



InALMH
InterACTIVE LIVING
FOR MENTAL HEALTH

**List of Policies for physical activity across
the European Union Member States.**



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A. Definition of Policy by the World Health Organisation Europe (2018; pp.13; https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheet_who-eu-201811_en.pdf):

«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»

A Global Report regarding List of Policies for physical activity across the 28 European member states (including the United Kingdom) can be found in the below reference and link:

European Union Member States – Fact Sheets:

https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheet_who-eu-201811_en.pdf

B. Presentation of List of Policies for physical activity for each European Union member state (including the United Kingdom).

1. For the European Union Member of Austria:

Austria: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/austria-physical-activity-factsheet-2018_en.pdf
https://www.euro.who.int/__data/assets/pdf_file/0007/288052/AUSTRIA-Physical-Activity-Factsheet.pdf?ua=1

Austria has established a national body responsible to co-ordinate physical activity promotion. This is the Working Group on Health Target 8 of the Austrian Government Programme 2017–2022: to promote healthy, safe exercise and activity in daily life in appropriate environments. Further details can be found in the above documents-links.

2. For the European Union Member of Belgium:

Belgium: https://ec.europa.eu/assets/eac/sport/library/factsheets/belgium-factsheet_en.pdf
https://ec.europa.eu/assets/eac/sport/library/factsheets/belgium-factsheet_en.pdf

In **Belgium**, the Government of the German-speaking community, Parliament of the French-speaking community, and the Flemish Sports Agency (Blosso) are operating Policies regarding the promotion of physical activity. Further details can be found in the above documents-links.

3. For the European Union Member of Bulgaria:

Bulgaria: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/bulgaria-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0010/288091/BULGARIA-Physical-Activity-Factsheet.pdf?ua=1

In **Bulgaria**, The National Strategy for Physical Education and Sports Development 2012–2022 was adopted by the National Assembly of Bulgaria in 2011 to operate physical activity promotion. Further details can be found in the above documents-links.

4. For the European Union Member of Croatia:

Croatia: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/croatia-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0011/288092/CROATIA_-Physical-Activity-Factsheet.pdf?ua=1

In **Croatia**, the Ministry of Health has established the public health programme "Healthy Living" in 2002, which involves physical activity promotion. Since 2002, the Institute of Public Health in collaboration with nine ministries and other key governmental agencies/organizations has been operating this programme involving various partners. Further details can be found in the above documents-links.

5. For the European Union Member of Cyprus:

Cyprus: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/cyprus-physical-activity-factsheet-2018_ennew.pdf

https://www.euro.who.int/__data/assets/pdf_file/0019/288100/CYPRUS-Physical-Activity-Factsheet.pdf?ua=1

In **Cyprus**, the promotion of physical activity in Cyprus is coordinated by the Cyprus Sport Organization. In addition, the Cyprus Sports Medicine & Research Centre has an active role as part of the “Eurofit for Adults” scheme. Further details can be found in the above documents-links.

6. For the European Union Member of Czechia:

Czechia: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/czech-physical-activity-factsheet-2018_en.pdf
https://ec.europa.eu/assets/eac/sport/library/factsheets/czech-rep-factsheet_en.pdf

In **Czechia**, the Association of School Sports Clubs of Czechia promotes policies for sport and physical activity participation. Leader of the programme is the Ministry of Education, Youth and Sport and partially funded by the Ministry and the Czech Olympic Committee. Further details can be found in the above documents-links.

7. For the European Union Member of Denmark:

Denmark: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/denmark-physical-activity-factsheet-2018_en.pdf
https://www.euro.who.int/__data/assets/pdf_file/0004/288103/DENMARK-Physical-Activity-Factsheet.pdf?ua=1

In **Denmark**, the Danish Sports Policy (2016) ensures the promotional strategy that all groups are granted with the opportunity to participate in physical activity (sports or exercise). Further details can be found in the above documents-links.

8. For the European Union Member of Estonia:

Estonia: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/estonia-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0006/288105/ESTONIA-Physical-Activity-Factsheet.pdf?ua=1

In **Estonia**, the Estonian Sports Development Plan is to reorient physical education to the development of lifetime physical activity habits and motivation for daily activity. Further details can be found in the above documents-links.

9. For the European Union Member of Finland:

Finland: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/finland-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0008/288107/FINLAND-Physical-Activity-Factsheet.pdf?ua=1

In **Finland**, physical activity is promoted and coordinated by the Steering Group for Health Enhancing Physical Activity. This Group includes representatives from several ministries, research institutions, municipalities and organizations for both health and sports. Further details can be found in the above documents-links.

10. For the European Union Member of France:

France: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/france-physical-activity-factsheet-2018_en.pdf
https://www.euro.who.int/__data/assets/pdf_file/0009/288108/FRANCE-Physical-Activity-Factsheet.pdf

In **France**, The National Piloting Committee for Sport and Health established in 2018 is the responsible agent for coordinating physical activity promotion. Further details can be found in the above documents-links.

11. For the European Union Member of Germany:

Germany: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/germany-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0010/288109/GERMANY-Physical-Activity-Factsheet.pdf?ua=1

In **Germany**, The German Olympic Sport Confederation is the leading organization for sports. One of its expertise is health management/prevention. Within this frame of expertise, the “Sports for Health” initiative established in collaboration with the German Medical Association ensures standardized programmes. Further details can be found in the above documents-links.

12. For the European Union Member of Greece:

Greece: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/greece-physical-activity-factsheet-2018_en.pdf
https://ec.europa.eu/assets/eac/sport/library/factsheets/greece-factsheet_en.pdf

In **Greece**, the General Secretariat of Sports implements nationwide programmes of physical activity promotion, named ‘Sports for All. This programme aims to promote participation in physical activity for all people regardless socioeconomical status or health status. Further details can be found in the above documents-links.

13. For the European Union Member of Hungary:

Hungary: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheet_who-hu-201811_en.pdf
https://www.euro.who.int/__data/assets/pdf_file/0003/288111/HUNGARY-Physical-Activity-Factsheet.pdf

In **Hungary**, physical activity promotion is coordinated by the National School, University and Leisure and Sport Federation. This operates a physical activity working group involving ministries, nongovernmental organizations, universities and health care institutions. Further details can be found in the above documents-links.

14. For the European Union Member of Ireland:

Ireland: https://ec.europa.eu/sport/sites/default/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/ireland-physical-activity-factsheet-2018_en.pdf
https://www.euro.who.int/__data/assets/pdf_file/0004/288112/IRELAND-Physical-Activity-Factsheet.pdf?ua=1

In **Ireland**, physical activity promotion is operated by the National Physical Activity Plan Implementation Group, led by the Department of Health and Transport, Tourism and Sport. This comprises representatives of Government departments, local governments and researchers. Further details can be found in the above documents-links.

15. For the European Union Member of Italy:

Italy: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/italy-physical-activity-factsheet-2018_ennew.pdf

https://www.euro.who.int/__data/assets/pdf_file/0006/288267/ITALY-Physical-Activity-Factsheet.pdf?ua=1

In **Italy**, the Ministry of Health, which is aligned with the “health-in-all-policies” approach has been promoting healthy behaviour including physical activity for the prevention of noncommunicable diseases since 2007. Further details can be found in the above documents-links.

16. For the European Union Member of Latvia:

Latvia: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/latvia-physical-activity-factsheet-2018_en.pdf
https://www.euro.who.int/__data/assets/pdf_file/0006/288114/LATVIA-Physical-Activity-Factsheet.pdf

In **Latvia**, the Centre for Disease Prevention and Control has been conducting interventions to promote participation in physical activity programmes for all ages. This was initiated in 2017. Further details can be found in the above documents-links.

17. For the European Union Member of Lithuania:

Lithuania: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/lithuania-physical-activity-factsheet-2018_ennew.pdf

https://www.euro.who.int/__data/assets/pdf_file/0008/288116/LITHUANIA-Physical-Activity-Factsheet.pdf

In **Lithuania**, promotion of physical activity participation is coordinated by the Department of Physical Education and Sports. Within this frame, the National Sports Development Strategy for 2011–2020 is being operated, which promotes sports for all. Further details can be found in the above documents-links.

18. For the European Union Member of Luxemburg:

Luxemburg: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/luxembourg-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0009/288117/LUXEMBURG-Physical-Activity-Factsheet.pdf?ua=1

In **Luxemburg**, the promotion of physical activity participation is operated by an executive committee led by the Ministry of Health, this involves the ministries of Sports, Education (formal and informal) and Family and Integration coordinates. Further details can be found in the above documents-links.

19. For the European Union Member of Malta:

Malta: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/malta-physical-activity-factsheet-2018_en.pdf
https://ec.europa.eu/assets/eac/sport/library/factsheets/malta-factsheet_en.pdf

In **Malta**, promotion of physical activity participation involves actions such as “Healthy club mark”, which is an initiative to encourage sports clubs to operate physical activity programmes for better health for the general population. These programmes are operated in the sport clubs’ facilities and led by professional coaches. Further details can be found in the above documents-links.

20. For the European Union Member of The Netherlands:

The Netherlands: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/netherlands-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0011/288119/NETHERLANDS-Physical-Activity-Factsheet.pdf?ua=1

In **the Netherlands**, the Knowledge Centre for Sport Netherlands is responsible to disseminate the recommendations of physical activity participation. This dissemination includes the public as well as the health care professionals. Further details can be found in the above documents-links.

21. For the European Union Member of Poland:

Poland: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/poland-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0003/288120/POLAND-Physical-Activity-Factsheet.pdf

In **Poland**, central Policy aims at ensuring each municipality has gymnasium and each county has an indoor swimming pool to increase the overall number of recreational facilities and facilitate access. Further details can be found in the above documents-links.

22. For the European Union Member of Portugal:

Portugal: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/portugal-physical-activity-factsheet-2018_en.pdf

https://ec.europa.eu/assets/eac/sport/library/factsheets/portugal-factsheet_en.pdf

Portugal has established the Intersectoral Commission for the Promotion of Physical Activity as the coordination platform. This is an intersectional platform consisted of the Ministries of Science, Technology and Higher Education; Education (including sports); Work, Solidarity and Social Security (for people with disabilities); and Health. Further details can be found in the above documents-links.

23. For the European Union Member of Romania:

Romania: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/romania-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0005/288122/ROMANIA-Physical-Activity-Factsheet.pdf?ua

Romania has authorized the National Public Health Institute at the Regional Public Health Centre in Sibiu which developed the implementation of a community-based “Healthy lifestyle”. In 2014, the Interministerial Working Group for Physical Activity Promotion was established, with the ministries of Health, Education, Sport, Labour, Regional Development and Public Administration and Transport and the National Institute of Public Health. Further details can be found in the above documents-links.

24. For the European Union Member of Slovakia:

Slovakia: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/slovakia-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0006/288123/SLOVAKIA-Physical-Activity-Factsheet.pdf?ua=1

Slovakia has a formal Policy of physical activity promotion, which is coordinated by a multisectoral working group established to support implementation of the National Action Plan to Promote Physical Activity 2017–2020. Central administration is operated by the Ministry of Health. Further details can be found in the above documents-links.

25. For the European Union Member of Slovenia:

Slovenia: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/slovenia-physical-activity-factsheet-2018_en.pdf

https://www.euro.who.int/__data/assets/pdf_file/0007/288124/SLOVENIA-Physical-Activity-Factsheet.pdf

Slovenia promotes Policies regarding physical activity through the Slovenian Countrywide Integrated Non-communicable Disease Intervention programme (CINDI) health monitor and the Slovenian Public Opinion Survey, established in 1973 and led by the National Institute of Public Health and the Faculty of Social Sciences. Further details can be found in the above documents-links.

26. For the European Union Member of Spain:

Spain: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/spain-physical-activity-factsheet-2018_en.pdf
https://www.euro.who.int/__data/assets/pdf_file/0008/288125/SPAIN-Physical-Activity-Factsheet.pdf

Spain promotes Policies regarding physical activity through the central institutions of the Spanish National Health System, developed by the Ministry of Education, Culture and Sports. Further details can be found in the above documents-links.

27. For the European Union Member of Sweden:

Sweden: https://ec.europa.eu/sport/sites/sport/files/physical-activity-factsheets-2018/physical-activity-factsheets-2018/sweden-physical-activity-factsheet-2018_en.pdf
https://www.euro.who.int/__data/assets/pdf_file/0009/288126/SWEDEN-Physical-Activity-Factsheet.pdf

<http://www.fyss.se/>

Sweden has central Governmental Institutions and Non-governmental Organizations issuing and contributing to Policies regarding physical activity. Further details can be found in the above documents-links.

28. For the European Union Member of the United Kingdom:

United Kingdom:

https://www.euro.who.int/__data/assets/pdf_file/0004/382585/united-kingdom-eng.pdf

https://www.euro.who.int/__data/assets/pdf_file/0010/288127/UNITED-KINGDOM-Physical-Activity-Factsheet.pdf?ua=1

<https://www.gov.uk/government/publications/health-matters-physical-activity/health-matters-physical-activity-prevention-and-management-of-long-term-conditions#health-benefits-of-physical-activity>

<https://www.nice.org.uk/guidance/cg90/ifp/chapter/Treatments-for-mild-to-moderate-depression>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

<https://www.mentalhealth.org.uk/tags/exercise>

<https://www.wrightfoundation.com/about.php>

The **United Kingdom** has an extended network of central Governmental Institutions and Departments and various Non-governmental Organizations issuing and contributing to Policies regarding physical activity. Further details can be found in the above documents-links.



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