



ITALY

PHYSICAL ACTIVITY

FACTSHEET 2018



Total population
60 589 445

Median age

45.9 YEARS

GDP per capita

25 900 €

% of GDP for health: **7.0**
 % of GDP for education: **3.9**
 % of GDP for sports: **0.3**



Population **MALE**

48.6%

Population **FEMALE**

51.4%

Life expectancy, **MALES**

81.0 YEARS

Life expectancy, **FEMALES**

85.6 YEARS



Sources: Eurostat (2016)

Success story

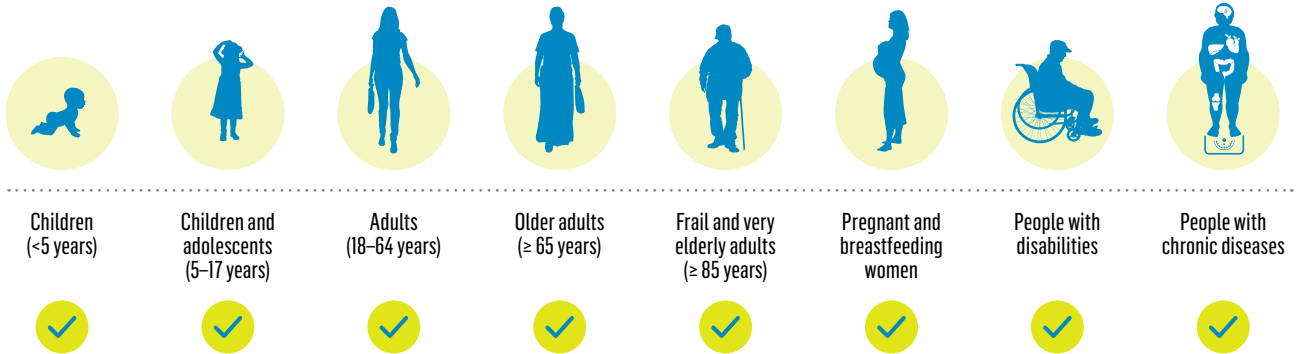
"Movement is health! ... at all ages" (Il movimento è salute! ... a tutte le età) is a national campaign led by the Ministry of Health, in collaboration with the Istituto Superiore di Sanità and the Italian National Olympic Committee, to raise awareness about the physical and mental benefits of regular physical activity and to promote participation in sports throughout the life-course.



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

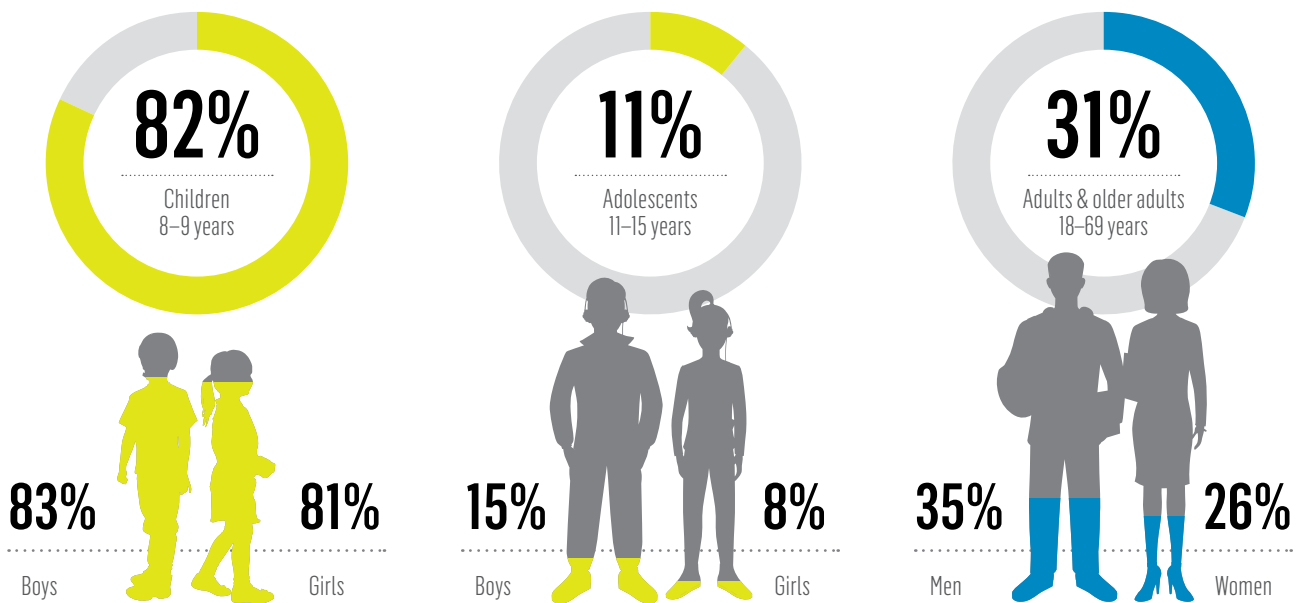
TARGET GROUPS INCLUDED



National recommendations are currently being prepared by a working group established by the Ministry of Health. They are based on WHO's global recommendations on physical activity for health (2010).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Okkio: % children 8–9 years old who performed physical activity the day before the survey; HBSC: % of adolescents who performed at least 60 minutes of physical activity every day; PASSI: % adults who reported having a physically active job, did 30 minutes of moderate activity at least 5 days per week or at least 20 minutes of intense physical activity at least 3 days per week in the 30 days before the survey.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity levels are monitored continuously through the following national surveillance systems, promoted by the Ministry of Health and led by the Istituto Superiore di Sanità: Okkio alla salute (Child Obesity Surveillance Initiative) collects data on children aged 8–9 years; The Health Behaviour in School-aged Children survey collects data on adolescents aged 11, 13 and 15 years; Progressi delle Aziende Sanitarie per la Salute in Italia collects data on adults aged 18–69 years. Additional data are collected by the National Institute for Statistics.



POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

The “**Sport di Classe**” programme was established in 2017 to increase physical activity through sports in primary schools in a multi-faceted approach for students, teachers, school principals and families. The objectives are to promote participation in sports and increase physical education and the educational values of sport. It is implemented by the Italian Ministry of Education, University and Research and the Italian National Olympic Committee.

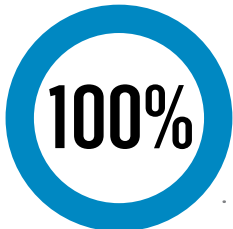
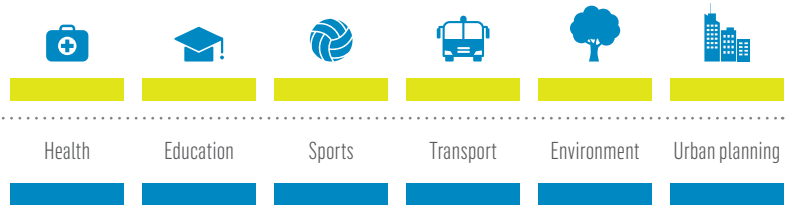


National policies by sector

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

Promotion of physical activity is a key objective of the national programme, “**Gaining health: making healthy choices easier**” and the National Prevention Plan. The “Gaining health” programme is a Government initiative, adopted in 2007 and led by the Ministry of Health, which is aligned with the “health-in-all-policies” approach to promoting healthy behaviour for the prevention of noncommunicable diseases. The National Prevention Plan 2014–2019 includes promotion of physical activity in a cross-cutting, life-cycle approach in various settings, such as schools, workplaces, communities and health care facilities. All regions are developing structured, coordinated interventions to increase physical activity among young people and adults by 30% and among older adults by 15%. A further aim is to develop a culture of an active life style for the entire population and especially young people, socially disadvantaged groups and frail older adults.



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



The transport survey “**Comuni ciclabili**” was established in 2017 by the Italian Cycling Federation and is funded by the National Association of Italian Municipalities.



Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



Medical doctors



Optional



Nurses



Physiotherapists



Others



Since 2017, the "essential levels of assistance" guaranteed by the National Health Service to Italian citizens include interventions to promote physical activity in settings such as schools, workplaces and local communities. Motivational counselling on physical activity is offered by trained health professionals.

Physical activity in schools



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



2

All mandatory

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



2

All mandatory



The promotion of "**Pedibus**" is an action developed in several local communities to promote safe walking to school and involves schools, families, municipalities and local health units. Some Associations cooperate to implement sustainable mobility projects, available to families and the entire community.

Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school

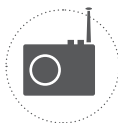


National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



Television



Radio



Newspapers



Social media



Public events



Public figures

