



World Health
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Europe

Growing up unequal: gender and socioeconomic differences in young people's health and well-being

Faster, higher, stronger: increasing physical activity levels in the Russian Federation

Success story from the Health
Behaviour in School-aged Children
(HBSC) survey 2013/2014



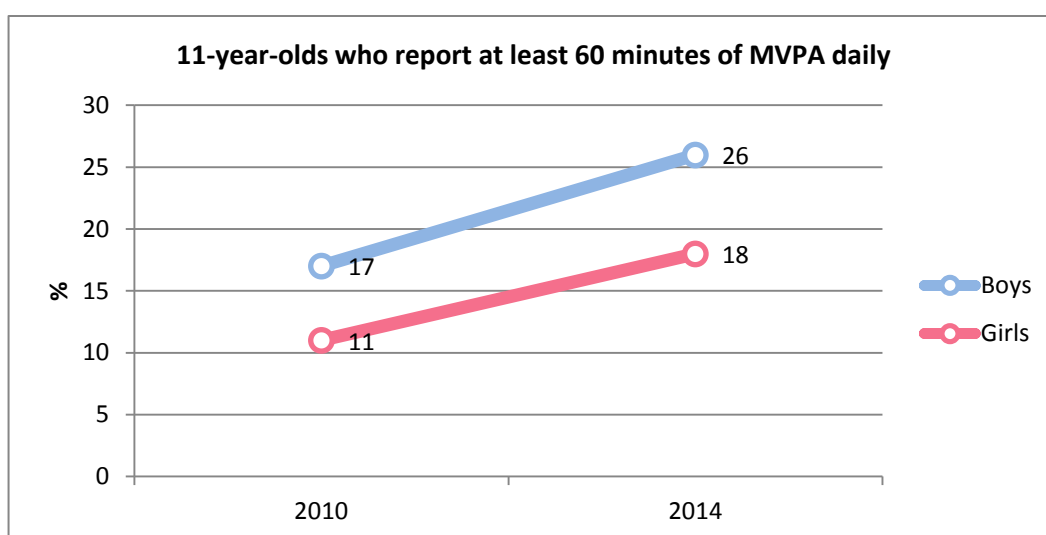
The Health Behaviour in School-aged Children (HBSC) study identifies important trends in the health and well-being behaviours of children and young people. It also provides data that countries can use to measure the success of policies designed to promote adolescents' health and well-being.

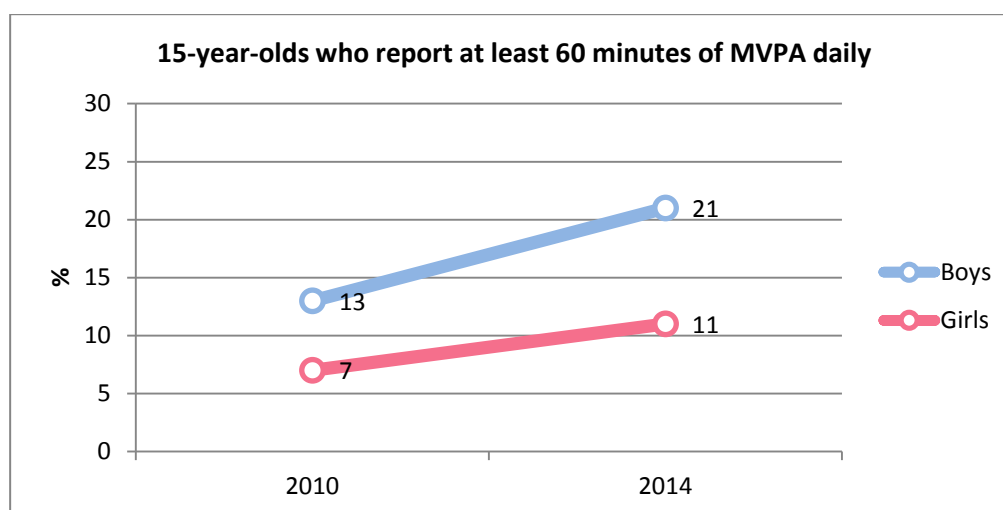
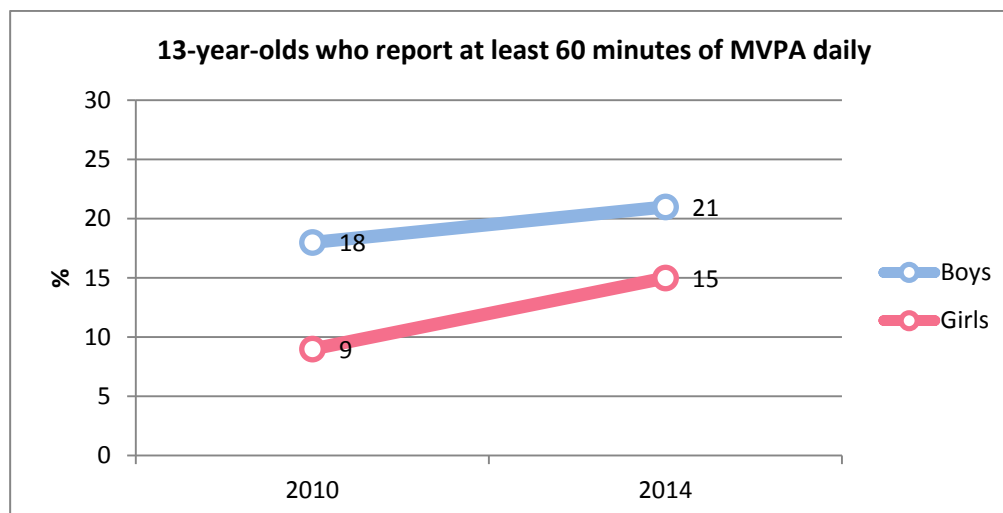
Promoting population health, increasing life expectancy and reducing mortality are priorities for the Russian Federation. Promotion of physical activity is fundamental to their achievement and brings health and well-being benefits at individual and population levels.

The HBSC survey in the Russian Federation in 2009/2010 found that levels of physical activity among 11-, 13- and 15-year-olds was low, with an average of only 16% of boys and 9% of girls across the age groups meeting the WHO guideline of 60 minutes of moderate-to-vigorous physical activity (MVPA) every day. This finding and concerns about levels of inactivity generally in the country prompted actions at national level to raise physical activity throughout the population. Measures included:

- introducing a third hour of physical education in school curricula to increase children's physical activity levels and promote healthy behaviours (1);
- developing educational initiatives to help schoolchildren incorporate physical activity into their daily lifestyles (1); and
- promoting extracurricular physical activity and sports opportunities in school settings (2).

Data from the 2013/2014 HBSC survey suggest that measures such as these have had some success in promoting physical activity among children and young people. The proportion across the age groups who meet the WHO physical activity guideline has risen by an average of seven percentage points (to 23%) among boys and six percentage points (to 15%) in girls. The next HBSC survey cycle, in 2017/2018, will show the extent to which this positive trend has been consolidated or perhaps increased.





Sources

1. Order of the Ministry of Education and Science of the Russian Federation dated 30 August 2010, No. 889 on introduction of amendments to the federal basic curriculum and model curricula for educational institutions of the Russian Federation, and methodological recommendations for introduction of the third hour of physical education into the weekly study load volume of students of general education institutions of the Russian Federation. Moscow: Ministry of Education and Science; 2010
(<http://school.imtp.ru/upload/medialibrary/5c5/5c5bb4913a08d8a3633d7697ab6d13ab.pdf>, accessed 6 December 2016) (in Russian).
2. Methodological recommendations for creation and organization of the activities of school sport clubs. Moscow: Ministry of Education and Science; 2011
(http://www.minobraz.ru/files/metodicheskie_rekomendacii_po_sozdaniyu_i_organizacii_dejatelnosti_shkolnykh_sportivnykh_klubov.pdf, accessed 6 December 2016) (in Russian).