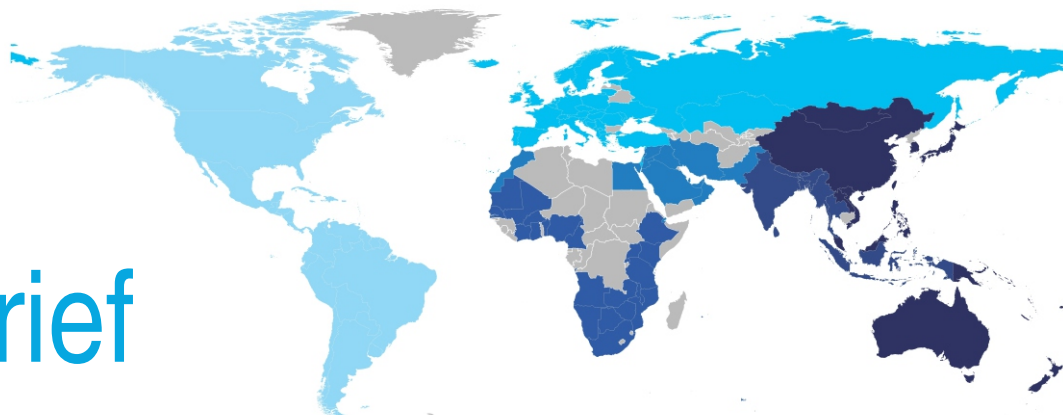




WORLD Policy Brief



The country has 2015 and 2020 Country Cards and a country representative in 2020.

AFRO EMRO EURO PAHO SEARO WPRO

The country has 2015 and 2020 Country Cards but does not have a country representative in 2020.

General data

Number of countries: 217
GoPA! members = 164

GoPA
members
75.6%



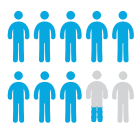
Deaths related to Physical Inactivity

Worldwide 9% of deaths are due to physical inactivity. Across the GoPA! countries the range is:

1.5-17.0% median 7.5%

Physical activity prevalence estimate

83% of the countries have a national physical activity prevalence estimate

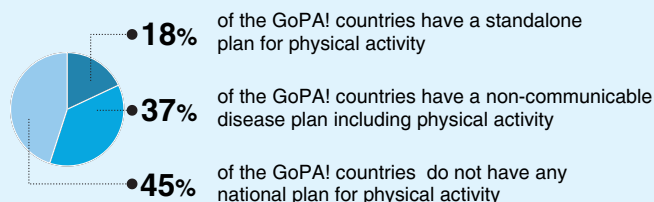


Surveillance

67% of the GoPA! countries have **two** or more national surveys including physical activity questions

18% of the GoPA! countries have **three** or more national surveys including physical activity questions

Policy



Research

176 countries worldwide contribute with at least one article to the global research production in physical activity

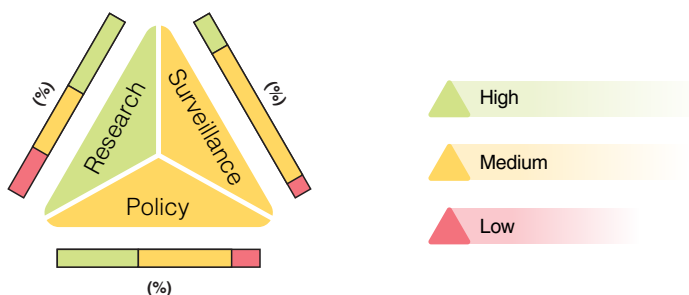
Sitting time



47% of the GoPA! countries have data on population sitting time

GoPA! pyramid of current country capacity for physical activity promotion

Percentage of GoPA! countries that have high, medium and low capacity for research, surveillance and policy, and a summary classification.



The current capacity for physical activity promotion is based on the second set of Country Cards data about global status of physical activity surveillance systems, national policies and research production.



The Global Observatory for Physical Activity - GoPA!



EUROPE Policy Brief

General data

Number of countries in the region: 62
GoPA! members = 46

GoPA
members
74.2%



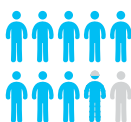
Deaths related to physical inactivity in this region

Worldwide 9% of deaths are due to physical inactivity. Across the GoPA! countries in this region the range is:

2.0-16.2% median 8.0%

Physical activity prevalence estimate

89% of the countries in this region have a national physical activity prevalence estimate

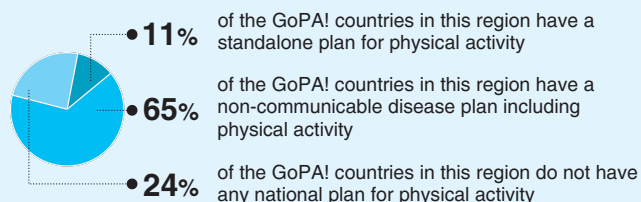


Surveillance

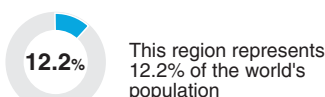
63% of the GoPA! countries in this region have **two** or more national surveys including physical activity questions

28% of the GoPA! countries in this region have **three** or more national surveys including physical activity questions

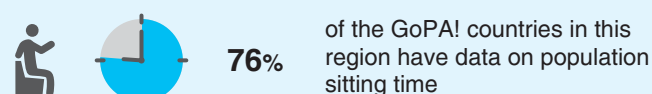
Policy



Research

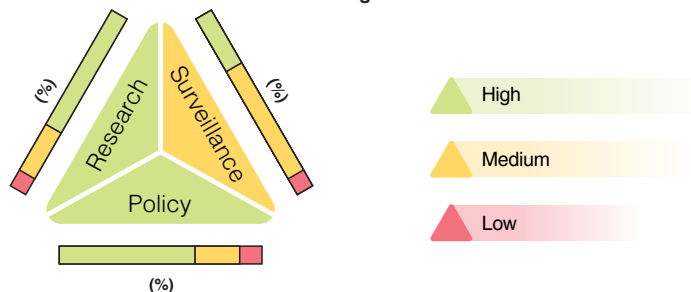


Sitting time



GoPA! pyramid of country capacity for physical activity promotion

Percentage of GoPA! countries in this region that have high, medium and low capacity for research, surveillance and policy, and a summary classification for the region.



The current capacity for physical activity promotion is based on the second set of Country Cards data about global status of physical activity surveillance systems, national policies and research production.



The Global Observatory for Physical Activity - GoPA!



EUROPE Policy Brief

► Case study - Austria

Country Contact: Sylvia Titze, University of Graz, Institute of Human Movement Science, Sport and Health, Graz, Austria & Christian Halbwachs, Sports Department at the Federal Sports Promotion Fund, Austria

Since 2010, Austria has significantly improved physical activity promotion. One of the major milestones was developing the first physical activity recommendations (2010) and the [National Action Plan of Physical Activity \(2013\)](#). Additionally, promoting healthy, safe exercise and activity in everyday life through appropriate environments became one of ten key national health goals. Ten [Austrian Health Goals](#), aimed at prolonging healthy life for all people living in Austria, were established in a broad, participatory process involving more than 40 stakeholders.

One of the key outcomes of the development process of the National Action Plan of Physical Activity and Ten Austrian Health Goals was establishing the first physical activity monitoring in 2017. The development process also helped key stakeholders to understand the importance of multi-sectoral collaboration. The different key players and stakeholders realized mutual support is crucial for the promotion of physical activity, health, and people's quality of life.

The National Action Plan of Physical Activity also helped to inspire the development of physical activity promotion projects. One such project was piloted in the state of Styria. During the first phase of the project (2015-2018), the target group was physically inactive adults with risk factors for cardio-metabolic or musculoskeletal system diseases. They were offered a [Jackpot.fit](#) – a standardized physical activity program they could attend free of charge during one semester in a sports club near their home. After a positive evaluation of the Jackpot.fit, the project will be implemented in all other eight states of Austria until 2022.

Since 2016, a program Promoting [physical activity in parks](#) has been implemented by the health insurance and organized sport industries. The program takes place during the warmer seasons and offers free physical activity and exercise opportunities for the public.

To further improve physical activity promotion in Austria, it would be good to provide daily physical activity opportunities for every school child. Additionally, it is necessary to promote physical activity in care and nursing homes and strengthen the network of sports clubs to improve their health-enhancing offers for all target groups, especially people with disabilities. Finally, the ministries from the health, sport, and education sectors should actively continue working together to develop and implement sustainable strategies for physical activity promotion. One way to do that would be to implement the necessary legislative measures to design the infrastructure that encourages [physical activity](#), such as cycling and pedestrian paths, playgrounds, recreation venues, and school areas for exercise.

<https://www.bmkoes.gv.at/dam/jcr:dad00bf9-d2d9-4f3f-9adf-dd298db24bd9/Nationaler%20Aktionsplan%20Bewegung.pdf>

<https://gesundheitsziele-oesterreich.at/english-summary/>

<https://www.jackpot.fit>

<https://bewegt-im-park.at/>

<http://fgoe.org>

► Recommendations

Physical activity prevalence, deaths due to physical inactivity and sitting time

- Report the magnitude of the problem, and identify groups and regions at higher risk.
- Use key supplemental resources to stress the health benefits of physical activity (Lancet Physical Activity series, Bangkok Declaration, Global Action Plan for Physical Activity, WHO physical activity guidelines).
- Contact key actors (policy makers, researchers, practitioners) to disseminate the policy briefs and Country Cards and encourage specific actions.

Surveillance

- Use surveillance data to make the case for a stand-alone national physical activity plan.
- Use the Country Card to advocate the needs for periodic physical activity surveillance as part of national health monitoring system.

Policy

- Maintain and expand financial commitment to implement and monitor physical activity policies.
- Clearly outline political commitment to and resources for physical activity and establish multi-sectoral approaches.

Research

- Provide funds/incentives for physical activity training programs and capacity building.
- Stimulate national physical activity research.
- Raise awareness and present the Country Cards to colleagues and students, stressing the gaps identified and the potential to drive a new areas of work nationally.
- Identify any existing networks, or start one (if necessary).
- Promote collaboration across research groups with physical activity capacity in the country.
- Co-create of policy relevant physical activity research with policy makers and stakeholders.

Country capacity for physical activity promotion

- Approach policy makers with the policy briefs and Country Cards to make the case for physical activity promotion and to strengthen local capacity.
- Share the cards at work and with the communities to promote physical activity at the workplace, schools, and communities.
- Support local capacity and further training in research, practice, policy, evaluation and surveillance.