



PORTUGAL

PHYSICAL ACTIVITY

FACTSHEET 2018



Total population

10 309 573

Median age

44.4 YEARS

GDP per capita

16 900 €

% of GDP for health: **5.9**

% of GDP for education: **4.9**

% of GDP for sports: **0.3**



Population **MALE**

47.4%



Population **FEMALE**

52.6%

Life expectancy, **MALES**

78.1 YEARS

Life expectancy, **FEMALES**

84.3 YEARS

Sources: Eurostat (2016)



Success story

The **"U-Bike Portugal"** project promotes active transport in academic communities through cycling. The Institute for Mobility and Transport coordinates the project, which rents bicycles to students and staff at academic institutions for a semester or a full academic year. The project encourages regular physical activity while reducing energy consumption and air pollution. <https://www.u-bike.pt>



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

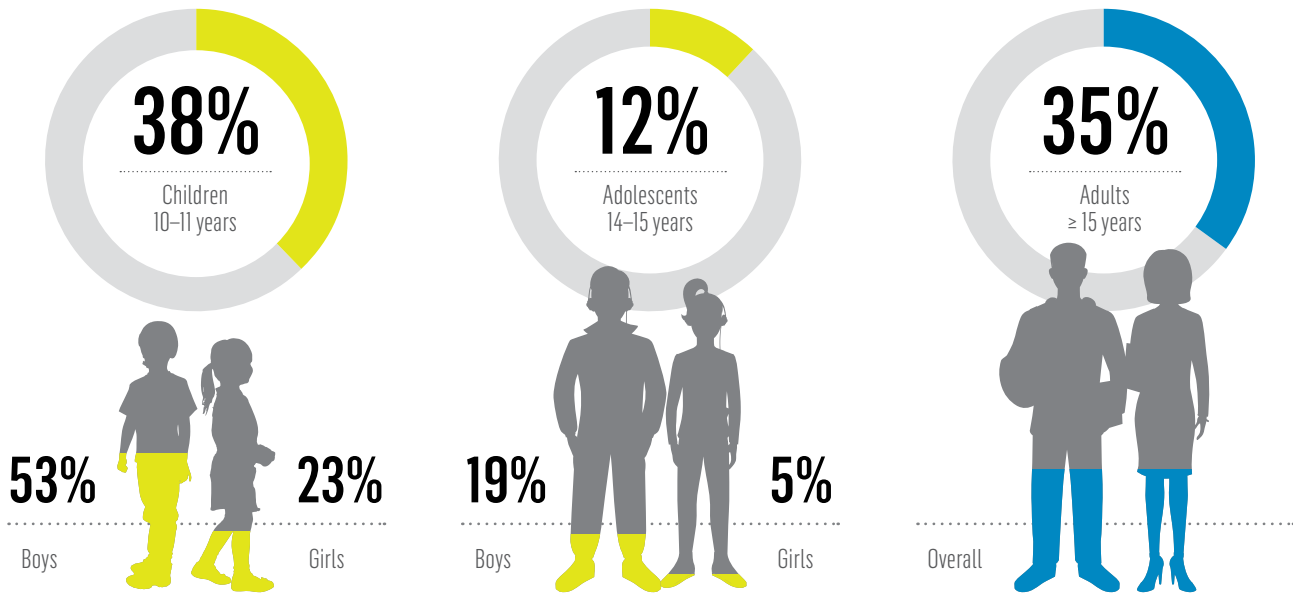
TARGET GROUPS INCLUDED



National recommendations on physical activity are being developed in the framework of the Government coordination and leadership of promoting health-enhancing physical activity, with several academic and scientific bodies. They will provide guidelines for all age groups and for specific populations.

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Data on levels of physical activity were obtained from the 2018 Eurobarometer survey (QB1B2T). Exercise, sport or other physical activity is performed almost daily by 9% and a few times a week by 26% of the population. Additional data on children and adolescents were collected in 2010 by the Portuguese Institute of Sports and Youth.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity levels in Portugal are monitored by the Portuguese Institute of Sports and Youth (National Physical Activity and Sports Monitoring System), by the Directorate-General of Health (Physical Activity as a Vital Sign in primary health care) and by the Directorate-General of Education (FITescola programme). The Institute for Mobility and Transport operates a terrestrial transport observation system, which includes walking and cycling.



POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

Since 2012, the **“National sports for all programme”**, coordinated by the Portuguese Institute of Sports and Youth and with the participation of the sports sector and nongovernmental and private sector organizations, has promoted sports for the entire population and related national strategies. <http://www.idesporto.pt/conteudo.aspx?id=173&idMenu=4>.



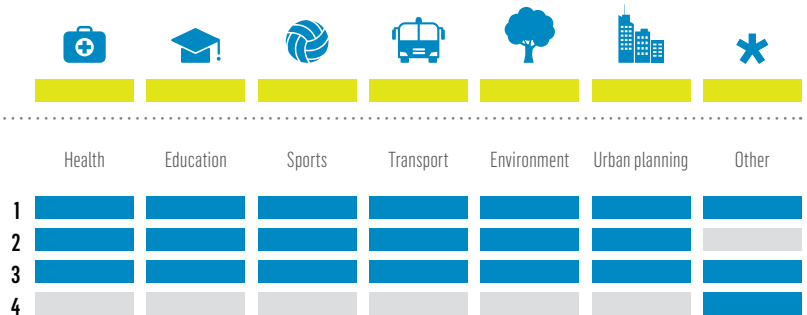
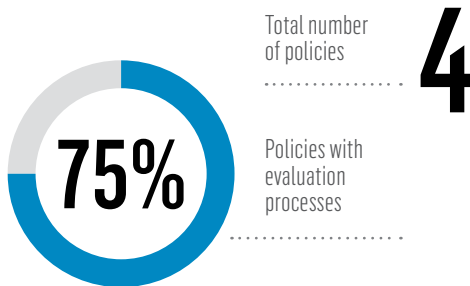
In 2017, the Portuguese Government decided to create the Intersectoral Commission for the Promotion of Physical Activity as the coordination mechanism and leader in promoting health-enhancing physical activity, involving four ministries: Science, Technology and Higher Education; Education (including sports); Work, Solidarity and Social Security (including the inclusion of people with disabilities); and Health.

“Physical activity as a vital sign” (Atividade física como sinal vital) is a monitoring and surveillance system created for the Portuguese primary health care system to assess the population’s physical activity levels and sedentary behaviour on electronic medical records. The Directorate-General of Health and the Shared Services of the Ministry of Health developed this tool, which was integrated into the database of the software “SCLínico – Primary Health Care” in September 2017. Three types of health professionals can use this platform currently: medical doctors, nurses and registered dietitians and nutritionists, and it is available in most primary health care units in the country. <http://www.panaf.gov.pt/iniciativa/atividade-fisica-como-sinal-vital>



National policies by sector

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



The National Action Plan for Physical Activity, led by the Intersectoral Commission for the Promotion of Physical Activity, was launched in April 2018. This Plan includes national initiatives (policies, programmes, projects and events) to promote physical activity and/or reduce sedentary behaviour in nine core areas: health, sports, education throughout the lifecycle, surveillance and monitoring, communication and information, work and companies, communities and civil society, built environment and active mobility, and special groups. <http://www.panaf.gov.pt>



Target groups addressed by national policies

“Paiva walkways” (Passadiços do Paiva) are located on the left bank of the Paiva River, in Arouca municipality. They consist of 8 km of walks through a beautiful natural environment, extending from the river beaches of Areinho, Vau and Espiunca. <http://www.passadicosdopaiva.pt>

“Diabetes in movement” (Diabetes em Movimento) is a community exercise programme designed for middle-aged and older people with type 2 diabetes. Patients are recruited by family doctors to engage in free-of-charge group sessions (75-min, 3 days per week, 9 months per year) of low-cost, broadly applicable exercise, supervised by exercise physiologists and nurses. This national programme is implemented at local level in community health centres, hospitals, universities and municipalities, with the support of the Directorate-General of Health. <http://www.diabetesemmovimento.com>



- ✓ 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



Mandatory Undergraduates



Nurses



Physiotherapists



Mandatory Undergraduates



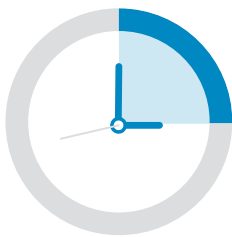
Others



Physical activity for health is a mandatory part of the medical undergraduate curriculum in one medical faculty, the University of Beira Interior; other faculties offer optional modules. Some physiotherapy courses include mandatory physical activity modules.

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**



2.25

All mandatory

Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



The number of hours of physical education depends on the school's capacity. A curricular complement to increase the amount of physical education and sport in schools was completed in 2016. The quality of physical education is monitored as part of the school curriculum by the Ministry of Education.

Promotion of physical activity in the workplace

The Authority for Working Conditions is replicating the materials of the "Fit@work" project (flyers and videos), with the permission of the European Commission, to support workplace physical activity in public and private companies. <http://www.act.gov.pt>



Active travel to and from the workplace



Physical activity at the workplace

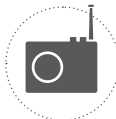


National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



Television



Radio



Newspapers



Social media



Public events



Public figures



The national walking and running programme of the Portuguese Athletics Federation involves local sports clubs, sports associations and municipalities throughout the country to promote regular walking and running. <http://www.marchaecorrida.pt>



A national campaign, "What is your physical activity?", was launched in 2018 by the Ministry of Health, in accordance with WHO's Global action plan on physical activity 2018–2030: more active people for a healthier world. The Portuguese Institute of Sports and Youth is preparing a national campaign to promote participation in sports and physical activity.