



# BULGARIA

## PHYSICAL ACTIVITY

### FACTSHEET 2018



Total population  
**7 101 859**

Median age  
**43.9** YEARS

GDP per capita  
**6 000** €



% of GDP for health: **5.0**  
% of GDP for education: **3.4**  
% of GDP for sports: **0.2**



Population **MALE**  
**48.6%**  
Population **FEMALE**  
**51.4%**

Life expectancy, **MALES**  
**71.3** YEARS  
Life expectancy, **FEMALES**  
**78.5** YEARS

Sources: Eurostat (2016)

#### Success story

In 2014, the **National Programme for Prevention of Chronic Noncommunicable Diseases** was established by the Council of Ministers. It is led by a national council comprising representatives of the nine ministries, the National Centre of Public Health and Analyses, the National Health Insurance Fund, the Bulgarian Medical Association and other stakeholders. There are two national coordinators and a coordinator for each risk factor, including physical activity. At local level, implementation is led by a municipal coordinator, with work groups and coalitions for health.



# MONITORING AND SURVEILLANCE

## National recommendations on physical activity for health

TARGET GROUPS INCLUDED



National recommendations are currently being developed. They are based on WHO's global recommendations on physical activity for health (2010).

## Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Levels of physical activity among adults are monitored in the national survey on risk factors for population health, on individually standardized questionnaires. The physical activity of children and adolescents is monitored in a national survey with questions adapted from the WHO Countrywide Integrated Noncommunicable Diseases Intervention (CINDI), 'Healthy Children in Healthy Families, questionnaire.



# POLICY RESPONSE

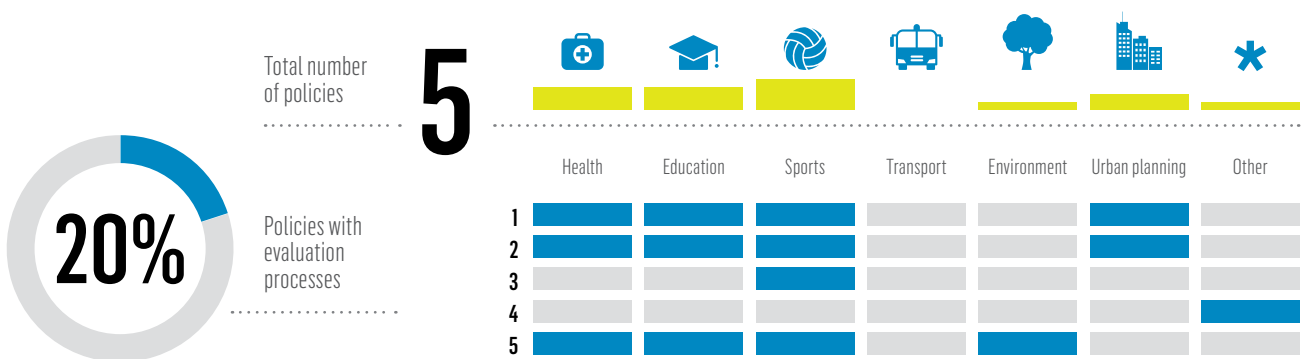
## Funding allocated specifically to physical activity promotion by sector

The **National Strategy for Physical Education and Sports Development 2012–2022** was adopted by the National Assembly of Bulgaria in 2011. The aim of the Strategy is to emphasize the social function of physical education and sports in Bulgaria and the need for political, economic and social changes to improve uptake of physical activity. It addresses the principal stakeholders, including public authorities, local governments and public sports organizations.



## National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity



## Target groups addressed by national policies

The **National Bulgarian Physical Activity and Recreation Programme** was drafted by many experts, drawing on experience around the world. It includes a wide spectrum of international, national, local and community events and is designed for all age brackets, disabled people and socioeconomically disadvantaged people. The Bulgarian Sports for All Federation leads implementation of the Sports Clubs for Health Programme, with over 950 clubs using the guidelines.



- ✗ Low socioeconomic groups
- ✗ Pregnant and breastfeeding women
- ✗ Ethnic minorities
- ✗ People deprived of liberty
- ✗ Migrants
- ✓ Older people
- ✓ People with disabilities
- ✗ People with chronic diseases



## Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



Medical doctors



Optional  
Postgraduate



Nurses



Optional  
Postgraduate



Physiotherapists



Others



In Bulgaria, counselling on physical activity is offered as part of reimbursed primary health care services by general practitioners and specialists. The service was established in 2016, led by the Ministry of Health and funded by the National Health Insurance Fund.



## Physical activity in schools

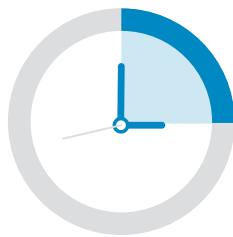
Total hours of physical education per week in **PRIMARY SCHOOLS**



3

All mandatory

Total hours of physical education per week in **SECONDARY SCHOOLS**



3

All mandatory



In primary and secondary schools, 3–3.5 h of physical education are mandatory. Optional modules for health-enhancing physical activity are included in the curricula followed by both primary and secondary physical education teachers.

## Promotion of physical activity in the workplace

Schemes to promote active travel to work and physical activity at work are planned for the next 2 years.



## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

**Move means health – World day of physical activity** is a national campaign established in 2002, run by the Ministry of Health and funded from regional and municipality budgets.



Television



Radio



Newspapers



Social media



Public events



Public figures

