situations and specific subgroups of the population. The recommendations are a policy document and an operational tool for implementation of the **National Prevention Plan 2020–2025** and in particular for the programme “Active communities”, which promotes physical activity for the prevention of chronic noncommunicable diseases.





ITALY

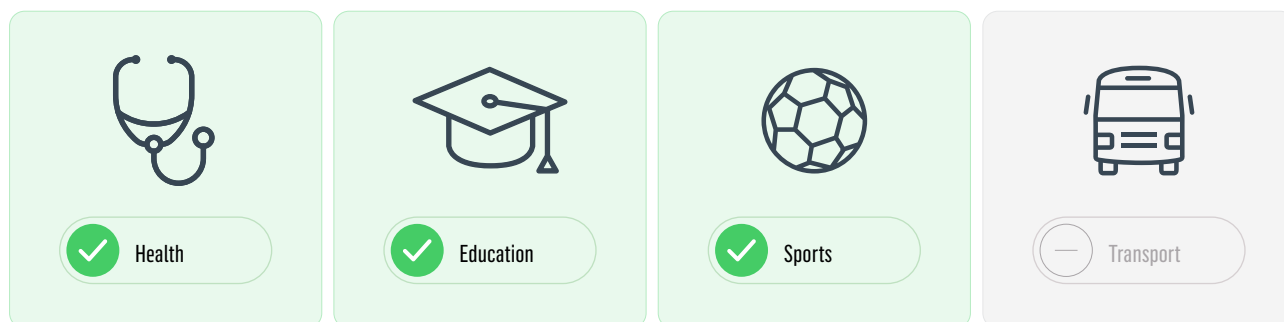
PHYSICAL ACTIVITY

FACTSHEET 2021

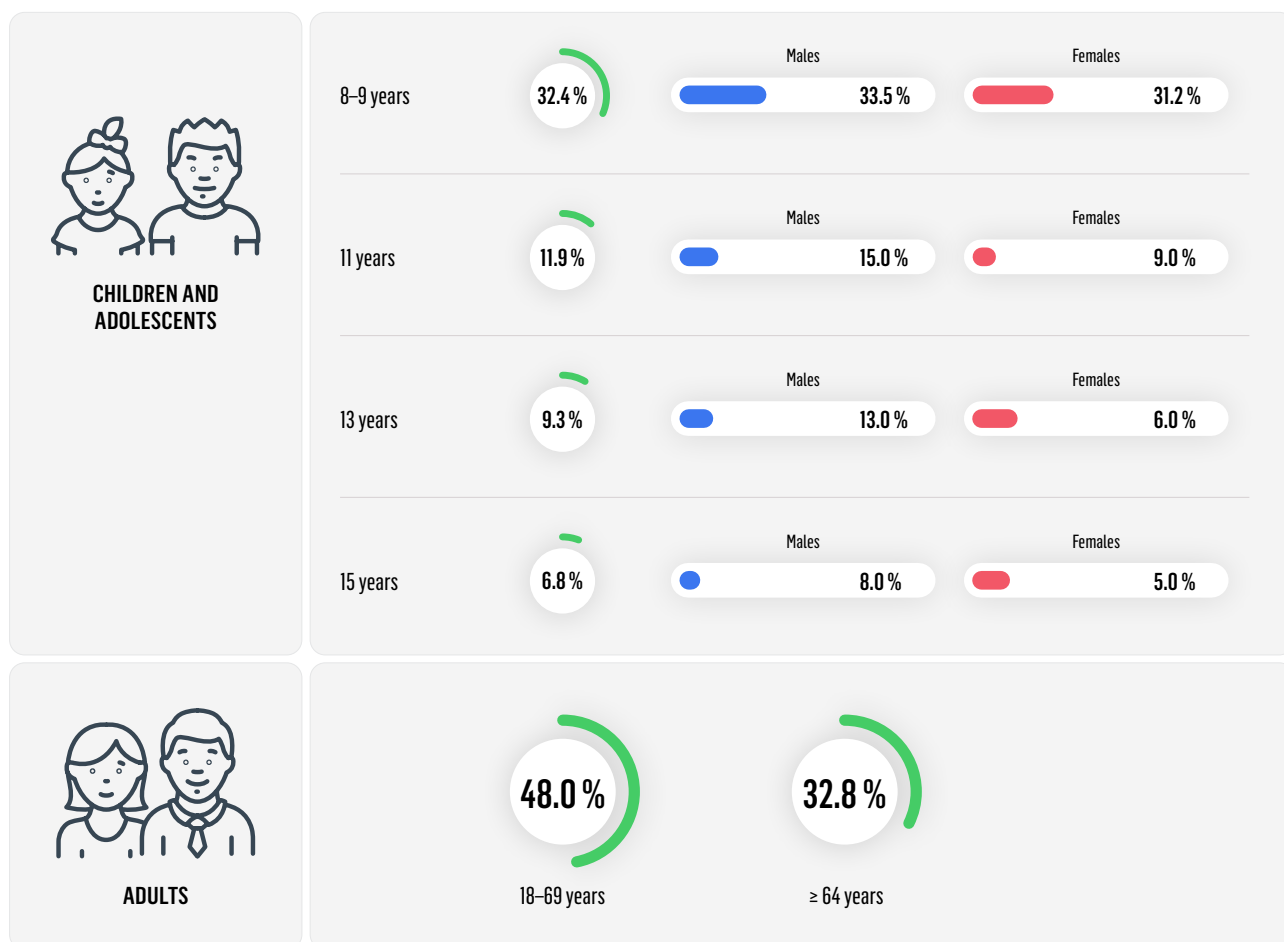


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children were assessed in the [OKkio alla SALUTE National surveillance system](#) in 2019; data for adolescents were derived from the [Health Behaviour of School-aged Children survey](#) in 2017-2018; data for adults were collected in the [Progressi delle Aziende Sanitarie per la Salute in Italia \(PASSI\) National surveillance system](#) in 2016-2019; and data for older adults were collected in the [PASSI d'Argento study](#) 2016-2019.



ITALY

PHYSICAL ACTIVITY FACTSHEET 2021

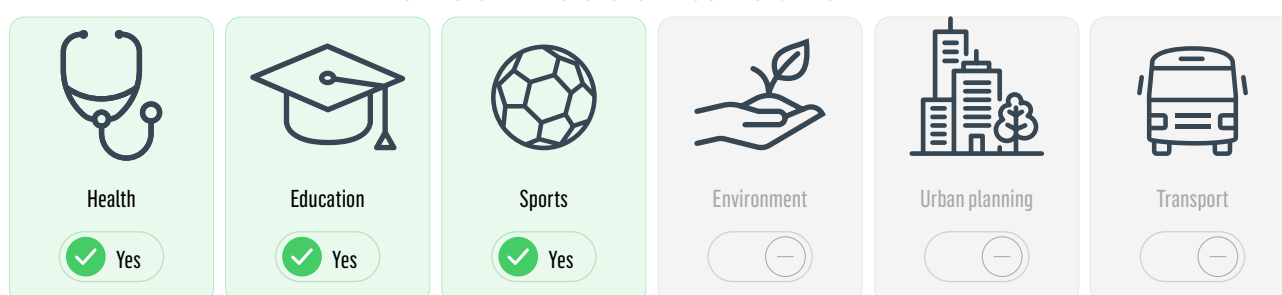


National government coordination mechanism and leadership in the promotion of physical activity

Although there is no national government coordination mechanism or leadership in the promotion of physical activity, the Ministry of Health, Ministry of Education, Office for Sport at the Presidency of the Council of Ministers and the National Olympic Committee are working on HEPA implementation.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response

NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL PREVENTION PLANS (2014–2019 AND NEW 2020–2025)
- 2 GAINING HEALTH PROGRAMME (GUADAGNARE SALUTE 2007)
- 3 NATIONAL RECOMMENDATIONS GUIDELINES ON PHYSICAL ACTIVITY
- 4 SPORTS CLASS NOTEBOOKS (SPORTI DI CLASSE)

TOTAL NUMBER OF POLICIES **4**

SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 |
|----------------|---|---|---|---|
| Health | ✓ | ✓ | ✓ | ✓ |
| Education | ✓ | ✓ | ✓ | ✓ |
| Sports | ✓ | ✓ | ✓ | ✓ |
| Environment | ✓ | ✓ | ✓ | ✓ |
| Urban planning | ✓ | ✓ | ✓ | ✓ |
| Transport | ✓ | ✓ | ✓ | ✓ |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | | 1 | 2 | 3 | 4 |
|---------------------------------|---|---|---|---|---------------------------|---|---|---|---|
| General population | ○ | ○ | ○ | ○ | Pregnant women | ○ | ○ | ○ | ○ |
| Children < 5 | ✓ | ○ | ○ | ○ | Breastfeeding women | ○ | ○ | ○ | ○ |
| Children and adolescents (5–17) | ✓ | ✓ | ✓ | ✓ | Low socio-economic groups | ✓ | ○ | ○ | ✓ |
| Adults | ✓ | ✓ | ○ | ○ | Ethnic minorities | ✓ | ○ | ○ | ✓ |
| Older adults (≥ 65) | ✓ | ✓ | ○ | ○ | Deprived of liberty | ○ | ○ | ○ | ○ |
| Frail/elderly (≥ 85) | ✓ | ○ | ○ | ○ | Migrants | ○ | ○ | ○ | ○ |
| People with disabilities | ✓ | ○ | ○ | ○ | Unemployed people | ○ | ○ | ○ | ○ |
| People with chronic diseases | ✓ | ✓ | ○ | ○ | | | | | |



ITALY

PHYSICAL ACTIVITY FACTSHEET 2021



POLICY HIGHLIGHTS

- 1 National Prevention Plan 2020-2025.** The Plan is based on the vision that good health is associated with a balance and sustainable development between humans, nature and the environment (One Health). Further, it promotes a life-course approach to strengthen preventive interventions that lead to positive health outcomes throughout the individual's lifetime and for whole communities. The approach is to reduce risk factors for people's health and provide access to healthy environments and choices that encourage a healthy lifestyle. The plan will implement preventive actions that start from the period between conception and the first 2 years of a child's life.
- 2 Gaining Health Programme (Guadagnare Salute).** The aim of the Programme is to significantly reduce the burden of premature deaths, diseases and disabilities. It promotes healthier choices through information campaigns to increase physical inactivity and reduce sedentary habits. National and local governments are required to make healthy choices easier by providing information, regulations, cross-sectoral strategies to change living environments and specific investment of resources to accelerate changes in people's health, well-being and the local living environment.
- 3 Sports Class Notebooks (Sport di Classe).** This project ensures the continuity of physical activity and sports education for primary school children (6–10 years) during the COVID-19 health emergency. It supports educational institutions in providing activities to guarantee compliance with safety regulations at school and training in digital technology. It also provides activities for the whole family to encourage physical movement and games. The programme is promoted and led by the Ministry of Sports and Health and the Ministry of Education.

► <https://www.sportosalute.eu/sportdiclasse.html>

Sports clubs for health

Italy has not adopted the Guidelines for sports clubs for health, but an action plan was created by the National Olympic Committee, which involves participation of 14 national sports organizations.









SUCCESS STORY

The aim of the **SportHabile Project** is to promote amateur competitive sports among people with disabilities to improve rehabilitation outcomes and strengthen their socialization and integration in the community. "InformHabile" is an independent programme that provides information on sports opportunities and awareness campaigns to advance the practice of sports in this group.

Counselling on physical activity and exercise prescription

The National prevention plans (2014–2019 and new 2020–2025) support physical activity promotion by implementing the "Essential levels of assistance" in the National Health System. The "Essential levels" promote counselling on physical activity by health professionals and implement programmes to increase physical activity in the general population, groups at risk and in various settings (schools, workplaces, local communities).

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| |  Medical doctors |  Physiotherapists |  Nurses |  Nutritionists/ dieticians |  Psychologists |  Other health professionals |
|---------------|--|---|---|---|--|--|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Postgraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |





ITALY

PHYSICAL ACTIVITY FACTSHEET 2021



Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|---|-----------------------------------|--|-----------------------|
|  | 2 recommended Mandatory |  | 2 Mandatory |

Physical activity and health effects, their determinants and effective interventions is a mandatory subject in the curriculum of physical education teachers.

Promotion of physical activity in schools

The National Prevention plan 2014–2019 developed in all the Italian Regions several actions to promote physical activity in schools. The new National prevention plan 2020–2025 provides a specific programme “Health promoting schools”, based on the WHO health promoting schools approach, that includes school policies, life skills interventions, “pedibus” and active travel, sport activities, “active breaks in class” etc. and the intersectoral cooperation with local Associations for sports and PA promotions.

National travel survey

PASSI is a public health surveillance study based on continuous collection of information on the Italian adult population (18–69 years) on lifestyles and behavioural risk factors related to the onset of chronic noncommunicable diseases and their knowledge of and adherence to national intervention programmes. PASSI contributes to evaluation of the National Prevention Plan. Since 2014, PASSI has been collecting information on active mobility and use of bicycles or walking to go to work, school or usual trips and the time taken to do so. This information enables estimates of the proportion of people who reach the levels of physical activity recommended by WHO through active mobility, regardless of the physical activity practised in their free time or during work.

| | | | | | |
|---|----------------|--|--|----------------|--|
|  | PERSON PER DAY |  > 25.6 min |  | PERSON PER DAY |  > 20.6 min |
| WALKING | | | CYCLING | | |

Infrastructure for leisure-time physical activity

The European guidelines for improving infrastructure for leisure-time physical activity are included in general ministerial information kits and infographics.




ITALY

PHYSICAL ACTIVITY FACTSHEET 2021




Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

Yes



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

Yes

To promote physical activity, companies can choose actions appropriate for the work context and their economic resources. The activities may include promoting use of stairs instead of lifts; promoting use of bicycles for the home-work route; agreements for discounts on the purchase and/or offer of material related to use of bicycles; organization of company walking groups with walking leader training; organization of corporate sports initiatives and provision of corporate spaces accessible to all employees for physical activity (e.g., playground, gym).


Promotion of physical activity in the workplace was one objective of the National Prevention Plan 2014–2019 and also the Plan for 2020–2025, adopted on 6 August 2020. Several Italian regions have developed programmes to promote health in workplaces, and the new Plan 2020–2025 includes a mandatory programme for all regions, with the main objective of promoting organizational change to provide working environments for the adoption of healthy lifestyles, including the practice of physical activity.

SUCCESS STORY



The programme “Workplace health promotion – Lombardy network” is part of the Regional Prevention Plan for the Lombardy Region 2014–2019. It promotes health in the workplace and in particular monitors the prevention of behavioural risk factors for chronic and degenerative conditions. The most efficient, proven practices indicate that the main aim should be to promote organizational changes in the workplace to establish working environments that foster educated, aware choices for a healthy lifestyle among workers. Good practices in promoting opportunities for physical exercise are provided. Businesses that wish to register for the programme must meet specific criteria.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

Yes

Community interventions to promote physical activity among older adults are referred to in the “Recommendations on physical activity 2019 and are main objectives of the National Prevention Plan. The National Olympic Committee and the Associations for Sports and PA promotion (as the Italian Union for Sports for All) propose a number of programmes for physical activity for adults and older adults.



ITALY

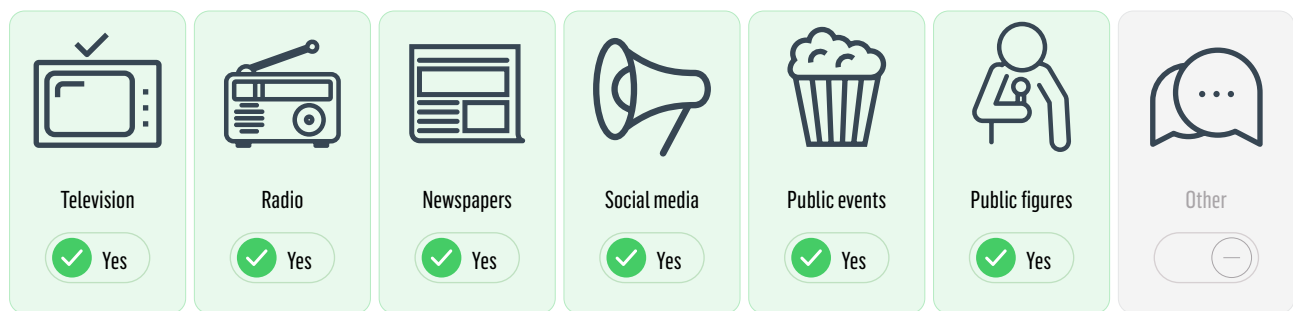
PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity

The Department for Sport, in collaboration with the Sport and Health Office of the Presidency of the Council of Ministers, is the national coordinator of the European Week of Sport campaign, co-financed by the European Commission. Among the many initiatives, the campaign provides information on promoting sports, encourages workouts, training sports and flashmobs throughout the country. The campaign was broadcast on the RAI networks (TV sports).

MEDIA USED IN NATIONAL CAMPAIGNS



LATVIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 1.89 m

Median age: 43.7 years

GDP per capita: 12 130 €

Life expectancy, males: 70.9 years

Life expectancy, females: 80.1 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

✓ Children (< 5 years)

✓ Children and adolescents (5–17 years)

✓ Adults (18–64 years)

✓ Older adults (≥ 65 years)

— Frail and very elderly adults (≥ 85 years)

✓ Pregnant and breastfeeding women

✓ People with disabilities

✓ People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010), [Physical activity guidelines for Americans](#) (2008) and [United Kingdom physical activity guidelines](#) and were implemented in 2014.

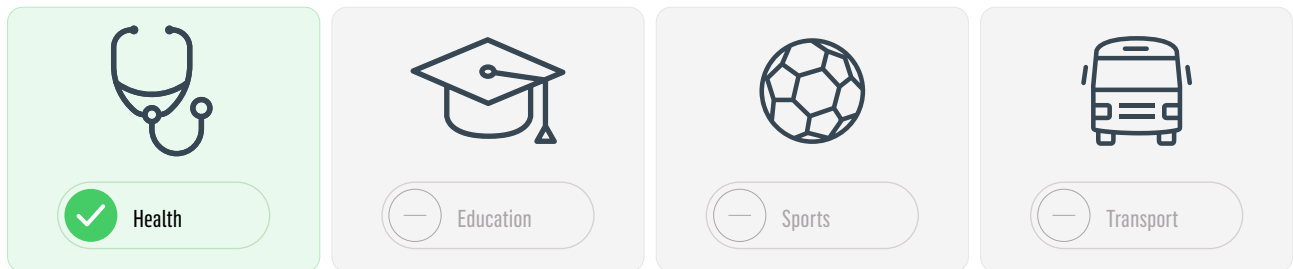
LATVIA

PHYSICAL ACTIVITY FACTSHEET 2021

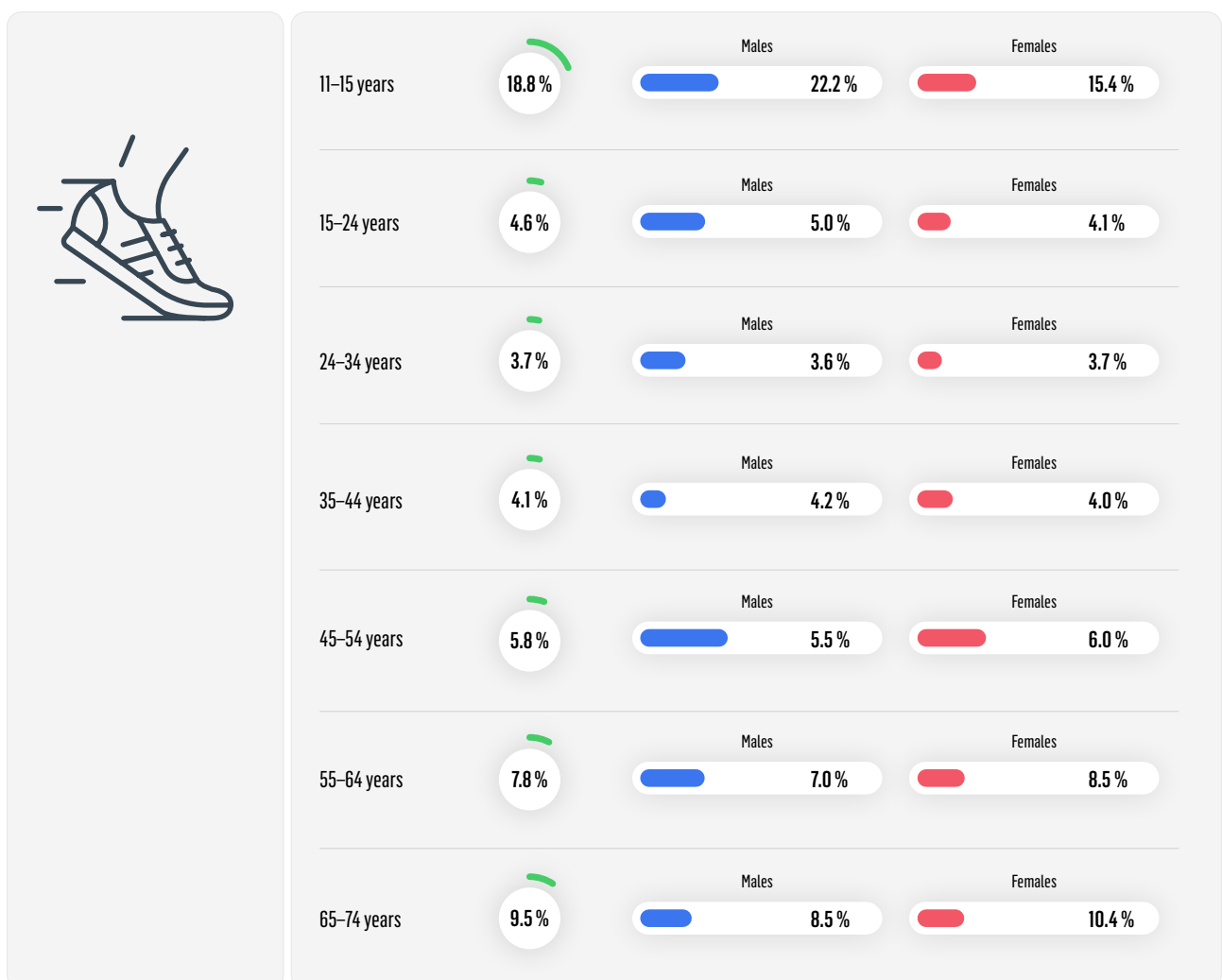


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children and adolescents were assessed from the [Health Behaviour of School-aged Children \(HBSC\)](#) survey in 2017–2018; data for adults and older adults were collected in the Health Behaviour of the Latvian adult population study in 2018.

LATVIA

PHYSICAL ACTIVITY FACTSHEET 2021



Funding for the promotion of physical activity for health

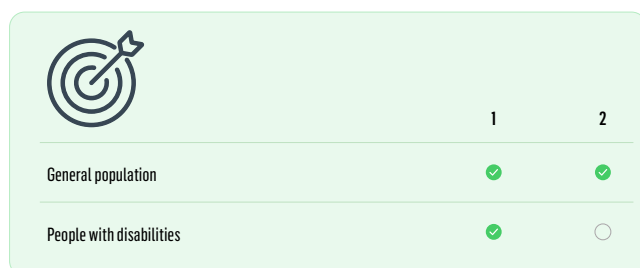
FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



POPULATION GROUPS TARGETED BY EACH POLICY



POLICY HIGHLIGHTS

1 Public health guidelines 2014–2020. The aim is to increase the healthy life years of people by 3 years and to reduce health inequalities through a health promotion approach and the principle of “Health in all,” which involves a number of governmental entities and the private and public sectors. It seeks to increase physical activity or participation in sports at least once or twice weekly and raise awareness of the need for physical activity. It is directed at children and young people, including those with disabilities, in schools and higher education institutions.

2 Sports policy guidelines 2014–2020. The guidelines provide a plan to increase the engagement of children, young people and those with disabilities in sports and physical activities. It also supports sports activities (marathons, rollerblading, Nordic walking, cycling and team sport competitions) that promote health and social integration. It includes information and education campaigns to promote health through sports.

LATVIA

PHYSICAL ACTIVITY FACTSHEET 2021



Sports clubs for health

Sports clubs in Latvia regularly organize campaigns to promote health-enhancing sports activities by providing free access to fitness centers and the health-enhancing sector for 2–3 days.

Increasing access to exercise facilities for socially disadvantaged groups

The [National Healthy Municipalities Network](#) supports local governments in local health promotion and exchange of good practices, experience and ideas for health-promoting environments.

The [health promotion guidelines](#) for local governments under the Ministry of Health include promoting physical activity through recreational activities and encouraging municipalities to invest in enhancing the physical environment to promote physical activity among various population groups, including people at risk of social exclusion.



SUCCESS STORY

The Ministry of Welfare in partnership with SUSTENTO, the Latvian entity that represents people with disabilities, published Guidelines for environmental accessibility of buildings, premises and public outdoor spaces, which provides recommendations for planning, designing and building sites that are comfortable, safe and provide equal access for everyone, including people with disabilities.

Counselling on physical activity and exercise prescription

“[Exercise prescription in general practice](#)” has been implemented in primary health care since 2014. Launched by the State Sports Medicine Centre, its aim is to promote the role of physical activity in the prevention of noncommunicable diseases. Physical activity guidelines have been published for cardiovascular diseases, diabetes, overweight, cancer, pulmonary diseases, osteoarthritis, osteoporosis and sarcopenia, as well as for healthy individuals and special population groups (the elderly, pregnant woman, children).

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals* |
|---------------|--------------------------|---|---|------------------------------|--------------------------|---|
| | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Mandatory |

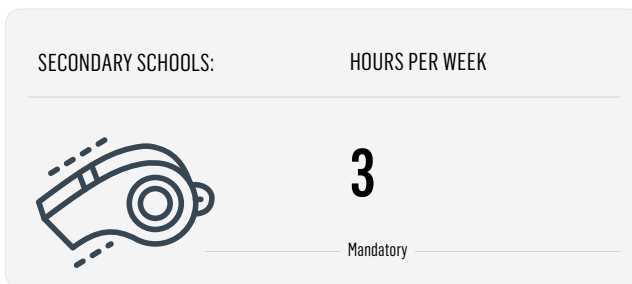
*Sports medicine physicians

LATVIA

PHYSICAL ACTIVITY FACTSHEET 2021

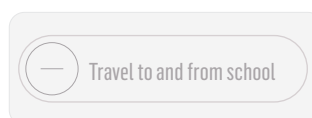
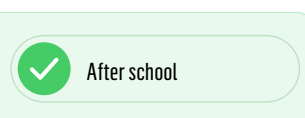
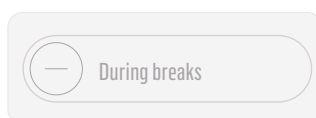


Physical education in schools



Physical activity and health (e.g. health effects, determinants, effective interventions) is a mandatory component of the undergraduate and postgraduate curriculum of physical education teachers. During accreditation, the State Education Quality Service is responsible for evaluating the quality of school programmes and lessons.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



The National Centre for Education has created [materials for teachers](#) to implement school breaks during lessons. The aims of the recommendations are to improve children's health and posture, reduce inactivity, break up long periods of sitting, raise awareness of the meaning of physical activity and accustom children to regular physical activity. Regular dynamic breaks last for 2–3 min.

Every primary and secondary school in the country has "pulciņš", which are educational programmes or purposeful, voluntary and State-funded groups. Pulciņš are offered after school lessons and cover a wide range of activities such as art, music (choir), sports and dance, from which each child can choose freely according to their interests. The aim is to support individual educational needs and wishes regardless of age and education.

SUCCESS STORY



The aim of the [National Health-promoting Schools Network](#) is to unite schools that consider health promotion as one of the goals of the educational institution. It gives participating schools the opportunity to share experiences and gain new ideas on health promotion in educational institutions and health-promoting activities in daily work and study and to promote the health of children and employees. The programme is coordinated by the Centre for Disease Prevention and Control of the Ministry of Health.

National travel survey

The [European Health Interview Survey](#) was first conducted in Latvia in 2008 by the Central Statistical Bureau. The survey collects self-reported information on active transport, use of medical services, use of medicines and other health-related issues in the Latvian population, such as active travel.



LATVIA

PHYSICAL ACTIVITY FACTSHEET 2021



Promotion of physical activity in the workplace

The National health guidelines 2021–2027 include a plan to develop a national healthy workplaces network. Currently, information on health promotion at work is provided online, administered by the State labour inspection.



SUCCESS STORY

Employees (civil servants) of the Riga municipality participate in an annual summer sports competition, including a volleyball tournament and a variety of sports, such as rock-climbing, stand-up paddle boarding, boarding, rowing and relay walking.

- ▶ <http://www.aprinkis.lv/index.php/sabiedriba/pasvaldibas/9638-foto-pasvaldibu-darbinieki-saulkrastos-noskaidro-pierigas-sportiskako-novadu>
- ▶ <https://www.fta.lv/it/2020/teams?tid=8>

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY** IN OLDER ADULTS



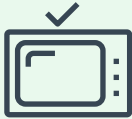













Yes

Municipalities have voluntary programmes. The Ministry of Health published “Health promotion guidelines for local governments”, which included suggestions for promoting physical activity through recreational activities and guidance for municipalities in investing in the creation of physical activity-enhancing environments for various population groups, including older adults.

National awareness-raising campaign on physical activity

Two national awareness-raising campaigns are conducted each year by the Ministry of Education and Science and the Ministry of Health.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
|  Yes |  Yes |  Yes |  Yes |  Yes |  Yes |  |

SUCCESS STORY

The aim of the “Move-nation” (“Kustinācija”) campaign, run by the Ministry of Health in 2019, was to promote daily physical activity through various educational activities. For example, an educational programme for kindergartens and schools was implemented throughout Latvia to promote physical activity from an early age. It included a tour of “movement ambassadors” or “custodians” to inspire representatives of companies, associations, municipalities and individuals to move more.





LITHUANIA

PHYSICAL ACTIVITY

FACTSHEET 2021

Total population: 2.80 m

Median age: 44.2 years

GDP per capita: 13 890 €

Life expectancy, males: 70.1 years

Life expectancy, females: 80.0 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

Children (< 5 years)

Children and adolescents (5–17 years)

Adults (18–64 years)

Older adults (≥ 65 years)

Frail and very elderly adults (≥ 85 years)

Pregnant and breastfeeding women

People with disabilities

People with chronic diseases

The recommendations are based on [WHO recommendations \(2010\)](#) and [WHO physical activity, sedentary behaviour and sleep recommendations for children under 5 years old \(2019\)](#) and were implemented in 2018.



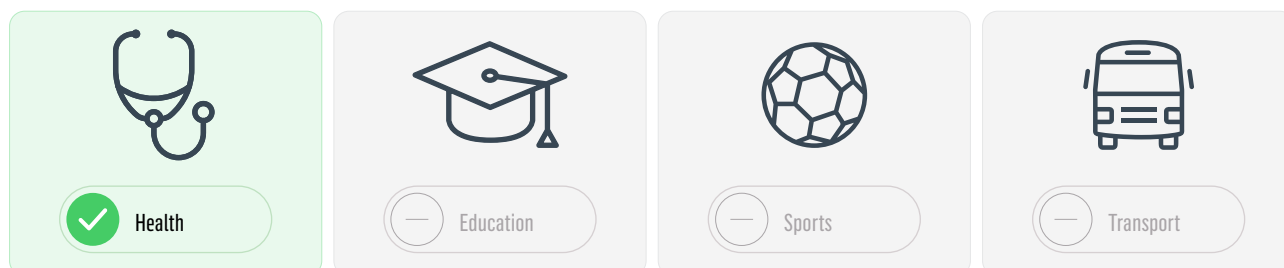
LITHUANIA

PHYSICAL ACTIVITY

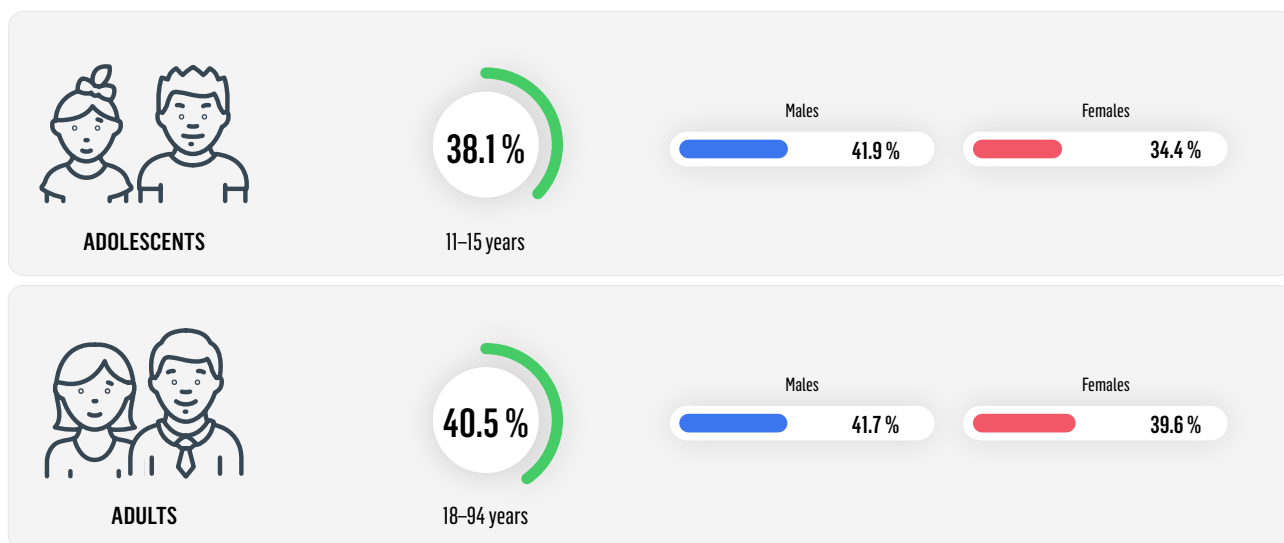
FACTSHEET 2021

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



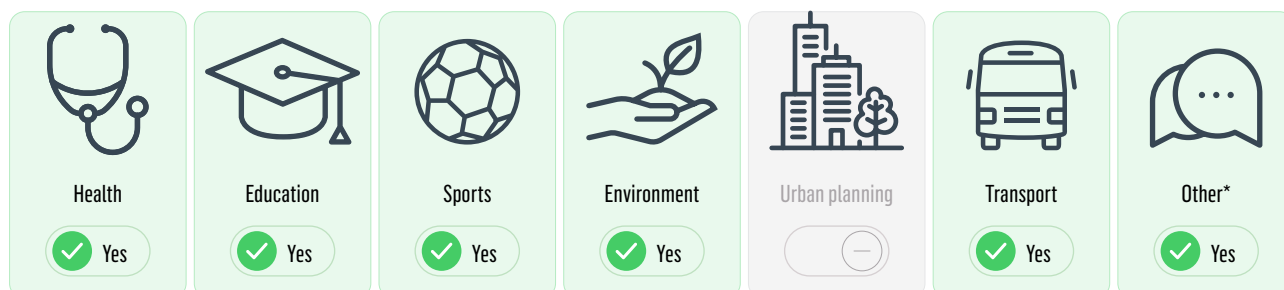
Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children and adolescents were assessed in a [children's lifestyle survey](#) in 2020; data for adults and older adults were collected in an [adult's lifestyle survey](#) in 2018.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



*Social integration of disabled people through sport

LITHUANIA

PHYSICAL ACTIVITY FACTSHEET 2021



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 LITHUANIAN HEALTH STRATEGY FOR 2014–2025
- 2 NATIONAL PROGRAMME FOR THE DEVELOPMENT OF PUBLIC HEALTH CARE 2016–2023
- 3 NATIONAL SPORT DEVELOPMENT STRATEGY FOR 2011–2020
- 4 INTER-INSTITUTIONAL ACTION PLAN FOR IMPLEMENTATION OF THE NATIONAL SPORT DEVELOPMENT STRATEGY FOR 2011–2020
- 5 GUIDELINES FOR MAINTAINING AND STRENGTHENING HEALTH
- 6 ACTION PLAN OF THE GUIDELINES FOR MAINTAINING AND STRENGTHENING HEALTH 2020–2022
- 7 REGULATIONS OF SPORTS SUPPORT FUND
- 8 PROMOTION OF ENERGY EFFICIENCY AND RENEWABLE ENERGY PRODUCTION AND USE OF RENEWABLE ENERGY SOURCES: RECONSTRUCTION AND DEVELOPMENT OF PEDESTRIANS AND BICYCLE TRAILS
- 9 CONSTRUCTION TECHNICAL REGULATION STR.2.06.04: 2014 ON STREET AND LOCAL GENERAL REQUIREMENTS
- 10 METHOD FOR PRIORITIZING INSTALLATION OF PEDESTRIAN AND CYCLING INFRASTRUCTURE (ORDER NO. 194).

TOTAL NUMBER OF POLICIES

10



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------------|---|---|---|---|---|---|---|---|---|----|
| Health | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ○ | ○ | ○ | ○ |
| Education | ○ | ○ | ✓ | ✓ | ○ | ○ | ✓ | ○ | ○ | ○ |
| Sports | ○ | ○ | ✓ | ✓ | ○ | ○ | ✓ | ○ | ○ | ○ |
| Environment | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ✓ | ✓ | ○ |
| Urban planning | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ✓ | ○ |
| Transport | ○ | ○ | ✓ | ○ | ○ | ○ | ○ | ✓ | ✓ | ✓ |

POPULATION GROUPS TARGETED BY EACH POLICY



| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--------------------------|---|---|---|---|---|---|---|---|---|----|
| General population | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| People with disabilities | ○ | ○ | ○ | ○ | ○ | ○ | ✓ | ○ | ○ | ○ |



| | | |
|--|--|---|
| Children < 5 Children and adolescents (5–17) Adults Older adults (≥ 65) Frail/elderly (≥ 85) | People with chronic diseases Pregnant women Breastfeeding women Low socio-economic groups | Ethnic minorities Deprived of liberty Migrants Unemployed people |
|--|--|---|

POLICY HIGHLIGHTS

1 Lithuanian Health Strategy for 2014–2025. The aim of the Strategy is to provide a health-friendly physical living and working environment that includes promoting healthy eating and developing habits of optimal physical activity. The plan is to create healthy, safe conditions for engaging in leisure activities, reducing the number of road accidents and injuries, reducing environmental pollution and noise and promoting community well-being. Further, it seeks to strengthen inter-institutional cooperation at municipal level and support businesses and nongovernmental institutions that promote safe leisure activities or programmes.

2 National Programme for the Development of Public Health Care 2016–2023. The Programme seeks to prolong the healthy life years of the population by improving physical and mental health through promotion of healthy lifestyles and health literacy. The goal is to create healthy environments in education, health-care settings, people's social care institutions and workplaces and to increase physical activity levels by enabling individuals to be physically active in all areas of life. Some of the actions are provision of information based on scientific evidence about the health benefits of physical activity and increase awareness of health-enhancing physical activity. New sports and physical activity infrastructure will be designed and others modernized to bring them closer to residential areas and to improve the access of all people. Physical activity levels will be monitored in various population groups to assess changes and the effectiveness of the measures.

LITHUANIA

PHYSICAL ACTIVITY FACTSHEET 2021



6 Action plan of the Guidelines for Maintaining and Strengthening Health 2020–2022. The plan is to increase the physical activity levels of children, adolescents and adults by creating favourable conditions for physical activity throughout the country but especially in educational institutions and to develop and disseminate science-based information to the public on the benefits of physical activity. Each year, 12 actions are prepared, disseminated and implemented by different groups. Programmes and projects are designed for social integration of people with disabilities through physical activity and sports, and a training programme has been developed in which professionals instruct the elderly and people with special needs in physical activities. A draft programme to promote physical activity for outpatients in primary health care institutions is being prepared for approval by the Minister of Health.



SUCCESS STORY

The Ministry of Transport and Communications indirectly contributes to the promotion of physical activity by funding reconstruction and development of pedestrian and bicycle paths. The Plan is to instal 50 km of new bicycle and footpaths and to reconstruct 20 km of bicycle tracks and footpaths.

Sports clubs for health

The Lithuanian regulation on sport states that sports clubs are responsible for promoting people's physical activity, a healthy lifestyle and high-level performance in sports. The [National Sport Development Strategy for 2011–2020](#) sought to increase the development of sports clubs and to reinforce health-enhancing physical activity. To date, there are approximately 1200 sports clubs in 60 municipalities in Lithuania, including clubs of sport federations. No data are available, however, on the number of sports clubs that have implemented HEPA principles. Nevertheless, the national organization "Sports for All" and its 17 member organizations have about 500 clubs that offer activities to promote a healthy lifestyle, social inclusion and local sports.

Increasing access to exercise facilities for socially disadvantaged groups

Construction Technical Regulation (STR 2.03.01: 2019) "[Availability and accessibility of facilities](#)" was drafted by the Ministry of Environment. Its aim is to establish a national system for assessing the accessibility of buildings for people with disabilities, including infrastructure in educational institutions, health-care institutions, social services, cultural institutions and national and municipal institutions. It also requires that sports-related constructions be easy and convenient to access by people with disabilities. The plan is implemented in cooperation with the Ministry of Social Security and Labour, the Ministry of Education, Science and Sport, the Ministry of Culture, the Ministry of Interior and the Ministry of Health.

► <https://e-seimas.lrs.lt/portal/legalAct/lt/TAP/f71cc1f47b7111eb9fc9c3970976dfa?positionInSearchResults=0&searchModelUUID=fd23412b-72ae-4c56-afab->

Counselling on physical activity and exercise prescription

A national screening programme for the detection of individuals at high risk for cardiovascular diseases is part of the primary health-care sector and supported by the Ministry of Health. As part of the programme, general practitioners conduct a risk assessment and draw up recommendations for primary prevention, including counselling on and promotion of physical activity. The effect of the preventive measures and the overall likelihood of cardiovascular disease are reassessed annually.

► <https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.267675/asr>



LITHUANIA

PHYSICAL ACTIVITY FACTSHEET 2021

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals |
|---------------|---|---|---|------------------------------|-----------------------------|-------------------------------|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No |
| Undergraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Optional | Mandatory | Optional | | | |



SUCCESS STORY

Since 2020, Lithuania has participated in the "Virtual advice, nurturing, guidance on universal action, research and development for physical activity and engagement in sport", the **"VANGUARD" project**. Supported by the European Commission, its aim is to embed physical activity into the undergraduate curriculum. So far, six Lithuanian high schools are pilot-testing methodological material developed in the United Kingdom for students of medicine and nursing.

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|------------------|-----------------------|--------------------|-------------------------|
| | 3 Mandatory | | 2-3 Mandatory |

Physical education teachers receive mandatory training in physical activity and health as part of their undergraduate and post-graduate studies. The quality of physical education in both formal and informal school activities is monitored every 7 years by the National Agency for School Evaluation in accordance with the general State system of Education Monitoring.

LITHUANIA

PHYSICAL ACTIVITY FACTSHEET 2021



PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

✓ During breaks

✓ During lessons

✓ After school

— Travel to and from school

The general plan for Lithuanian schools states that the administrations of all schools should ensure at least one active break daily of no less than 25 min and provides recommendations for active breaks. Each school community (pupils, teachers, parents) decides on the content and character of the breaks according to the school environment and conditions.

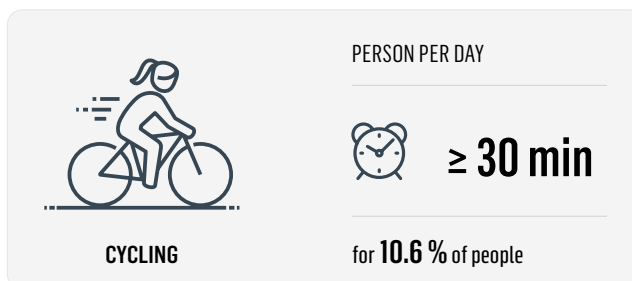
The "Active schools" programme came into effect in 2019 as a common order from the Ministry of Education, Science and Sport and the Ministry of Health. The programme promotes physical activity throughout the school day as well as active travel to school. So far, 127 Lithuanian schools have been recognized as Active schools.

Physical activity after school is provided by the informal education financing system, whereby allocations are distributed from the national budget to municipalities according to the number of schoolchildren at schools of general education. Informal programmes are offered by sports clubs, free-lance teachers, municipal sport centres and others. Municipal budgets also provide for sports services and activities for children.

▶ <https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/12c15990837e11e98a8298567570d639>

National travel survey

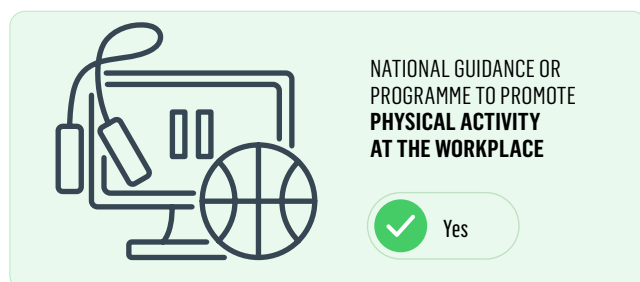
National data on active transport can be taken from the [European Health Interview Survey](#), with the latest available data in 2019. The report on eating habits, nutrition and physical activity of school-age children includes active travel to school of at least 10 min duration.



Infrastructure for leisure-time physical activity

Infrastructure for leisure-time physical activity is being developed according to national technical regulations, local infrastructure and needs and various international recommendations and good practices, usually by local decisions. Various national laws are in place to protect the environment, with the indirect effect of contributing greenery to a healthier living and working environment. For example, the Law on Environmental Protection and the Law on Environmental impact assessment define the procedure for establishment and use of protected areas and nature protection in a broad sense.

Promotion of physical activity in the workplace



Methods are provided on the website of the Institute of Hygiene and are applied by public health programmes in every municipality. They can also be used by enterprises. Recommendations on organizing physical activity promotion at the workplace, a questionnaire on healthy nutrition and physical activity for health promotion at the workplace and individual consultations for workers with obesity and overweight are available.



LITHUANIA

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY

Municipal health bureaus conduct **physical activity programmes at workplaces**. One of the broadest projects for workers is that of the largest Lithuanian city (Vilnius) bureau, where workers are offered 10 classes free of charge, including theoretical consultation and practical workouts, ergonomic working methods, healthy nutrition and eye exercises.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE PHYSICAL ACTIVITY IN OLDER ADULTS



The public health bureaus implement programmes specifically to promote physical activity among older adults. A Ministry of Health order came into force in 2021, which provides clear guidelines and requirements for implementation of interventions in all municipalities.

National awareness-raising campaign on physical activity

The social initiative "Choose life" is one of the largest awareness-raising campaigns on healthy lifestyles. It is supported by the Health Promotion Fund, administered by the Ministry of Health. Physical activity is promoted by Lithuanian role models in various fields, such as athletes, singers and actors.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|------------|-------|------------|--------------|---------------|----------------|--------|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other* |
| | | | | | | |

*Ministry of Health website



SUCCESS STORY

A successful start-up programme, **#Walk15**, is a popular mobile app to inspire people to walk every day. The constantly updated app has dozens of engaging features that allow users to discover and create steps challenges and other features. Currently, the programme has over 120000 users. The general options are free for users through funding from the Sports Support Fund and private entities.



LUXEMBOURG

PHYSICAL ACTIVITY

FACTSHEET 2021

Total population: **0.63 m**

Median age: **39.5 years**

GDP per capita: **81 290 €**

Life expectancy, males: **79.4 years**

Life expectancy, females: **84.2 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

Children (< 5 years)

Children and adolescents (5–17 years)

Adults (18–64 years)

Older adults (≥ 65 years)

Frail and very elderly adults (≥ 85 years)

Pregnant women

Breastfeeding women

People with disabilities

People with chronic diseases

The recommendations are based on WHO recommendations (2010), WHO physical activity, sedentary behaviour and sleep recommendations for children under 5 years old (2019) and WHO guidelines on physical activity and sedentary behaviour (2020) and were implemented in 2021.

SUCCESS STORY

In early 2021, the Ministry of Sport published a manual on the importance of appropriate stimulation and development of motor skills and their role in the process of physical growth as well as mental and social development of children from 0 to 12 years of age. The "**Handbuch zur Bewegungsförderung bei Kindern von 0-12 Jahren**" can be downloaded free of charge from www.sports.lu, and consulted by accessing the mobile application LTAD – Lëtzebuerg leeft Sport (APP – LTAD) (Long-Term Athlete Development – Luxembourg lives Sport).





LUXEMBOURG

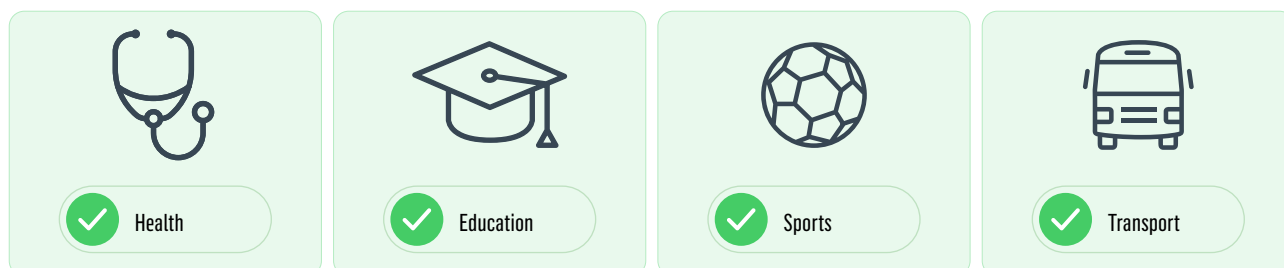
PHYSICAL ACTIVITY

FACTSHEET 2021

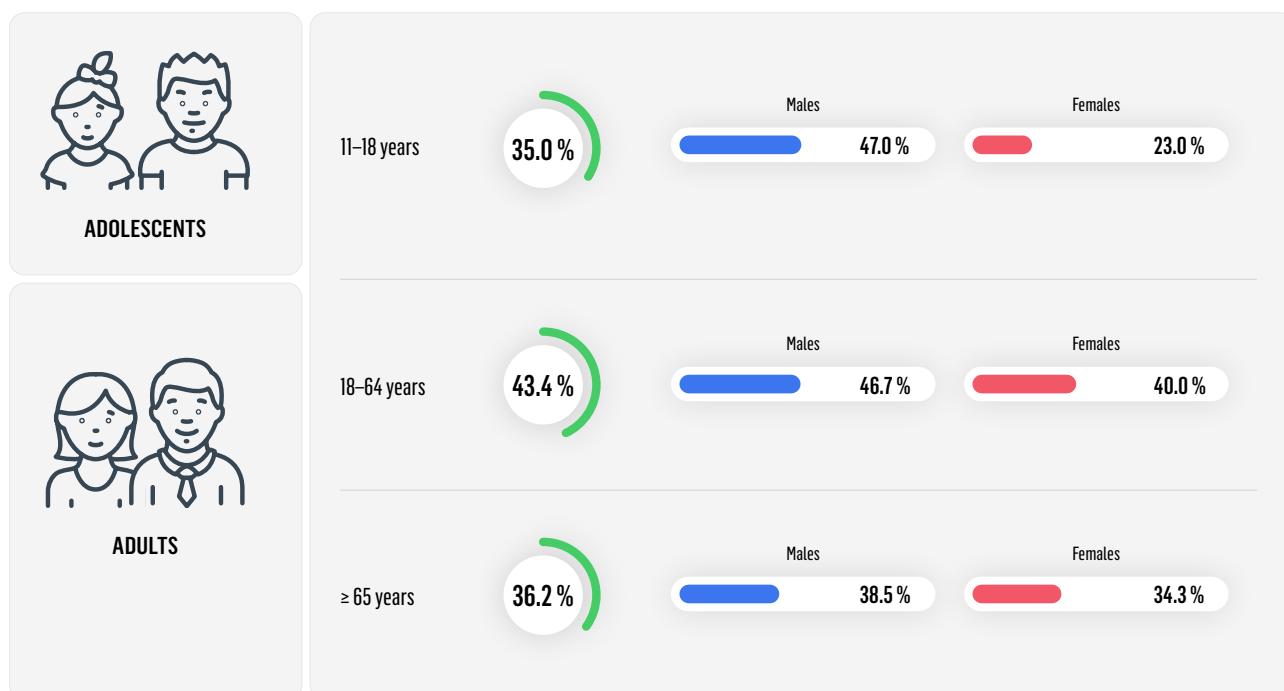


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children and adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017–2018, and data for adults and older adults were collected in the European Health Interview Survey in 2019. Statistical data collected from the European Survey is used as a reference and orientation tool in the context of the prevalence of physical activity and sport within the population of Luxembourg. Additionally, the "MOBAK-LUX" project provides feedback on the status and prevalence of basic motor skills of children from kindergarten to grade 5.

National government coordination mechanism and leadership in the promotion of physical activity

The executive committee GIMB was mandated in 2018 by the Government to coordinate the promotion of active and healthy lifestyles as part of the national framework plan "[Gesond iessen, Méi beweegen – GIMB](#)" 2018-2025 (Eat healthy, Move more). Since 2006, the GIMB programme is co-funded by its executive members the Ministry of Health, the Ministry of Sport, the Ministry of Education, Children and Youth, the Ministry of Family Affairs, Integration and the Greater Region, The executive committee which is led by the Ministry of Health, can be enlarged through other members, experts and thematic working groups from the public and private sector across the fields of education, sports, health, family, trade, agriculture, urban planning, transport, and environment.

► <https://gimb.public.lu/fr/programme-gimb/comite-executif.html>



LUXEMBOURG

PHYSICAL ACTIVITY

FACTSHEET 2021

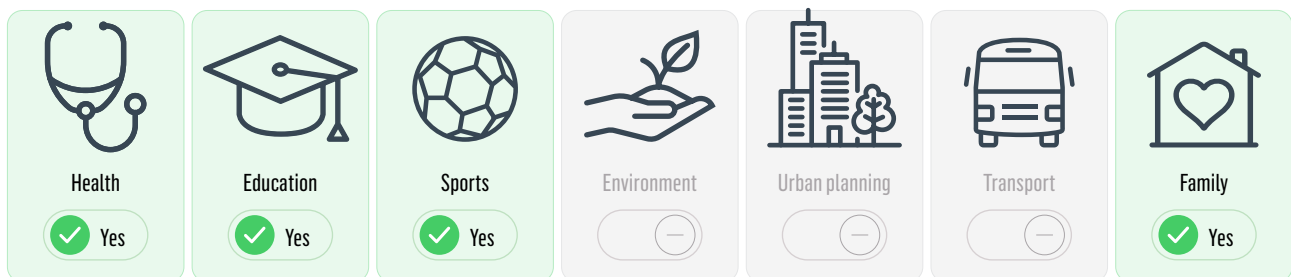


SUCCESS STORY

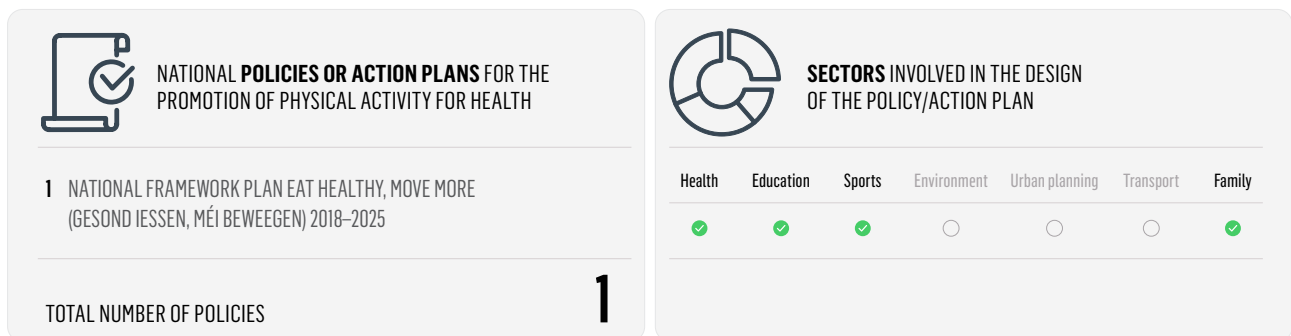
National GIMB Day, launched in 2006, has evolved into a traditional event on the leitmotif “expand thinking by networking”: encouraging knowledge and best practice exchanges for an adequate healthy lifestyles in every setting. As a national information and exchange platform, National GIMB Day brings together decision-makers, actors in the field and other interested parties on a specific theme each year related to the objectives of the national GIMB programme. Its thematic orientation and organizational development are led by the executive committee GIMB.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



POPULATION GROUPS TARGETED BY EACH POLICY



POLICY HIGHLIGHTS

1 National Framework Plan Eat healthy, Move more (Gesond iessen, Méi beweegen) 2018–2025. The Plan is supported (since 2006) by the ministries of Health, Sports, National Education and Children and Youth, Family and Integration. The aim of this inter-ministerial strategy is to promote balanced diet and adapted physical activity and to reduce the problems of obesity and sedentary lifestyles throughout the population, which includes adults, elderly and vulnerable individuals. It is based on four guiding principles: 1. Access for all. 2. Acting together. 3. Empowerment. 4. Sustainability. Emphasis is placed on strengthening governance, multisectoral collaboration and networking creating awareness of the policy at national level and international collaboration. In addition to the traditional NATIONAL GIMB DAY and GIMB LABEL awards, the plan runs since 2019/2020 its own digital platform, releases an annual activity report and a periodical newsletters and active communication through social media. The plan includes an evaluation system consisting of quantitative and qualitative indicators of the progress of the strategy.

<https://gimb.public.lu/fr.html>
<https://gimb.public.lu/fr/activites-labelisees.html>
<https://gimb.public.lu/fr/programme-gimb/journees-gimb.html>
<https://gimb.public.lu/fr/publications/2021/rapportactivite2020.html>

LUXEMBOURG

PHYSICAL ACTIVITY FACTSHEET 2021



Sports clubs for health

The guidelines for Sports Clubs for health have not been officially promoted in Luxembourg. However, in 2021, the concept **LTAD – Lëtzebuerg leeft Sport (LTAD – LLS)** (Long-Term Athlete Development – Luxembourg lives Sport) was launched by the Ministry of Sport in collaboration with the **Ecole Nationale de l'Education Physique et des Sports (ENEPS)** and the Luxembourg Olympic and Sports Committee (COSL) to constantly increase the development of a qualitative and varied offer of physical and sporting activities for all during lifetime, focusing on Good People, Good Programs and Good Places as well as on their interactions and interdependencies to build up active and healthy lifestyles.

Sport federations are supported to develop their sport-specific concept on long term development, and partnerships are enhanced on local and inter-ministerial levels to promote a large-scale and coherent implementation of the concept.

LTAD-LLS principles are included in the curricula of **coach education programmes of the ENEPS** involving coaches of various sports disciplines, strength and conditioning coaches, motor skills coaches, sport coaches specialized in "fitness", "outdoor", "sport and handicap", "active for life". The **App LTAD – LLS** allows and supports networking and knowledge exchange in the fields of sports and physical activity. Specific teaching material for coaches are developed, e.g. factsheets published in July 2021 on sports coaching for children.

Increasing access to exercise facilities for socially disadvantaged groups

The "GIMB label" is annually awarded by the executive committee "Gesond iessen, Méi beweegen-GIMB" (Eat healthy, Move more) to initiatives carried out in accordance with the principles and objectives of the national framework plan GIMB - Eat healthy, Move more 2018-2025. The DIPASPA project (Dispositif itinérant de la promotion d'attitudes saines sur le plan physique et alimentaire), as described below, is a GIMB labelled project acting more particularly to the benefit of socially disadvantaged groups since 2020.



SUCCESS STORY

DIPASPA is a mobile device for the promotion of healthy physical and nutritional behavior developed to respond to the needs identified by Caritas Luxembourg among refugees and asylum seekers. The programme is accessible to any refugee and asylum seeker registered in specific homes. In addition to nutritional advice and food supply organization, collective fitness activities such as football, swimming, cycling and running are offered free of charge to the target group to enhance health and well-being and to strengthen resilience.

Counselling on physical activity and exercise prescription

So far, physical activity counselling and exercise prescription by health professionals are not yet regulated nor promoted in Luxembourg. In 2019/2020, the representatives of the Luxembourg Federation of Health Sport Associations (FLASS) have started discussions with policy makers to better refer patients with chronic diseases to associations which provide physical activities adapted to their state of health (i.e. the approach of physical activity on medical prescription). Discussions have also been initiated around the "Maisons Sport Santé", a concept launched in France in 2020.

As far as the general medicine students at the University of Luxembourg are concerned, the Luxembourg Federation of Health Sport Associations (FLASS) provided in 2018 and 2019 a 20 minute course presenting the benefits of physical activity for health. In 2019, the Luxembourgish Association for Continued Medical Training (ALFORMEC) and the FLASS offered an advanced half-day training program about PA for medical doctors working in Luxembourg. In addition, the Luxembourg Institute of Research in Orthopedics, Sports Medicine and Science (LIROMS) provides annual conferences in medicine, physiotherapy and sports science.

LUXEMBOURG

PHYSICAL ACTIVITY


FACTSHEET 2021



HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals |
|---------------|--------------------------|---|---|------------------------------|--------------------------|-------------------------------|
| | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Undergraduate | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> | <input checked="" type="checkbox"/> Mandatory | <input type="checkbox"/> Optional | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Physical education in schools

PRIMARY SCHOOLS:  HOURS PER WEEK **3** Mandatory

SECONDARY SCHOOLS:  HOURS PER WEEK **2** Mandatory

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

During breaks
 During lessons
 After school
 Travel to and from school

The Department of Coordination of Research and Pedagogical and Technological Innovation (SCRIPT) has developed a "Bewegungsbox Fit a Monter" (toolbox for movement "Fit and Lively") which encompasses three projects "Clever move", "Bicycool", and "MOBAK" each of which promote motor skill development in children up to the age of 12.

"Clever move" offers 100 activities to teachers to enrich their lessons and the school day with physical activities. These include learning combined with physical activity, short activity breaks to interrupt long periods of sitting and outdoor physical activities in the schoolyard. The Team Clevermove sends engaged teachers a monthly newsletter with new and supplementary ideas, such as for example an advent calendar before Christmas with an extra activity every day.

The "Bicycool" is a mobile teaching project which aims to develop and strengthen bike skills among pupils. Schools can book the Bicycool Team equipped with bikes and teaching materials to build outdoor courses in the schoolyard. Bicycool provides teachers and pupils with knowledge on how to ride safely, take care of and mend a bike, including security measures such as how to dress while bike riding. Empowered with the necessary abilities, children are more likely to adopt biking in everyday life and to make their way to and from school by bike in the future.

The "MOBAK" project evaluates the physical and motor skill development of schoolchildren during gym class. Teachers are made aware of the physical development stages of their pupils and can adapt their curriculum accordingly. This ensures that young children receive appropriate physical education according to their current stage of development.

Within the toolbox for movement "Fit and Lively" are thus compiled support and remediation measures related to motor skills levels as well as exercises to help develop motor skills in children up to the age of 12. The toolbox for movement will be available to all teaching and educational staff for the school year 2021–2022.

The LASEP - League of Sports Associations in Fundamental School offers regular after-school training by qualified staff in 76 local structures (associations sportives). It encompasses a wide range of possibilities for movement, physical activity and active play. Boys and girls, aged 3–12 years, can participate in various disciplines and organized sports during the school year. The League encourages children to become active in sports clubs. Students in high school can participate in the LASEL - League of Luxembourg Student Sports Associations, a similar programme for physical activity and sports, adapted to their age.



LUXEMBOURG

PHYSICAL ACTIVITY

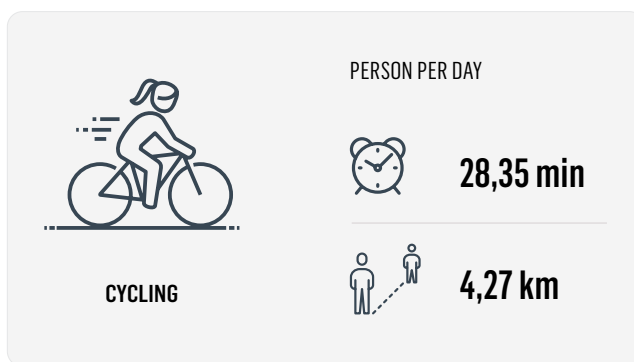
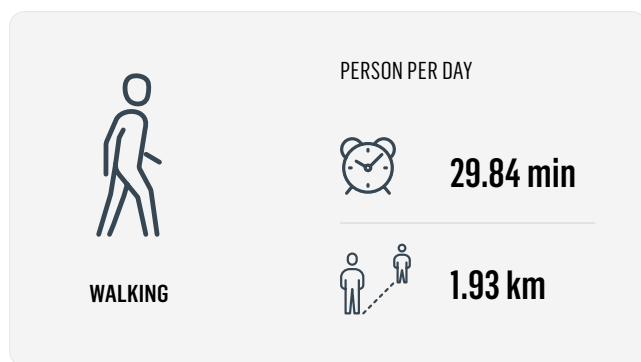
FACTSHEET 2021



National travel survey

The Luxmobil 2017 project was a national travel survey conducted among residents and cross-border workers in 2017. The estimated modal split showed that 12% of all journeys were made by walking and 2% by cycling, while 17% of journeys were made by public transport and the remaining 69% by private motorized transport. Since March 2020, public transport has been free of charge throughout the country.

► <https://transports.public.lu/fr/publications/strategie/modu-2-brochure-fr.html>



SUCCESS STORY



Vélosommer (Bicycle Summer) is a cooperative initiative between the Ministry of Mobility and Public Works, the General Directorate of Tourism and several municipalities. Certain roads were closed to motorized vehicles in the summer of 2020, and six routes were signposted, creating 550 km of additional cycle routes for 30 days. Cameras and road sensors were used to estimate that 40 000 cyclists took part in this "soft mobility-promoting" initiative. As a result of the successful 2020 edition, the number of collaborating municipalities tripled and the number of routes on offer doubled, so that over 600 km of cycling opportunities in Luxembourg were provided in 2021. Bicycle summer 2021 is expected to have encouraged more participants and cycling perspectives for the next edition 2022.

Infrastructure for leisure-time physical activity

Sports and physical leisure-time infrastructural concept are developed by autonomous local and regional structures according to community needs and financial resources. The national sports infrastructure is co-financed by the Ministry of Sport for a 5-year sports equipment programme. The Ministry emphasizes regional distribution of sports facilities and easy access for various target groups. With the increase of national cycle paths throughout the country, the ministries of both Mobility and Public Works as well as Economy (General Directorate for Tourism) are promoting and supporting a large public utility infrastructure, with the triple impact of active mobility that requires physical activity, neutral ecological footprint and nature aspects and reinforced the attractiveness of the country through active cycling tourism.


LUXEMBOURG

PHYSICAL ACTIVITY

FACTSHEET 2021




Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

Yes




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

Yes

The [National Institute for Sustainable Development and Corporate Social Responsibility \(INDR\)](#) guides national companies in adopting a social responsibility strategy that includes technical and human aspects (certification and labelling). The human aspects include issues such as healthy lifestyles, physical and mental well-being and work–life balance. The Institute is supported by the Ministry of Economy, the Chamber of Commerce, the Chamber of Crafts and employers' federations (fédérations patronales).

The Ministry of Mobility and Public Works launched the awareness-raising campaign "[Mam Vëlo op d'Schaff oder an d'Schoul](#)" ([Bike to work or school](#)), which takes place annually since 2008. It aims to encourage employees and students to cycle to their place of work or study (e.g. school, college or university). The initiative focuses on participation rather than performance to reduce individual car use in favour of cycling and multi-modal travel. During the event, between 15 May and 31 July 2021, 2 492 participants (including 996 teams) travelled a total of 769 327 km and saved 171.4 kg of CO₂.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

Yes

Although there are several structures and initiatives in various communities to meet the needs of older adults, promotion of physical activity is not mandated nationally. The Ministry of Family Affairs, Integration and the Greater Region in partnership with the association "[GERO-Kompetenzzentrum fir den Alter](#)" (Gerontological Competence Center) provide guidance to [21 senior clubs](#) throughout the country, which accommodate adults over the age of 50 with a social setting and various activities.

This is under the national framework plan "[Gesond iessen, Méi Beweegen – GIMB](#)", the Ministry of Family Affairs, Integration and the Greater Region, promotes a balanced, healthy diet and regular, adapted physical activity as a criterion for the quality of the general action of senior clubs for 2019–2021. Therewith each of the 21 senior clubs is encouraged to organize a variety of GIMB activities, culminating in an annual awareness-raising week dedicated to Eat healthy, Move more.

The guide "[Préparation à la retraite](#)" (guide for retirement preparation/planning) has been published in 2019 by the Ministry of Family Affairs, Integration and the Greater Region targeting people who are about to retire or have already retired from working life. The "[GERO – Kompetenzzentrum fir den Alter](#)" (Gerontological Competence Center) started offering training courses in July 2021 for "coach de retraite bénévoles" (volunteer retirement coach) as a follow up initiative to the guide for retirement preparation/planning. Both the manual and the training aim to support, accompany and guide people through the challenges and opportunities of retirement considered as a new phase of life. Active and healthy aging issues are, among many others, part of the senior specific advisory panel set out in the guide and integrated in mutual exchange sessions such as conferences, presentations and individual interviews to be led by the volunteer retirement coach.



LUXEMBOURG

PHYSICAL ACTIVITY

FACTSHEET 2021



National awareness-raising campaign on physical activity

Since 2015, Luxembourg has participated in the European Week of Sport [#BeActive](#) under the supervision and coordination of the Ministry of Sport. In the [#BeActive](#) national campaign, awareness-raising and animation for physical activity and sports programmes are organized every year between 23 and 30 September in collaboration with national and local authorities and partners in the sports movement. Accordingly, the [#BeActive](#) – not only for the week, but all year long! campaign and the GIMB activity programme converge to promote regular, adapted physical activity by the entire population and to offer each individual the most favourable choices for health and well-being. Both [#BeActive](#) and GIM encourage a healthy, active lifestyle by taking advantage of the range of opportunities available at national, regional and local levels beyond the week of 23–30 September, such as evidenced by the following implemented projects and recurrent large-scale events: e.g [AKTIVDOHEEM.LU](#) a physical activity and fitness platform; [BEACTIVE.LU](#) – a leisure sports calendar; [NUIT DU SPORT](#) – annual Sports night; [COSL SPILLFEST](#) - annual sports for fun day for the whole family.



SUCCESS STORY

In September 2020, the digital leisure sports calendar "[Calendrier du sport-loisir](#)" was launched by the Ministry of Sport. The calendar collects data on physical and sporting activities within the range of non-commercial leisure sport such as supplied by municipalities, approved sports federations and affiliated sports clubs, as well as by any other non-profit physical activity and sport provider fulfilling the registration and validation criteria. The digital calendar emphasizes the easy access to information enhancing peoples' motivation to practice activities according to their needs and expectations.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|---|-----------------------------|---|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other* |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input checked="" type="checkbox"/> Yes |

*Website:
[beactive.lu](#), [sports.lu](#)



MALTA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 0.52 m

Median age: 39.8 years

GDP per capita: 19 840 €

Life expectancy, males: 80.8 years

Life expectancy, females: 84.6 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

Malta is developing national recommendation on physical activity.
All the country's policies, including physical activity, follow WHO guidelines.



SUCCESS STORY

In a new initiative to involve the public in walking or running to improve physical and mental health, participants will track the miles they have covered on a free application, which will generate funds for youngsters in need.

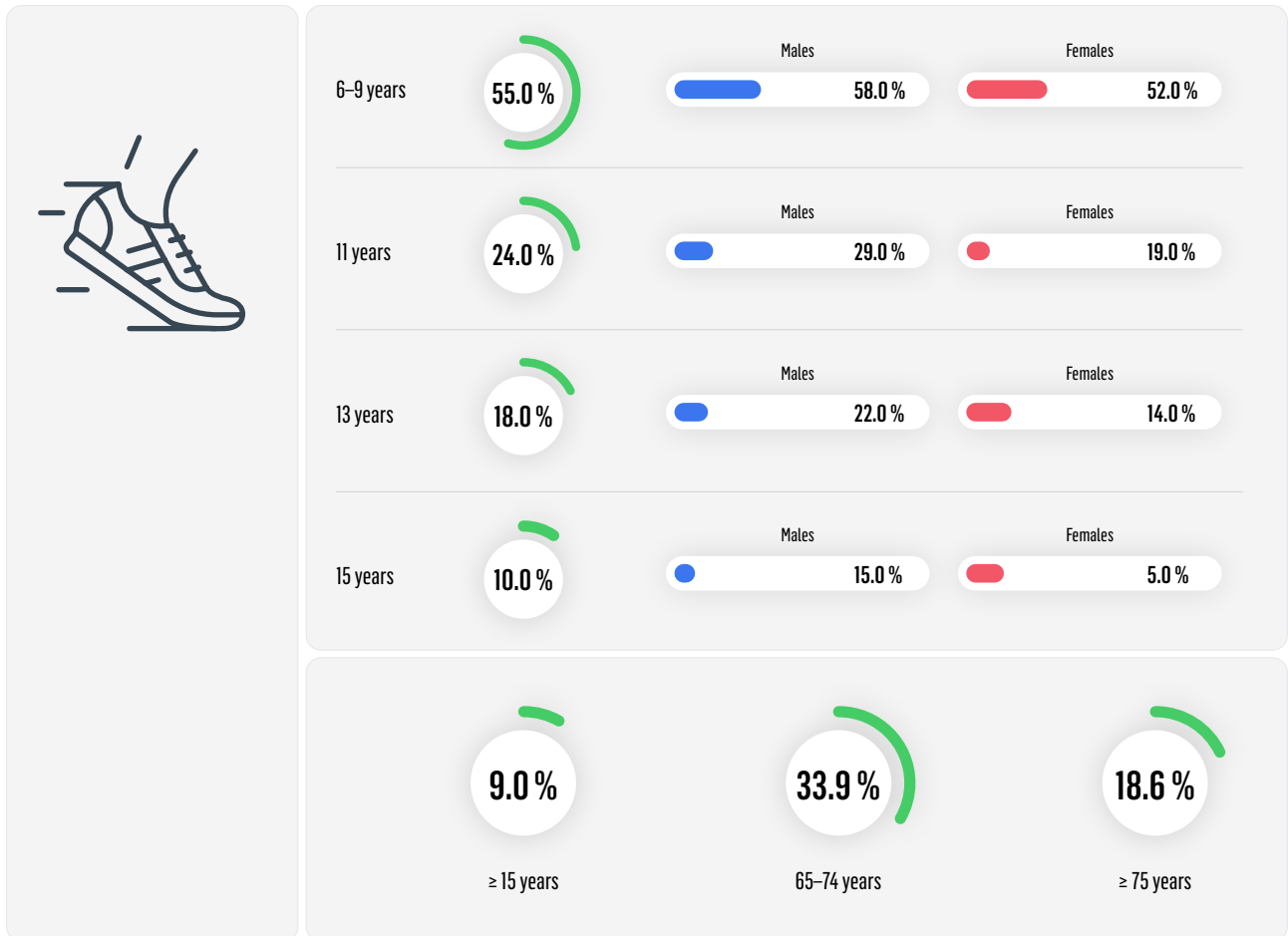
▶ <https://timesofmalta.com/articles/view/an-app-makes-going-for-a-walk-good-for-other-peoples-health-not-just.873718>



MALTA

PHYSICAL ACTIVITY FACTSHEET 2021

Estimated prevalence of sufficient physical activity levels

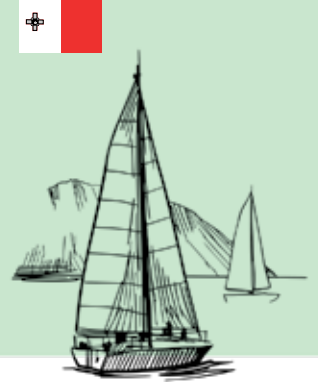


Levels of physical activity among children were assessed in the [WHO European Childhood Obesity Surveillance Initiative](#) in 2015–2017, those of adolescents in the [Health Behaviour of School-aged Children survey](#) in 2017–2018, those of adults in the [European Health Interview Survey](#) in 2014–2015 and those of older adults in the [Special Eurobarometer 472](#) in 2017.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH





MALTA

PHYSICAL ACTIVITY FACTSHEET 2021

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 WHOLE-SCHOOL APPROACH TO A HEALTHY LIFESTYLE:
HEALTHY EATING AND PHYSICAL ACTIVITY POLICY
- 2 A HEALTHY WEIGHT FOR LIFE: A NATIONAL STRATEGY FOR MALTA
- 3 AIMING HIGHER: AN OVERVIEW OF THE NATIONAL STRATEGY FOR SPORT AND PHYSICAL ACTIVITY IN MALTA

TOTAL NUMBER OF POLICIES

3



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 |
|----------------|---|---|---|
| Health | ✓ | ✓ | ✓ |
| Education | ✓ | ○ | ✓ |
| Sports | ○ | ○ | ✓ |
| Environment | ○ | ○ | ✓ |
| Urban planning | ○ | ○ | ✓ |
| Transport | ○ | ○ | ✓ |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | | 1 | 2 | 3 |
|---------------------------------|---|---|---|---------------------------|---|---|---|
| General population | ✓ | ✓ | ✓ | Pregnant women | ○ | ✓ | ○ |
| Children < 5 | ✓ | ✓ | ✓ | Breastfeeding women | ○ | ✓ | ○ |
| Children and adolescents (5–17) | ✓ | ✓ | ✓ | Low socio-economic groups | ✓ | ✓ | ✓ |
| Adults | ○ | ✓ | ✓ | Ethnic minorities | ✓ | ✓ | ✓ |
| Older adults (≥ 65) | ○ | ✓ | ✓ | Deprived of liberty | ○ | ○ | ○ |
| Frail/elderly (≥ 85) | ○ | ✓ | ○ | Migrants | ✓ | ✓ | ✓ |
| People with disabilities | ✓ | ✓ | ✓ | Unemployed people | ○ | ✓ | ○ |
| People with chronic diseases | ✓ | ○ | ✓ | | | | |

POLICY HIGHLIGHTS

1 Whole-school approach to a healthy lifestyle: Healthy eating and physical activity policy. The aim is to promote physical activity among families and the whole community by supporting and providing environments that provide incentives for healthy behaviour to contribute to reducing obesity and noncommunicable diseases and enhancing overall well-being. The holistic approach enables school environments to help the school community to adopt healthier patterns of living by encouraging physical activity, promoting healthy foods and limiting the availability of products high in salt, sugar and fats. School curricula are required to promote physical activity and health literacy to encourage students to choose a healthy lifestyle from an early age and to make informed choices about their lifestyles throughout the life-course.

2 A healthy weight for life: A national strategy for Malta. The aim of the strategy is to reduce the number of overweight and obese children and adults in the population to reduce the health, social and economic consequences of obesity and noncommunicable diseases. One action is organization of regular, accessible physical activity programmes and walking schemes for people of all ages and settings but especially for adults with a body mass index > 25 kg/m². Another is to work with stakeholders to encourage active transport action, e.g., walking bus, cycling to work, by improving national infrastructure to provide better walkways, parks, more pedestrian areas and to use spaces for physical activity creatively across the country.

3 Aiming higher: An overview of the national strategy for sport and physical activity in Malta. The aim is to change the current culture of physical activity among children and adults through a national educational campaign to promote physical activity and sports from pre-school to tertiary institutions and provide access to many regional sport hubs. Financing will be provided as an incentive to promote physical activity and sports by sports federations and associations and to strengthen local sports bodies through local and national collaboration and partnerships.



MALTA



PHYSICAL ACTIVITY FACTSHEET 2021

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dietitians | Psychologists | Other health professionals* |
|---------------|--------------------------|---|---|---|--------------------------|---|
| | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> | <input type="checkbox"/> Mandatory | <input type="checkbox"/> Optional | <input type="checkbox"/> Mandatory | <input type="checkbox"/> | <input type="checkbox"/> Mandatory |

*Occupational therapists

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | | SECONDARY SCHOOLS: | HOURS PER WEEK | |
|---|----------------|--|--|----------------|-------------|
|  | 1.5 | |  | 2.25 | 5.25 |
| | Mandatory | | | Mandatory | Optional |

Physical activity and health is a mandatory subject in the undergraduate and postgraduate curriculum of physical education teachers in Malta. A quality assurance department is part of the Directorate for Quality and Standards in Education within the Ministry for Education and Employment. As per the Education Act of 2006, it is responsible for external inspections in all pre-compulsory (0–5 years) and compulsory (5–16 years) educational institutions in the State, church and independent sectors to ensure the quality of physical education classes.

▶ <https://education.gov.mt/en/Documents/Sport%20Programme.pdf> ▶ <https://education.gov.mt/en/qad/Pages/default.aspx>

SUCCESS STORY



The framework for physical education and sports learning outcomes establishes what students are expected to know, understand and be able to do after physical education and sports learning. The framework emphasizes the importance and benefits of physical activity, including general awareness, its impact on the quality of life and lifelong engagement.

▶ <https://www.schoolslearningoutcomes.edu.mt/files/documents/PESports.144888341072.pdf>



MALTA

PHYSICAL ACTIVITY FACTSHEET 2021

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS


| | | | |
|--|---|--|--|
| <input type="checkbox"/> During breaks | <input type="checkbox"/> During lessons | <input checked="" type="checkbox"/> After school | <input type="checkbox"/> Travel to and from school |
|--|---|--|--|

The “**On the move programme**” offers sports and physical activity sessions for all age groups to enjoy sports throughout Malta and Gozo. Children as young as 4 years can become physically literate and participate in sports and physical activities. The programme is offered in schools, sports clubs and SportMalta’s sports complexes. Summer and winter programmes are available, which attract over 7000 participants each year.

National travel survey

The Transport Authority and Infrastructure Malta is the State entity.

Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE
PHYSICAL ACTIVITY AT THE WORKPLACE

Yes


A nongovernmental organization, [Rota](#), promotes physical activity in the workplace across the country. The “[A healthy weight for life: A national strategy for Malta](#)” also mentions this area for intervention.



SUCCESS STORY

SportMalta won the 2019 #BeActive Workplace award during a ceremony held in the Hungarian capital, Budapest. The award was presented by the European Commissioner for Education, Sport and Culture, Tibor Navrascics. The Maltese project targeted lack of physical activity at the workplace, with a concrete plan to make workers more active. In addition to the practice of various sports during working hours, SportMalta has developed initiatives to facilitate a more active, healthy lifestyle.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR
COMMUNITY-BASED INTERVENTIONS TO PROMOTE
PHYSICAL ACTIVITY IN OLDER ADULTS

Yes

A programme named AdultSports (SportsAdultz) will be launched in August 2021 by the Active Ageing and Community Care department, with up to three weekly sessions for older adults in six sports: walking football, martial arts, badminton, chair volleyball, doubles tennis and walking cricket.



MALTA

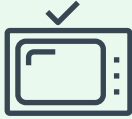






PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity

SportMalta participates in the #BeActive Campaign of the European Commission, which includes the European Week of Sport.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |



SUCCESS STORY

Every year, **SportMalta** participates in organizing the President's Solidarity Fun Run, in aid of the Malta Community Chest Fund. Thousands of participants of various ages walk or run along four routes, departing from Rabat for 11.3 km, Paola for 5.35 km, the University of Malta for 4.69 km and St Venera for 4.49 km.



NETHERLANDS

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 17.48 m

Median age: 42.7 years

GDP per capita: 40 160 €

Life expectancy, males: 79.8 years

Life expectancy, females: 83.1 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED



Children (< 5 years)



Frail and very elderly adults (\geq 85 years)



Children and adolescents (5–17 years)



Pregnant and breastfeeding women



Adults (18–64 years)



People with disabilities



Older adults (\geq 65 years)



People with chronic diseases

The recommendations are based on a review of the literature performed by the [Dutch Health Council](#) and the reports used for the [Australian physical activity guidelines](#). They were implemented in 2017.

SUCCESS STORY

After adoption of the physical activity guidelines in 2017, a target was set in the national prevention agreement for 75% of the Dutch population to adhere to physical activity guidelines by 2040, from 47% in 2017. The Knowledge Centre for Sport and Physical Activity has developed **promotional material (de beweegcirkel)** to be used by professionals to assist people in becoming physically active.



www.government.nl/topics/overweight-and-obesity/documents/reports/2019/06/30/the-national-prevention-agreement



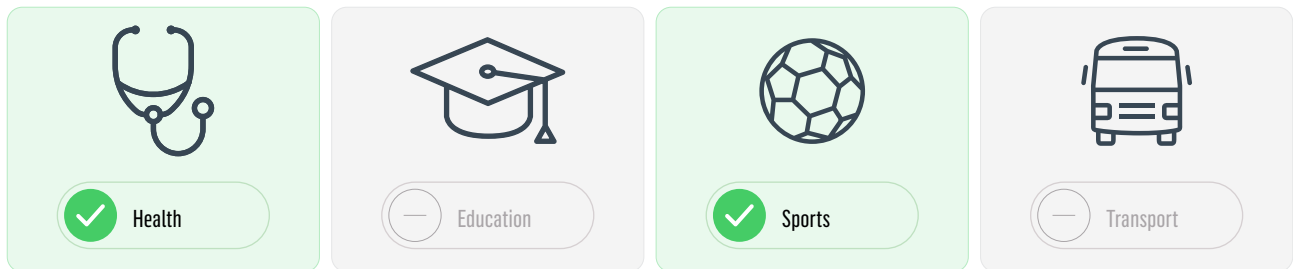
NETHERLANDS

PHYSICAL ACTIVITY

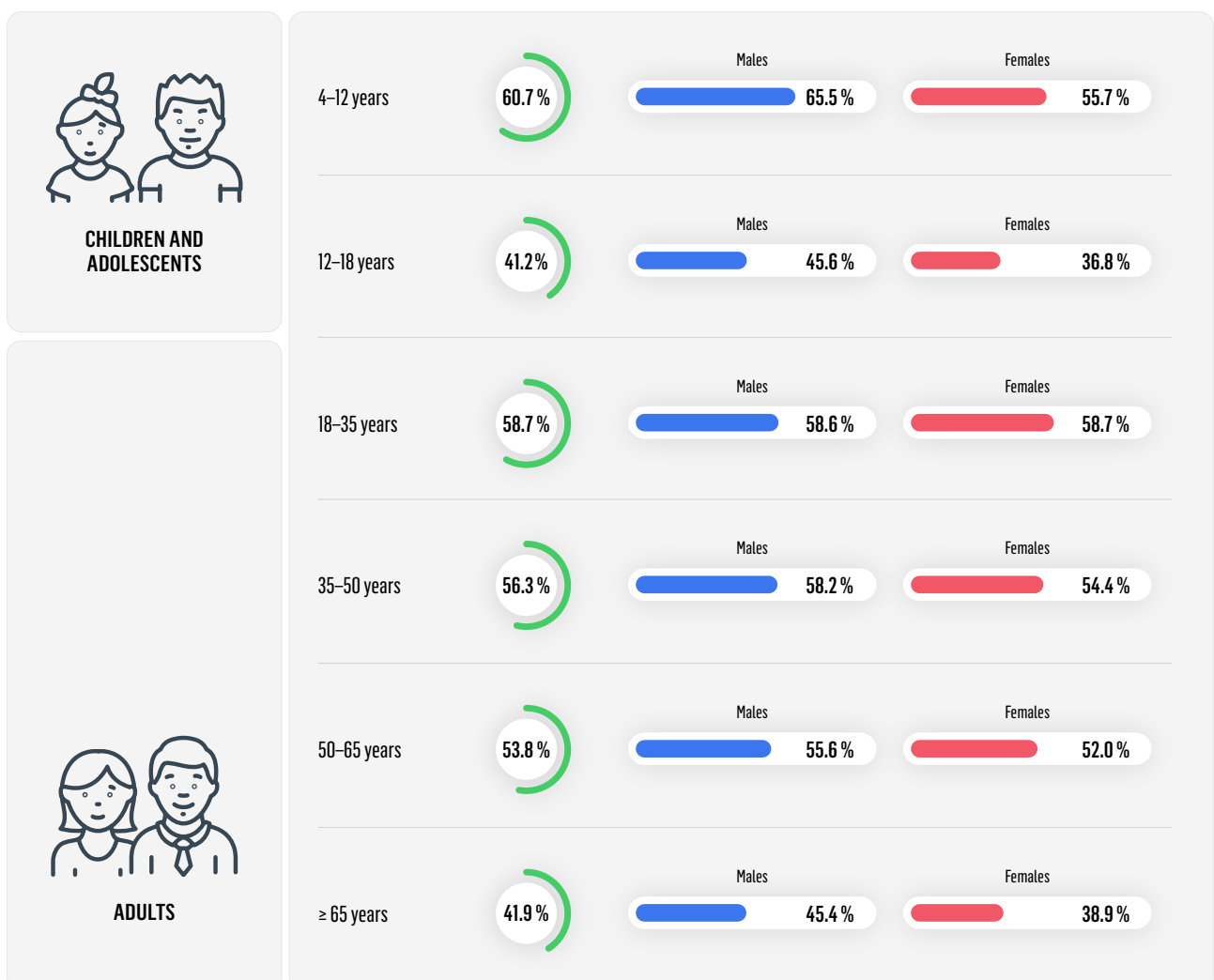
FACTSHEET 2021

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity for all age groups were assessed in the [National Health Interview Survey and Lifestyle Monitor](#) in 2020.

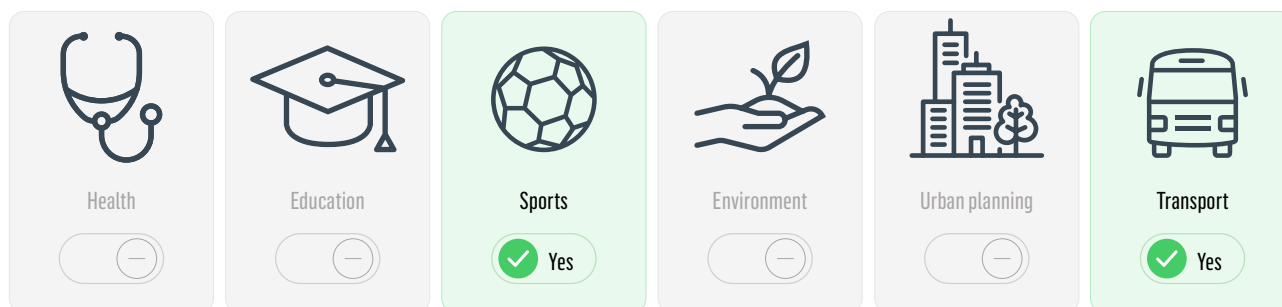


NETHERLANDS

PHYSICAL ACTIVITY FACTSHEET 2021

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 PREVENTING SPORTS INJURIES (BLESSUREPREVENTIE)
- 2 NATIONAL SPORTS AGREEMENT (NATIONAAL SPORTAKKOORD)
- 3 NATIONAL PREVENTION AGREEMENT (NATIONAAL PREVENTIEAKKOORD)
- 4 TOUR DE FORCE BIKE AGENDA (SCHAALSPRONG FIETS)

TOTAL NUMBER OF POLICIES

4



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 |
|----------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Health | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Education | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sports | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Environment | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Urban planning | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Transport | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 |
|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| General population | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Children < 5 | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Children and adolescents (5-17) | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Adults | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Older adults (>= 65) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Frail/elderly (>= 85) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| People with disabilities | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| People with chronic diseases | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pregnant women | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Breastfeeding women | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Low socio-economic groups | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ethnic minorities | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Deprived of liberty | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Migrants | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Unemployed people | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



NETHERLANDS

PHYSICAL ACTIVITY

FACTSHEET 2021

POLICY HIGHLIGHTS

2 National Sports Agreement (Nationaal Sportakkoord). The aim is for every Dutch person to enjoy sports and exercise during their lifetime regardless of age, physical or mental health, ethnic background, sexual orientation or social background. Although most Dutch people comply with physical activity guidelines, the levels of people with disabilities, low-socioeconomic status and immigrants and refugees remain low. Thus, the agreement promotes inclusive sports and exercise, both participation in and representation on sports boards, trainers and volunteers. The aim is to be reached in collaboration with national, regional and local governments, the business community and civil society organizations.

3 National Prevention Agreement (Nationaal Preventieakkoord). The Agreement, under the Ministry of Health, Welfare and Sport, seeks to reduce tobacco use, obesity and alcohol consumption. Municipalities are encouraged to use an integrated local approach to implement intensive policy in these areas. It promotes a healthy physical living environment by investing in bicycle incentive programmes and bicycle infrastructure. A long-term objective is to increase the number of people who meet physical activity guidelines through the Exercise Wheel Circle, which is a scheme like the Wheel of Five, which encourages healthy diets. It will target health-care and school settings and promote healthy sports sponsorships and healthy sports events. By 2020, at least 35 municipalities had implemented a comprehensive approach to obesity in children.

4 Tour de Force Bike agenda (Schaalsprong Fiets). This partnership involves governments, businesses, social organizations and knowledge institutions that are committed to boost, motivate and inspire the population to cycle regularly. It seeks to increase engagement in sports and recreation, create more spaces for cycling, support municipalities in modernizing bicycle parking standards and show that cycling is attractive, safe and beneficial for individual well-being and the environment. Every year, a quantitative analysis of cycling infrastructure and bicycle use is published in a report.



SUCCESS STORY

The **National Sports Agreement** funds municipalities to hire a professional sports trainer to organize and facilitate discussions about implementation of local or regional sports agreements. Once a municipality concludes its local or regional agreement, a grant can be requested for its implementation. The budget depends on the number of inhabitants. In 2020, the total number of municipalities in the Netherlands was 355. So 346 out of the 355 were in the process of or already had developed a sports agreement.

Sports clubs for health

The Netherlands promotes health promotion under the National Prevention Agreement, which aims to provide healthy sport environments including healthy foods by the year 2025 across 50% of the sports clubs with their own canteen.

Counselling on physical activity and exercise prescription

Since 2019, a combined lifestyle intervention is included in basic health insurance in the Netherlands. It includes exercise on prescription for patients who have a body mass index > 25 kg/m² and another risk factor (e.g., risk factors for cardiovascular disease, type-2 diabetes) or a body mass index ≥ 30 kg/m². General practitioners and specialists in primary health care refer patients to the combined lifestyle intervention, which is provided by either lifestyle coaches, dieticians, physiotherapists or exercise therapists. The intervention involves 30% of neighbourhood sport connectors and employees of local organizations who support people in their search for appropriate recreational or sport activities.

▶ <https://www.loketgezondleven.nl/zorgstelsel/gecombineerde-leefstijlinterventie>



SUCCESS STORY

Although physical activity and health are not officially included in the curriculum of health professionals, the Dutch College of General Practitioners and the Royal Dutch Society for Physical Therapy have standard approaches (NHG-standaarden) to medical issues that require physical activity counselling and interventions. The curricula of several health professions include information on these standards.





NETHERLANDS

PHYSICAL ACTIVITY

FACTSHEET 2021

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK |
|---|----------------|
|  | 1.5 |
| | Mandatory |




| SECONDARY SCHOOLS: | HOURS PER WEEK |
|--|----------------|
|  | 2 |
| | Mandatory |




Physical activity and health are offered in the curriculum of physical education teachers as both a mandatory and an optional subject. Being active for health, exercising with minimal risk of injuries and behavioural aspects of exercise are included in many parts of the curriculum.

The [Dutch Inspectorate of Education](#) is responsible for inspecting and reviewing schools and other educational institutions. The latest report was published in 2018 and described in detail characteristics and trends in physical education in primary schools.

National travel survey

The Dutch travel survey On the road in the Netherlands (Onderweg in Nederland) consists of a basic and, if applicable, additional modules. The basic module provides estimates of the daily mobility of the Dutch population. Respondents aged ≥ 6 years are asked to keep a detailed travel diary for 1 day.

| | | |
|---|---|--|
|  | PERSON PER DAY | |
| |  10.9 min | |
| |  0.88 km | |
| WALKING | | |

| | | |
|--|---|--|
|  | PERSON PER DAY | |
| |  16.3 min | |
| |  3.01 km | |
| CYCLING | | |

Infrastructure for leisure-time physical activity

Laws concerning the living environment are combined and modernized in the Environment Act, which achieves a balance between using and protecting the living environment. In addition, part of the National Sports Agreement guides development of sustainable sports infrastructure.



SUCCESS STORY


In 2021 a new **indicator for national monitoring of sport and exercise** was defined to monitor the “friendliness” of the living environment for physical activity. This indicator is based on four sub-indicators: the numbers of public sports accommodations, play areas and recreational space (blue and green zones) and the proximity of services.



NETHERLANDS

PHYSICAL ACTIVITY FACTSHEET 2021


Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

Yes

The **work-related costs scheme** allows employers to provide some benefits, such as travel allowances. Employers may also offer employees the opportunity to take tax-free fitness classes and purchase a bicycle for commuting purposes tax free.




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

Yes

Vital work environment (Vitaal Bedrijf) is an initiative of the Confederation of Netherlands Industry and Employers and SME Netherlands (MKB-Nederland) that guides entrepreneurs towards a vital future, with more effort, more enjoyment, more productivity and more return. The initiative provides an overview of what does and does not work and advice on how to implement actions suitable for different situations.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

Yes

Cycle-on (Doortrappen) is an initiative of the Ministry of Infrastructure and Water Management, which enables older adults to continue cycling safely for as long as possible.

POLAND

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 37.84 m

Median age: 41.3 years

GDP per capita: 12 680 €

Life expectancy, males: 72.6 years

Life expectancy, females: 80.8 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

Children (< 5 years)

Children and adolescents (5–17 years)

Adults (18–64 years)

Older adults (≥ 65 years)

Frail and very elderly adults (≥ 85 years)

Pregnant and breastfeeding women

People with disabilities

People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010) and were implemented in 2018.

POLAND

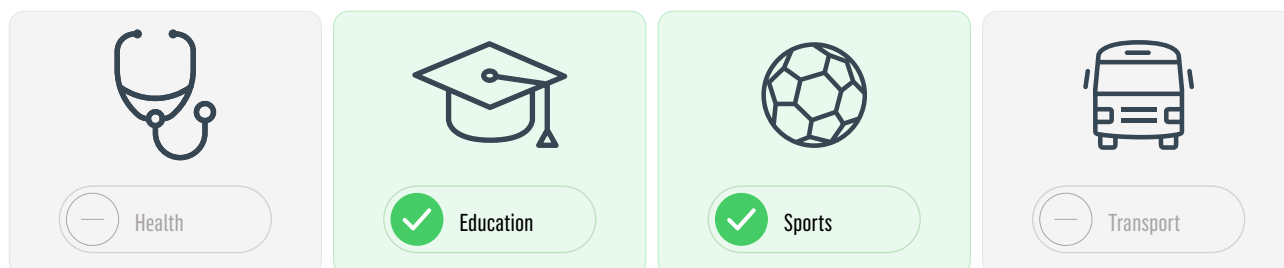
PHYSICAL ACTIVITY

FACTSHEET 2021



Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

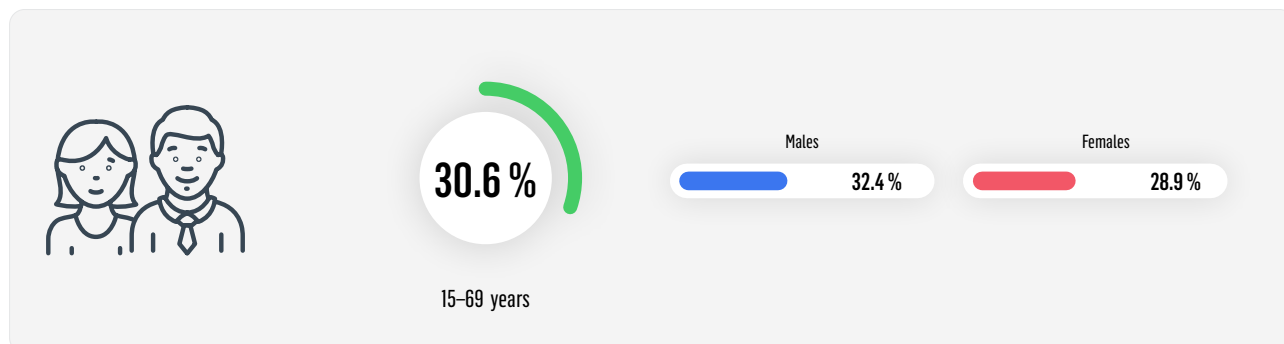
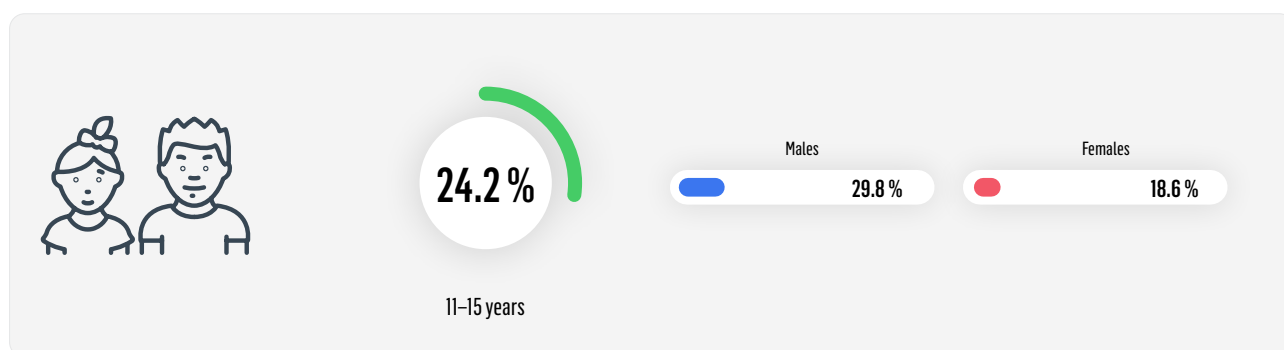


SUCCESS STORY



The **Ministry of Culture, National Heritage and Sport** has conducted many surveys on various aspects of sports, including their social and economic impact, sports for women and sports infrastructure. The results are available on the official website.

Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children and adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2014, and data on physical activity during leisure time for adults and older adults were collected in the national Physical activity of Polish society survey in 2020.

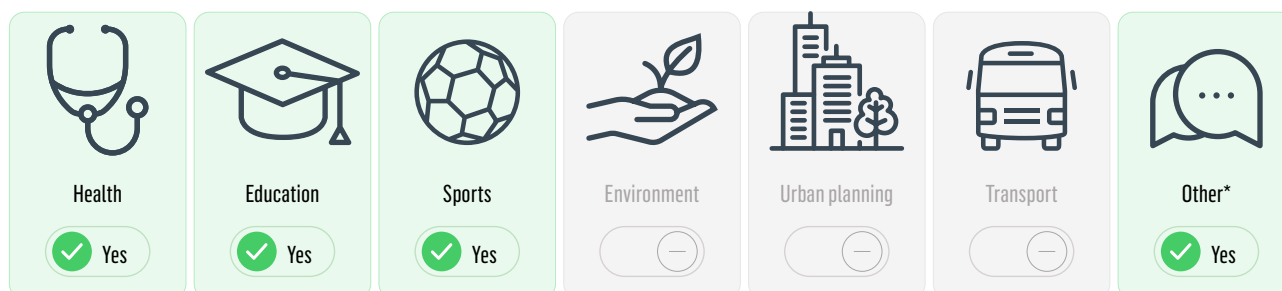
POLAND

PHYSICAL ACTIVITY FACTSHEET 2021



Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



*Social policy for senior

SUCCESS STORY



"8 weeks to health" is a free-of-charge preventive training programme to encourage healthy lifestyle and regular physical activity. It is financed and coordinated by the National Health Fund under the supervision of the Ministry of Health. It has a form of a 2-month on-line training course delivered by trainers, doctors, physiotherapists and psychologists. It includes a comprehensive set of tools and recommendations targeted to various groups as well as the physical activity training videos.

► <https://www.gov.pl/web/kulturaizport/powszechny>

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 STRATEGY FOR THE DEVELOPMENT OF HUMAN CAPITAL
- 2 SPORTS DEVELOPMENT PROGRAMME TO 2020
- 3 NATIONAL HEALTH PROGRAMME 2021–2025

TOTAL NUMBER OF POLICIES

3



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 |
|----------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Health | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Education | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Sports | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Environment | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Urban planning | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Transport | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

POPULATION GROUPS TARGETED BY EACH POLICY



| | 1 | 2 | 3 |
|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| General population | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Children and adolescents (5–17) | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Adults | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



| | | |
|--------------------------|------------------------------|---------------------|
| Children < 5 | People with chronic diseases | Ethnic minorities |
| Older adults (≥ 65) | Pregnant women | Deprived of liberty |
| Frail/elderly (≥ 85) | Breastfeeding women | Migrants |
| People with disabilities | Low socio-economic groups | Unemployed people |

POLAND

PHYSICAL ACTIVITY FACTSHEET 2021



POLICY HIGHLIGHTS

- 1 Strategy for the development of human capital.** The aim is to increase the level of physical activity among children, adolescents and adults by improving access to sports infrastructure where people live, work or study. It seeks to enhance organized and unorganized sports, raise awareness and improve access to physical activity programmes for people at risk of social exclusion. All projects within the strategy are monitored.
- 2 Sports development programme up to 2020.** The aim was to foster regular physical activity and to raise awareness about the importance of physical activity at every life stage. It included plans to improve infrastructure and recreational facilities, increase the availability of sports activities and competitions for children and young people and activities to prevent overweight and obesity. The Ministry of Culture, National Heritage and Sport led the programme between 2015 and 2020, which will be replaced by the new programme in 2021.
- 3 National health programme, 2021–2025.** The aim of the programme is to increase the number of healthy years lived and to reduce the burden of noncommunicable diseases by reducing the main risk factors (tobacco and alcohol use, unhealthy diets and inadequate physical activity) and inequality in health. The operational objectives include prevention and management of overweight, obesity and poor mental health. It will be monitored through indicators of the participation of people by age and gender in physical activity programmes.

Sports clubs for health

Poland developed a governmental programme for sport clubs called “Klub” to promote the HEPA guidelines among children and youth. Grants are provided to small and medium sports clubs organizing sport activities for children and youth. The support goes for the coaches' salaries, sports equipment and sports camps. The 4872 clubs received grants in 2020, and more than 260000 children participated in activities supported by the programme.

► <https://www.gov.pl/web/kulturasport/nabor-wnioskow-na-realizacje-w-2021-r-programu-klub>

Increasing access to exercise facilities for socially disadvantaged groups

Local governments are responsible for providing access to socially disadvantaged groups to sports facilities, while the national Government ensures that sport facilities are free or cheap to access, particularly for children and young people.

Counselling in physical activity and exercise prescription

As part of the national health programme for 2016–2020, the National Centre for Nutrition Education was established in 2017. The Centre offers comprehensive information on healthy weight loss, physical activity and health protection for children, adolescents, seniors and pregnant women.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals* |
|---------------|---|---|---|---|-----------------------------|---|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input checked="" type="checkbox"/> Yes |
| Postgraduate | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No | <input checked="" type="checkbox"/> Yes |

*Midwives

POLAND

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY

The **National Centre for Nutrition Education** was established to promote a healthy lifestyle and positive changes in attitudes and eating habits among Poles. The Centre, which operates mainly through its Internet portal, is a source of reliable, accessible information on the latest research, educational articles, videos and other practical tools to inform the population and help them change their habits. The **online diet centre** is an Internet clinic provided by the National Centre for Nutrition Education that offers free online dietary consultations. To respond to the growing demand for services to improve health and the quality of life, the team of specialists at the online diet centre has extended its activities; since 2020, it has also offered physiotherapeutic advice.

Physical education in schools

PRIMARY SCHOOLS:

HOURS PER WEEK



3–4

Mandatory

SECONDARY SCHOOLS:

HOURS PER WEEK



3

Mandatory

Physical activity and health (e.g., health effects, determinants, effective interventions) is a mandatory subject in the curriculum of physical education teachers at both undergraduate and postgraduate levels.

Requirements to ensure the quality of physical education are regulated by law. Thus, schools must ensure the qualifications of physical education teachers and the methods for delivering the core curriculum of physical education. Schools' compliance with the legal provisions for teaching and other educational activities is monitored in external evaluations based on qualitative research. The evaluation results are used primarily by school heads and teachers to improve the work of the school.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



During breaks



During lessons



After school



Travel to and from school

Several national programmes support schools in organizing and promoting extracurricular sports. One example is the “School Sports Club” programme for all students who wish to practice extra physical activity with their physical education teachers. Since the start of the programme in 2017, over 350 000 students have had 120 min/week of additional activities in schools' sports facilities. Another example is the programme “Klub” which encourages small and medium local sports clubs to offer activities for children and adolescents up to 18 years of age. Since 2017, over 4900 clubs and 264 000 participants have taken part in sports training.

Infrastructure for leisure-time physical activity

In 2018–2019, Poland implemented a small recreational infrastructure development programme called **Open Activity Zones**, in which over 2700 small recreational spaces were created to promote outdoor recreation for people of all ages.

POLAND

PHYSICAL ACTIVITY FACTSHEET 2021



Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE
PHYSICAL ACTIVITY AT THE WORKPLACE



Yes

The National Centre for Workplace Health Promotion and the Central Institute for Labour Protection – National Research Institute encourage health promotion in companies, usually as a voluntary additional initiative by employers. The Central Institute for Labour Protection conducted a promotion campaign, "Active at work", in 2020 to promote active travel to work and to improve the awareness of employees and employers about the importance of physical activity for health, safety and quality of life at work. Investment in cycling is also a key priority in the National Recovery and Resilience Plan.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR
COMMUNITY-BASED INTERVENTIONS TO PROMOTE
PHYSICAL ACTIVITY IN OLDER ADULTS



Yes

Since 2012, the Ministry of Family and Social Policy has been implementing a Government programme for social participation of senior citizens to improve the quality of life. The Ministry of Culture, National Heritage and Sport has also organized activities for seniors as part of the "Sports for all" programme, including "Promoting sport in the family and in various social groups", for which a total of PLN 1475000 was awarded in 2020, which allowed the participation of almost 129000 people in various projects. The aim was to reach as many people as possible, including over 65000 seniors in over 400 "Universities of the third age", who share knowledge about healthy ageing and the possibility of increasing the level of physical activity.

Infrastructure for leisure-time physical activity

In 2020, the Ministry of Health launched a national campaign, "[I plan a long life](#)", for a healthy lifestyle, including promotion of physical activity.



PORTUGAL

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **10.30 m**

Median age: **45.5 years**

GDP per capita: **17 200 €**

Life expectancy, males: **78.0 years**

Life expectancy, females: **84.1 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

Children (< 5 years)

Children and adolescents (5–17 years)

Adults (18–64 years)

Older adults (≥ 65 years)

Frail and very elderly adults (≥ 85 years)

Pregnant and breastfeeding women

People with disabilities

People with chronic diseases

The recommendations are based on [WHO recommendations \(2010\)](#), [WHO physical activity, sedentary behaviour and sleep recommendations for children under 5 years old \(2019\)](#), [WHO Guidelines on physical activity and sedentary behaviour \(2020\)](#), [Physical activity guidelines for Americans \(2018\)](#), [American College of Sports Medicine](#) and [Canadian Physical Activity Guidelines](#). They were implemented in 2020.

The Portuguese Institute of Sport and Youth also published national physical activity and sedentary behaviour recommendations.

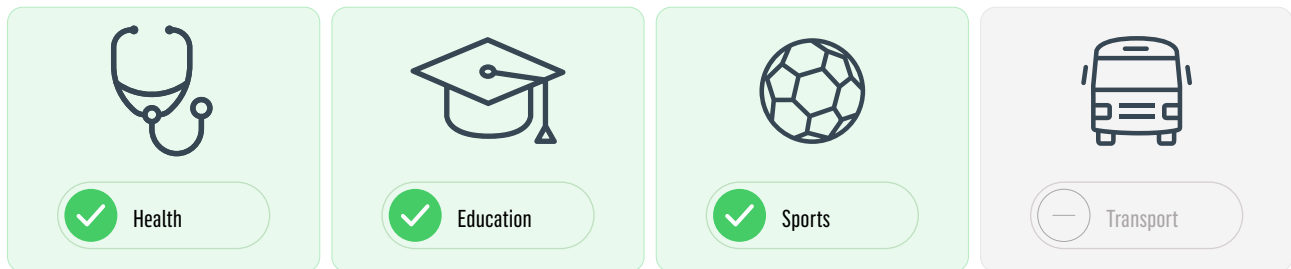


PORTUGAL

PHYSICAL ACTIVITY FACTSHEET 2021

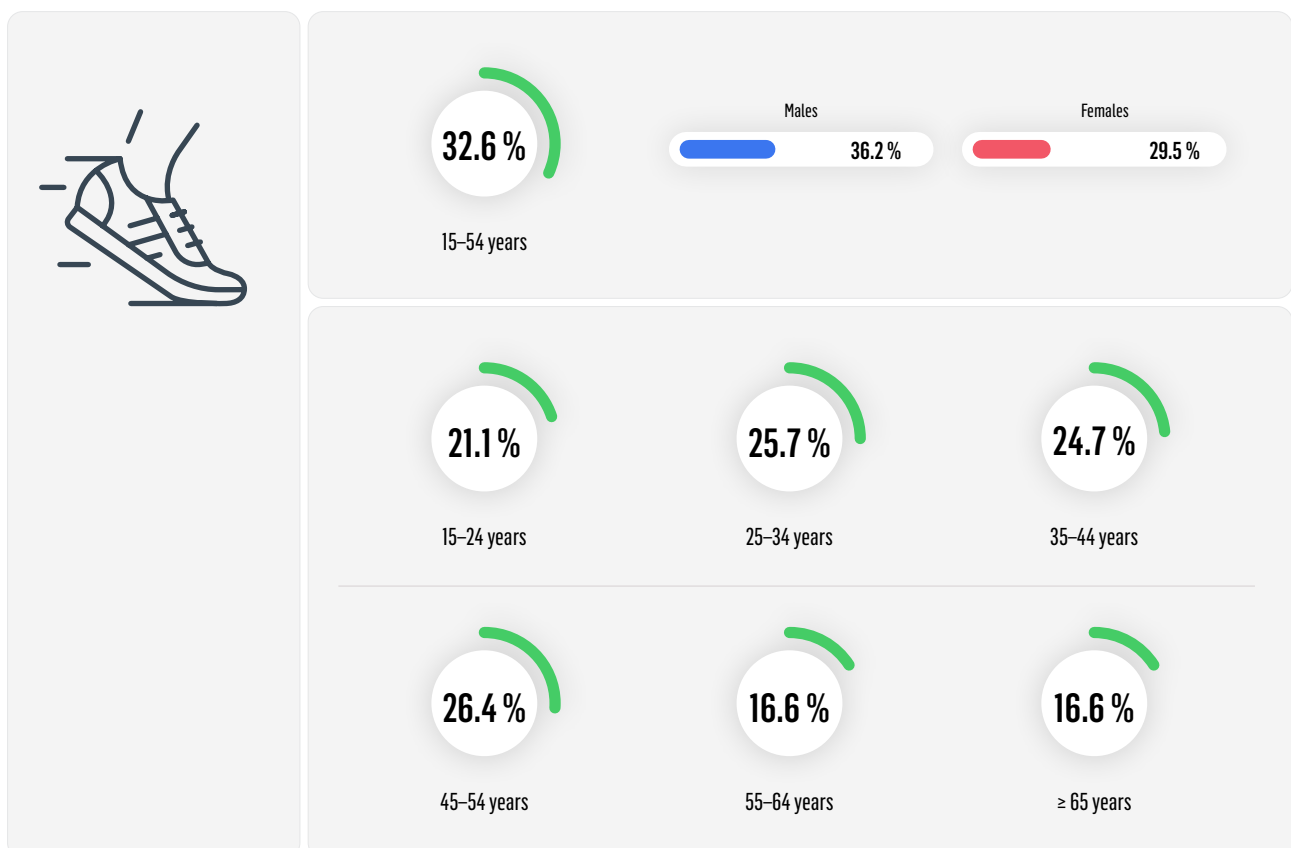
Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



National Physical Activity and Sports Monitoring System was established in 2017 and collects objective measures of physical activity and sedentary behaviour as well as data on physical fitness, sports participation and determinants of physical activity.

Estimated prevalence of sufficient physical activity levels



Levels of physical activity for all age groups were assessed in the [National food, nutrition and physical activity survey](#) in 2015-2016.



PORTUGAL

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY

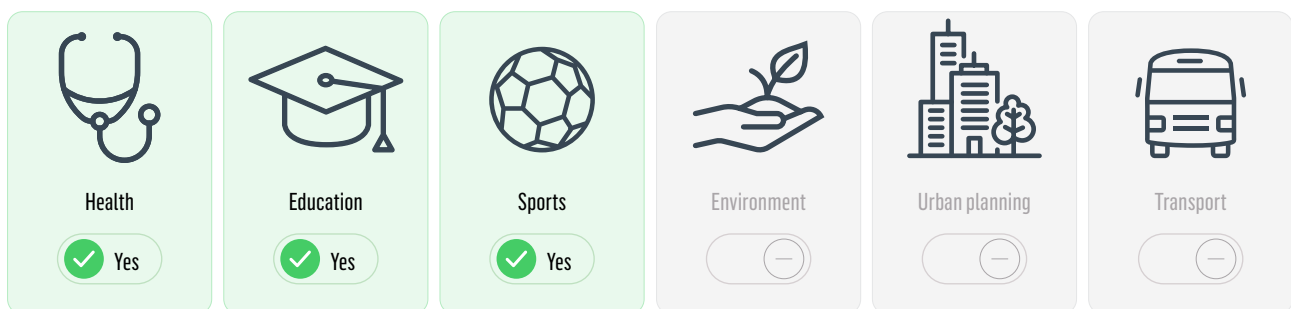
The **European Union Physical Activity and Sports Monitoring System (EUPASMOS)** is jointly funded by the European Commission through the Erasmus + Sport grant for collaborative partnerships and participating European Union Member States since 2018. The aim of the project is to implement a harmonized physical activity and sports monitoring system with an integrated, shared method to provide comparable, valid, reliable data on physical activity and participation in sports in Member States.

National government coordination mechanism and leadership in the promotion of physical activity

The Directorate General of Health of the Portuguese Government coordinates the Intersectoral Commission for the Promotion of Physical Activity, established in 2017.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL SPORTS FOR ALL PROGRAMME
- 2 NATIONAL SPORTS ROAD MAP
- 3 NATIONAL ACTION PLAN FOR PHYSICAL ACTIVITY
- 4 NATIONAL STRATEGY FOR ACTIVE MOBILITY 2020-2030
- 5 NATIONAL WALK AND RUN PROGRAMME
- 6 INTERSECTORAL COMMISSION FOR THE PROMOTION OF PHYSICAL ACTIVITY
- 7 PORTUGUESE EUROPEAN WEEK OF SPORT

TOTAL NUMBER OF POLICIES

7



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|----------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| Health | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Education | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |
| Sports | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> |
| Environment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Urban planning | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Transport | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |



PORTUGAL

PHYSICAL ACTIVITY

FACTSHEET 2021

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---------------------------------|---|---|---|---|---|---|---|---------------------------|---|---|---|---|---|---|---|
| General population | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | Pregnant women | ✓ | ○ | ✓ | ○ | ○ | ✓ | ✓ |
| Children < 5 | ✓ | ○ | ✓ | ○ | ○ | ✓ | ✓ | Breastfeeding women | ✓ | ○ | ✓ | ○ | ○ | ✓ | ✓ |
| Children and adolescents (5–17) | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | Low socio-economic groups | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ |
| Adults | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | Ethnic minorities | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ |
| Older adults (≥ 65) | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | Deprived of liberty | ✓ | ○ | ○ | ○ | ○ | ○ | ✓ |
| Frail/elderly (≥ 85) | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | Migrants | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ |
| People with disabilities | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | Unemployed people | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ |
| People with chronic diseases | ✓ | ✓ | ✓ | ○ | ✓ | ✓ | ✓ | | | | | | | | |

POLICY HIGHLIGHTS

2 National Sports Road Map. The programme is under the Portuguese Institute of Sport and Youth. Its aim is to promote sports and physical activity by disseminating and promoting the programme Sports for All. It assists sports associations in implementing initiatives and activities to increase physical activity, which target counties, schools, work, health, gyms, health clubs, military institutions and the tourism industry. An annual report is required on the programmes implemented in each area.

4 National Strategy for Active Mobility 2020–2030. The Strategy promotes active mobility (cycling, walking and public transport) to foster healthier lifestyles, to maximize the health of the whole population and to reduce sedentary lifestyles and physical inactivity by guaranteeing the conditions for and coordination of the planned measures, including infrastructure, training, support, culture and behaviour. It comprises 51 legislative, research, monitoring, evaluation and financing measures for promoting active cycling.

6 Intersectoral Commission for the Promotion of Physical Activity. The aim of the Commission is to prepare, operate and monitor the National Action Plan for Physical Activity by planning and allocating resources for the promotion, implementation and surveillance of physical activity programmes and activities. It focuses on raising awareness through communication campaigns, education, health interventions and community interventions for the elderly, people with noncommunicable diseases or disabilities and socially excluded people.

Sports clubs for health

The [National Sports for All Programme](#) is a policy measure to support local clubs and associations in developing and implementing sports development programmes to promote generalization of sports practice, in both informal and recreational settings (physical activity) and with a competitive (non-federated) perspective. These programmes should increase practice levels and reduce sedentary behaviour for healthier, more active lifestyles.

Increasing access to exercise facilities for socially disadvantaged groups

The Portuguese Institute for Sport and Youth coordinates the [Sport Facilities Rehabilitation programme](#) to improve the conditions of sports facilities and guarantee equal, easy access to sports facilities and practices. The total funding for 2021 is € 5 million. Under the National Sport for All Programme, applications are open for funding projects from all regions that create better conditions for socially disadvantaged groups to engage in sports and physical activity. The total funding for 2021 is € 3 million.



PORTUGAL

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY

The **national street football** tournament promotes access to sport for people who are homeless and socially and economically vulnerable. The aim is to provide people with equal opportunities and facilitate social integration through sports. Participants must be 15 years or older and be part of a social project or be accompanied by a social institution to join the football team. Every year more than 1500 young people take part in a wide range of sports and educational activities and compete in the national football team in the Homeless World Cup. This has been supported by numerous entities, such as the International Federation of Association Football (FIFA) through the Foundation Community Programme, the Union of European Football Associations (UEFA), the Portuguese Football Federation and the Portuguese Institute for Sport and Youth.

Counselling on physical activity and exercise prescription

In 2017, a new digital tool was launched nationwide for leveraging primary health care by the Directorate-General of Health and the Shared Services of the Ministry of Health. The tool facilitates the delivery of brief counselling on physical activity by nurses, medical doctors and registered nutritionists. The digital tool consists of five interrelated guides that are based on scientific evidence and international guidelines to promote physical activity. The guides can be delivered to patients (printed or by email), according to their motivation and physical activity levels, to support adoption of more active lifestyles. Since its implementation, the levels of physical activity of more than 119 000 users have been evaluated in health centres, and 36 134 brief counselling guides for physical activity have been issued. Its use continues to grow, especially during the COVID-19 pandemic.

► <https://www.sns.gov.pt/noticias/2019/09/19/promocao-da-atividade-fisica-10/>

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY


| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals* |
|---------------|---|---|-----------------------------|--|-----------------------------|--|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No |
| Undergraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |




PORTUGAL

PHYSICAL ACTIVITY FACTSHEET 2021

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK |
|---|----------------|
|  | 3 |
| | Mandatory |

| SECONDARY SCHOOLS: | HOURS PER WEEK |
|--|----------------|
|  | 2.15 |
| | Mandatory |

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

| | | | |
|--|---|--|--|
| <input type="checkbox"/> During breaks | <input type="checkbox"/> During lessons | <input checked="" type="checkbox"/> After school | <input type="checkbox"/> Travel to and from school |
|--|---|--|--|

The national programme **School Sport (Desporto Escolar)** allows students to practice sports and physical activities after classes. Desporto Escolar is a universal, open system of sports modalities and practices, which allow each school to harmoniously integrate its own teaching, training, recreation and competition. Its aim is to encourage the practice of physical activity and sports to promote student success, healthy lifestyles and values and principles associated with active citizenship.



SUCCESS STORY

In the **"Bicycle Train Programme"** developed by Lisbon Municipality, children go to school on a bicycle accompanied by adult monitors. Like a regular train, it has defined routes and timetables, and any child can go to school as part of the train. Each train includes one adult per group of four children. The goal is to raise awareness and promote the adoption of active, sustainable mobility habits when commuting to school, enabling children to use bicycles autonomously in real life and offering a safe, fun alternative to motorized options.

National travel survey

The **National Strategy for Active Cycling Mobility 2020–2030** contributes to decarbonization of mobility, favouring more sustainable travel options, such as bicycles, while maximizing the health benefits for citizens and promoting healthier lifestyles. The strategy will be promoted and supervised by the Mobility and Transport Institute and will be the responsibility of an interministerial commission created for this purpose. A focal point network has been created for promoting and monitoring implementation of the 51 measures, which are organized into six strategic dimensions.

Infrastructure for leisure-time physical activity

The aim of the Sports Facilities Rehabilitation Programme, coordinated by the Portuguese Institute of Sport and Youth, is to support improvement of sports facilities through various interventions, including renovation, rehabilitation and maintenance of sports clubs infrastructure. The programme is for sports clubs and associations that include the promotion and direct practice of sports activities.



PORTUGAL

PHYSICAL ACTIVITY

FACTSHEET 2021



SUCCESS STORY

The **National Sports Information System** is designed to respond to the challenges imposed by the National Sports Charter in the Basic Law on Physical Activity and Sport. The goals are to: promote understanding of the sports infrastructure network in Portugal; promote scientific knowledge from information available on the webpage; contribute to decisions about national planning of policies and contribution to the decision making process; and make information on the construction, reconversion and conservation of sports facilities available to all, quickly and intuitively.

Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**



The **National Strategy for Active Cycling Mobility 2020–2030** includes various measures for maximizing the health of the population, including removing cars from streets, reorganizing public spaces, relieving urban congestion and reducing noise and air pollution. Promotion of active travel to work is one of several goals proposed in the strategy.

In the context of the COVID-19 pandemic, the Portuguese population was confined at home for a long period, and the prevalence of teleworking increased significantly in several sectors. To ensure the health and well-being of the Portuguese population, a large percentage of whom were working at home, the Institute of Sport and Youth launched another initiative called **#BeActiveAtWork (Pausa BeActive At Work)**, which consisted of 25 educative videos, lasting for about five minutes each, which made suggestions for aerobic exercises, muscle-strengthening activities and/or stretching exercises that could be done at the workplace or at home. Digital brochures with recommendations for being active during teleworking and tips for doing the exercises safely were published to complement this initiative.



SUCCESS STORY

In 2019, the Authority for Working Conditions launched the **Fit@work** campaign to disseminate and promote active, healthy lifestyles at the workplace to ensure employees' health, well-being, quality of life and work. The campaign also included prevention to decrease the risk, prevalence and severity of work-related accidents and diseases through dissemination of a video, posters and leaflets with workplace exercises.

► <https://www.lipor.pt/pt/>

PORTUGAL

PHYSICAL ACTIVITY

FACTSHEET 2021



Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR
COMMUNITY-BASED INTERVENTIONS TO PROMOTE
PHYSICAL ACTIVITY IN OLDER ADULTS



The Portuguese Institute of Sport and Youth launched recommendations for senior sports, physical activity and reducing sedentary behaviour. The guide also provides practical tips for keeping seniors active and healthy, and several videos of exercises were produced and disseminated on a digital platform. The Institute of Sport and Youth also supported 100 organizations in the social economy sector in acquiring sports material kits to promote exercise among institutionalized citizens. The kit also included a pen with guidance, recommendations and tips on exercise.

National awareness-raising campaign on physical activity

The Institute of Sport and Youth is responsible for national coordination of the European Week of Sport (23 and 30 September). The aim is to promote sport and physical activity as part of a healthier lifestyle. The initiative is targeted to all segments of the European population, regardless of age, sex, social context or level of physical fitness. With the motto #BeActive, the goal is to encourage each citizen to be active during the "Week" and to remain active throughout the year.

In 2020, because of the COVID-19 pandemic, the Institute of Sport and Youth launched the campaign "#BeActiveatHome" at the same time as the European Week of Sport to promote physical activity and sports adapted to the limitations imposed by the pandemic and to reduce sedentary behaviour. Recommendations, practical guides, videos, brochures and webinars were produced and disseminated on digital platforms. These two initiatives reached more than one million participants, with more than 1250 activities online and in person all over the country.

▶ <https://www.sigaoassobio.pt/pt> https://www.youtube.com/watch?v=qXBJEmoCqhs&t=1s&ab_channel=Dire%C3%A7%C3%A3o-Geral-da-Sa%C3%BAde

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|--------------------------|--------------------------|---|---|---|---|--------------------------|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> |

▶ <https://ipdj.gov.pt/brochuras>



ROMANIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 19.19 m

Median age: 42.8 years

GDP per capita: 8 780 €

Life expectancy, males: 70.5 years

Life expectancy, females: 78.4 years

Sources: Eurostat (2020/2021)

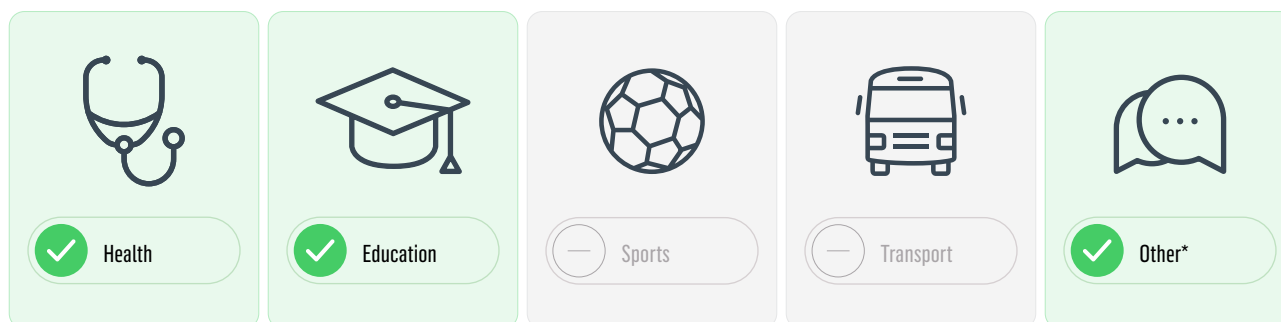


National recommendations on physical activity for health

Romania has no national recommendations on physical activity, but in 2016 published a guideline on Preventive interventions addressed to lifestyle. Volume 1. Food and physical activity, developed within the Norway Grants.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



*National Institute of Statistics



ROMANIA

PHYSICAL ACTIVITY

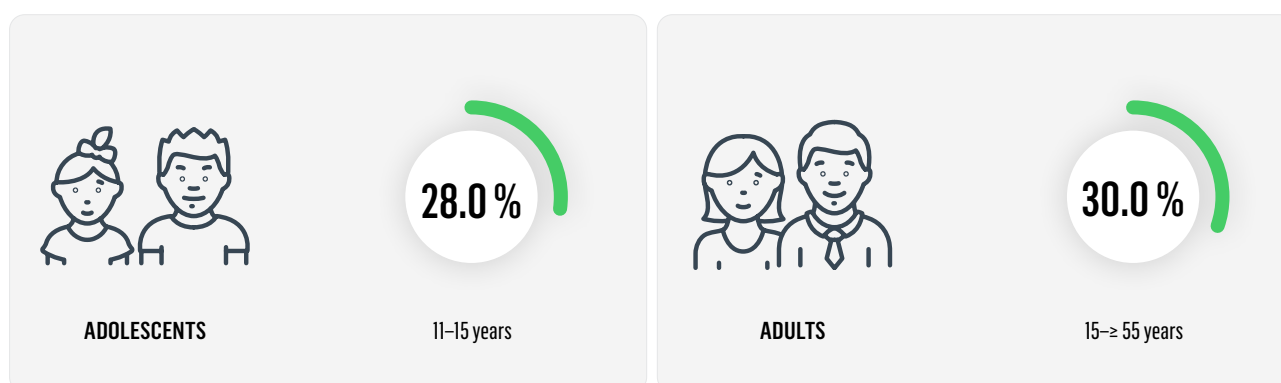
FACTSHEET 2021



SUCCESS STORY

The **Youth Risk Behaviour Surveillance System**, based on a method designed by the US Centers for Disease Control and Prevention, was created in 1997 to assess and monitor risky behaviour for health among students in Romania.

Estimated prevalence of sufficient physical activity levels



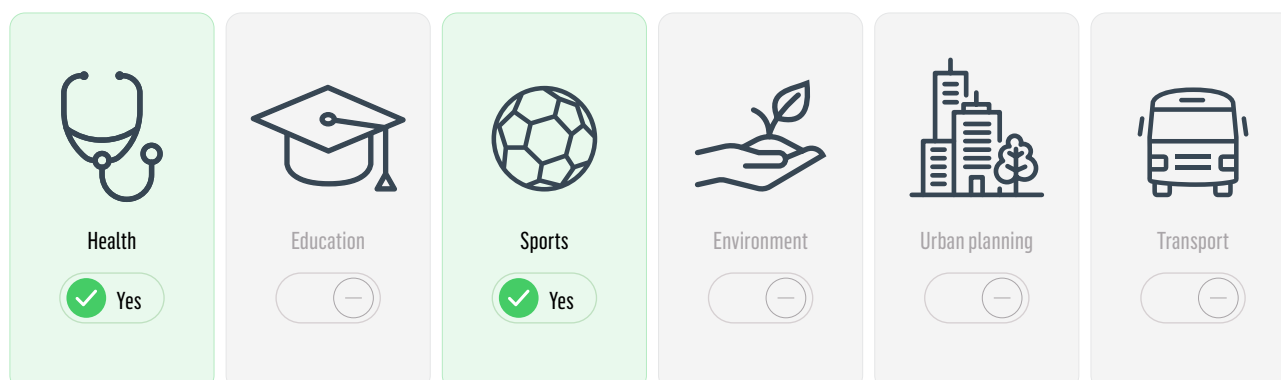
Levels of physical activity among children and adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017-2018; data for adults and older adults were collected in [Special Eurobarometer 472: Sport and physical activity](#) in 2017.

National government coordination mechanism and leadership in the promotion of physical activity

The Ministry of Health coordinates the interministerial working group for physical activity promotion, established in 2014.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH





ROMANIA

PHYSICAL ACTIVITY FACTSHEET 2021



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL HEALTH STRATEGY 2014–2020 "HEALTH FOR PROSPERITY"
- 2 NATIONAL HEALTH PROGRAMME 2017–2018 (MINISTRY OF HEALTH ORDER NO. 377)
- 3 MILLENNIUM ROMANIA: A DIFFERENT LIFESTYLE (ROMANIAN SPORTS FEDERATION FOR ALL)
- 4 SPORTS DEVELOPMENT STRATEGY IN ROMANIA – PERIOD 2016–2032
- 5 NATIONAL STRATEGY FOR YOUTH POLICY 2015–2020
- 6 SUSTAINABLE URBAN MOBILITY PLANS 2016–2030 AT LOCAL LEVEL

TOTAL NUMBER OF POLICIES

6



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 | 5 | 6 |
|----------------|---|---|---|---|---|---|
| Health | ✓ | ✓ | ○ | ○ | ○ | ○ |
| Education | ○ | ○ | ○ | ○ | ○ | ○ |
| Sports | ○ | ○ | ✓ | ✓ | ✓ | ○ |
| Environment | ○ | ○ | ○ | ○ | ○ | ○ |
| Urban planning | ○ | ○ | ○ | ○ | ○ | ✓ |
| Transport | ○ | ○ | ○ | ○ | ○ | ✓ |

POPULATION GROUPS TARGETED BY EACH POLICY



| | 1 | 2 | 3 | 4 | 5 | 6 |
|---------------------------------|---|---|---|---|---|---|
| General population | ✓ | ✓ | ✓ | ✓ | ○ | ✓ |
| Children and adolescents (5–17) | ○ | ○ | ○ | ○ | ✓ | ○ |



| | | |
|--------------------------|------------------------------|---------------------|
| Children < 5 | People with chronic diseases | Ethnic minorities |
| Adults | Pregnant women | Deprived of liberty |
| Older adults (≥ 65) | Breastfeeding women | Migrants |
| Frail/elderly (≥ 85) | Low socio-economic groups | Unemployed people |
| People with disabilities | | |

POLICY HIGHLIGHTS

2 National Health Programme 2017–2018 (Ministry of Health order no. 377). The aim is to improve the health of the population by promoting a healthy lifestyle and reducing the main modifiable risk factors. It includes specific interventions for a healthy lifestyle in a sub-programme of education for health. It seeks to implement the action plan for healthy eating and physical activity in children and adolescents. It provides thematic information in education and communication campaigns through the Public Health Department, in partnership with schools, kindergartens, health professionals, professional associations and civil society.

3 Millennium Romania: A different lifestyle (Romanian Sports Federation for All). The aim is to engage various groups of the population in physical activities and sports by providing free access to physical activity programmes based on the traditions, needs and motivation of each population. It coordinates and provides technical and moral support to individuals, clubs, centres and associations. It provides programmes for recreation and health, rural sports, ethnic sports, baby sports, women's sports and sports for the elderly.

4 Sport development strategy in Romania 2016–2032. The Strategy promotes the concept of active living to increase the participation of the general population in physical activity and sports and improve social integration through physical activity among people with educational needs, disabilities and children with dysfunctional families. It works in coordination with the health, sports and education sectors, local authorities and nongovernmental organizations.



ROMANIA

PHYSICAL ACTIVITY FACTSHEET 2021



Sports clubs for health

The main aims of the [National Strategy for Youth Policy](#) 2015–2020 were to promote physical activity and a healthy lifestyle through education, to encourage young people to be active, responsible citizens and to promote integration through sports and physical activity. A key objective was to increase the attractiveness of sports and recreation among young people with economic or social barriers to ensure that they were more physically active. Their participation was increased by improving the conditions of and access to sports clubs, leisure clubs, youth associations and cultural organizations.

Counselling on physical activity and exercise prescription

Currently, there is no national guidance to provide counselling on physical activity in primary health care. Romania is pilot-testing the European Physical Activity on Prescription model, a 3-year project for transferring Swedish best practice for physical activity on prescription.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals* |
|---------------|---|---|---|------------------------------|-----------------------------|---|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Postgraduate | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Mandatory |

*Medical students

Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|------------------|-----------------------|--------------------|-----------------------|
| | 2 Mandatory | | 2 Mandatory |

Training in physical activity and health (e.g., health effects, determinants, effective interventions) is a mandatory component of the undergraduate curriculum of physical education teachers. The quality of physical education in schools is monitored in a complex evaluation of the professional competence of teachers in the context of their discipline and educational activities.

ROMANIA

PHYSICAL ACTIVITY

FACTSHEET 2021



PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

During breaks

During lessons

After school

Travel to and from school

In primary education, daily recesses are organized by teachers, with activities such as gymnastics and games among groups. These opportunities are used both during both breaks and lessons after prolonged sitting.

The "School after school" programme, approved by the Ministry of Education, Research, Youth and Sports in 2011, is complementary to the compulsory school curriculum. Its aims are to prevent school dropouts, increase school performance and accelerate learning through educational, recreational and leisure activities, personal development and social integration.

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE PHYSICAL ACTIVITY IN OLDER ADULTS

Yes

SUCCESS STORY



The "**Healthy lifestyle**" programme at the Regional Public Health Centre in Sibiu develops "sanogenic" behaviour in people who have one or more risk factors, such as an unhealthy diet, sedentary behaviour, dyslipidaemia, hypertension, overweight or obesity or diabetes mellitus. Patients follow a complex programme that includes individual and group nutritional counselling by a general practitioner and kinetoprophyllaxy, under the guidance of a physical culture teacher.

National awareness-raising campaign on physical activity

A national public awareness and behavioural change campaign called "For a healthy lifestyle" has been held since 2009, led by the National Audiovisual Council.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



SLOVAKIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 5.46 m

Median age: 41.0 years

GDP per capita: 15 090 €

Life expectancy, males: 73.5 years

Life expectancy, females: 80.4 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- Children (< 5 years)
- Children and adolescents (5–17 years)
- Adults (18–64 years)
- Older adults (≥ 65 years)

- Frail and very elderly adults (≥ 85 years)
- Pregnant and breastfeeding women
- People with disabilities
- People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010) and were implemented in 2017.

SLOVAKIA

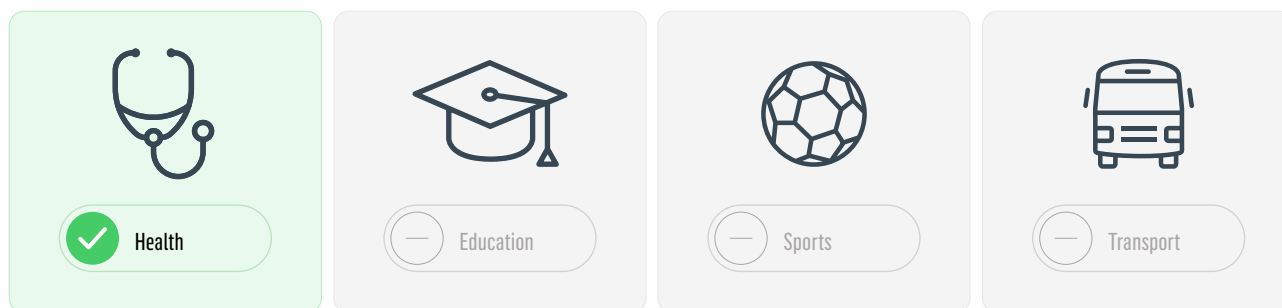
PHYSICAL ACTIVITY

FACTSHEET 2021

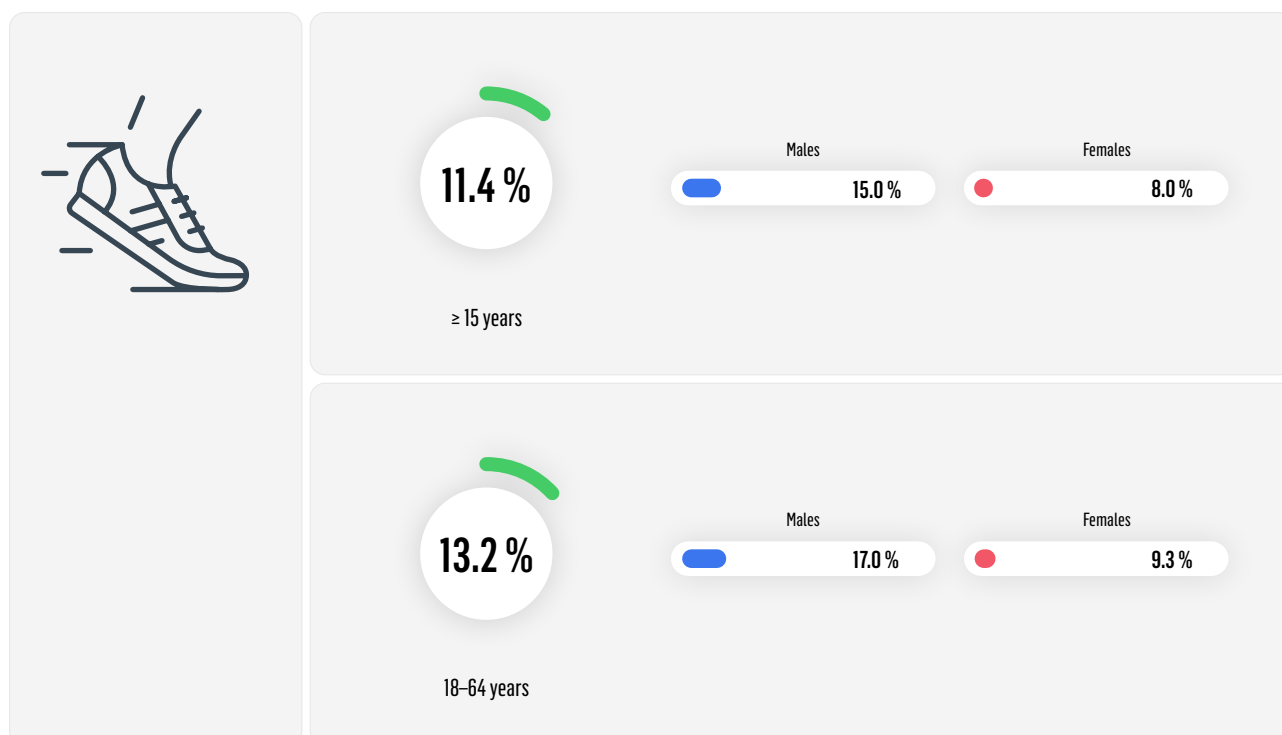


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents and adults were assessed in the European Health Interview Survey in 2019.

National government coordination mechanism and leadership in the promotion of physical activity

The Ministry of Health coordinates the working group for the National Action Plan to support physical activity, established in 2017.

SLOVAKIA

PHYSICAL ACTIVITY FACTSHEET 2021



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL ACTION PLAN TO PROMOTE PHYSICAL ACTIVITY FOR YEARS 2017–2020
- 2 UPDATED NATIONAL ACTION PLAN FOR THE SUPPORT OF PHYSICAL ACTIVITY

TOTAL NUMBER OF POLICIES

2



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 |
|----------------|---|---|
| Health | ✓ | ✓ |
| Education | ✓ | ✓ |
| Sports | ✓ | ✓ |
| Environment | ✓ | ✓ |
| Urban planning | ○ | ○ |
| Transport | ○ | ○ |

POPULATION GROUPS TARGETED BY EACH POLICY



| | 1 | 2 |
|---------------------------------|---|---|
| Children and adolescents (5–17) | ✓ | ✓ |
| Adults | ✓ | ✓ |



| | | |
|--------------------------|------------------------------|---------------------|
| General population | People with chronic diseases | Ethnic minorities |
| Children < 5 | Pregnant women | Deprived of liberty |
| Older adults (≥ 65) | Breastfeeding women | Migrants |
| Frail/elderly (≥ 85) | Low socio-economic groups | Unemployed people |
| People with disabilities | | |

POLICY HIGHLIGHTS

1 National Action Plan to Promote Physical Activity for Years 2017–2020. The Plan promotes physical activity throughout the life span as part of everyday life, including transport, the workplace, leisure time and the health-care system. It seeks to reduce the prevalence of insufficient physical activity by 10% in line with the SDGs. The Plan is based on the priority areas, objectives and tools of the Physical Activity Strategy for the WHO European Region 2016–2025. It also strengthens monitoring and surveillance to support professionals in physical activity and evaluation and implementation of the plan.

Counselling on physical activity and exercise prescription

In accordance with professional guidelines of the Ministry of Health on the establishment, operation and activities of health protection and support, the basic task of health counselling centres is the prevention of chronic, noninfectious diseases in its population by influencing their knowledge and attitudes to health.

► <https://www.ruvzsn.sk/poradna.php>



SLOVAKIA

PHYSICAL ACTIVITY

FACTSHEET 2021



Physical education in schools


| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|---|-----------------------|--|-----------------------|
|  | 3 Mandatory |  | 3 Mandatory |

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

During breaks
 During lessons
 After school
 Travel to and from school

The nationwide campaign **"To school by bike 2020"** encourages schools to promote cycling and support natural movement of students and teachers by improving the conditions for active mobility.

Promotion of physical activity in the workplace


 NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)
 Yes

The aims of the campaign **To work on a bicycle** are to support sustainable mobility in cities, motivate local governments to create good-quality, safe conditions for the use of bicycles for transport around the city and motivate employers to create conditions for safe storage of bicycles to encourage employees to use a bicycle to commute to work.

National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

Television
 Radio
 Newspapers
 Social media
 Public events
 Public figures
 Other



SLOVENIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 2.11 m

Median age: 44.1 years

GDP per capita: 19 420 €

Life expectancy, males: 77.8 years

Life expectancy, females: 83.4 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- ✓ Children (< 5 years)
- ✓ Children and adolescents (5–17 years)
- ✓ Adults (18–64 years)
- ✓ Older adults (≥ 65 years)
- ✓ Frail and very elderly adults (≥ 85 years)
- ✓ Pregnant and breastfeeding women
- ✓ People with disabilities
- ✓ People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010), [WHO physical activity, sedentary behaviour and sleep recommendations for children under 5 years old](#) (2019) and [WHO Guidelines on physical activity and sedentary behaviour](#) (2020) and were implemented in 2021.

SLOVENIA

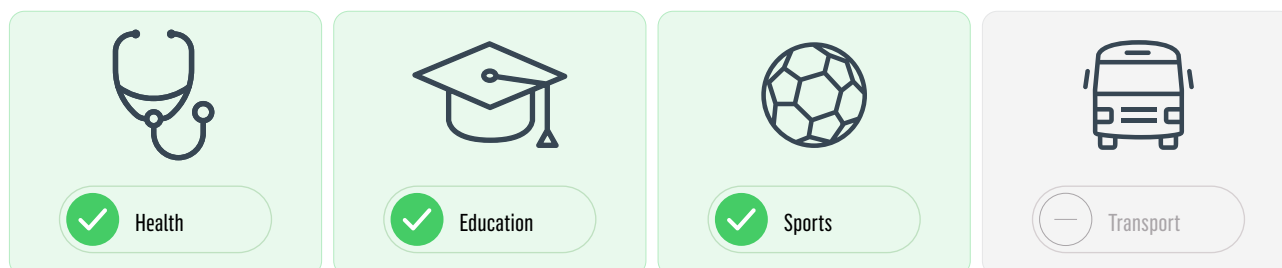
PHYSICAL ACTIVITY

FACTSHEET 2021



Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

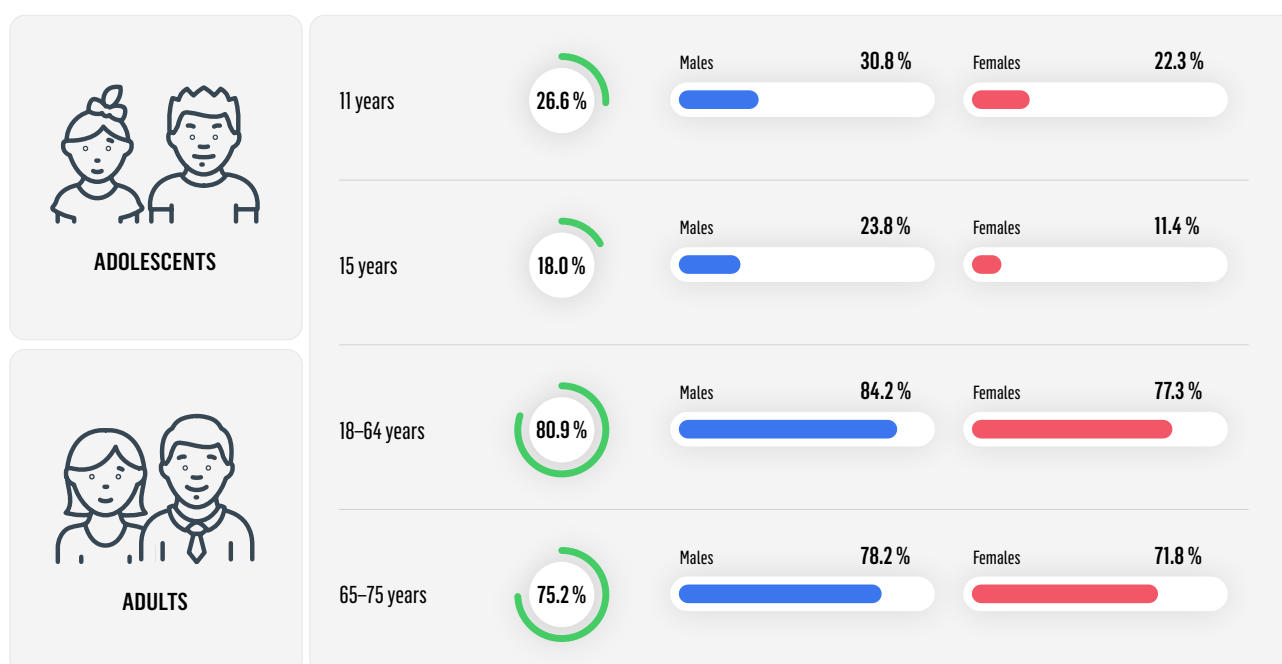


SUCCESS STORY



With the cooperation of **SLOfit** and the participation of the Slovenian Olympic Committee and the National Training Institute Planica, the Faculty of Sport created a national surveillance tool to improve physical fitness in Slovenian schoolchildren. The SLOfit Barometer of Public Health Engagement is used as to track Government commitments to invest more in the public health system, specifically for children. It fosters an environment of public accountability, so that all citizens can understand the value of maintaining adequate human movement for overall health, especially as the COVID-19 pandemic continues to evolve and isolation measures continue to impact the daily lives of all. The practical implications of the tool are that it enables researchers, public health authorities, education experts and the general public to observe, track and demand objective changes in public health policy as it affects child health during the global pandemic.

Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017–2018; data for adults and older adults were collected through the [WHO Countrywide Integrated Noncommunicable Diseases Intervention Health Monitor Survey](#) in 2020.



SLOVENIA

PHYSICAL ACTIVITY FACTSHEET 2021

National government coordination mechanism and leadership in the promotion of physical activity

The Ministry of Health coordinates the Intersectoral working group and coordinating mechanism for HEPA and nutrition, established in 2015.

► <https://www.uradni-list.si/glasilo-uradni-list-rs/vsebina/2015-01-2441?sop=2015-01-2441>

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL PROGRAMME AND ACTION PLAN FOR SPORTS 2014–2023
- 2 NATIONAL PROGRAMME FOR NUTRITION AND PHYSICAL ACTIVITY FOR HEALTH 2015–2025
- 3 NATIONAL RESOLUTION AND ACTION PLAN FOR THE DISABLED
- 4 GUIDELINES FOR WORKPLACE HEALTH PROMOTION IN THE OCCUPATIONAL SAFETY AND HEALTH ACT 2011

TOTAL NUMBER OF POLICIES

4



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 | 4 |
|----------------|---|---|---|---|
| Health | ✓ | ✓ | ✓ | ✓ |
| Education | ✓ | ✓ | ✓ | ○ |
| Sports | ✓ | ✓ | ✓ | ○ |
| Environment | ✓ | ✓ | ✓ | ○ |
| Urban planning | ✓ | ✓ | ○ | ○ |
| Transport | ○ | ✓ | ✓ | ○ |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | 4 | | 1 | 2 | 3 | 4 |
|---------------------------------|---|---|---|---|---------------------------|---|---|---|---|
| General population | ✓ | ✓ | ○ | ✓ | Pregnant women | ✓ | ✓ | ○ | ○ |
| Children < 5 | ✓ | ✓ | ○ | ○ | Breastfeeding women | ○ | ✓ | ○ | ○ |
| Children and adolescents (5–17) | ✓ | ✓ | ○ | ○ | Low socio-economic groups | ✓ | ✓ | ○ | ○ |
| Adults | ✓ | ✓ | ○ | ○ | Ethnic minorities | ✓ | ○ | ○ | ○ |
| Older adults (≥ 65) | ✓ | ✓ | ○ | ○ | Deprived of liberty | ○ | ○ | ○ | ○ |
| Frail/elderly (≥ 85) | ✓ | ✓ | ○ | ○ | Migrants | ○ | ○ | ○ | ○ |
| People with disabilities | ✓ | ✓ | ✓ | ○ | Unemployed people | ✓ | ○ | ○ | ○ |
| People with chronic diseases | ✓ | ✓ | ○ | ○ | | | | | |

POLICY HIGHLIGHTS

1 National programme and action plan for sports 2014–2023. The aim is to provide every individual with opportunities to participate in sports and physical activity in a safe, healthy environment. It promotes sustainable ways of engaging in physical activity, including active transport (walking, cycling, rollerblading), and social integration through leisure activities in playgrounds, parks and nature trails. It seeks to increase the levels of participation in sports by 70% among adults and by 10% among children and adolescents with special needs. One means of attaining these goals is better collaboration between the education sector, sports clubs and nongovernmental associations.



SLOVENIA

PHYSICAL ACTIVITY FACTSHEET 2021

3 National resolution and action plan for the disabled. The aim is to remove systemic barriers that prevent the full participation of people with disabilities to improve their quality of life locally and in society. It includes improving access to sports and leisure facilities and services (transport, entrances, toilets, signs, information, communications), providing training and information on sports for people with disabilities in professional educational programmes and among sports professionals, and increasing awareness to enable their inclusion and involvement in sports and other services.

4 Guidelines for workplace health promotion in the Occupational Safety and Health Act, 2011. The aim is to support implementation of programmes and activities to improve and promote a healthy lifestyle at the workplace by creating environments that support healthier food choices, promoting more physical activity through active mobility and encouraging regular exercise in the workplace. It also seeks to increase awareness about physical activity through sports activities and competitions, posters, intranet posts and training. Implementation of the basic principles for planning health promotion in the workplace are regulated by the Occupational Safety and Health Act.

Counselling on physical activity and exercise prescription

“**Together for health**”, formerly the “National programme for primary prevention of cardiovascular diseases”, offers all adults in Slovenia free access to a comprehensive programme for prevention of chronic diseases. Rooted in primary health care, the programme is developed and monitored by an interdisciplinary group of experts at the National Institute of Public Health and provided nationwide by qualified health professionals, such as physiotherapists and kinesiologists in outpatient clinics, nursing services and health promotion and education centres. Together for health comprises three types of activity: preventive examinations for early detection of risk factors for chronic diseases; group workshops and one-to-one consultations to provide support to people who wish to change their lifestyle and improve their health and well-being through exercise; and a wide range of health promotion activities in local communities in collaboration with health professionals.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors <input type="checkbox"/> | Physiotherapists <input type="checkbox"/> | Nurses <input type="checkbox"/> | Nutritionists/ dieticians <input type="checkbox"/> | Psychologists <input type="checkbox"/> | Other health professionals* <input checked="" type="checkbox"/> Yes |
|---------------|---|--|--|--|---|---|
| Undergraduate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Postgraduate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> Mandatory |

*Kinesiologists

SUCCESS STORY





The **SLOfit project** is a national system for surveillance of the physical and motor development of children and young people established in 1987. Recently, an intervention algorithm for individuals at risk was developed, introducing a new means for systematic medical examinations. This will allow medical doctors to use annual systematic measurements from SLOfit on the development and physical fitness of all Slovenian children.

SLOVENIA

PHYSICAL ACTIVITY FACTSHEET 2021



Physical education in schools

| PRIMARY SCHOOLS: | HOURS PER WEEK | SECONDARY SCHOOLS: | HOURS PER WEEK |
|---|------------------------------|--|-------------------------------|
|  | 1.5–2.25 Mandatory |  | 0.75–2.25 Mandatory |

Training in physical activity and health (e.g., health effects, determinants, effective interventions) is a mandatory component of the undergraduate and postgraduate curricula of physical education teachers.


PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

| | | | |
|--|--|---------------------------------------|---|
| <input type="checkbox"/> During breaks | <input checked="" type="checkbox"/> During lessons | <input type="checkbox"/> After school | <input checked="" type="checkbox"/> Travel to and from school |
|--|--|---------------------------------------|---|

Within the **SLOfit project**, the faculty of sports provides advice to teachers on using breaks between lessons in an active manner and keeping students active during classes.

The **Active Travel to School and Healthy Cities** is a continuation and extension of the **Active Travel to School programme** to 2022. Through various organizational, planning and educational measures, the programme encourages active walking to school and raises awareness of the importance of walking as healthy, environmentally friendly transport. The aim of the programme is to support schools and municipalities in facilitating walking to school with the "Walking bus" and "Bicycle train" initiatives, develop local partnerships for the design and promotion of walking and promote the concept of a healthy city by planning local walking paths and conducting regional training seminars.

Promotion of physical activity in the workplace

| | | |
|---|--|---|
|  | NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE PHYSICAL ACTIVITY AT THE WORKPLACE | <input checked="" type="checkbox"/> Yes |
|---|--|---|

The **Fit for work (Čili za delo)** programme raises awareness and educates and trains workers and employers about healthy work and lifestyle. The programme is run by the Clinical Institute for Occupational Medicine, Transport and Sport in Ljubljana.

SUCCESS STORY

In the **Together for health programme**, specialists in health promotion and health education centres provide activities for maintaining and strengthening the health of workers. Physical activity interventions such as workplace HEPA and promotion of active leisure, reducing sitting time and maintaining a healthy posture, active breaks at work, workplace adjustments and adaptations are provided by physiotherapists and kinesiologists for enterprises in local communities.



SLOVENIA

PHYSICAL ACTIVITY FACTSHEET 2021



Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR
COMMUNITY-BASED INTERVENTIONS TO PROMOTE
PHYSICAL ACTIVITY IN OLDER ADULTS



The Together for health programme is mainly (but not exclusively) oriented towards HEPA promotion among older adults in local communities. Community interventions for older adults (e.g., HEPA promotion, individual HEPA counselling, physical activity workshops, fitness testing, screening for functional disability, fall prevention) are delivered by community nurses, physiotherapists and kinesiologists at health promotion and health education centres.

National awareness-raising campaign on physical activity

A national campaign to raise public awareness, the COVID-19 FIT barometer, was launched to increase understand of the value of maintaining adequate human movement for overall health, especially during the COVID-19 pandemic, when isolation measures impact daily life.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|-----------------------------|---|-----------------------------|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

SUCCESS STORY



The SLOfit research group found a large decrease in physical activity and a large increase in obesity in Slovenian children during COVID-19 restrictions. Measures were therefore proposed to encourage safe physical activity and movement during the pandemic. The measures are based on scientific findings and solutions previously proven to be successful.



SPAIN

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **47.39 m**

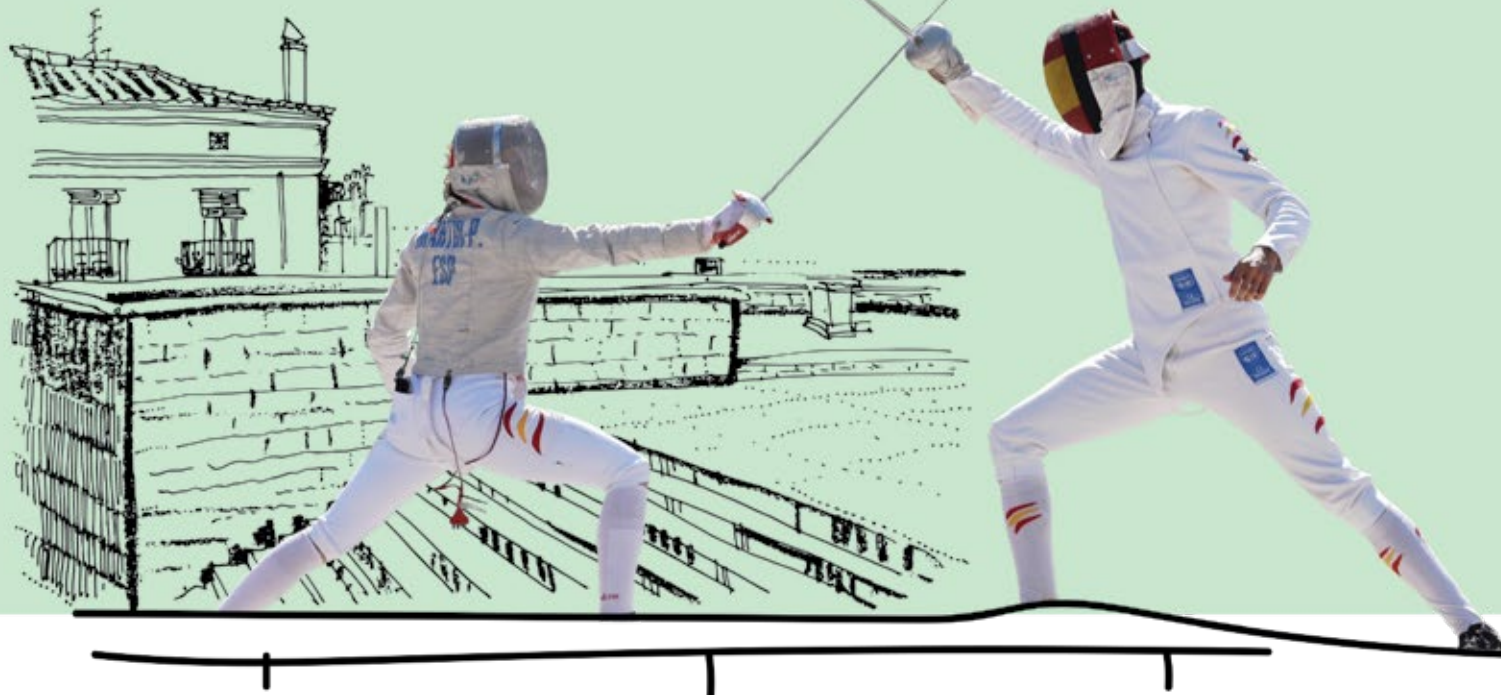
Median age: **44.3 years**

GDP per capita: **22 350 €**

Life expectancy, males: **79.7 years**

Life expectancy, females: **85.1 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

✓ Children (< 5 years)

✓ Children and adolescents (5–17 years)

✓ Adults (18–64 years)

✓ Older adults (≥ 65 years)

✓ Frail and very elderly adults (≥ 85 years)

✓ Pregnant and breastfeeding women

— People with disabilities

— People with chronic diseases

The recommendations are based on [WHO recommendations \(2010\)](#), the [Physical activity guides of Public Health Agency of Canada \(2011\)](#) and [Start Active, Stay Active, and a report on physical activity for health from the four home countries' chief medical officers in the Department of Health, Physical Activity, Health Improvement and Protection of the United Kingdom National Health Service \(2011\)](#).

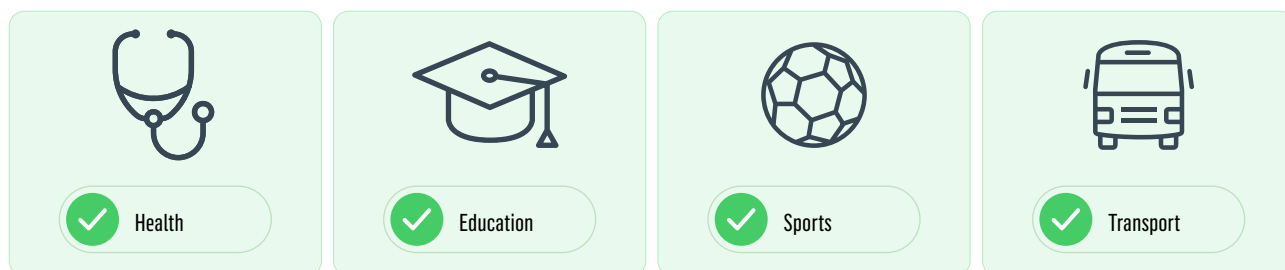
SPAIN

PHYSICAL ACTIVITY FACTSHEET 2021



Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children were assessed in the [Nutrition, Physical Activity, Child Development and Obesity in Spain \(Alimentación, Actividad Física, Desarrollo Infantil y Obesidad en España\)](#). Estudio ALADINO 2019; data for adolescents and adults were collected in [National Health Survey \(Encuesta Nacional de Salud\)](#) in 2017.

SPAIN

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY












The study on **"Diet, Physical Activity, Child Development and Obesity (ALADINO 2019)"** in Spain was a cross-sectional descriptive study of anthropometric data obtained by direct measurements and associated factors obtained from questionnaires administered to a random sample of 16665 students in 276 primary schools, representing school-aged children aged 6–9. The field work was undertaken between October and December 2019 in the 17 autonomous regions and two autonomous cities in Spain. Furthermore, the study is part of the WHO initiative for standardized surveillance of childhood obesity in the European Region.

National government coordination mechanism and leadership in the promotion of physical activity

The High Council for Sports, Spanish Agency for the Protection of Health in Sport coordinates the HEPA Working Group and the Working Group on Healthy Lifestyle Habits: Promoting Health-enhancing Physical Activity and Sport, established in 2015 and 2019, respectively. The **Ministry of Health (Directorate General of Public Health)** also coordinates the Committee for the Promotion of Health, established in 1998. In partnership with the Spanish Federation of Municipalities and Provinces and the Spanish Network of Healthy Cities, they have been coordinating groups **for local implementation of the Strategy for the Promotion of Health and Prevention in the National Health System and the Network of Healthy Cities since 2014.**

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Health | Education | Sports | Environment | Urban planning | Transport |
|  Yes |  Yes |  Yes |  Yes |  Yes |  Yes |



SUCCESS STORY

The Ministry of Health's information system for promotion and education for health is a platform for exchange of information and best practices, including activities and programmes related to the promotion of physical activity and prevention of sedentary behaviour. The Ministry of Health and the Spanish Federation of Municipalities and Provinces for promotion of the Spanish network of healthy cities and local implementation of the strategy provide funds annually for projects to promote physical activity, including creation of healthy exercise trails according to the Ministry of Health's guide "Towards healthy routes". The guide supports local entities in designing, promoting and evaluating plans for healthy routes. It was written by professionals in physical education, sports and sports promotion and was published by the Ministry of Health and the Spanish Federation of Municipalities and Provinces.

SPAIN

PHYSICAL ACTIVITY FACTSHEET 2021



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 COMPREHENSIVE PLAN FOR PHYSICAL ACTIVITY AND SPORT 2010-2020
- 2 STRATEGY FOR THE PROMOTION OF HEALTH AND PREVENTION IN THE NATIONAL HEALTH SYSTEM
- 3 LAW 17/2011 ON FOOD SAFETY AND NUTRITION

TOTAL NUMBER OF POLICIES

3



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

| | 1 | 2 | 3 |
|----------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Health | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Education | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Sports | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Environment | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Urban planning | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Transport | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

POPULATION GROUPS TARGETED BY EACH POLICY

| | 1 | 2 | 3 | | 1 | 2 | 3 |
|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| General population | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Pregnant women | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Children < 5 | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | Breastfeeding women | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Children and adolescents (5-17) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | Low socio-economic groups | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Adults | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | Ethnic minorities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Older adults (>= 65) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | Deprived of liberty | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Frail/elderly (>= 85) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Migrants | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| People with disabilities | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Unemployed people | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| People with chronic diseases | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | | | | |

POLICY HIGHLIGHTS

1 Comprehensive plan for physical activity and sport 2010–2020. The aim is to increase the level of sports practice and physical activity to decrease the rates of sedentary lifestyle, overweight and obesity, particularly among children and adolescents. The goals include inducing 50% of the population to practise sports, reduce sedentary behaviour by 35% and reduce child obesity and overweight by 20%. It comprises 15 programmes and 100 measurements and is coordinated by the High Council of Sports with collaboration of the Ministries of Education, Health, Consumer Affairs and Social Services.

2 Strategy for the promotion of health and prevention in the National Health System. The Strategy for the promotion of health and prevention of the National Health System is part of the plan to tackle noncommunicable diseases. The aim is to change the current health system to a system based on prevention and health promotion. It has established online maps to raise awareness about community resources for health promotion and disease prevention through programmes and activities for physical activity, healthy eating and emotional health. It also collaborates with sports sectors to develop training in physical activity for health for health professionals, trainers, teachers and community professionals and supports all interventions to promote physical activity as a means to improve health. Assessment and monitoring are conducted every two years, with an analysis to improve current measures.

3 Nutrition, physical activity and prevention of obesity strategy (Law 17/2011 on food safety and nutrition). The aim of the Nutrition, physical activity and prevention of obesity is to reverse the trend in the prevalence of obesity and the high rates of morbidity and mortality due to noncommunicable diseases by promoting healthy eating and regular physical activity. It covers the entire life-cycle but focuses on childhood, adolescence and most vulnerable socioeconomic groups. The effectiveness of the strategy is evaluated by the Observatory of Nutrition and the Study of Obesity.



SPAIN

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY

The Strategy for the promotion of health and prevention in the National Health System addresses the local environment to improve public health. Thus, one tactic is to increase the visibility of local resources. **Localiza Salud** is an online application that provides information about the availability of resources and activities in municipalities that contribute to health and well-being. All municipalities are invited to participate and map their resource to improve the lifestyles of their population. The strategy is used by 360 local entities, and more than 17 000 health-promoting resources have been published in the Localiza Salud application.

Sports Clubs for Health

In Spain there are more than 75,000 sports clubs focused on promoting sports, with competitive objectives at various levels (from grassroots to professional sports), but also intrinsically focused on HEPA. Some of the most important are grouped in the "Association of Sports and Recreational Clubs and Entities (ACEDYR)" and have created a passport that allows any member of the clubs that are members of the Association, to continue practicing their sport/physical activity if they are displaced from his city, in the facilities of another associated club.

Increasing access to exercise facilities for socially disadvantaged groups

Under the Comprehensive plan for physical activity and sport 2020–2030, physical activity and sports are used to improve social inclusion. Furthermore, several regional initiatives supported by the departments of sports promotion and HEPA have established networks of opinion, sports and society forums, a laboratory for social inclusion, workshops and intervention guides.

▶ <http://www.planamasd.es/programas/inclusion-social.html>

Counselling on physical activity and exercise prescription

Within the National Health System's Strategy for the promotion of health and prevention, a document entitled "Comprehensive primary health care: lifestyle counselling linked to community resources in the adult population" was approved in 2015 by the Inter-territorial Council. The document is a compilation of evidence-based good practices in health promotion and disease prevention to be applied in primary health care. It addresses the main risk factors for chronic diseases, particularly physical activity, social determinants of health and the living environment. It also includes recommendations for preliminary evaluation of lifestyles, methods in health counselling, intervention algorithms for counselling and consultations and a proposal for optimizing lifestyle records in clinical histories.

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| | Medical doctors | Physiotherapists | Nurses | Nutritionists/ dieticians | Psychologists | Other health professionals* |
|---------------|---|---|---|--|--|---|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input checked="" type="checkbox"/> Mandatory | <input type="checkbox"/> - | <input type="checkbox"/> - | <input checked="" type="checkbox"/> Mandatory |
| Postgraduate | <input checked="" type="checkbox"/> Optional | <input checked="" type="checkbox"/> Optional | <input checked="" type="checkbox"/> Optional | <input checked="" type="checkbox"/> Optional | <input checked="" type="checkbox"/> Optional | <input checked="" type="checkbox"/> Optional |


*Physical Educators



SPAIN

PHYSICAL ACTIVITY FACTSHEET 2021

Physical education in schools

| PRIMARY SCHOOLS: | LESSONS PER WEEK |
|---|-------------------------|
|  | 2-3 Mandatory |





| SECONDARY SCHOOLS: | LESSONS PER WEEK |
|--|-------------------------|
|  | 2-3 Mandatory |



SUCCESS STORY

"Active didactic units" consist of material developed by teaching professionals to be tailored to the curriculum of each year and stage. Their aim is to increase the level of moderate-to-vigorous physical activity to at least 50% of the duration of physical education lessons in primary and secondary schools and therefore to approach international recommendations for physical activity for children and adolescents. The materials also encourage the acquisition of skills as established in current legislation on education.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

-  During breaks
-  During lessons
-  After school
-  Travel to and from school

In 2017, the Ministry of Education launched the "National neuroscience plan as applied to education". The aim is to improve the quality of education in all classrooms in Spain by a methodological shift based on the neurocognitive benefits of physical activity in learning. A specific measure (goal 2, measure 3) is to promote the creation and implementation of playground dynamization plans, in which students participate in the design of new spaces and activities during recesses and other break times.

In 2014, the Ministry of Health created "Give me Ten!" (¡Dame 10!) for active breaks through physical exercise in the framework of the Strategy for the promotion of health and prevention and introduced it into schools' curricula. The programme consists of physical activities lasting 5–10 min designed to be carried out in the classroom by either the class teacher or a specialist. Almost no material is required, and the activities are simple, fun and meaningful for students.

Some measures in the National neuroscience plan as applied to education concern promotion of physical activity outside school. Goal 2 measure 1 encourages the promotion, fostering and evaluation of physical activity of a ludic nature during and after the school day in order to ensure an active educational community. Furthermore, almost all the autonomous regions have extracurricular programmes to promote physical activity and sport, to complement physical education at school and to reach the minimum levels of physical activity recommended by WHO for this age range.

Many initiatives are currently in place to foster mobility through safe routes to school. The Directorate General of Traffic created the "Safe school route" project and has led the European programme "Accreditation for and recognition of sustainable journeys to school" since 2016 with Spanish town councils, creating in 2018 a Spanish network of "STARS" cities. Another example is goal 2, measure 2 proposed by the National neuroscience plan as applied to education for the creation and promotion of programmes to encourage active journeys to school.

SPAIN

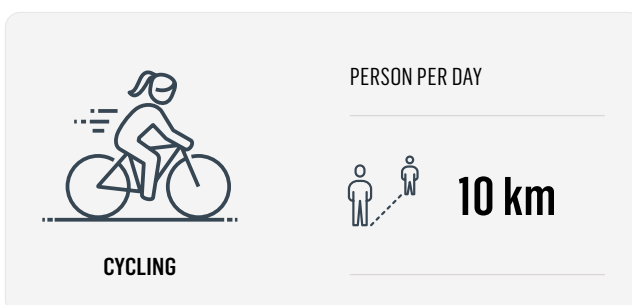
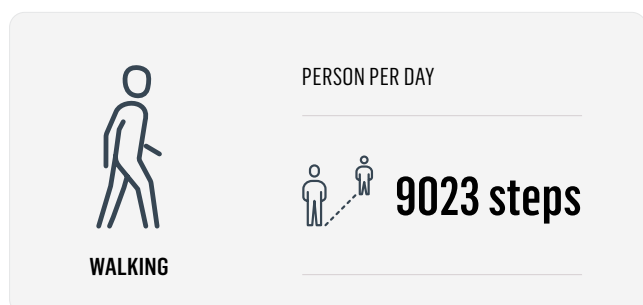
PHYSICAL ACTIVITY FACTSHEET 2021



National travel survey

The Observatory of Metropolitan Mobility was established in 2003 as an initiative for analysis and reflection by public transport authorities, the Ministry of Transport, Mobility and Urban Agenda, and the Directorate-General of Traffic and others. The Observatory analyses and reports essential mobility indicators in metropolitan areas, assesses general mobility trends and describes the role of public transport authorities in ensuring that public transport is both attractive and of a high standard. Moreover, the report of the "Nutrition, Physical Activity, Child Development and Obesity in Spain (ALADINO 2019)" study includes indicators of students' active and passive travel to school.

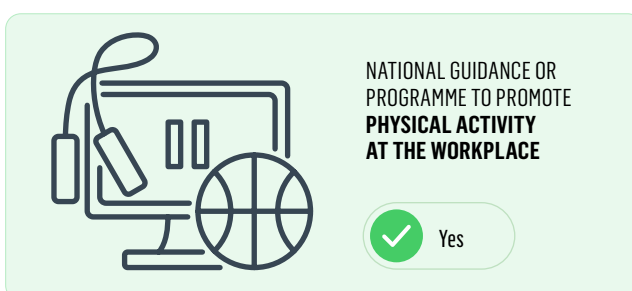
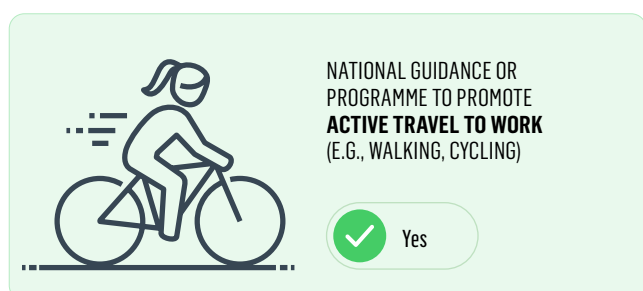
AN AVERAGE OF 48.5% OF NON-MOTORIZED TRANSPORT IS BY WALKING OR CYCLING



Infrastructure for leisure-time physical activity

The Spanish network of healthy cities is the part of the Spanish Federation of Municipalities and Provinces for the promotion and protection of public health and welfare, in accordance with the principles of action in WHO's Healthy cities project. It comprises 260 Spanish cities with more than 19600000 inhabitants. To join the network, municipalities draft a "city health plan" that includes the design of sports, leisure- and free-time facilities to allow the public to engage in daily physical activity.

Promotion of physical activity in the workplace



The General Directorate of Traffic has launched the "State strategy for the bicycle 2020–25", which covers all trips, including to the workplace.


Promotion of physical activity in Spanish companies is linked to the National Institute of Occupational Health and Safety's "healthy companies" project, which created the Spanish Network of Healthy Companies in 2013.



SPAIN

PHYSICAL ACTIVITY FACTSHEET 2021

Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR COMMUNITY-BASED INTERVENTIONS TO PROMOTE **PHYSICAL ACTIVITY IN OLDER ADULTS**

Yes

The guide to developing multi-component physical activity programmes with local and community resources enables community teams to organize interventions for frail elderly people and others at risk of falling referred to them by primary health care services. It provides basic recommendations for developing a physical activity programme, including aerobic resistance, muscle strength, walking, balance and flexibility.










SUCCESS STORY

The Vivifrail project promotes physical exercise and has become an international benchmark for community and hospital interventions to prevent frailty and falls among the elderly. It is currently used by more than 5000 health professionals for over 15000 people. The Vivifrail project is part of the Strategy for the promotion of health and quality of life in the European Union. In Spain, the Vivifrail Project is administered by the Ministry of Health with the different autonomous regions.

National awareness-raising campaign on physical activity

In Spain, the cornerstone project for launching communication and awareness campaigns for physical activity and sport and their benefits has been the Comprehensive plan for physical activity and sport 2010–2020. The initial programme included raising awareness of the plan and its implementation over time by supporting awareness campaigns throughout the Spanish sports system. The Spanish Government has thus developed and supported a range of campaigns throughout the country, promoted by various public and private entities, to promote an active life and healthy lifestyle habits among all groups and sectors of society.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |



SWEDEN

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 10.38 m

Median age: 40.5 years

GDP per capita: 42 650 €

Life expectancy, males: 80.7 years

Life expectancy, females: 84.2 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- ✓ Children (< 5 years)
- ✓ Children and adolescents (5–17 years)
- ✓ Adults (18–64 years)
- ✓ Older adults (≥ 65 years)
- ✓ Frail and very elderly adults (≥ 85 years)
- ✓ Pregnant and breastfeeding women
- ✓ People with disabilities
- ✓ People with chronic diseases

The recommendations are based on the [WHO Guidelines on physical activity and sedentary behaviour](#) (2020), adapted to the Swedish context, and were implemented in 2021. The overall message of the guidelines is that every movement counts.



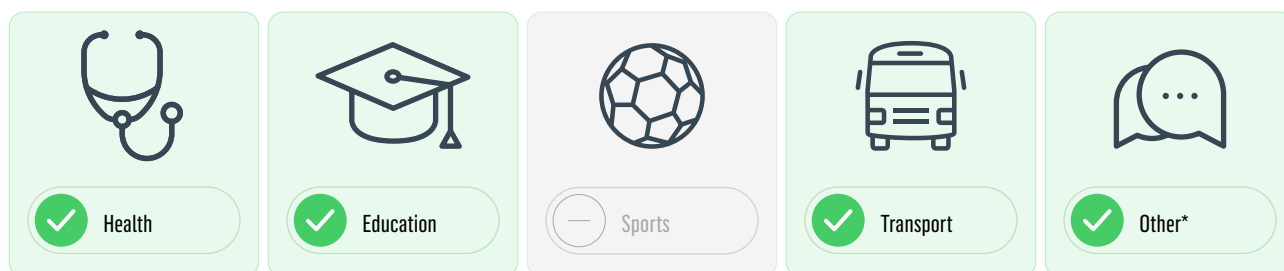
SWEDEN

PHYSICAL ACTIVITY FACTSHEET 2021



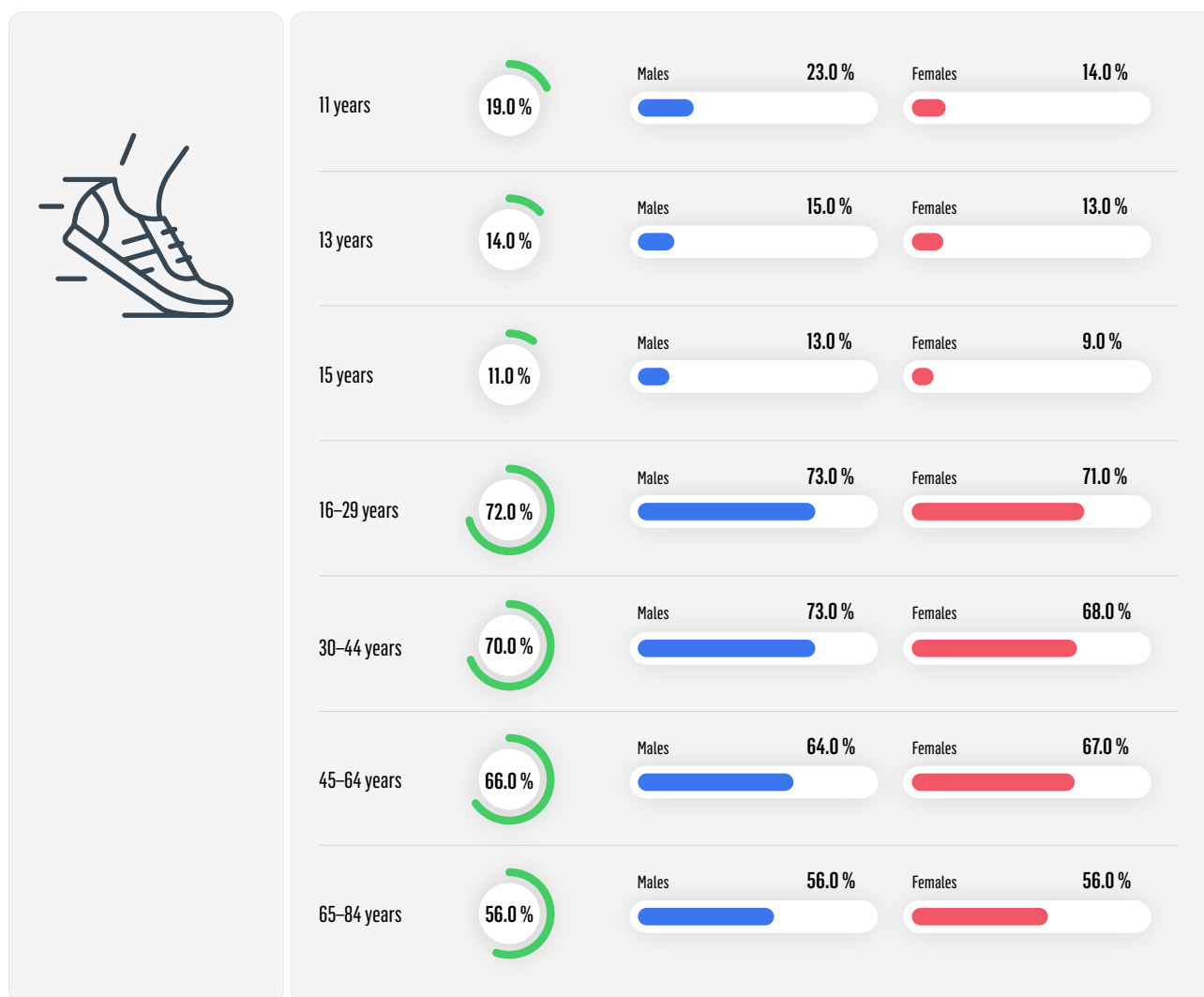
Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



*Health and living conditions

Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017–2018; data for adults and older adults were collected through the [National Public Health Survey](#) in 2020.



SWEDEN

PHYSICAL ACTIVITY FACTSHEET 2021

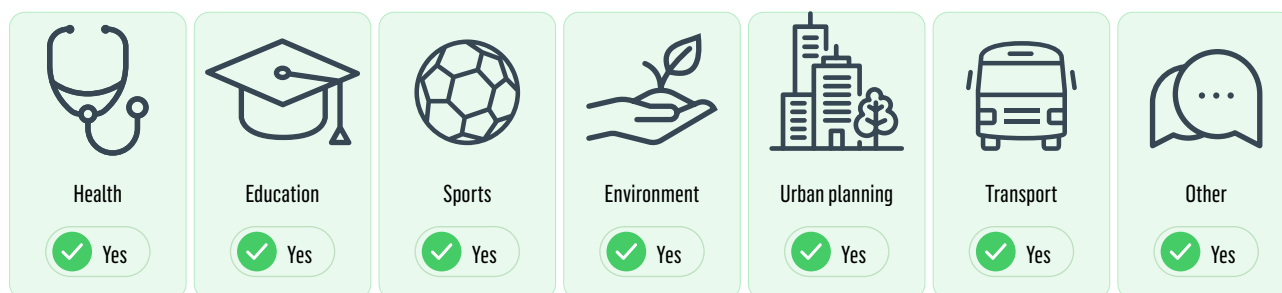


National government coordination mechanism and leadership in the promotion of physical activity

The [Public Health Agency of Sweden](#) coordinates the Swedish working group on HEPA, established in 2017, which has created stronger national awareness and coordination for better HEPA. Sweden also has other Government coordination mechanisms, such as the [National Cycling Council](#), led by the Swedish Transport Administration; the network for coordinating the [Outdoor Recreation Policy of the Swedish Environmental Protection Agency](#); and the cooperation forum [Council for Sustainable Cities](#), which implements the Government's policy for sustainable urban development.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

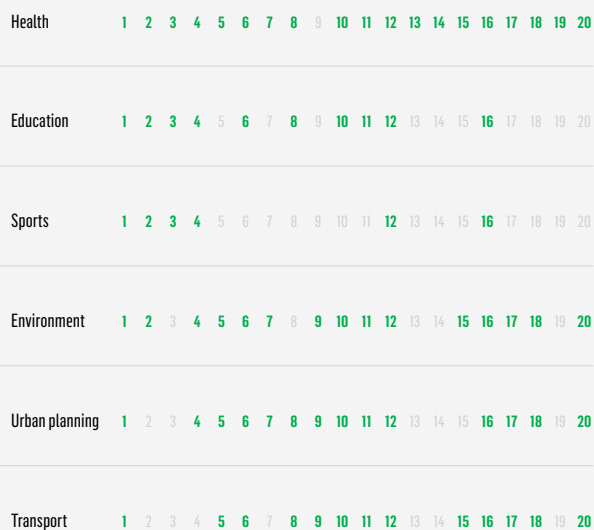
- 1 NATIONAL PUBLIC HEALTH POLICY
- 2 EDUCATION ACT
- 3 REGULATION ON GOVERNMENT GRANTS FOR SPORTS ACTIVITIES
- 4 STRATEGY 2025 FOR SWEDISH SPORTS
- 5 PLANNING AND BUILDING ACT 2010
- 6 GUIDELINES FOR SCHOOLS AND PRESCHOOLS – ARCHITECTURE AND OUTDOOR ENVIRONMENT
- 7 NATIONAL GUIDELINES FOR GREEN STRUCTURE PLANNING
- 8 NATIONAL BOARD OF HOUSING, BUILDING AND PLANNING
- 9 STRATEGY FOR LIVING CITIES – POLICY FOR SUSTAINABLE URBAN DEVELOPMENT (2018)
- 10 OUTDOOR RECREATION POLICY (2012)
- 11 SWEDEN'S ENVIRONMENTAL OBJECTIVES 1999 (16TH VERSION IN 2005)
- 12 AGENDA 2030 – PLAN TO STIMULATE WORK IN SWEDEN
- 13 NATIONAL GUIDELINES FOR THE PREVENTION AND TREATMENT OF UNHEALTHY LIVING HABITS
- 14 NATIONAL GUIDELINES ON PREVENTION OF CHRONIC DISEASES
- 15 TRANSPORT POLICY GOALS
- 16 NATIONAL STRATEGY FOR INCREASED AND SAFE CYCLING
- 17 REQUIREMENTS FOR ROAD AND STREET DESIGN
- 18 TRAFFIC FOR AN ATTRACTIVE CITY
- 19 ACT ON IMPRISONMENT 2010 (SWEDISH CODE OF STATUTES 610)
- 20 GUIDELINES ON MUNICIPAL OUTDOOR LIFE PLANNING

TOTAL NUMBER OF POLICIES

20



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN





SWEDEN

PHYSICAL ACTIVITY FACTSHEET 2021



POPULATION GROUPS TARGETED BY EACH POLICY

| | | | | | | | | | | | | | | | | | | | | |
|---------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| General population | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Children < 5 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Children and adolescents (5–17) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Adults | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Older adults (≥ 65) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Frail/elderly (≥ 85) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| People with disabilities | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| People with chronic diseases | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Pregnant women | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Breastfeeding women | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Low socio-economic groups | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Ethnic minorities | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Deprived of liberty | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Migrants | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Unemployed people | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |

POLICY HIGHLIGHTS

4 Strategy 2025 for Swedish Sports. The Strategy provides a new approach to sport, with opportunities to engage children, young people, adults and the elderly in local and elite sports throughout their lives. It emphasizes joy and development rather than just results. One of the goals is to make sports associations more welcoming to people, regardless of their age, sports performance, financial means or social background. Sports unions and associations have agreed on a common vision to maintain a physically active population by updating and reviewing their programmes, training and competition structures to attain the Strategy’s 2025 objectives for all citizens to reach their full potential.

6 Guidelines for schools and preschools – architecture and outdoor environment. The aim is to create sustainable, accessible school and preschool environments that promote learning, physical activity and well-being and to build environments that promote play and an inclusive meeting place for the whole community, with the design of schoolyards and sports facilities that meet the need of different ages and promote exercise by children and young people, such as large free spaces for playing and dancing, benches and trails for commuting to school on foot or by bicycle. Students, teachers and other school members are involved in planning, construction and management of the building and the outdoor environment.

13 National guidelines for the prevention and treatment of unhealthy lifestyles. These guidelines provide scientifically based measures for behavioural changes for people with unhealthy lifestyles to prevent premature deaths and promote mental health and well-being for all ages. It supports patients in changing behaviour that is detrimental to health, such as tobacco and alcohol use, unhealthy diets and insufficient physical activity. The current guidelines focus on physical activity. The National Board of Health and Welfare continues to support implementation of the guidelines during 2018–2021 in all Sweden’s municipalities and county councils. The national guidelines are reviewed and updated regularly.

SUCCESS STORY



The aim of the **Swedish Outdoor Recreational Policy** is to increase opportunities for people to be out in nature and exercise outdoors. A guide has been developed for municipal officials and county administrative boards to implement the plan, which highlights the central role of municipalities in managing outdoor life through planning, land ownership, management and business development, and also to increase understanding about outdoor spaces and their relation to attaining public health and environment goals and the 2030 Agenda.



SWEDEN

PHYSICAL ACTIVITY FACTSHEET 2021








Increasing access to exercise facilities for socially disadvantaged groups

The aim of [Sports for newly arrived immigrants \(Nyanlândia\)](#) is to provide the conditions for newly arrived girls, boys, women and men who have been granted a residency permission in Sweden to engage in sports. The Sports Movement offers activities and a basic introduction to the community for new arrivals, primarily through district sports federations and associations. Efforts should be made throughout the country. The initiative has resulted in greater integration of new immigrants into ordinary activities.

Counselling on physical activity and exercise prescription

The [National Board of Health and Welfare](#) provides guidelines on the prevention of and treatment for unhealthy lifestyles. The purpose of the guidelines is to both stimulate use of measures shown scientifically to be effective and provide a basis for open, systematic health-care priorities. Recommendations include advice to adults at particular risk who are insufficiently physically active. An example of counselling on physical activity in Sweden is Physical Activity on Prescription (FaR®).

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

| |  Medical doctors |  Physiotherapists |  Nurses |  Nutritionists/ dieticians |  Psychologists |  Other health professionals* |
|---------------|--|---|---|---|--|---|
| | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes |
| Undergraduate | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> Yes |
| Postgraduate | <input type="checkbox"/> Mandatory | <input type="checkbox"/> Mandatory | <input type="checkbox"/> Mandatory | <input type="checkbox"/> Mandatory | <input type="checkbox"/> Mandatory | <input type="checkbox"/> Mandatory |

*E.g., health therapists,
occupational therapists



SUCCESS STORY

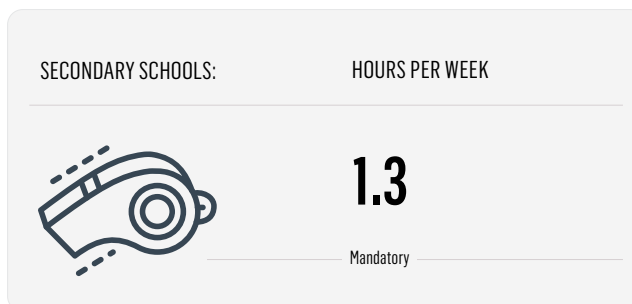
The Swedish [Physical Activity on Prescription \(PAP-S\)](#) model is being implemented in nine other European countries within the project European Physical Activity on Prescription (EUPAP), funded by the European Union's Health Programme (2014–2020). The objectives are promotion of good health and prevention of noncommunicable diseases through country-specific programmes for PAP in health services.

SWEDEN

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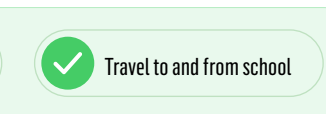
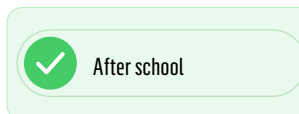
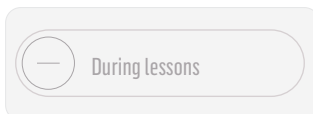


Physical education in schools



Training in physical activity and health (e.g., health effects, determinants, effective interventions) is mandatory in the graduate curriculum of physical education teachers, who in Sweden are referred to as “subject teachers” of “sport and health”. The Swedish Schools Inspectorate audits various aspects of the quality of schools and education, irregularly and in a few schools. Audits of the quality of physical education for health were conducted in 2010, 2012 and 2018; the quality is also evaluated in research.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



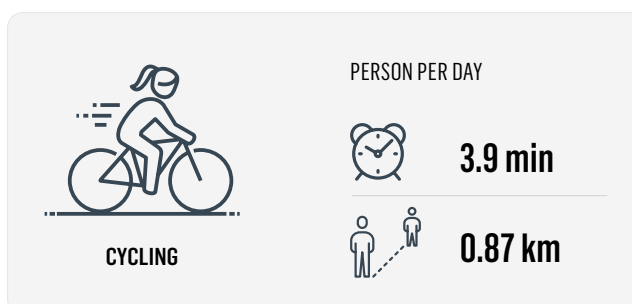
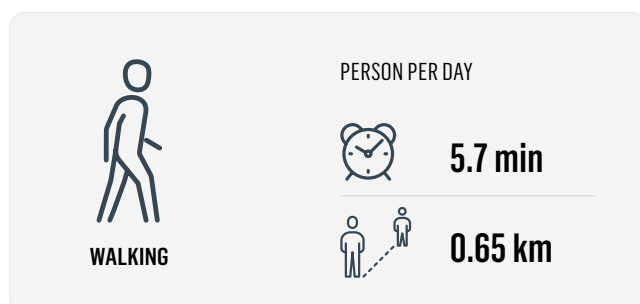
Promotion of daily physical activity in various forms and outdoors is included in the curricula of all Swedish schools. The Swedish National Agency for Education and others provide teaching materials to stimulate various daily physical activities. In 2018, the Swedish Sports Confederation was commissioned by the Government to invest in “more movement in school”. The aim is to improve public health, well-being and school results and is targeted to children in grades 0–6 and especially those who are least active.

Extracurricular sports and other physical activities are organized mainly by sports clubs, which are subsidized by Government grants and taxes to promote equal opportunities for all children.

A **national cycling strategy** has been in place since 2016 to increase safe cycling. The aim is to stimulate sustainable solutions in public transport, walking and cycling and to contribute to a sustainable society with a high quality of life, less environmental impact and better public health.

National travel survey

The [Swedish National Travel survey](#), conducted by Transport Analysis, measures people’s daily travel, the dates and times on which they travel, the modes of transport used and the purposes of trips.





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Infrastructure for leisure-time physical activity

National guidance on the infrastructure for leisure-time physical activity was prepared by the Swedish Board for Public Health (Folkhälsoinstitutet) for 2006–2008. This resulted in guidelines and reports on infrastructure such as the form of the built environment, access to bicycle and walking lanes and the special requirements of children, the elderly and disabled people. Other national agencies have since developed specific guidelines, and regional and local work has been done to support planning and increase recreation in natural and cultural environments. In 2018, a Strategy for Living Cities and a Policy for Sustainable Urban Development were established.

In Swedish culture, nature is viewed as an important arena for physical activity. It is therefore important to keep natural environments available to the population. The 10 national objectives of the outdoor recreation policy include cooperation to increase the status of outdoor recreation in society. As a result, more local, regional and national actions are taken to promote outdoor recreation, such as by urban planning, protection of nature, measures to increase access, education and research and practical activities for different groups, such as children, new arrivals and decision-makers.


► <http://www.swedishepa.se/Environmental-objectives-and-cooperation/Swedish-environmental-work/Work-areas/Outdoor-recreation/>

Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

Yes



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

Yes

The **National Cycling Strategy** comprises five areas of action: increase the role of bicycle traffic in community planning, increase the focus on groups of cyclists, promote a more functional, user-friendly infrastructure, encourage safe bicycle traffic and conduct research for innovations.



SUCCESS STORY

Physical activity and wellness activities offered by an employer to all employees, which are "simpler and cheaper" are tax free. The employer chooses whether to offer this incentive, which they then fund, in order to encourage employees to engage in physical activity. Possible activities are listed by the Tax Agency and include gymnastics, strength training, spinning, dancing and racket sports and regular team sports such as volleyball, soccer and ice hockey. The offer is either in the form of a "nature benefit" or a "health-care grant". In order for the allowance to be covered by the rules on tax exemption, the same amount and conditions must apply to all staff equally.

► <https://www.skatteverket.se/privat/skatter/arbeteochinkomst/formaner/personalvardmotionochfriskvard.4.7459477810df5bccdd4800014540.html>



SWEDEN

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Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR
COMMUNITY-BASED INTERVENTIONS TO PROMOTE
PHYSICAL ACTIVITY IN OLDER ADULTS



Since 2020, the Sports Movement has a 2-year assignment from the Government to support sports and physical activity for the elderly. The support will allow associations and unions to develop activities to ensure that more people aged ≥ 65 years live an active life and to reduce loneliness. The support is an initiative of the Swedish Sports Confederation, which with certain nongovernmental organizations, called for strengthening physical activity and improving the health of the elderly.

In March 2021, two complementary training courses were launched by the National Board of Health and Welfare. The first was a systematic falls prevention operation conducted by teams. The courses were addressed to senior executives, managers and business developers in health and social care. The second course was on healthy living habits for the elderly, which trained support professionals in health and social care in healthy food, use of alcohol, tobacco and medical drugs and meaningful activities, with a strong focus on physical activity.

National awareness-raising campaign on physical activity

The Government has appointed a national committee for 2020–2023 to promote physical activity, increase awareness of the benefits and strengthen the current structure.

MEDIA USED IN NATIONAL CAMPAIGNS

| | | | | | | |
|------------|-------|------------|--------------|---------------|----------------|-------|
| | | | | | | |
| Television | Radio | Newspapers | Social media | Public events | Public figures | Other |
| Yes | Yes | Yes | Yes | Yes | Yes | |



SUCCESS STORY

2021 is designated as the **Year of Outdoor Life** in Sweden. The aim of the campaign Air is Free (Luften är fri) is to increase awareness of the value of outdoor life and the right of public access, to persuade more people to try outdoor life and to continue in the long term.

The WHO Regional Office for Europe

The World Health Organization (WHO) is a specialized agency of the United Nations created in 1948 with the primary responsibility for international health matters and public health. The WHO Regional Office for Europe is one of six regional offices throughout the world, each with its own programme geared to the particular health conditions of the countries it serves.

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