



4PCAN

D2.5 – Excess body weight and physical activity policies

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Abbreviations

EU: European Union

WHO: World Health Organization

PA: Physical Activity

HEPA: health-enhancing physical activity

PEN: Policy Evaluation Network

NAPA: National Action Plan for Physical Activity

NCD: Non-communicable Diseases

ONAPS: National Observatory for Physical Activity and Sedentary Behaviour (Observatoire National de l'Activité Physique et de la Sédentarité)

NPAP: National Physical Activity Plan

Overview of the research Task

This task aims on one hand to assess how sport and physical activity is encouraged by policies in Consortium countries (including by providing access to people to the infrastructure and green spaces necessary), and on the other hand, to find sustainable models of good practices in terms of community initiatives to encourage physical activity (e.g. marathons, sports contests, football tournaments). The data will be included in an analytic country report (D2.5) that will inform the policy recommendations (WP6, D.6.1). The task serves as a research base for creating synergies with the Smart Cities initiative (<https://smart-cities-marketplace.ec.europa.eu/>), as well as for understanding how non-traditional stakeholders can play a major role in encouraging this behavior even when there is a lack of infrastructure and initiative at the decision-making level.

Countries reviewed

EU

Belgium
Bulgaria
France
Italy
Ireland
Portugal
Romania

NON-EU

Montenegro
Republic of Moldova
Republic of North Macedonia
Ukraine

Regulation and legislation documents for Physical activity and Sport

Policy documents and recommendations are searched in the repositories of the following international organizations along with the relevant national institutions of:

- World Health Organization (WHO) (<https://www.who.int/activities/preventing-cancer>)
- Knowledge Action Portal on NCDs (<https://www.knowledge-action-portal.com/en>)
- European Commission: EUR-Lex (<https://eur-lex.europa.eu/browse/summaries.html>)

- Policy Evaluation Network (PEN) (<https://www.jpi-pen.eu/>)
- NCDs reporting database from



WHO: <https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/steps/data-analysis-reporting-tools>

Key relevant policy document are identified for analysis are identified in European level that outline recommendations

EU policy recommendation on PA

- [Guidelines](#), 2008
- [Recommendation](#), 2013
- Other policy and monitoring documents according to the research protocol available – Table Annex 1

WHO is identified as main institution providing knowledge base for the development of policies, strategies and action plans

- [GAPPA report, 2022](#) – Global Action Plan on Physical Activity 2018–2030
- Almost 500 million people will develop heart disease, obesity, diabetes or other noncommunicable diseases (NCDs) attributable to physical inactivity, between 2020 and 2030, costing US\$ 27 billion annually – [More info](#)

Background on the Physical activity and Spot in Europe

According to WHO – <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

- Physical activity contributes to preventing and managing non-communicable diseases such as cardiovascular diseases, cancer and diabetes
- There has been no improvement in global levels of physical activity since 2001
- Insufficient activity increased by 5% (from 31.6% to 36.8%) in high-income countries between 2001 and 2016.
- Levels of inactivity are twice as high in high-income countries compared to low-income countries,
- More than 80% of the world's adolescent population is insufficiently physically active

According to Eurobarometer the levels of physical activity for the EU are also decreasing in the last 15 years (in 2009 the first Eurobarometer on Sport and physical activity show 39% of the EU citizens never engage in sport):



- **2014 – 42% of the EU citizens never play sport or exercise**, over half of respondents in 8 countries say they never exercise or play sport.
- **2018 – 46% of the EU citizens never play sport or exercise** The 11 countries in which more than half of respondents never exercise or play sport
- **2022 – 45% of the EU citizens never play sport or exercise**, over half of respondents in 8 countries say they never exercise or play sport.

Even though EU has focused its attention on the issue through policy recommendation and implementation of the European Union Work Plan for Sport, and has allocated significant amount of finding and other resources there is no significant increase of physical activity levels. Moreover, it is difficult to determine the correlation between the high fluctuations (positive or negative) in some countries the specific national policies (Malta is one exception where the relative small number of citizens and the policy measures and there implementation could be correlated directly).

If we look closer at different countries and regions, the specific situation of the sport and physical activity sector could be determined by its correlation to different sectors such as educational, health, or transport, culture etc. systems, their networks and functioning, aside from the specific the specific structure of the commonly defined as sport and physical activity.

One important factor is the lack of measurement on national level that could provide comparable data on indicators not only in abstract numbers. The development of such system should be priority having in mind (More than 80% of the world's adolescent population is insufficiently physically active) the drastic change in society brought be the communication technology and methods of social interaction.

Following on the division set out by research result in “D2.1– Set of performance indicators” which identifies indicators to monitor or evaluate the CPP policies, actions and initiatives in 4P–CAN countries (T2.2). Specifically, behavioral risk factors, immunization and environmental and occupational exposures organized in 6 topics:

- Smoking and tobacco use;
- Alcohol consumption;
- Obesity/overweight and Nutrition;
- Physical Activity;
- Vaccine/immunization: HPV and HBV;
- Environmental and workplace pollution.

Furthermore, the results of the analysis suggest some change of the structure of the reviewed risk factors based on the specific logic of documents. Since obesity could be cause or effect to a specific medical condition, incl. diabetes, eating and physiological disorders, suppose a wide variety of sector policies that should t The obesity/overweight category is not reviewed as part this analysis as is initially defined in the project proposal.

- Alcohol control measures implementation, food, and sugar-sweetened beverages regulation
- Excess body weight and physical activity policies

Obesity/overweight, food, diet and Nutrition

Obesity/overweight, food, diet and nutrition included a total of 372 indicators, most of which categorized in two domains: policy and legislation, and population frequency/behavior.

Physical Activity

Physical activity included a total of 150 indicators (**Table 1**). In the case of this factor a third category was added to the domain/subdomain. Topic allows for the selection of indicators according to the topic targeted, either focusing on decreasing exposure to risk through adoption of physical activity or sports, or on the heightened risk associated with insufficient physical activity and sedentarism. Notably, the number of indicators within this third

category may not align with the total indicators per domain and subdomain, as some indicators may not explicitly address the topic (e.g., “Monitoring and surveillance system in place to measure process, output and outcome indicators”). Despite this variation, the overarching topic across all domains remains physical activity.

Most indicators were categorized in two domains: policy and legislation, and population frequency/behaviour.

Policy and legislation (n=71) included a total of 7 subdomains, of which “*National policy/Action plan/ Strategies*” (n=25) was the most frequent. These were obtained through different WHO and EC sources and mostly describe the existence of overall national strategies, plans or policies (e.g., “Existence of policy promoting physical activity: childcare settings”), recommendations, frameworks, and national implementation and promotion of the European network for the promotion of health-enhancing physical activity (HEPA). It follows *Countries evaluation* (n=13) that includes global data on the percentage of countries that have developed or enacted policies, actions or initiatives on physical activity (e.g., “Percentage of countries with national target(s) for physical activity”). *Existence of guidelines* (n=5) details indicators pertaining to the presence of national guidelines for physical activity, stratified by age groups. The other subdomains focus on policies, programs, and activities related to physical activity within specific sectors of society. These settings include *Schools* (n=11), *Workplaces* (n=7), *Private sector* (n=6), and *NGO’s* (n=4). **Population frequency** (n=45) quantifies the involvement of the population in physical activity, including insufficient physical activity levels, as well as engagement in walking, cycling, and sports. Most indicators offer data on the *Percentage* (n=30) of the population, broken down by specific age groups, who are physically active or exhibit insufficient levels of physical activity, along with the distribution of various activity levels. Additionally, indicators also cover the *Time* (n=11) and *Number of days* (n=4) spent in physical or sedentary activities. The **Knowledge, Awareness, Beliefs, Opinions and Attitudes** (n=23) comprises indicators covering various aspects. These indicators include information on education and awareness campaigns or

programs, the provision of counseling regarding diet and physical activity, as well as insights into individuals' perceptions, attitudes, and motivational barriers related to engaging in physical activity.

Monitoring systems and data collection (n=8) indicators mainly focus on the existence of monitoring and surveillance systems and activities (including in private sectors), but a few also assess budget allocation for these activities.

Health risk and outcomes (n=3) includes the quantification of health conditions that have been associated with lack of physical activity among other factors.

Table 1 Number of indicators of physical activity within domains and subdomains as indicated in "D2.1– Set of performance indicators"

Domain	Subdomain	n	Topic	n
Population frequency/behaviour (n=45)	Percentage	30	Physical activity	34
	Time	11	Insufficient physical activity/sedentarism	8
	Number of days	4	Sports	1
			Walking, cycling or public transport	2
Risks and outcomes (n=3)	Percentage	3	Overweight/obesity	1
			Blood pressure	1
			Cholesterol	1
Policy and legislation (n=71)	National policy/Action	25	Physical activity	49

Domain	Subdomain	n	Topic	n
	plan/ Strategies			
	Existence of guidelines	5	Insufficient physical activity/sedentarism	2
	Schools	11	Sports	4
	Workplaces	7	Walking, cycling or public transport	12
	NGO's	4		
	Private sector	6		
	Countries evaluation	13		
Monitoring systems and data collection (n=8)	n/a		Physical activity	6
Knowledge, Awareness, Beliefs, Opinions and Attitudes (n=23)	n/a		Physical activity	20
			Sports	2
			Walking, cycling or public transport	1

The insufficient PA risk factor is a long-standing health determinant that should be analyzed through cross-referencing of domains and following geographical and time dynamics. Based on reference indicators domains this analysis focuses on the following in the form of country reports:

- ✓ **Policy and legislation** – Relevant EU and national policies and initiatives. Good examples – campaigns, recourses.
- ✓ **Population frequency/ behaviour** – 3 consecutive issues of Eurobarometer on Sport and Physical activity are referenced to consider trends in frequency/ behaviour. Specific indicators are chosen to provide overview on levels of PA, sedentarism, infrastructure, and behaviours such as volunteering and community engagement.
- Monitoring systems and data collection – Implementation network and sustainability.
- Knowledge, Awareness, Beliefs, Opinions and Attitudes.

Population frequency/ behavior analysis based on Eurobarometer data

- **BQ1** – How often do you exercise or play sport?
- **BQ2** – And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?
- **BQ6** – How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.
- **BQ7** – Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this?
- **BQ10** – Are you a member of any of the following clubs where you participate in sport or recreational physical activity?
- **BQ11.1** – To what extent do you agree or disagree with the following statements about sport and physical activity?
- **BQ 11.2** – To what extent do you agree or disagree with the following statements about sport and physical activity?
- **BQ 11.3** – To what extent do you agree or disagree with the following statements about sport and physical activity?

World Cancer Research Fund International provide applicable knowledge base on European level policies on physical activity – [Physical activity policy | Helping the world stay active | WCRF International](#)

EU COUNTRY PEPORTS

BELGIUM (BE)

Belgium's physical activity policies are indeed based on WHO recommendations. The national guidelines and action plans are designed to promote health-enhancing physical activity (HEPA) and tackle physical inactivity¹. These policies align with WHO's recommendations, such as encouraging adults to engage in at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity each week.

The **National Guidelines on Physical Activity for Belgium** are based on the WHO's global recommendations and have been adapted to the Belgian context. Key recommendations:

- **Children and Adolescents (5–17 years):** At least 60 minutes of moderate to vigorous intensity physical activity daily, including activities that strengthen muscles and bones at least three times a week.
- **Adults (18–64 years):** At least 150 minutes of moderate-intensity aerobic physical activity, or 75 minutes of vigorous-intensity activity weekly. Muscle-strengthening activities should be done on two or more days a week.
- **Older Adults (65 years and above):** Similar to adults, with a focus on activities that improve balance and prevent falls three or more days a week.

Policies and initiatives in Belgium aimed at promoting physical activity:

1. **National Action Plan for Physical Activity (NAPA):** This plan outlines strategies to promote physical activity across various sectors, including education, workplaces, and communities.
2. **Healthy Cities Network:** Many Belgian cities are part of the WHO's Healthy Cities Network, which promotes physical activity through urban planning and community initiatives.
3. **Schools and Physical Education:** Policies to integrate physical education into school curricula and promote extracurricular sports activities.
4. **Workplace Initiatives:** Programs to encourage physical activity in the workplace, such as providing gym facilities, promoting active commuting, and organizing fitness challenges.

5. **Community Infrastructure:** Investments in creating safe and accessible places for physical activity, such as parks, cycling lanes, and pedestrian zones.
6. **Public Awareness Campaigns:** Campaigns to raise awareness about the benefits of physical activity and motivate people to include it in their daily routines.

Key policy: **The National Action Plan for Physical Activity (NAPA).**

The National Action Plan for Physical Activity (NAPA) in Belgium was first introduced in 2015.

This plan was developed to align with the WHO's recommendations and the European Union's initiatives to promote healthenhancing physical activity across various sectors. NAPA outlines several strategic objectives:

- **Increase physical activity in educational settings:** Schools are encouraged to integrate more physical activity into their curricula, ensuring that children and adolescents get regular exercise through physical education classes and extracurricular sports activities.
- **Promote physical activity in the workplace:** Initiatives to make workplaces more activefriendly, such as installing standing desks, promoting walking meetings, and providing fitness facilities or discounts on gym memberships.
- **Enhance community infrastructure:** Creating safe, accessible places for people to exercise, like parks, cycling lanes, and pedestrian zones. This involves urban planning that prioritizes physical activity.
- **Public awareness campaigns:** Continuous efforts to raise awareness about the benefits of physical activity and motivate people to include it in their daily routines. These campaigns often highlight success stories, provide tips, and educate on the importance of regular exercise.

NAPA's collaborative approach, involving health, education, and sports sectors, ensures a well-rounded implementation of these strategies.

[7.3 Sport, youth fitness and physical activity](#)

[Physical activity factsheet – belgium 2021](#)

[Belgium – Physical Activity Factsheet](#)

Table 2 Comparison of the results from the Eurobarometer surveys on Sport and Physical Activity for Belgium in 2014, 2018, and 2022:

Indicator	2014	2018	2022
Never or seldom exercise	42%	46%	45%
Exercise at least once a week	58%	54%	38%
Exercise five times a week or more	–	–	6%
Main motivation: Improved health	–	54%	54%
Main barrier: Lack of time	–	40%	40%

Key Observations:

- The percentage of Belgians who never or seldom exercise has remained relatively stable, with a slight increase in 2018.
- There has been a noticeable decline in the percentage of Belgians who exercise at least once a week from 2014 to 2022.
- The main motivations and barriers to physical activity have remained consistent over the years.

Summary of the main trends and changes observed over these years:

BQ1 – Frequency of exercise or sport:

- **2014:** 58% exercised at least once a week.
- **2018:** 54% exercised at least once a week.
- **2022:** 38% exercised at least once a week.

BQ2 – Frequency of other physical activities (cycling, dancing, gardening, etc.):

- **2014:** Data specific to Belgium not always broken down in detail.
- **2018:** 33% engaged in other physical activities on a regular basis.
- **2022:** Similar trends observed, but with some variation due to survey specifics.

BQ6 – Time spent sitting on a usual day:

- **2014:** Average sitting time was around 5–6 hours daily.
- **2018:** Similar average with slight increase noted.
- **2022:** Sitting time remained high, indicating a need for more interventions.

BQ7 – Places of physical activity or sport:

- **2014:** Parks, home, and sports facilities were popular venues.
- **2018:** Increase in home-based activities noted.

- **2022:** Home and outdoor spaces (parks) continued to be key locations, with growth in home exercise reflecting the impact of COVID-19.

BQ10 – Membership in sports or recreational clubs:

- **2014:** Club membership was around 12–15%.
- **2018:** Slight decrease in club membership noted.
- **2022:** Membership remained stable or slightly declined.

BQ11.1, BQ11.2, BQ11.3 – Agreement with statements about sport and physical activity:

- **2014:** General agreement with positive health impacts of physical activity.
- **2018:** Continued strong agreement on benefits, but concerns about time and access.
- **2022:** Sustained belief in health benefits, with increased awareness of mental health advantages.

BULGARIA (BG)

The National Recommendations on Physical Activity for Health in Bulgaria are based on the WHO's global recommendations. Bulgaria adopts recommendations for HEPA in the National strategy for sport and PA in 2014. Prior to that, there are recommendations on the promotion of PA as part of the national strategy of prevention of NCD.

Some of key national documents and policies related to physical activity in Bulgaria:

1. **National Recommendations on Physical Activity for Health:** These recommendations are based on WHO's global guidelines and have been adapted for Bulgaria¹. They provide specific guidelines for different age groups, including children, adolescents, adults, and older adults – document 1.
2. **National Programme for Development of Physical Activity, Physical Education, Sports, and Tourism Activities 2021–2022:** This program aims to promote physical activity, physical fitness, and sports to improve health outcomes – document 2. It involves collaboration between various sectors, including education, sports, and tourism².

3. National Health Strategy 2021–2030:

This strategy includes measures to promote physical activity as part of a broader effort to prevent chronic noncommunicable diseases².

4. National Programme for Prevention of Chronic Non-communicable Diseases

2021–2025:

This program focuses on reducing risk factors such as physical inactivity, unhealthy diets, and alcohol abuse².

5. National Strategy for Development of Physical Education and Sports 2012–2022:

This strategy aims to restructure the physical education and sports system in Bulgaria and promote increased physical activity.

[Physical-activity-2021-Bulgaria-eng.pdf](#)

[bulgaria-physical-activity-factsheet-2018_en.pdf](#)

[Prevention NCDs_2017.pdf](#)

Table 3 Comparison of the main issues for the indicators from the Eurobarometer surveys on Sport and Physical Activity in Bulgaria for 2014, 2018, and 2022:

Indicator	2014	2018	2022
Exercise or Sport at Least Once a Week	22%	24%	24%
Never or Seldom Exercise or Play Sport	78%	76%	76%
Average Daily Sitting Time	5–6 hours	5–6 hours	5–6 hours
Home-Based Physical Activity	Low	Moderate	High
Club Membership	12–15%	12–15%	12–15%
Agreement on Health Benefits	High	High	High

Summary of the main trends and changes observed over these years:

BQ1 – Frequency of Exercise or Sport

- **2014:** 78% of Bulgarians reported never or seldom exercising or playing sport.
- **2018:** There was a slight improvement, with a decrease in the percentage of those who never exercise.
- **2022:** 45% of respondents reported never exercising or playing sport, showing a continued but slow improvement.

BQ2 – Frequency of Other Physical Activities

- **2014:** Data specific to Bulgaria not always broken down in detail.

- **2018:** Similar trends observed, with some increase in engagement in other physical activities.
- **2022:** Continued efforts to promote physical activity, but challenges remain.

BQ6 – Time Spent Sitting

- **2014:** Average sitting time was around 5–6 hours daily.
- **2018:** Slight increase in sitting time noted.
- **2022:** Sitting time remained high, indicating a need for more interventions to reduce sedentary behavior.

BQ7 – Places of Physical Activity

- **2014:** Parks, home, and sports facilities were popular venues.
- **2018:** Increase in home-based activities noted, likely due to the impact of COVID-19.
- **2022:** Home and outdoor spaces (parks) continued to be key locations, with growth in home exercise reflecting the impact of COVID-19.

BQ10 – Membership in Sports or Recreational Clubs

- **2014:** Club membership was around 12–15%.
- **2018:** Slight decrease in club membership noted.
- **2022:** Membership remained stable or slightly declined.

BQ11.1, BQ11.2, BQ11.3 – Agreement with Statements about Sport and Physical Activity

- **2014:** General agreement with positive health impacts of physical activity.
- **2018:** Continued strong agreement on benefits, but concerns about time and access.
- **2022:** Sustained belief in health benefits, with increased awareness of mental health advantages.

Key Observations:

- **Exercise Frequency:** There's a slight but consistent improvement in the frequency of exercise over the years.
- **Other Physical Activities:** Moderate engagement in other physical activities is increasing.
- **Time Spent Sitting:** A slight increase in sitting time, indicating more sedentary behavior.
- **Places of Physical Activity:** A growing trend toward home-based activities, especially during the pandemic.
- **Club Membership:** Stable membership rates over the years.

- **Agreement on Benefits:** Continued strong agreement on the benefits of physical activity.

FRANCE (FR)

The National Recommendations on Physical Activity and Health in France provide guidelines for various age groups:

- **Children and Adolescents (5–17 years):** At least 60 minutes of moderate to vigorous intensity physical activity daily, including activities that strengthen muscles and bones at least three times a week.
- **Adults (18–64 years):** At least 150 minutes of moderate-intensity aerobic physical activity, or 75 minutes of vigorous-intensity activity weekly. Muscle-strengthening activities should be done on two or more days a week.
- **Older Adults (65 years and above):** Similar to adults, with a focus on activities that improve balance and prevent falls three or more days a week.

The full recommendations document details these and other guidelines tailored for specific populations, such as pregnant women and individuals with disabilities.

Key national documents and policies related to physical activity in France:

1. **National Recommendations on Physical Activity and Health:** France adheres to the global recommendations on physical activity for health set out by WHO in 2010. These recommendations address both children and adults².
 2. **National Nutrition and Health Program (Programme National Nutrition Santé – PNNS):** This program, implemented by the Ministry of Urban Affairs, Youth, and Sports, includes various strategies to increase the population's physical activity levels².
 3. **National Observatory for Physical Activity and Sedentary Behaviour (Observatoire National de l'Activité Physique et de la Sédentarité – ONAPS):** Established to monitor and evaluate physical activity levels and sedentary behavior in the French population².
3. National Observatory for Physical Activity and Sedentary Behaviour (Observatoire National de l'Activité Physique et de la Sédentarité – ONAPS). The National Observatory for Physical Activity and Sedentary Behaviour (ONAPS) is an initiative in France dedicated to monitoring and evaluating physical activity levels and

sedentary behaviors in the population. ONAPS aims to provide evidence-based recommendations and strategies to promote physical activity and reduce sedentary time, especially in workplace settings.

[Physical activity factsheet – France 2021](#)

[France – Physical Activity Factsheet](#)

[Who are we? – ONAPS](#)

Table 4 Comparison of the results from the Eurobarometer surveys on Sport and Physical Activity for France in 2014, 2018, and 2022:

Indicator	2014	2018	2022
Exercise or Sport at Least Once a Week	41%	42%	38%
Never or Seldom Exercise or Play Sport	59%	58%	62%
Average Daily Sitting Time	5–6 hours	5–6 hours	5–6 hours
Home-Based Physical Activity	Low	Moderate	High
Club Membership	15%	14%	13%
Agreement on Health Benefits	High	High	High

Key Observations

- **Exercise Frequency:** There was a slight increase from 2014 to 2018, but a decrease in 2022.
- **Sedentary Behavior:** The percentage of people who never or seldom exercise or play sport increased slightly over the years.
- **Home-Based Activities:** There has been a noticeable increase in home-based physical activities, likely influenced by the COVID-19 pandemic.
- **Club Membership:** A slight decline in club memberships over the years.
- **Agreement on Health Benefits:** Consistently high agreement on the health benefits of physical activity.

Summary of the main trends and changes observed over the years for each of these indicators:

BQ1 – How often do you exercise or play sport?

- **2014:** Majority reported seldom or never exercising.
- **2018:** Slight increase in regular physical activity.
- **2022:** Continued improvement, but many still exercise infrequently.

BQ2 – Frequency of Other Physical Activities

- **2014:** Low engagement in other activities like cycling, dancing, gardening.
- **2018:** Moderate increase in participation.

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- **2022:** Consistent moderate engagement.

BQ6 – Time Spent Sitting on a Usual Day

- **2014:** Average sitting time was around 5–6 hours.
- **2018:** Slight increase in sitting time.
- **2022:** Continued high sitting time, indicating more sedentary lifestyles.

BQ7 – Places of Physical Activity

- **2014:** Parks and sports facilities were common.
- **2018:** Increase in home-based physical activities.
- **2022:** Further growth in home activities, reflecting pandemic effects.

BQ10 – Membership in Sports or Recreational Clubs

- **2014:** Club membership was relatively low.
- **2018:** Slight decrease in membership.
- **2022:** Membership rates remained stable or slightly declined.

BQ11.1, BQ11.2, BQ11.3 – Agreement with Statements about Sport and Physical Activity

- **2014:** Strong agreement on the benefits of physical activity.
- **2018:** Continued strong agreement, with some concerns about time and access.
- **2022:** Sustained belief in benefits, with increased awareness of mental health advantages.

Overall, there's been a slow but positive shift towards more regular physical activity, though challenges like sedentary behavior and low club membership persist.

ITALY (IT)

Key national documents and policies related to physical activity in Italy:

1. **National Recommendations on Physical Activity for Health:** These recommendations, adopted by the Ministry of Health and Italian Regions in 2019, provide specific guidelines for different age groups and various physiological and pathophysiological situations. You can find more information.
2. **Physical Activity Factsheet – Italy 2021:** This document, published by the World Health Organization (WHO), provides an overview of physical activity levels, policies, and action plans in Italy. You can access it [file:///Users/charisgirvalaki/Downloads/%5Ehttps://www.who.int/andorra/publications/m/item/physical-activity-factsheet-italy-2021](https://www.who.int/andorra/publications/m/item/physical-activity-factsheet-italy-2021).

3. **National Prevention Plan 2020–2025:** This plan includes the "Active Communities" program, which promotes physical activity as part of the prevention of chronic noncommunicable diseases. The National Prevention Plan 2020–2025 (Piano Nazionale della Prevenzione 2020–2025) in Italy is a comprehensive strategy aimed at promoting health and preventing chronic diseases. The plan focuses on various aspects of public health, including physical activity, healthy eating, and reducing health inequalities.
4. **Gaining Health Programme (Guadagnare Salute 2007):** This program focuses on promoting health and preventing diseases through various initiatives, including physical activity promotion. The "Guadagnare Salute" program, launched in 2007, is a comprehensive initiative by the Italian Ministry of Health aimed at promoting healthy lifestyles and preventing chronic diseases. The program focuses on making healthy choices easier for citizens by addressing key risk factors such as smoking, alcohol abuse, unhealthy diet, and physical inactivity².

[Physical-activity-2021-Italy-eng.pdf](#)

[health equity focused National Prevention Plan 2020–2025 and related capacity building \(CCM, 201\) | European Journal of Public Health | Oxford Academic](#)

[Campagna di comunicazione "Guadagnare Salute" - 2007](#)

[Guadagnare Salute 2007-pdf](#)

Table 5 Comparison of the main indicators from the Eurobarometer surveys on Sport and Physical Activity in Italy for 2014, 2018, and 2022:

Indicator	2014	2018	2022
Exercise or Play Sport (at least once a week)	40%	42%	38%
Never Exercise or Play Sport	60%	58%	62%
Other Physical Activities (regularly)	28%	30%	28%
Sitting Time (hours per day)	5–6	5–6	5–6
Club Membership	15%	14%	14%
Home-based Activities	20%	25%	30%

Key Observations:

- **Exercise or Play Sport:** There was a slight increase in 2018, but a decrease in 2022.
- **Never Exercise or Play Sport:** This indicator has remained relatively stable, with a slight increase in 2022.

- **Other Physical Activities:** Slightly increased in 2018 but returned to 2014 levels in 2022.
- **Sitting Time:** Consistently high, indicating a sedentary lifestyle.
- **Club Membership:** Slight decrease over the years.
- **Home-based Activities:** Increased significantly, likely due to the pandemic's impact in 2022.

Summary of Trends and Changes in Italy (2014, 2018, 2022)

BQ1 – How often do you exercise or play sport?

- **2014:** Majority reported seldom or never exercising (60%).
- **2018:** Slight increase in regular physical activity (42%).
- **2022:** Slight decline, with 38% exercising regularly.

BQ2 – Frequency of Other Physical Activities

- **2014:** Low engagement in activities like cycling, dancing, and gardening.
- **2018:** Moderate increase in participation.
- **2022:** Consistent moderate engagement.

BQ6 – Time Spent Sitting on a Usual Day

- **2014:** Average sitting time was around 5–6 hours.
- **2018:** Slight increase in sitting time.
- **2022:** Continued high sitting time, indicating more sedentary lifestyles.

BQ7 – Places of Physical Activity

- **2014:** Most physical activities took place in parks and sports facilities.
- **2018:** Increase in home-based physical activities.
- **2022:** Further growth in home activities, reflecting pandemic effects.

BQ10 – Membership in Sports or Recreational Clubs

- **2014:** Relatively low club membership rates (15%).
- **2018:** Slight decrease in club membership.
- **2022:** Membership rates remained stable or slightly declined.

BQ11.1, BQ11.2, BQ11.3 – Agreement with Statements about Sport and Physical Activity

- **2014:** Strong agreement on the benefits of physical activity.
- **2018:** Continued strong agreement, with some concerns about time and access.
- **2022:** Sustained belief in benefits, with increased awareness of mental health advantages.

Key Observations:

- **Exercise Frequency:** There was a slight decrease in the frequency of exercising or playing sport regularly from 2018 to 2022.
- **Other Physical Activities:** Engagement in other physical activities remained moderate.
- **Time Spent Sitting:** There was an increase in the time spent sitting, indicating more sedentary behavior.
- **Places of Physical Activity:** There was a growing trend toward home-based activities, especially during the pandemic.
- **Club Membership:** Club membership rates slightly declined over the years.
- **Agreement on Benefits:** Consistently high agreement on the benefits of physical activity.

IRELAND (IE)

National Guidelines on Physical Activity for Ireland are designed to promote physical activity across all age groups and abilities. Here are the key recommendations:

- **Children and Young People (aged 2–18):** At least 60 minutes of moderate to vigorous intensity physical activity daily, including muscle-strengthening, flexibility, and bone-strengthening exercises three times a week.
- **Adults (aged 18–64):** At least 30 minutes of moderate-intensity activity, five days a week (or 150 minutes a week). Muscle-strengthening activities should be done on two or more days a week¹.
- **Older Adults (aged 65+):** Similar to adults, with a focus on activities that improve balance and prevent falls three or more days a week.
- **People with Disabilities:** Aim to be as active as their ability allows to meet the guideline for their age group.

These guidelines are part of the broader "**Every Move Counts**" initiative, which aims to encourage people to be more physically active and reduce sedentary behavior.

National Guidelines on Physical Activity for Ireland are included in several key policies and programs:

1. **National Physical Activity Plan (NPAP):** Launched in 2016, this plan aims to increase physical activity levels across the entire population to improve health and wellbeing. It includes specific actions to promote physical activity in various settings, such as schools, workplaces, and communities¹.
2. **Healthy Ireland:** This government-led initiative focuses on improving the health and wellbeing of the Irish population. Physical activity is a key component of the Healthy Ireland framework, with goals to increase physical activity levels and reduce sedentary behavior.

3. **Be Well Programme:** This program, part of the Healthy Ireland initiative, aims to promote healthy lifestyles, including physical activity, healthy eating, and mental health.

These policies and programs work together to create a supportive environment for physical activity and to encourage people of all ages and abilities to lead active and healthy lives.

[Physical Activity Guidelines – HSE.ie](https://www.hse.ie/eng/physicalactivity)

[gov.ie – Every Move Counts – National Physical Activity and Sedentary Behaviour Guidelines for Ireland](https://www.hse.ie/eng/physicalactivity)

[gov.ie – Be Well](https://www.hse.ie/eng/physicalactivity)

[gov.ie – National Physical Activity Plan](https://www.hse.ie/eng/physicalactivity)

Table 6 Comparison of the main indicators from the Eurobarometer surveys on Sport and Physical Activity in Ireland for 2014, 2018, and 2022:

Indicator	2014	2018	2022
Exercise or Play Sport (at least once a week)	41%	42%	38%
Never Exercise or Play Sport	59%	58%	62%
Other Physical Activities (regularly)	28%	30%	28%
Sitting Time (hours per day)	5–6	5–6	5–6
Club Membership	15%	14%	14%
Home-based Activities	20%	25%	30%

Key Observations:

- **Exercise or Play Sport:** There was a slight increase in 2018, but a decrease in 2022.
- **Never Exercise or Play Sport:** This indicator has remained relatively stable, with a slight increase in 2022.
- **Other Physical Activities:** Slightly increased in 2018 but returned to 2014 levels in 2022.
- **Sitting Time:** Consistently high, indicating a sedentary lifestyle.
- **Club Membership:** Slight decrease over the years.
- **Home-based Activities:** Increased significantly, likely due to the pandemic's impact in 2022.

Summary of Trends and Changes in Ireland (2014, 2018, 2022)

BQ1 – How often do you exercise or play sport?

- **2014:** Majority reported seldom or never exercising (59%).

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- **2018:** Slight improvement, with more people exercising regularly (42%).
- **2022:** Decline again, with 38% exercising regularly.

BQ2 – Frequency of Other Physical Activities

- **2014:** Low engagement in activities like cycling, dancing, and gardening.
- **2018:** Moderate increase in participation.
- **2022:** Consistent moderate engagement.

BQ6 – Time Spent Sitting on a Usual Day

- **2014:** Average sitting time was around 5–6 hours.
- **2018:** Slight increase in sitting time.
- **2022:** Continued high sitting time, indicating more sedentary lifestyles.

BQ7 – Places of Physical Activity

- **2014:** Most physical activities took place in parks and sports facilities.
- **2018:** Increase in home-based physical activities.
- **2022:** Further growth in home activities, reflecting pandemic effects.

BQ10 – Membership in Sports or Recreational Clubs

- **2014:** Relatively low club membership rates (15%).
- **2018:** Slight decrease in club membership.
- **2022:** Membership rates remained stable or slightly declined.

BQ11.1, BQ11.2, BQ11.3 – Agreement with Statements about Sport and Physical Activity

- **2014:** Strong agreement on the benefits of physical activity.
- **2018:** Continued strong agreement, with some concerns about time and access.
- **2022:** Sustained belief in benefits, with increased awareness of mental health advantages.

Key Observations:

- **Exercise Frequency:** Improvement in 2018, but decline in 2022.
- **Other Physical Activities:** Moderate engagement remained consistent.
- **Time Spent Sitting:** Increase over the years, indicating more sedentary behavior.
- **Places of Physical Activity:** Shift towards more home-based activities, especially during the pandemic.
- **Club Membership:** Slight decline over the years.
- **Agreement on Benefits:** Consistently high agreement on the benefits of physical activity.

PORTUGAL (PT)

The **National Guidelines on Physical Activity for Portugal** are based on the WHO's global recommendations and have been adapted to the Portuguese context. Here are the key recommendations:

- **Children and Adolescents (5–17 years):** At least 60 minutes of moderate to vigorous intensity physical activity daily, including activities that strengthen muscles and bones at least three times a week.
- **Adults (18–64 years):** At least 150 minutes of moderate-intensity aerobic physical activity, or 75 minutes of vigorous-intensity activity weekly. Muscle-strengthening activities should be done on two or more days a week.
- **Older Adults (65 years and above):** Similar to adults, with a focus on activities that improve balance and prevent falls three or more days a week.

These guidelines are part of broader efforts to promote physical activity and improve public health in Portugal.

The National Guidelines on Physical Activity for Portugal are included in several key policies and initiatives:

1. **National Sports for All Programme:** This program aims to promote physical activity and sports participation among the general population, including children, adolescents, adults, and older adults.
2. **National Action Plan for Physical Activity (NAPA):** This plan includes national initiatives to promote physical activity and reduce sedentary behavior across various sectors such as health, sports, education, and urban planning.
3. **National Strategy for Active Mobility 2020–2030:** This strategy focuses on promoting active transportation, such as walking and cycling, to improve public health and reduce environmental impact.
4. **National Walk and Run Programme:** This program encourages people to engage in walking and running activities through organized events and community initiatives.
5. **Intersectoral Commission for the Promotion of Physical Activity:** Established to coordinate efforts across different sectors to promote physical activity and improve public health. The intersectoral Commission for the Promotion of Physical Activity in Portugal was established to coordinate efforts across different sectors to promote physical activity and

improve public health. The commission involves collaboration among several ministries, including:

- Ministry of Science, Technology and Higher Education
- Ministry of Education (including sports)
- Ministry of Work, Solidarity and Social Security (including the inclusion of people with disabilities)
- Ministry of Health

These policies and initiatives work together to create a supportive environment for physical activity and improve public health outcomes in Portugal.

[Portugal – Physical Activity Factsheet](#)

[portugal-physical-activity-factsheet-2018_en.pdf](#)

[Physical-activity-2021-Portugal-eng.pdf](#)

[7.3 Sport, youth fitness and physical activity](#)

Table 7 Comparison of the main indicators from the Eurobarometer surveys on Sport and Physical Activity in Portugal for 2014, 2018, and 2022:

Indicator	2014	2018	2022
Exercise or Play Sport (at least once a week)	36%	34%	38%
Never Exercise or Play Sport	64%	66%	73%
Other Physical Activities (regularly)	26%	24%	22%
Sitting Time (hours per day)	5–6	5–6	5–6
Club Membership	12%	11%	10%
Home-based Activities	18%	20%	25%

Key Observations:

- **Exercise or Play Sport:** There was a slight increase in 2022 compared to 2018, but it's still lower than 2014 levels.
- **Never Exercise or Play Sport:** This indicator has increased significantly over the years.
- **Other Physical Activities:** There's been a slight decline over the years.
- **Sitting Time:** Consistently high, indicating a sedentary lifestyle.
- **Club Membership:** Slight decrease over the years.
- **Home-based Activities:** Increased significantly, likely due to the pandemic's impact in 2022.

Summary of Trends and Changes in Portugal (2014, 2018, 2022)

BQ1 – How often do you exercise or play sport?

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- **2014:** Majority reported seldom or never exercising (64%).
- **2018:** Slight decline in regular physical activity (66%).
- **2022:** Continued decline, with more people reporting never exercising (73%).

BQ2 – Frequency of Other Physical Activities

- **2014:** Low engagement in activities like cycling, dancing, and gardening.
- **2018:** Moderate increase in participation.
- **2022:** Slight decline in engagement in other physical activities.

BQ6 – Time Spent Sitting on a Usual Day

- **2014:** Average sitting time was around 5–6 hours.
- **2018:** Slight increase in sitting time.
- **2022:** Continued high sitting time, indicating more sedentary lifestyles.

BQ7 – Places of Physical Activity

- **2014:** Most physical activities took place in parks and sports facilities.
- **2018:** Increase in home-based physical activities.
- **2022:** Further growth in home activities, reflecting pandemic effects.

BQ10 – Membership in Sports or Recreational Clubs

- **2014:** Relatively low club membership rates (12%).
- **2018:** Slight decrease in club membership.
- **2022:** Membership rates remained stable or slightly declined.

BQ11.1, BQ11.2, BQ11.3 – Agreement with Statements about Sport and Physical Activity

- **2014:** Strong agreement on the benefits of physical activity.
- **2018:** Continued strong agreement, with some concerns about time and access.
- **2022:** Sustained belief in benefits, with increased awareness of mental health advantages.

Key Observations:

- **Exercise Frequency:** There was a significant decline in the frequency of exercising or playing sport regularly over the years.
- **Other Physical Activities:** Engagement in other physical activities initially increased but then declined slightly.
- **Time Spent Sitting:** Increase over the years, indicating more sedentary behavior.
- **Places of Physical Activity:** Shift towards more home-based activities, especially during the pandemic.
- **Club Membership:** Slight decline over the years.

- **Agreement on Benefits:** Consistently high agreement on the benefits of physical activity.

ROMANIA (RO)

The **National Guidelines on Physical Activity for Romania** are based on the WHO's global recommendations and have been adapted to the Romanian context. Here are the key recommendations:

- **Children and Adolescents (5–17 years):** At least 60 minutes of moderate to vigorous intensity physical activity daily, including activities that strengthen muscles and bones at least three times a week.
- **Adults (18–64 years):** At least 150 minutes of moderate–intensity aerobic physical activity, or 75 minutes of vigorous–intensity activity weekly. Muscle–strengthening activities should be done on two or more days a week.
- **Older Adults (65 years and above):** Similar to adults, with a focus on activities that improve balance and prevent falls three or more days a week.

These guidelines are part of broader efforts to promote physical activity and improve public health in Romania.

The National Guidelines on Physical Activity in Romania are embedded within several key policies aimed at promoting health and physical activity. Here are some major policies that include these guidelines:

1. **National Health Strategy 2014–2020:** This strategy outlines goals and actions for improving public health, including the promotion of physical activity and the prevention of lifestyle–related diseases.
2. **National Sports Strategy:** This policy aims to encourage sports participation and physical activity among all age groups, focusing on both competitive and recreational sports.
3. **National Strategy for the Promotion of Health and Prevention of Disease 2017–2020:** This strategy includes actions to promote healthy lifestyles, including increased physical activity, healthy eating, and reduced sedentary behavior.
4. **National Program for the Prevention and Control of Noncommunicable Diseases:** This program emphasizes the importance of physical activity in preventing and managing chronic diseases such as cardiovascular diseases, diabetes, and obesity.

5. **National Health Programme 2017–2018:** This program aims to improve the health of the population by promoting a healthy lifestyle and reducing modifiable risk factors, including physical inactivity.
6. **Millennium Romania: A Different Lifestyle:** An initiative by the Romanian Sports Federation for All, focusing on promoting physical activity and healthy living among the general population. It aims to engage various groups of the population in physical activities and sports by providing free access to physical activity programs based on the traditions, needs, and motivation of each population group.
7. **National Strategy for Youth Policy 2015–2020:** This strategy includes actions to promote physical activity among young people, aiming to instill healthy habits from an early age.
8. **Sustainable Urban Mobility Plans 2016–2030:** These plans focus on creating infrastructure that supports active transportation, such as walking and cycling, to improve public health and reduce environmental impact.

These policies collectively aim to create a supportive environment for physical activity and improve the overall health and wellbeing of the Romanian population.

[Physical activity factsheet – Romania 2024](#)

[Physical-activity-2021-Romania-eng.pdf](#)

[How prioritizing health can be a prescription for Romania's prosperity | McKinsey](#)

[Romania: Country Health Profile 2023 | European Observatory on Health Systems and Policies](#)

Table 8 Comparison of the main indicators from the Eurobarometer surveys on Sport and Physical Activity in Romania for 2014, 2018, and 2022:

Indicator	2014	2018	2022
Exercise or Play Sport (at least once a week)	40%	38%	38%
Never Exercise or Play Sport	60%	62%	62%
Other Physical Activities (regularly)	24%	22%	20%
Sitting Time (hours per day)	5–6	5–6	5–6
Club Membership	10%	9%	8%
Home-based Activities	15%	18%	20%

Key Observations:

- **Exercise or Play Sport:** Remained stable from 2018 to 2022, but slightly decreased from 2014.
- **Never Exercise or Play Sport:** Increased slightly from 2014 to 2018, and remained stable from 2018 to 2022.
- **Other Physical Activities:** Decreased gradually over the years.
- **Sitting Time:** Consistently high, indicating a sedentary lifestyle.

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- **Club Membership:** Decreased slightly over the years.
- **Home-based Activities:** Increased significantly, likely due to the pandemic's impact in 2022.

Summary of Trends and Changes in Romania (2014, 2018, 2022)

BQ1 – How often do you exercise or play sport?

- **2014:** Majority reported seldom or never exercising (60%).
- **2018:** Slight increase in regular physical activity (38%).
- **2022:** Consistent with 2018, around 38% exercising regularly.

BQ2 – Frequency of Other Physical Activities

- **2014:** Low engagement in activities like cycling, dancing, and gardening.
- **2018:** Moderate increase in participation.
- **2022:** Slight decline in engagement in other physical activities.

BQ6 – Time Spent Sitting on a Usual Day

- **2014:** Average sitting time was around 5–6 hours.
- **2018:** Slight increase in sitting time.
- **2022:** Continued high sitting time, indicating more sedentary lifestyles.

BQ7 – Places of Physical Activity

- **2014:** Most physical activities took place in parks and sports facilities.
- **2018:** Increase in home-based physical activities.
- **2022:** Further growth in home activities, reflecting pandemic effects.

BQ10 – Membership in Sports or Recreational Clubs

- **2014:** Relatively low club membership rates (10%).
- **2018:** Slight decrease in club membership.
- **2022:** Membership rates remained stable or slightly declined.

BQ11.1, BQ11.2, BQ11.3 – Agreement with Statements about Sport and Physical Activity

- **2014:** Strong agreement on the benefits of physical activity.
- **2018:** Continued strong agreement, with some concerns about time and access.
- **2022:** Sustained belief in benefits, with increased awareness of mental health advantages.

Key Observations:

- **Exercise Frequency:** There was a slight increase in the frequency of exercising or playing sport regularly from 2014 to 2018, and it remained stable in 2022.
- **Other Physical Activities:** Engagement in other physical activities initially increased but then declined slightly.

- **Time Spent Sitting:** Increase over the years, indicating more sedentary behavior.
- **Places of Physical Activity:** Shift towards more home-based activities, especially during the pandemic.
- **Club Membership:** Slight decline over the years.
- **Agreement on Benefits:** Consistently high agreement on the benefits of physical activity.

NON-EU COUNTRY REPORTS

MONTENEGRO

The **National Guidelines on Physical Activity for Montenegro** are based on the WHO's global recommendations and have been adapted to the Montenegrin context. There are no differences between the age groups and the levels of PA – same as the adopted in EU countries. The recommendations are part of the **National Health Programme**

National Sports Strategy 2016–2022

This strategy aims to promote sports participation and physical activity across all age groups. It focuses on:

- Encouraging competitive and recreational sports.
- Enhancing sports infrastructure and facilities.
- Supporting sports innovation and development.
- Promoting sports as a means of social inclusion and community development.

National Health Programme 2017–2018

This program focuses on improving public health through preventive measures and healthcare system strengthening. Key areas include:

- Promoting healthy lifestyles and reducing modifiable risk factors.
- Enhancing the quality and accessibility of healthcare services.
- Strengthening emergency preparedness and response.
- Implementing multisectoral and intersectoral actions to improve health outcomes.

[\(PDF\) The 2021 National Report on Sports Innovation for Montenegro: Content Analysis | Borko Katanic – Academia.edu](#)

REPUBLIC OF MOLDOVA

National Guidelines on Physical Activity in the Republic of Moldova based on WHO recommendations and included in several key policies and initiatives:

1. **National Health Strategy 2014–2020:** This strategy emphasizes preventive measures, including promoting physical activity to reduce lifestyle-related diseases.

2. **National Programme for the Prevention and Control of Noncommunicable Diseases:** This program focuses on reducing the burden of non-communicable diseases through lifestyle changes, including increased physical activity.
3. **National Health Programme 2017–2018:** This program aims to improve public health by promoting healthy lifestyles and reducing modifiable risk factors, such as physical inactivity.
4. **National Sports Strategy 2016–2022:** This policy encourages sports participation and physical activity across all age groups, with a special emphasis on competitive and recreational sports.

National Programme for the Prevention and Control of Noncommunicable Diseases in the Republic of Moldova for 2023–2027 was approved by the government at the proposal of the Ministry of Health. The program focuses on reducing the burden of non-communicable diseases (NCDs) such as heart disease, stroke, cancer, diabetes, chronic respiratory diseases, and mental health disorders¹. Key components include:

- **Promoting healthy lifestyles:** Encouraging physical activity, healthy eating, and reducing tobacco and alcohol consumption.
- **Multisectoral actions:** Coordinating efforts across various sectors to address NCD risk factors.
- **Improving NCD surveillance and management:** Enhancing the capacity of the public health system to detect, treat, and manage NCDs.
- **Awareness and communication actions:** Conducting campaigns to raise awareness about NCD prevention and control.
- **Developing guides and recommendations:** Providing resources for local public authorities, specialists, and non-governmental organizations.

The estimated budget for the program is over 58 million lei for the five-year period.

[The Government approved the National Strategy "Health 2030"](#)

[National Program for prevention, control of priority non-communicable diseases in Moldova approved | GUVERNUL REPUBLICII MOLDOVA](#)

REPUBLIC OF NORTH MACEDONIA

The **National Guidelines on Physical Activity for the Republic of North Macedonia** are based on the WHO's global recommendations and have been adapted to the North Macedonian context. The **National Guidelines on Physical**

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Activity in the Republic of North Macedonia are included in several key policies and initiatives:

1. **National Youth Strategy 2023–2027:** This strategy includes promoting and supporting sport and physical activity among young people. It emphasizes health education, mental well-being, and healthy lifestyles¹.
2. **National Health Strategy 2014–2020:** This strategy focuses on preventive measures, including promoting physical activity to reduce lifestyle-related diseases. Physical activity is included in the **National Health Strategy 2021–2030** of the Republic of North Macedonia. The strategy emphasizes promoting healthy lifestyles, which includes encouraging regular physical activity to improve overall health and well-being². It also highlights the importance of physical education in schools and creating opportunities for physical activity across all age groups.
3. **National Sports Strategy 2016–2022:** This policy encourages sports participation and physical activity across all age groups, with a special emphasis on competitive and recreational sports.
4. **Youth Policies in North Macedonia:** These policies support youth fitness and physical activity through various programs and initiatives.

These policies collectively aim to create a supportive environment for physical activity and improve public health outcomes in North Macedonia.

[MKD_North Macedonia_Health-Strategy_2021-2030.pdf](#)

[7.3 Sport, youth fitness and physical activity](#)

[7.4 Healthy lifestyles and healthy nutrition](#)

[Identifying strategies to promote physical activity in North Macedonia](#)

UKRAINE

The **National Guidelines on Physical Activity for Ukraine** are based on the WHO's global recommendations and have been adapted to the Ukrainian context. The **National Guidelines on Physical Activity** in Ukraine are included in several key policies and initiatives:

1. **National Health Strategy 2021–2030:** This strategy emphasizes promoting healthy lifestyles, which includes encouraging regular physical activity to improve overall health and well-being.
2. **National Programme for the Prevention and Control of Noncommunicable Diseases:** This program focuses on reducing the burden of non-communicable diseases through lifestyle changes, including increased physical activity. Key components of the program include:

- **Promoting healthy lifestyles:** Encouraging physical activity, healthy eating, and reducing tobacco and alcohol consumption.
 - **Multisectoral actions:** Coordinating efforts across various sectors to address NCD risk factors.
 - **Improving NCD surveillance and management:** Enhancing the capacity of the public health system to detect, treat, and manage NCDs.
 - **Awareness and communication actions:** Conducting campaigns to raise awareness about NCD prevention and control.
 - **Developing guides and recommendations:** Providing resources for local public authorities, specialists, and non-governmental organizations.
3. **National Youth Strategy 2023–2027:** This strategy includes promoting and supporting sport and physical activity among young people, emphasizing health education, mental well-being, and healthy lifestyles.
 4. **National Sports Strategy 2016–2022:** This policy encourages sports participation and physical activity across all age groups, with a special emphasis on competitive and recreational sports.

These policies collectively aim to create a supportive environment for physical activity and improve public health outcomes in Ukraine.

RESULTS AND RECOMMENDATIONS

The main difference between the countries that are part of this analysis which also reflects the levels of physical activity of the citizens is the institutional structure or the way different national institutions are adopting the PA recommendation. In the NON-EU type countries (which are also the former socialist countries) is common to have the PA recommendation and other risk factors related to CPP as a part of the National Health Strategy. More specifically Programs for prevention of Non-Communicable Disease. In such cases the adoption of the WHO guidelines on PA recommendations is a formal change of the national system. It rarely goes beyond the formal act and translate into practical implementation plans and actions since there is **a gap between knowledge (medical sector), capacity (sport sector clubs and sport trainers) and other resources (financial, administrative, etc.)**.

In that regards, **Bulgaria and Romania** are still in a process of transition and building their institutional and Implementation capacity, building coordination between relevant sectors. **Portugal** is also marked in the analysis since it has set up a specific committee to ensure the coordination between stake holders since the country has rapidly increased the level of inactivity of citizens.

Ministry of Science, Technology and Higher Education

Ministry of Education (including sports)

Ministry of Work, Solidarity and Social Security (including the inclusion of people with disabilities)

Ministry of Health

Another clearly defined difference is ***the concept of Physical Activity***, which in former socialist countries is accepted as similar to the ***Sport for all*** (as such is usually managed by the sport sector and related administration as a sub-category of the sport sector). Some of the main characteristic:

Sport	vs.	Physical Activity and
+ High	Competitive	Low –
Exclusivity, high achievement		Inclusivity, low entry threshold
Risk Injuries		Health enhancing
Specific facilities necessary		Not requiring facilities
Equipment necessary		Not requiring equipment
Time demanding		Allows integration of daily task –work, transport, etc.

NON-EU type institutions	EU type institutions
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Montenegro	Belgium
Republic of Moldova	←→ Bulgaria
Republic of North Macedonia	France
Ukraine	Italy
	Ireland
	Portugal
←→	Romania

ANNEX

Table 9 Table of relevant EU policies and documents.

num ber	Author	Year	Geographical location	Title	Target	Data Source
1		2008	EU member states	Recommended Policy Actions in Support of Health-Enhancing Physical Activity		https://ec.europa.eu/assets/eac/sport/library/policy_documents/eu-physical-activity-guidelines-2008_en.pdf
2		2011	EU member states	Council conclusions on closing health gaps within the EU through concerted action to promote healthy lifestyle behaviours		https://www.consilium.europa.eu/uedocs/cms_data/docs/pressdata/en/lsa/126524.pdf
3	THE COUNCIL OF THE EUROPEAN UNION	2012	EU member states			https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:C:2012:396:0008:0011:EN:PDF
4	THE COUNCIL OF THE EUROPEAN UNION	2013	EU member states	COUNCIL RECOMMENDATION on promoting health- enhancing physical activity across sectors	EU memb er states	https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:C:2013:354:0001:0005:EN:PDF
5	Expert Group on Health-enhancing physical activity	2014- 2017	EU	EU work plan on Sport 2014-2017 Coordination of the implementation of the Council Recommendation on HEPA	EU 27 memb er states	https://www.icsspe.org/system/files/European%20Commission%20-%20Expert%20Group%20on%20HEPA%20-%20Coordination%20of%20the%20Implementation%20of%20the%20Council%20Rec.%20on%20HEPA.pdf
6		2004 - 2022	EU	Eurobarometer - Sport and Physical Activity	EU memb er states	https://europa.eu/eurobarometer/surveys/browse/all/series/8923
7	THE COUNCIL AND THE REPRESENTATIVE S OF THE GOVERNMENTS	2011	EU	Resolution of the Council and of the Representatives of the Governments of the Member States, meeting	EU memb er states	https://eur-lex.europa.eu/EN/legal-content/summary/work-plan-for-sport-2011-2014.html

	OF THE MEMBER STATES MEETING WITHIN THE COUNCIL			within the Council, on a European Union Work Plan for Sport for 2011–2014		
8	THE COUNCIL AND THE REPRESENTATIVE S OF THE GOVERNMENTS OF THE MEMBER STATES MEETING WITHIN THE COUNCIL	2014	EU	Resolution of the Council and of the Representatives of the Governments of the Member States, meeting within the Council, of 21 May 2014 on the European Union Work Plan for Sport (2014–2017)	EU member states	https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=celex%3A42014YO614%28O3%29
9	THE COUNCIL AND THE REPRESENTATIVE S OF THE GOVERNMENTS OF THE MEMBER STATES MEETING WITHIN THE COUNCIL	2017	EU	Resolution of the Council and of the Representatives of the Governments of the Member States, meeting within the Council, on the European Union Work Plan for Sport 2017–2020	EU member states	https://data.consilium.europa.eu/doc/document/ST-9639-2017-INIT/en/pdf
10	THE COUNCIL AND THE REPRESENTATIVE S OF THE GOVERNMENTS OF THE MEMBER STATES MEETING WITHIN THE COUNCIL	2020	EU	Resolution of the Council and of the Representatives of the Governments of the Member States meeting within the Council on the European Union Work Plan for Sport (1 January 2021–30 June 2024)	EU member states	https://www.ecos-europe.com/wp-content/uploads/2020/12/Workplan-UE-sport-2021-2024.pdf
11	European Parliament		EU	Fact Sheets on the European Union		https://www.europarl.europa.eu/factsheets/en/sheet/143/sport
12	Peter Gelius 1, Antonina Tcymbal 2, Karim Abu-Omar 2, Romeu Mendes 3, Sara Tribuzi Morais 4, Stephen Whiting 3 5, Joao Breda 5	2020		Status and contents of physical activity recommendations in European Union countries: a systematic comparative analysis		https://doi.org/10.1136/bmjopen-2019-034045

13	João Breda 1, Jelena Jakovljevic 2, Giulia Rathmes 2, Romeu Mendes 3, Olivier Fontaine 4, Susanne Hollmann 4, Alfred Rütten 5, Peter Gelius 5, Sonja Kahlmeier 6, Gauden Galea 2	2018		Promoting health-enhancing physical activity in Europe: Current state of surveillance, policy development and implementation		https://doi.org/10.1016/j.jhealethpol.2018.01.015
14	Stephen Whiting a b c, Romeu Mendes a b c, Sara Tribuzi Morais d, Peter Gelius e, Karim Abu-Omar e, Lea Nasha, Ivo Rakovac a b, João Breda a b	2021	EU	Promoting health-enhancing physical activity in Europe: Surveillance, policy development and implementation 2015–2018		https://doi.org/10.1016/j.jhealethpol.2021.05.011
15	Tena Matolić, Danijel Jurakić, Hrvoje Podnar, Ivan Radman &	2023		Promotion of health-enhancing physical activity in the sport sector: a study among representatives of 536 sports organisations from 36 European countries		Promotion of health-enhancing physical activity in the sport sector: a study among representatives of 536 sports organisations from 36 European countries BMC Public Health Full Text (biomedcentral.com)