

CZECHIA

PHYSICAL ACTIVITY FACTSHEET 2018



Total population
10 578 820

Median age
41.9 YEARS

GDP per capita
16 500 €



% of GDP for health: **7.4**
% of GDP for education: **4.5**
% of GDP for sports: **0.4**



Population **MALE**
49.2%
Population **FEMALE**
50.8%

Life expectancy, **MALES**
76.1 YEARS
Life expectancy, **FEMALES**
82.1 YEARS

Sources: Eurostat (2016)

Success story

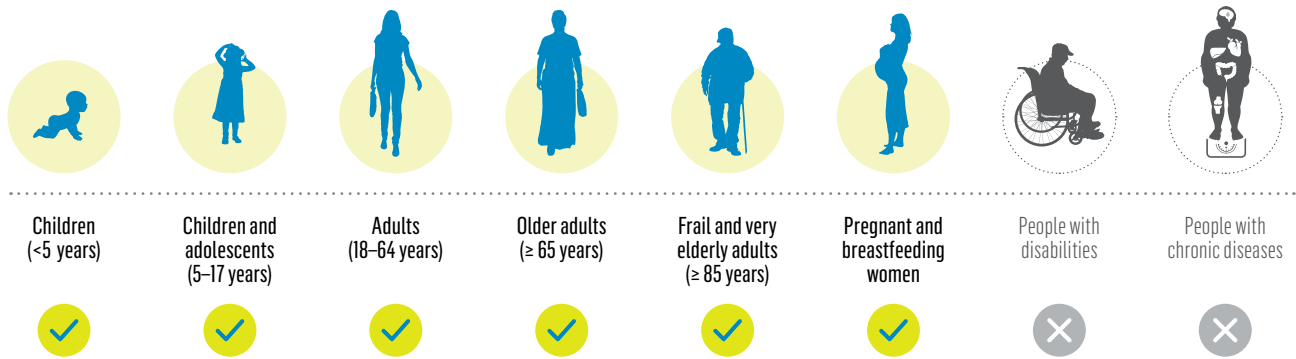
The project “**Parks in motion**” is a socially responsible project that provides healthy outdoor physical activities led by trained instructors. The project offers children, adults and seniors regular opportunities to be active in city parks, and all lessons are free. It has been running for 3 years and has provided training for over 35 instructors, who now implement programmes in 14 city parks across the country. <http://parkyvpohybu.wixsite.com/vyzva>



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

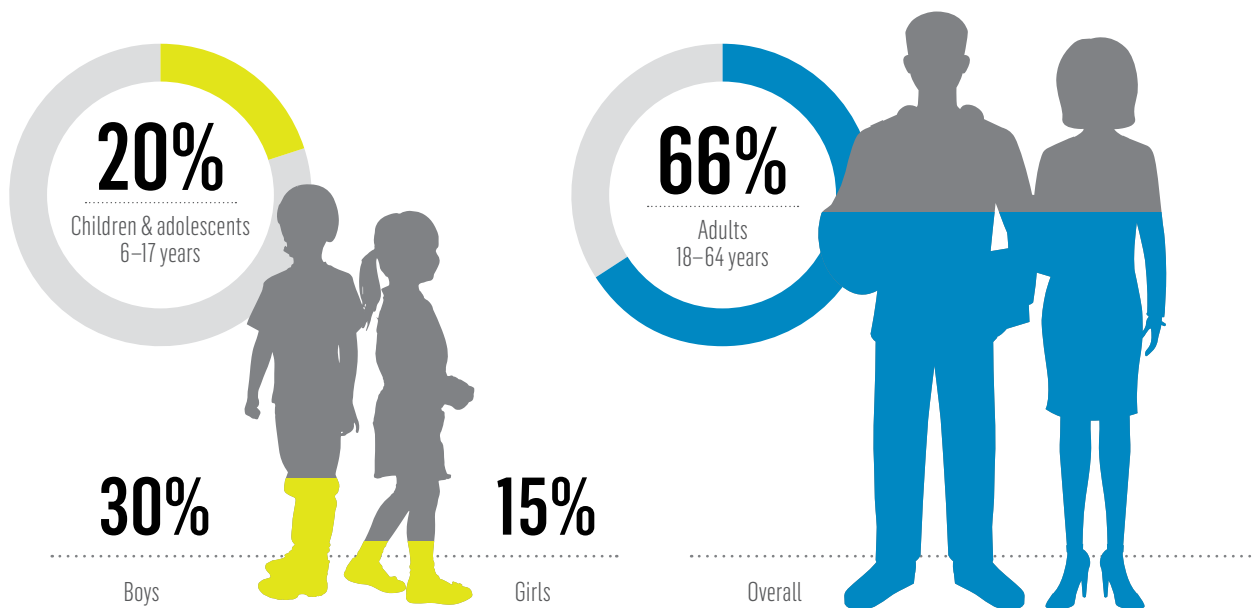
TARGET GROUPS INCLUDED



The national recommendations were implemented in 2014 and are based on WHO global recommendations on physical activity for health (2010). People are considered physically active if they do 20 min of vigorous-intensity training three times a week.

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity levels of children and adolescents were assessed from the Health Behaviour in School-aged Children study and among adults in a national cross-sectional study.



POLICY RESPONSE



The **Association of School Sports Clubs of Czechia** promotes participation in sports and physical activity. The programme is led by the Ministry of Education, Youth and Sport and jointly funded by the Ministry and the Czech Olympic Committee. It supports a gradual extension of opportunities to the entire population to be physically active, regardless of talent, gender, age, ethnicity, religion, disabilities or socioeconomic status, through participation in both organized and non-organized sports.

Ride2sCool is a registered association with the main purpose of ensuring, maintaining and further developing cycling accessibility for students in larger cities of the Czechia. The programme is aimed at increasing active travel to school by children aged 6-14 and involves college students acting as guides and guardians during the journey to school. In 2017, three elementary schools and 40 volunteers joined the programme. Children and guides achieved a total of 646 trips with a total distance of 2291.3 km. <http://wp.ride2scool.org/o-projektu/>

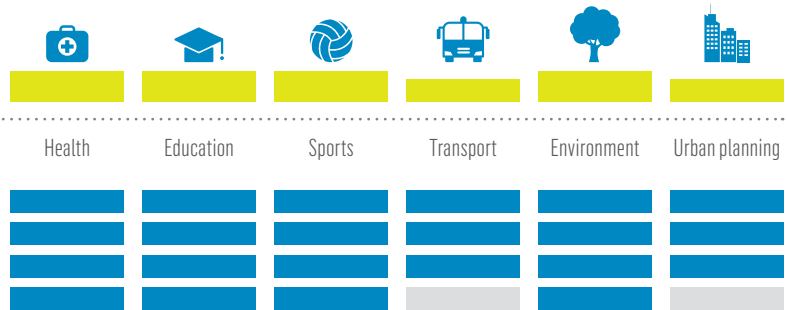
National policies by sector

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

Total number of policies

Policies with evaluation processes – 0%

4



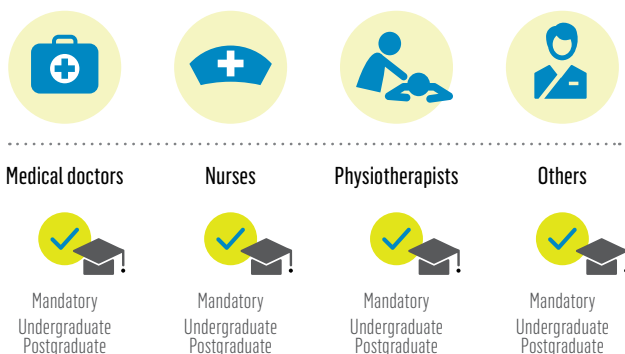
Target groups addressed by national policies

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



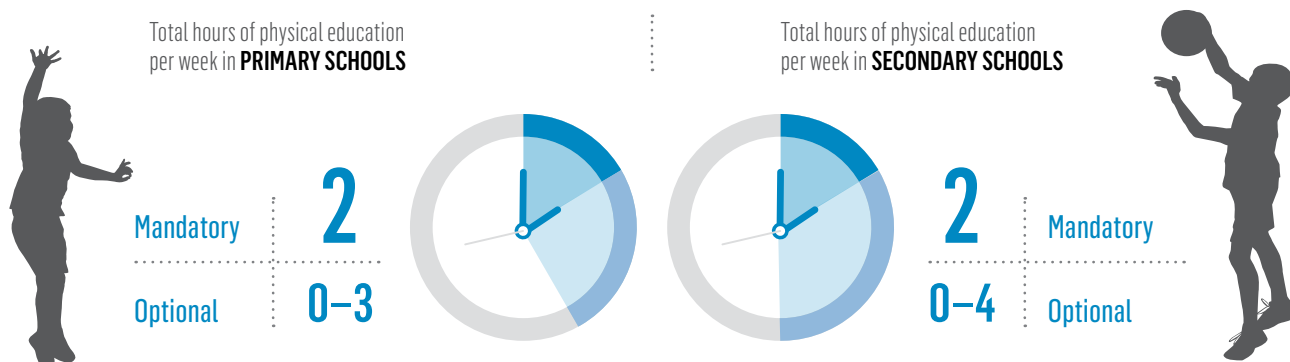
Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH

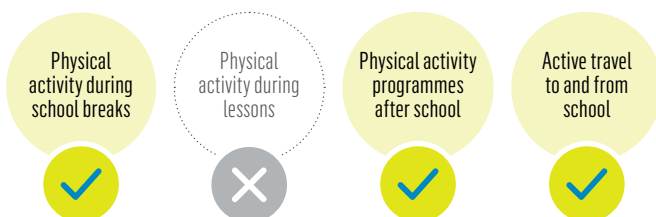


Training in physical activity for health is mandatory for medical doctors, physiotherapists, nurses and public health students.

Physical activity in schools



Over the past 3 years, more and more schools have voluntarily included 1-3 extra hours of physical activity in the primary school curriculum and 1-4 h in secondary schools. Physical activity for health is a mandatory part of training for physical education teachers. The quality of physical education is monitored by school inspections.



Promotion of physical activity in the workplace

In 2004, the Ministry of Transport implemented the national cycling strategy, replaced in 2013 by the **Cycling strategy** (Cyklostrategie). Additionally, the national action plan for physical activity promotion in Czechia, led by the Ministry of Health, includes the promotion of physical activity at the workplace and active travel to work.



Active travel to and from the workplace



Physical activity at the workplace

