



CYPRUS

PHYSICAL ACTIVITY FACTSHEET 2018



Total population
854 802

Median age
37.4 YEARS

GDP per capita
21 600 €



% of GDP for health: **2.6**
% of GDP for education: **6.0**
% of GDP for sports: **0.3**



Population **MALE**
48.7%
Population **FEMALE**
51.3%

Life expectancy, **MALES**
80.5 YEARS
Life expectancy, **FEMALES**
84.9 YEARS

Sources: Eurostat (2016)

Success story

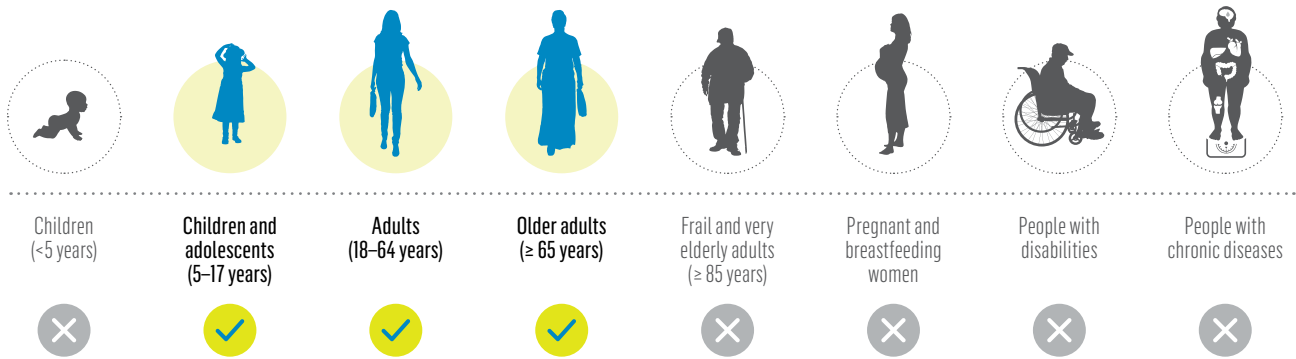
Since 1985, the Cyprus Sports Organization has run a **“Sports for all”** programme to promote physical activity among people at greatest risk of physical inactivity. More than 500 sports centres and over 16 000 members of all ages participate in Sports for all clubs. The objective of the programme is to help the majority of the population of Cyprus to become involved in sports and enjoy equal opportunities for physical activity, regardless of their ethnicity, sex, age, mental or physical health, education or socioeconomic status. Sports for all programmes are now being organized in rural areas and were provided at the reception centre for asylum seekers at Kofinou during 2016-2017. <https://cypussports.org/en/activities/national-programs/sports-for-all.html>.



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

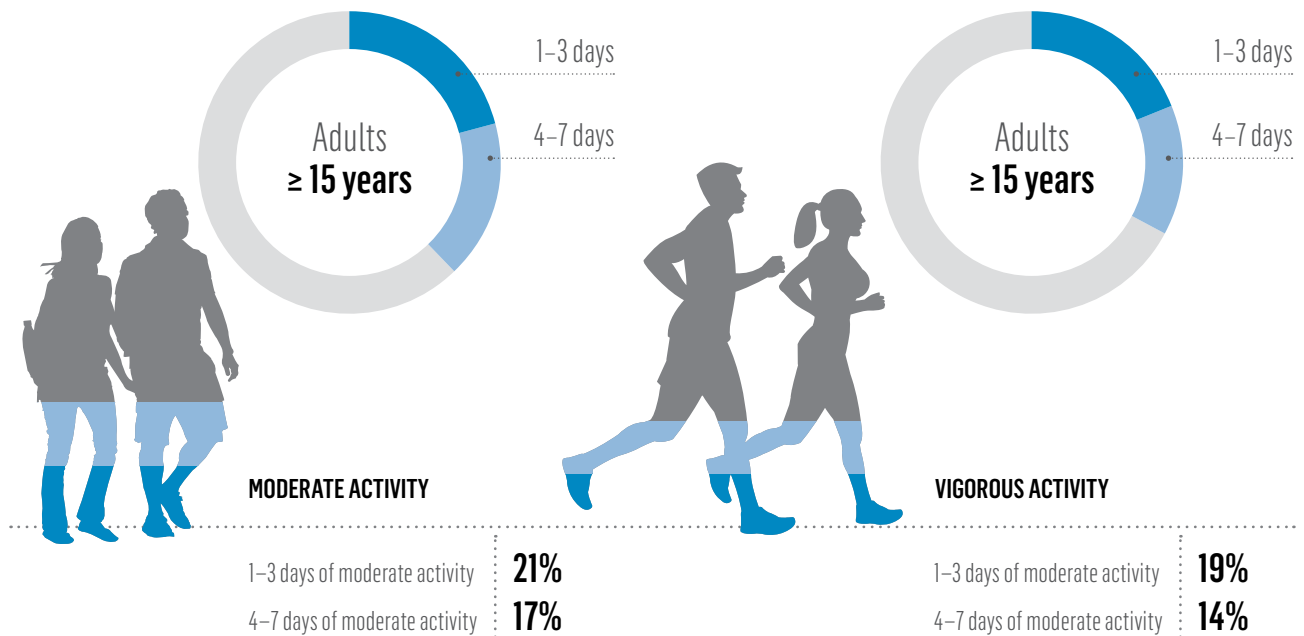
TARGET GROUPS INCLUDED



National recommendations for physical activity are being prepared and will be implemented in 2019. They will be based on the WHO global recommendations on physical activity for health (2010) and the recommendations of the American College of Sports Medicine (2011).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Data on levels of physical activity are derived from the 2018 Eurobarometer survey. No data were available for children and adolescents.

POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

The promotion of physical activity in Cyprus is coordinated by the **Cyprus Sport Organization**. The **Cyprus Sports Medicine & Research Centre** also plays an active role as part of the **"Eurofit for Adults"** scheme.



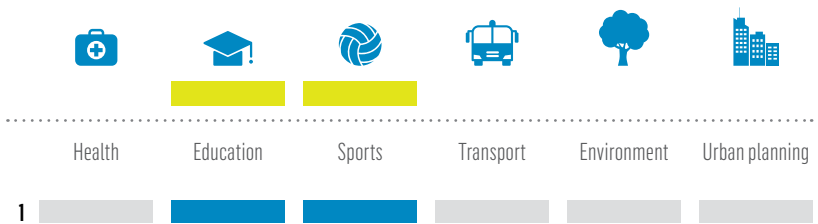
National policies by sector

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

Total number of policies

1

Policies with evaluation processes – 0%



An excellent opportunity for promotion of physical activity during the 2017 school year was a national running event, **Run for my health**. This major event involved secondary education students from all over the country and was coordinated by the Ministry of Education and Culture in cooperation with the private sector. Students participated in the event as part of after-school sports activities. The main objective was to improve students' attitude to an active way of life and a healthier lifestyle through physical activity.

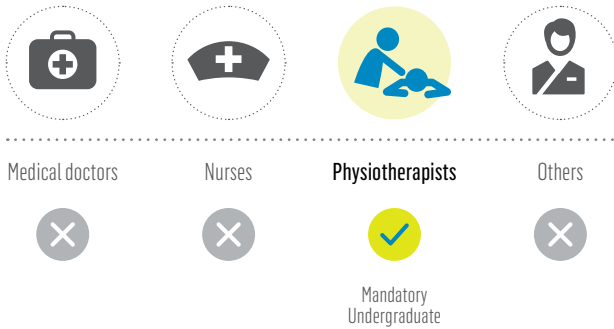
Target groups addressed by national policies

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



Physical activity promotion in the health sector

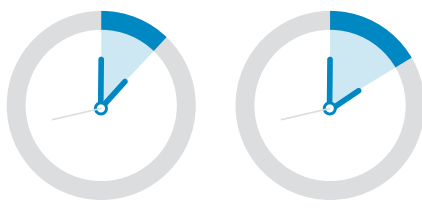
HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



Although no official national programme to promote counselling on physical activity by health professionals is in place, **Cyprus Sports Medicine & Research Centre (Kaek)**, which is run by the **Cyprus Sport Organization**, has an active role in the evaluation of the physical fitness of adults and providing counselling through the **"Eurofit for Adults"** scheme.

Physical activity in schools

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



Grades A,B,C, D
(6–10 years)

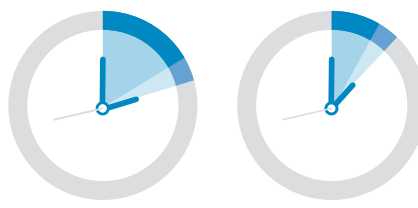
1.5

All mandatory

Grades E and St
(11–12 years)

2

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



Gymnasium
(13–15 years)

2–2.5

All mandatory

Lyceum
(16–18 years)

1–1.5

Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



The programme **"All different – all equal"** is led by the Ministry of Education and Culture (secondary education, physical education) in cooperation with the Cyprus Football Association. One component is school *futsal*/tournaments during school breaks to increase physical activity opportunities. The programme also has a social profile and provides equal opportunities for all and fights against racism. It involves visits by first-league football players to champion physical activity and participation in sports for health.



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



Cyprus participates in the **"European Week of Sports"**, an annual event in Europe to promote the benefits of being active and participating in sports and physical activity.