

POLAND

PHYSICAL ACTIVITY FACTSHEET 2018



Total population

37 972 964

Median age

40.3 YEARS

GDP per capita

11 200 €

% of GDP for health: **4.6**
 % of GDP for education: **5.0**
 % of GDP for sports: **0.3**



Population **MALE**

48.4%

Population **FEMALE**

51.6%

Life expectancy, **MALES**

73.9 YEARS

Life expectancy, **FEMALES**

82.0 YEARS

Sources: Eurostat (2016)

Success story

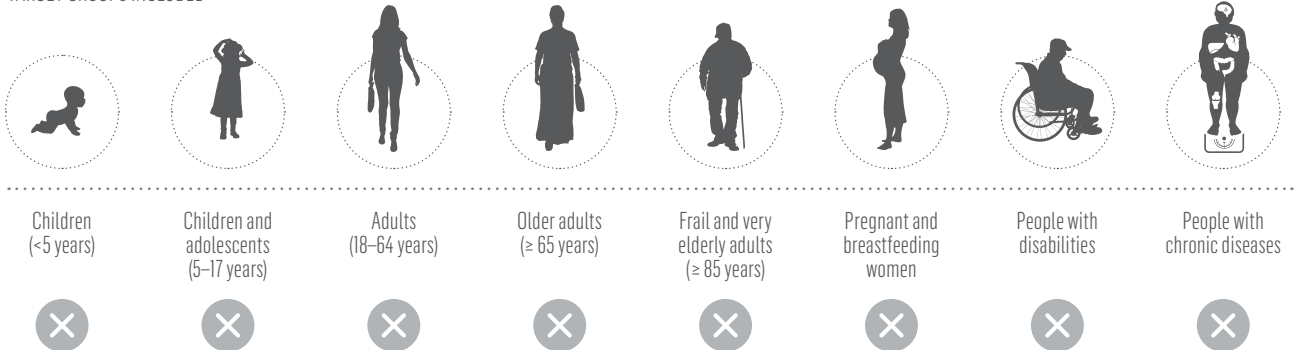
The “**National Programme for Improvement of Safety and Working Conditions**” is a 3-month health programme that promotes healthy lifestyles and physical activity in workers aged ≥ 50 years. The programme involves sports activities and training workshops, and employees take part in exercise sessions three times a week during working hours under the supervision of trained instructors. The programme has resulted in less musculoskeletal pain, more physical activity and improved anthropometrics among participants.



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

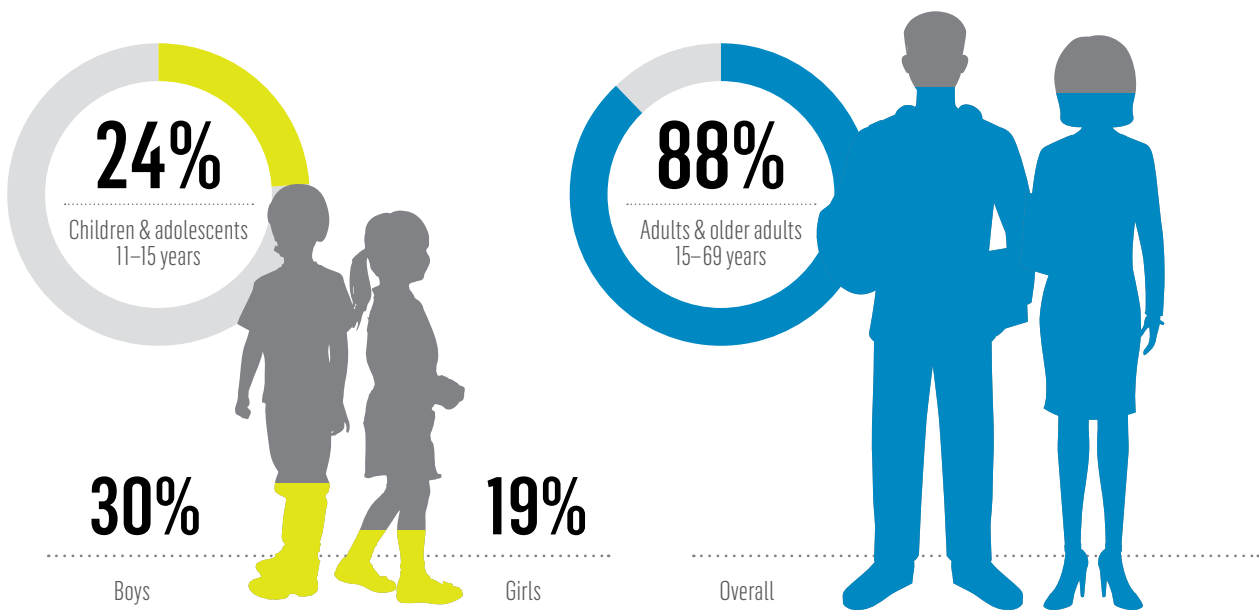
TARGET GROUPS INCLUDED



National recommendations are being developed and should be finalized in 2018.

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Adults are considered physically active if they do 150 min/week of moderate-intensity physical activity and bone- and muscle-strengthening activities twice a week.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

The Physical Activity of Society Survey is conducted by the Ministry of Sport and Tourism to estimate physical activity levels with the International Physical Activity Questionnaire. Poland monitors the physical activity of adolescents in the Health Behaviour in School-aged Children survey.



POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

The "National Talent Base" is a publicly available tool for monitoring physical fitness. Somatic measurements and the results of physical fitness tests are used to compare the performance of participants with that of the general population. In 2017, nearly 2 million results of physical fitness tests were entered into the National Talent Base system.



The Ministry of Sport and Tourism implements a programme through which it is possible to obtain funding for the construction or modernization of recreational infrastructure such as swimming pools, sports fields and outdoor gyms. The programme aims to ensure each municipality has a full-size gymnasium and each county has an indoor swimming pool. The goal is to increase the overall number of recreational facilities and increase access. The Ministry has published a study on its website which provides guidance on the management and maintenance of sport facilities.



National policies by sector

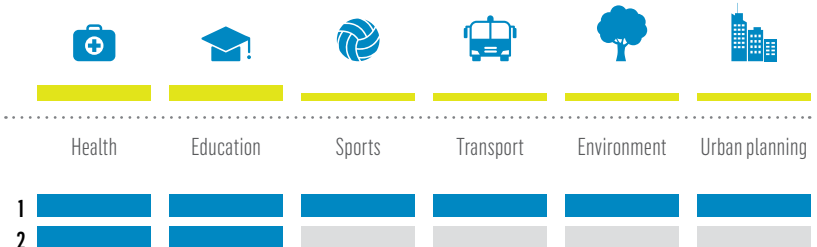
Sectors that are involved in each of the national policies or action plans to promote physical activity



Total number of policies: 2

Policies with evaluation processes: 2

2



Target groups addressed by national policies

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



Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



Medical doctors



Nurses



Physiotherapists



Others



Mandatory

Although Poland has no specific programme for counselling on physical activity, knowledge and skills in health promotion, including physical activity, are part of the curriculum of all health professionals according to a regulation of the Minister of National Education.

Physical activity in schools

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

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



Grades 1-3:

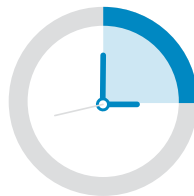
3

All mandatory



Grades 4-8:

4



3

All mandatory

Primary schools must provide 3 h/week for children in grades 1-3 (7-9 years) and 4 h/week for children in grades 4-8 (10-15 years).

Upper-secondary schools must provide 3 h of physical education per week.



Physical education teachers are supervised internally by the school headmaster, who observes their work daily. The headmaster is supervised externally by a regional education authority.

Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



Promotion of physical activity in the workplace

Active travel to and from the workplace



Physical activity at the workplace

