



# ROMANIA

## PHYSICAL ACTIVITY FACTSHEET 2018



Total population  
**19 644 350**

Median age  
**41.8** YEARS

GDP per capita  
**7 700** €



% of GDP for health: **4.0**  
% of GDP for education: **3.7**  
% of GDP for sports: **0.3**



Population **MALE** **48.9%**  
Population **FEMALE** **51.1%**

Life expectancy, **MALES** **71.7** YEARS  
Life expectancy, **FEMALES** **79.1** YEARS

Sources: Eurostat (2016)

### Success story

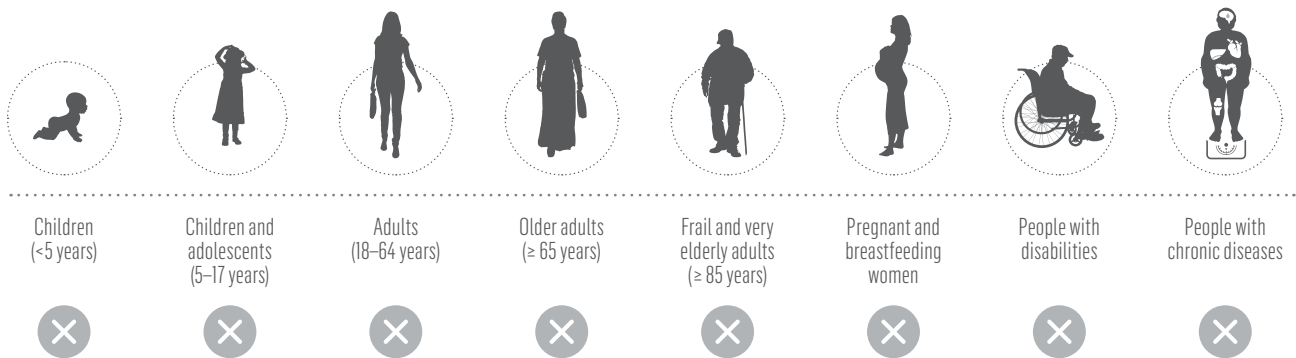
In Romania, a guide has been prepared for physical activity and healthy nutrition interventions in nursery schools and schools. The guideline has been distributed in 4000 schools and nursery schools in 42 counties, reaching more than 410 000 people. The interventions are monitored through indicators in the National Health Strategy 2014–2020, are coordinated by the National Centre for Health Promotion and Evaluation and were funded through the Norway grants 2009–2014.



# MONITORING AND SURVEILLANCE

## National recommendations on physical activity for health

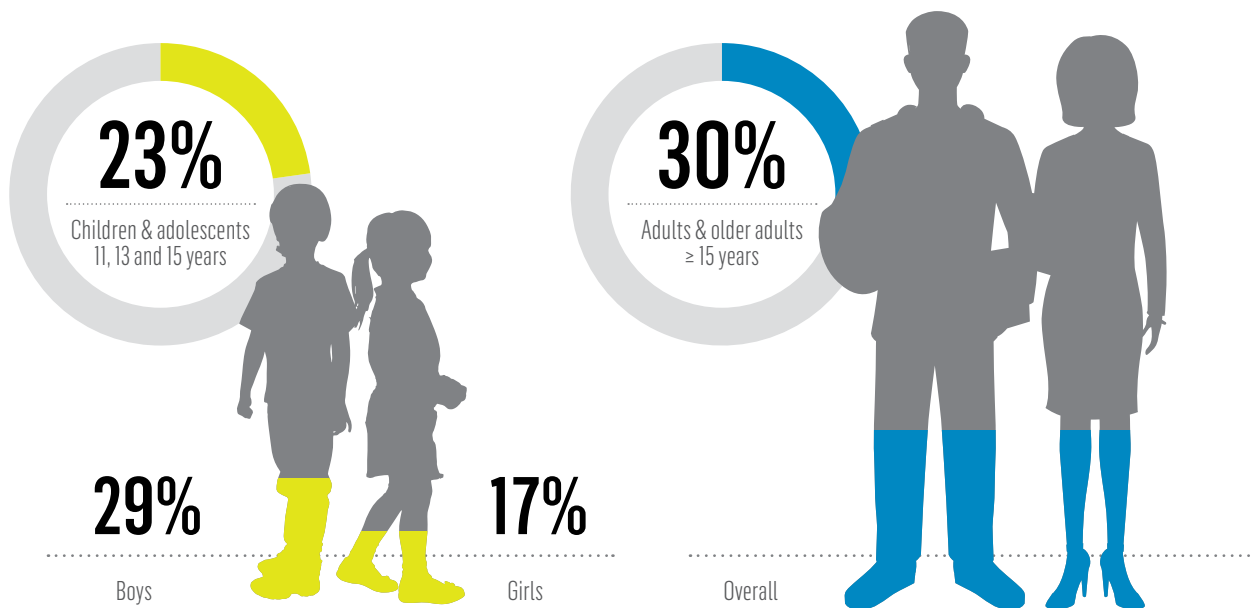
TARGET GROUPS INCLUDED



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

## Level of physical activity

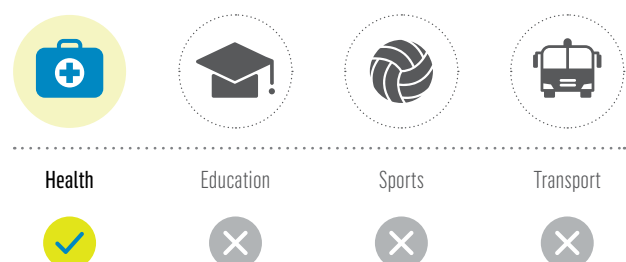
ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

In Romania, physical activity levels are monitored through the Eurobarometer and the European Health Interview Survey, established in 2008 and led by the National Institute of Statistics. The Youth Risk Behaviour Surveillance System and Health Behaviour in School-aged Children survey are used to monitor physical activity in children and adolescents.



# POLICY RESPONSE

## Funding allocated specifically to physical activity promotion by sector



The National Public Health Institute at the Regional Public Health Centre in Sibiu has developed a **"Healthy lifestyle"** programme for implementation at community level. The aim is to instil healthy behaviour in people who have one or more risk factors, including physical inactivity, an unhealthy diet, dyslipidaemia, hypertension, overweight, obesity and diabetes mellitus. The complex programme includes individual and group nutrition counselling and guidance on safely increasing physical activity.



In 2014, the Interministerial Working Group for Physical Activity Promotion was established, with the ministries of Health, Education, Sport, Labour, Regional Development and Public Administration and Transport and the National Institute of Public Health.

## National policies by sector

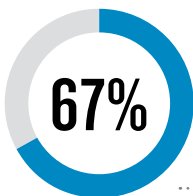
Sectors that are involved in each of the national policies or action plans to promote physical activity

Total number of policies

6



	Health	Education	Sports	Transport	Environment	Urban planning	Other
1	█	█					
2	█						
3			█				
4		█	█				█
5	█	█	█				
6				█		█	



Policies with evaluation processes

## 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



Mandatory  
Undergraduate  
Postgraduate



Nurses



Mandatory  
Undergraduate



Physiotherapists



Mandatory  
Undergraduate



Others

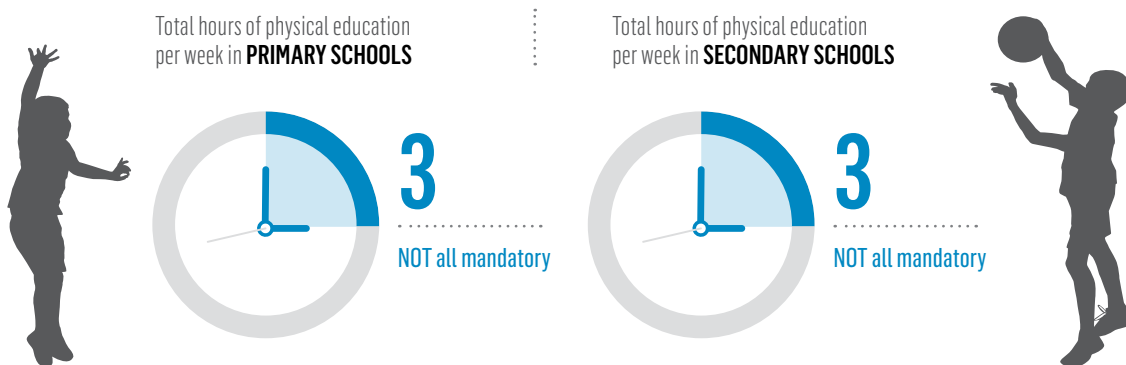


An after-school physical activity programme has been prepared to complement the compulsory school curriculum and to prevent school dropout, increase school performance and accelerate learning through educational, recreational and leisure activities, as well as personal development and social integration.



Training in physical activity for health is a mandatory part of the curriculum for medical doctors and physiotherapists.

## Physical activity in schools



Two hours of physical education are mandatory in Romanian schools, and one optional hour of play and movement or physical education per week is offered in primary and secondary schools, except in grade 8, when only 1 h is mandatory. The quality of physical education is monitored by inspections by county school inspectorates.

Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



Television



Radio



Newspapers



Social media



Public events



Public figures



The national campaign “For a healthy lifestyle” was developed to raise public awareness and stimulate behavioural change including physical activity. It was initiated in 2009 and is led by the National Audiovisual Council of Romania and the International Advertising Association. Additionally, during European Mobility Week, Romania declared 22 September a “day without cars”, prohibiting motor traffic in several central areas in Romanian cities.