

# LATVIA

## PHYSICAL ACTIVITY FACTSHEET 2018



Total population  
**1 950 116**

Median age  
**43.1** YEARS

GDP per capita  
**11 000** €



% of GDP for health: **3.7**  
% of GDP for education: **5.5**  
% of GDP for sports: **0.2**



Population **MALE**  
**45.9%**

Population **FEMALE**  
**54.1%**

Life expectancy, **MALES**  
**69.8** YEARS

Life expectancy, **FEMALES**  
**79.6** YEARS

Sources: Eurostat (2016)

### Success story

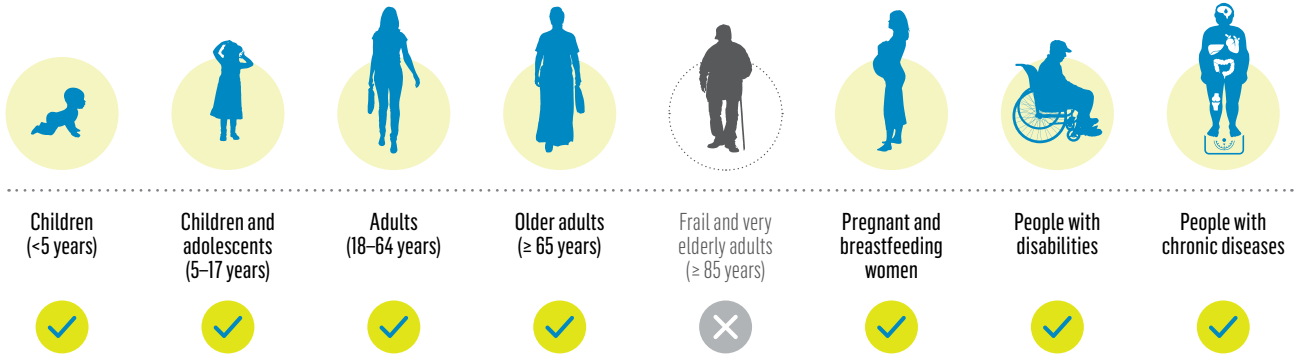
In 2013, Latvia established the National Healthy Municipalities Network as part of the WHO Healthy Cities Network. Since the physical activity factsheets for 2015 were published, an additional 75 municipalities have joined the Network, for a total of 112 municipalities, representing 94% of all municipalities in Latvia. Each year, information on health promotion is collected through the Network, and a comprehensive annual report is published. In addition, municipalities in this network share best practices, for example, by visiting other municipalities to exchange experiences. Such activities will increase the exchange of events held at regional level. The Centre for Disease Prevention and Control, with the Ministry of Health, organizes annual capacity-building seminars for coordinators of the Network to discuss health promotion and disease prevention issues, including physical activity. The Network is a good example of collaboration among municipalities and levels of government to promote physical activity.



# MONITORING AND SURVEILLANCE

## National recommendations on physical activity for health

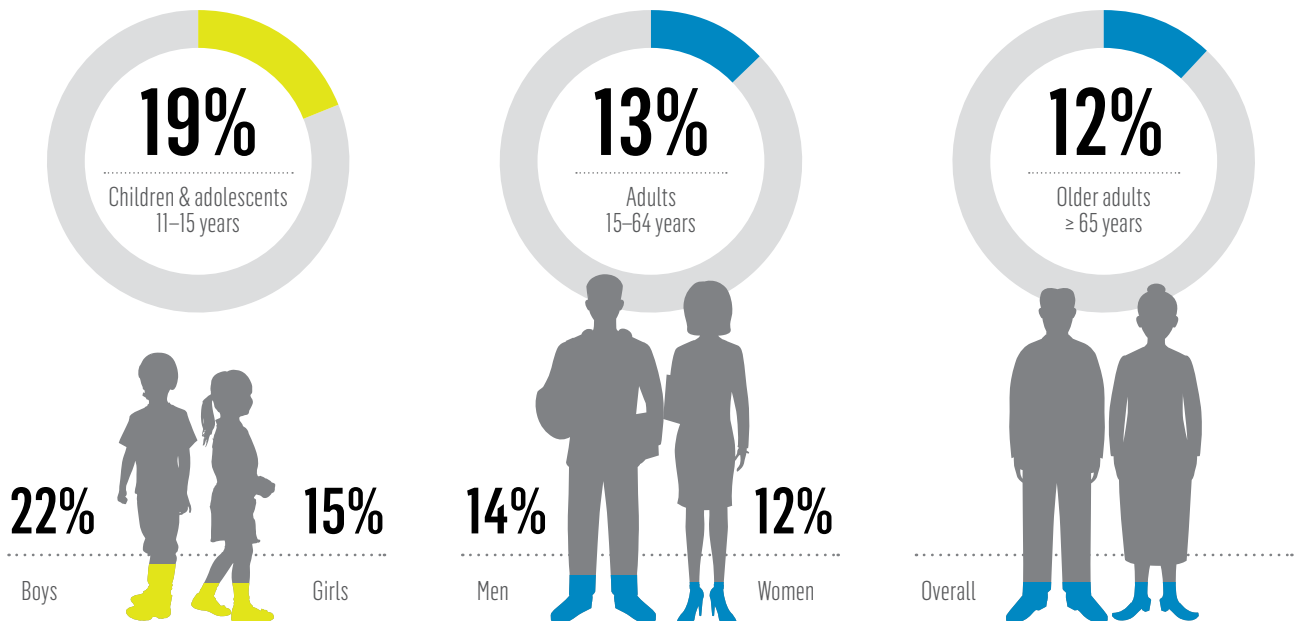
TARGET GROUPS INCLUDED



The national recommendations were initiated in 2014. They are based on WHO's global recommendations on physical activity for health (2010).

## Level of physical activity

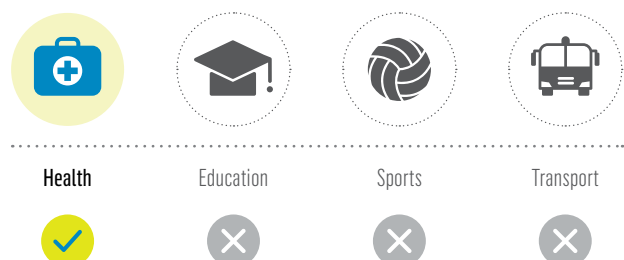
ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

The physical activity levels of adults are monitored in the Health Behaviour in the Latvian Adult Population survey with the International Physical Activity Questionnaire. For children and adolescents, the Health Behaviour of School-aged Children is used; furthermore, the State Sports Medicine Centre conducts annual medical check-ups for children and adolescents, which include performance measurements and body parameters.



# POLICY RESPONSE

## Funding allocated specifically to physical activity promotion by sector

Since 2017, the Centre for Disease Prevention and Control has been conducting interventions to promote physical activity. The interventions have several objectives: to strengthen the muscles involved in posture, to teach correct breathing techniques to 7- and 8-year-olds and to educate seniors ( $\geq 54$  years) in physical activity. Events are also organized to provide opportunities for older adults to participate in exercise such as Nordic walking.



## National policies by sector

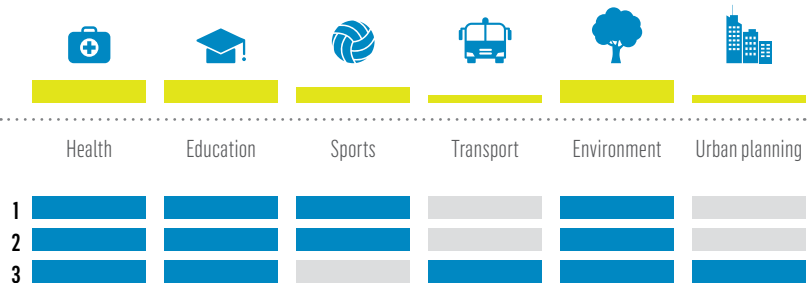
Sectors that are involved in each of the national policies or action plans to promote physical activity



Total number of policies

3

Policies with evaluation processes



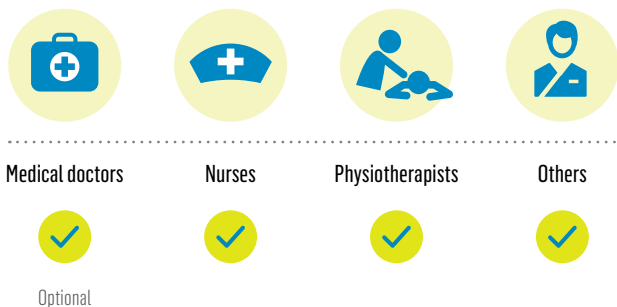
## Target groups addressed by national policies

- ✓ 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



The **"Exercise prescription in general practice"** programme was established in 2014 by the State Sports Medicine centre, where a training course for general practitioners was developed to ensure that they can prescribe physical activity for prevention and for patients with medical conditions. Guidelines have been prepared for prescribing physical activity for specific patient groups, such as those with cardiovascular diseases, diabetes, cancer, pulmonary diseases, oestoarthritis, osteoporosis or sarcopenia, and also for specific groups, such as young children, pregnant women and the elderly.

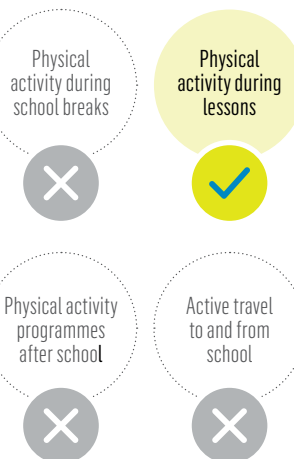
Latvia has been offering counselling on physical activity in the form of prescriptions for exercise from general medical practitioners since 2014. The scheme is led by the State Sports Medicine Centre and funded by the Ministry of Health. The curricula of students in all professional health training (general practitioners, nurses, public health professionals, health specialists) include physical activity promotion.

## Physical activity in schools

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

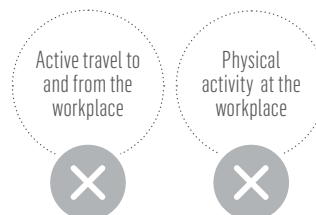


Total hours of physical education per week in **SECONDARY SCHOOLS**



Although there is no specific system for monitoring physical education, evaluation standards are set by regulation of study subjects in primary and secondary schools by a State standard.

## Promotion of physical activity in the workplace



## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

In 2014, a public awareness campaign and country-wide sports events were carried out in collaboration with nongovernmental organizations to promote physical activity, healthy lifestyles and useful leisure time in the adolescent population during the summer holidays. More than 20 649 participants were involved in various events (e.g. summer camps, street dances and gymnastics, street basketball tournaments, power-lifting contests, family health and sports days). Continuation of this approach is under discussion.

In line with the European Union 2014–2020 planning period, a health promotion and disease prevention plan has been developed, with activities to promote physical activity, especially for priority target groups such as children, older adults, people with disabilities and people living in remote and rural areas. One of the planned activities is an extensive national awareness campaign on physical activity.