

# HUNGARY

## PHYSICAL ACTIVITY FACTSHEET 2018



Total population  
**9 797 561**

Median age  
**42.3** YEARS

GDP per capita  
**11 300** €



% of GDP for health: **4.8**  
% of GDP for education: **4.9**  
% of GDP for sports: **1.1**



Population **MALE** **47.7%**  
Population **FEMALE** **52.3%**

Life expectancy, **MALES** **72.6** YEARS  
Life expectancy, **FEMALES** **79.7** YEARS

Sources: Eurostat (2016)

### Success story

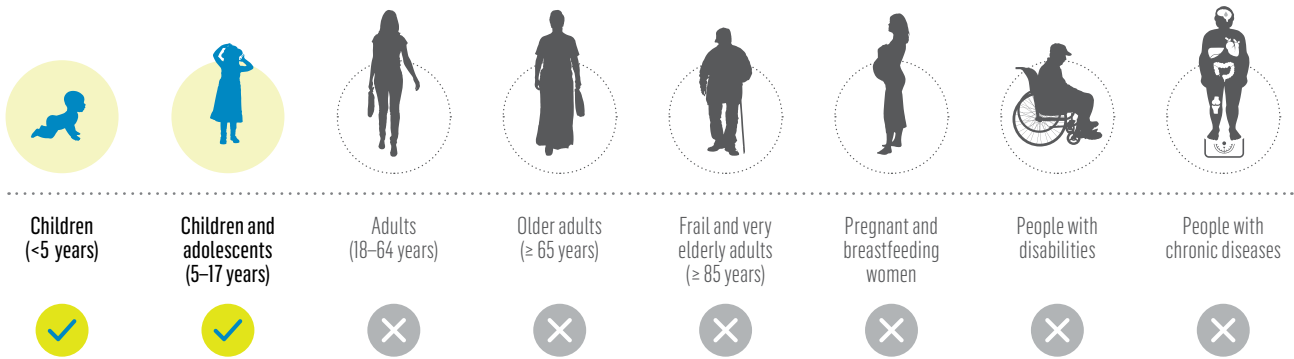
In 2015, a national project was implemented in schools to promote physical activity as part of a health development programme. The programme emphasized group activities, teamwork and shared development through physical activity. The programme helped to develop individual and social competences and build community through active participation of students. The programme has now been implemented in 288 schools, reaching 30 903 students, including 9271 students from disadvantaged backgrounds. <http://projektek.egeszseg.hu/web/tie>



# MONITORING AND SURVEILLANCE

## National recommendations on physical activity for health

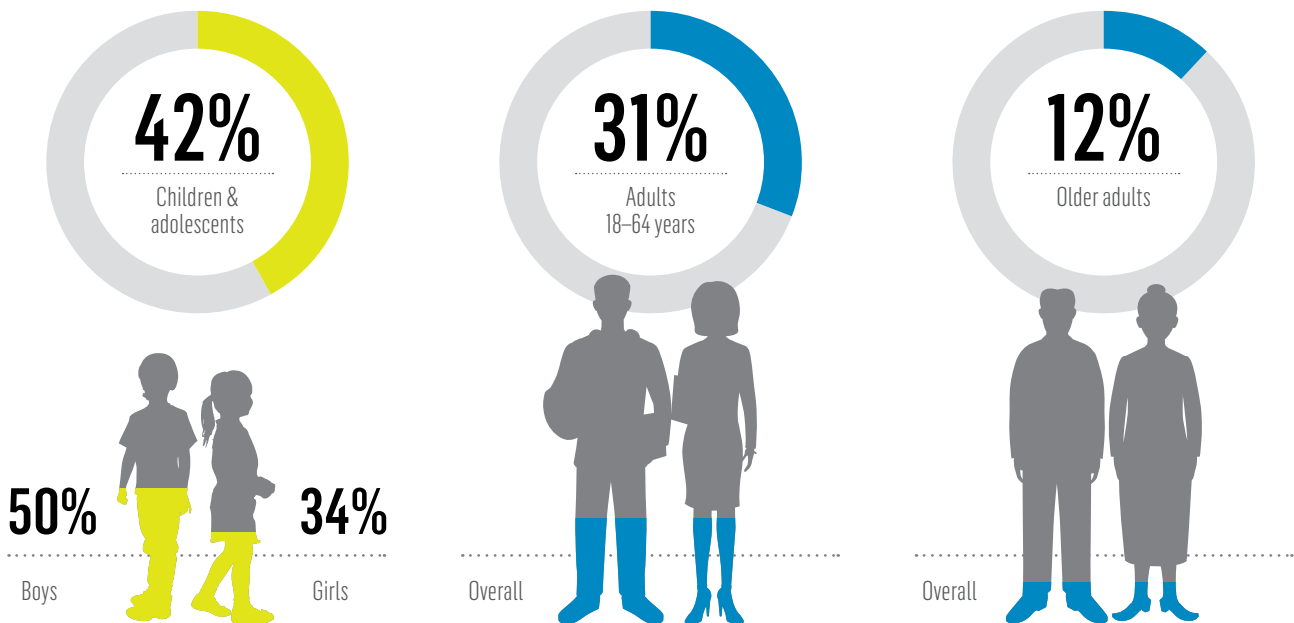
TARGET GROUPS INCLUDED



The national recommendations were implemented in 2011 and are based on WHO's Global Recommendations on Physical Activity for Health as well as the the recommendations from the US Centers for Disease Control and Prevention and the American College of Sports Medicine.

## Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

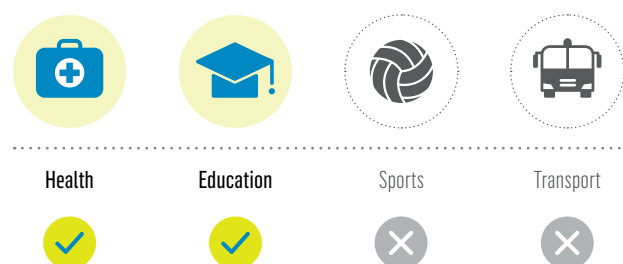


In Hungary, a person is considered physically active if they achieve 150 min of moderate-intensity or 75 min of vigorous-intensity physical activity per week (or a combination of the two). In addition, muscle strengthening exercises must be included on at least two days per week.

## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity levels are monitored through the European Health Information Survey (EHIS) and the Health Behaviour in School-aged Children initiatives. In addition, the Hungarian Diet and Nutritional Status survey collects information on a sub-sample of the EHIS, including measurements with pedometers.

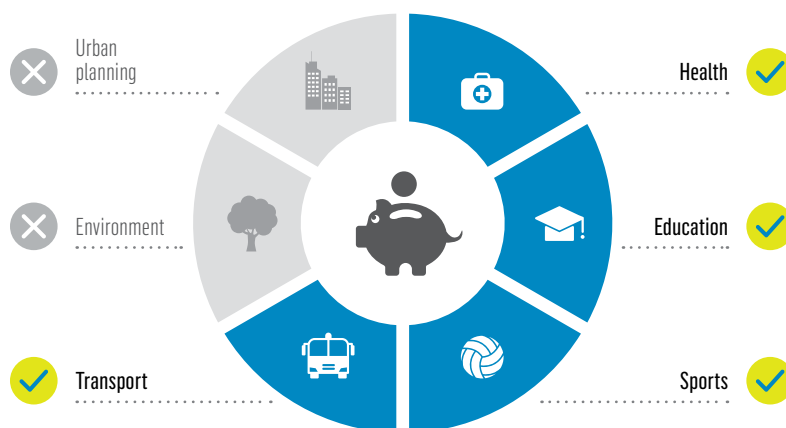


# POLICY RESPONSE

## Funding allocated specifically to physical activity promotion by sector

In 2015, the State Secretariat for Sport initiated an infrastructure development programme called the **National Recreational Health Sport Park Programme**. Several sport parks have been built according to predefined criteria.

The promotion of physical activity is coordinated by the National School, University and Leisure and Sport Federation, which operates a physical activity working group involving ministries, nongovernmental organizations, universities and health care institutions.

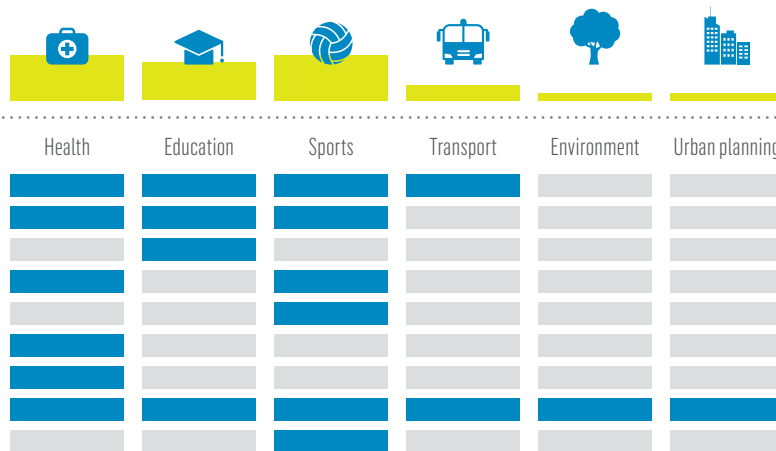


## National policies by sector

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

Total number of policies

9



56%

Policies with evaluation processes

## Target groups addressed by national policies

A **walking programme for older adults** has been developed which aims to become a nationwide network of elderly walkers. One of the simplest, cheapest and most effective ways of maintaining health is walking. Joint walking as a community activity is particularly useful for helping the elderly to maintain social relationships and mental health and reduce the risk of falls. There are 80 registered Walking Club Leaders and the first Nationwide Meeting of the Walking Clubs of the Elderly attracted 360 participants.

### ✓ 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

**National Health Promoting Offices** (Egészségfejlesztési Irodák) were first established in 2013 by the Ministry of Human Capacities in collaboration with the National Institute of Environmental Health. Physical activity promotion is the primary mission of the 61 Health Promoting Offices, and counselling is provided free of charge. All staff are trained to provide counselling on physical activity, and the centres are led by a health professional.



## Physical activity in schools

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



5

All mandatory

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



5

All mandatory

Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



The quality of physical education is monitored indirectly through the promotion process, which includes a national system of assessing teachers' performance for the quality of teaching physical education. In Hungary, 2 h of physical education time can be substituted by participation in sports clubs activities.

## Promotion of physical activity in the workplace

The **"Cycle to Work!"** initiative (Bringázz a Munkába - BAM), established by the Ministry of Economy and Transport, is an annual campaign that aims to promote cycling to work. The initiative is now led by the Hungarian Cyclists' club with support from the Ministry of National Development and aims to create a healthier and happier community and a more liveable environment by increasing the number of people who commute to work by cycling.



Active travel to and from the workplace



Physical activity at the workplace



## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

The **Hungarian School Sports Day** is a national campaign established in 2007, run yearly by the Hungarian School Sports Federation. About 200 000 students participate every year.



Television



Radio



Newspapers



Social media



Public events



Public figures

