

LUXEMBOURG

PHYSICAL ACTIVITY FACTSHEET 2018



Total population

590 667

Median age

39.4 YEARS

GDP per capita

81 700 €

% of GDP for health: **4.8**

% of GDP for education: **4.8**

% of GDP for sports: **0.5**



Population **MALE**

50.2%

Population **FEMALE**

49.8%

Life expectancy, **MALES**

80.1 YEARS

Life expectancy, **FEMALES**

85.4 YEARS

Sources: Eurostat (2016)

Success story

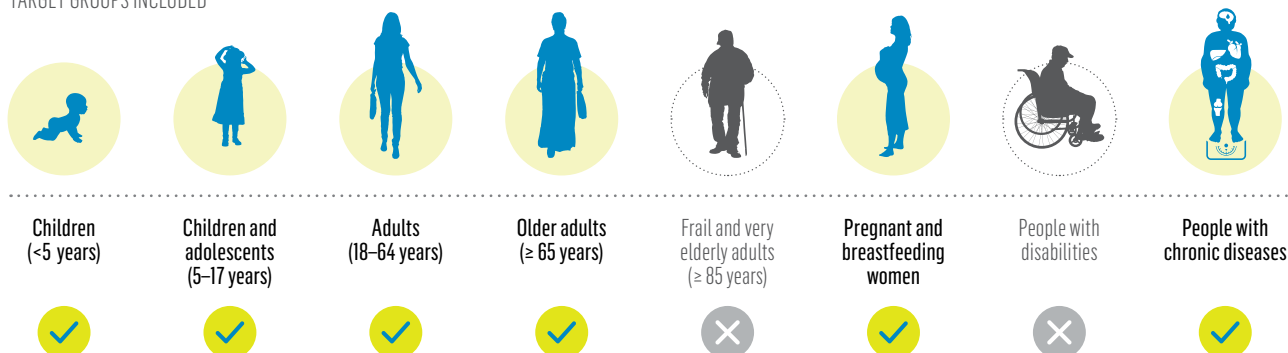
The aim of the “**Sport-santé**” project is to promote physical activity for the prevention and control of noncommunicable diseases in Luxembourg. In 2018, the “**Sport-santé actimeter**” was introduced for use by health care professionals when counselling patients on physical activity. The tool enables health workers to quickly identify whether patients meet the minimum recommended physical activity from the answers to two questions. The tool and a flyer providing the recommendations on physical activity are distributed to all medical doctors and allied health professionals in Luxembourg. Other resources have been developed to help health care professionals better understand the role of physical activity in the management of chronic conditions and disorders. www.sport-sante.lu/images/Documents/Actimeter/Sport-Sante-ACTIMETER2018_en_web.pdf.



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

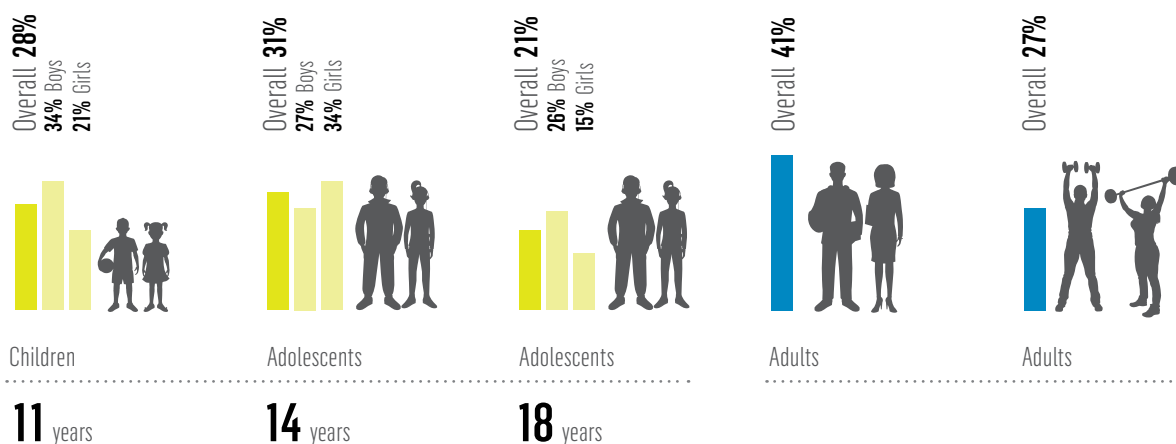
TARGET GROUPS INCLUDED



The national recommendations were implemented in 2006 and are based on WHO global recommendations on physical activity for health (2010) and the European Union physical activity guidelines (2008).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



HSBC study 2013–2014: 21% of girls and 34% of boys aged 11 years achieved the WHO-recommended levels of physical activity for health; 17% of girls and 35% of boys aged 13 years met the guidelines; and 9% of girls and 26% of boys aged 15 years met the recommended levels.

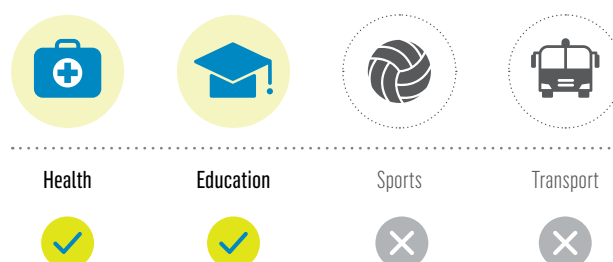
The recommendation of practising at least 150 min of endurance exercise per week is met by 41% of the population and that of walking for ≤ 30 min/day by 40% of adults. Muscle strengthening on 2 days/week is practised by 27% of the population.

Cut-off point: ≥ 30 min of moderate-intensity physical activity on most, preferably all, days of the week.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

The European Health Interview Survey, Eurobarometer and the Health Behaviour in School-aged Children study are conducted in Luxembourg.



POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

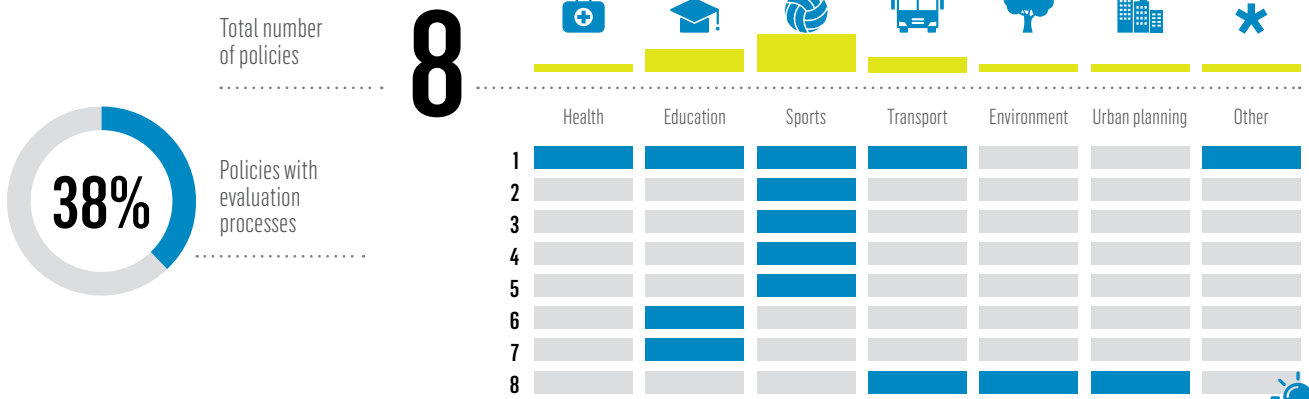


An executive committee led by the Ministry of Health and involving the ministries of Sports, Education (formal and informal) and Family and Integration coordinates the promotion of physical activity.

As part of the national **"Eat healthily – Move more"** (Gesond iessen - Méi bewegen) action plan for 2018–2025, a national sports day "Fit 50 plus" was organized in 2016 for people aged over 50 years. In 2017, the national sports day focused on sports at the work place, and in 2018 on civil servants.

National policies by sector

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



The national action plan **"Eat healthily, move more"** (Gesond iessen, méi bewegen) was first implemented in 2006 and was recently updated in a framework for nutrition and physical activity for the period 2018–2025. One of the four guiding principles of the new national framework is access for all. The plan is designed to remove inequalities in access to a balanced diet and physical activity, adapt actions to different contexts, target populations (elderly people, adults, pregnant women, young children, adolescents, vulnerable people) and encourage a lifelong approach.

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



Medical doctors



Undergraduate

Nurses



Optional

Physiotherapists



Others



Mandatory
Undergraduate



Since 2018, training in sports for health has been provided to health care students at the University of Luxembourg, the Technical High School of Health Professions and at LUNEX University through the national sport-health therapeutic programme (Programme national thérapeutique sport-santé).

Physical activity in schools

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



First year:

0

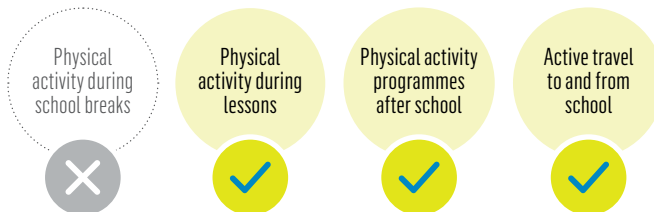
Next 4 years:

2

Last 2 years:

2

All mandatory



Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



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



First year:

3

Next 5 years:

2

Last 2 or 3 years:

2

All mandatory

The **"Sports night"** (Nut du sport) is a national event launched in 2009. Municipalities are incentivized to provide an opportunity for the whole population to engage in physical activity in welcoming, festive local premises. A wide range of traditional and new sports are organized, and healthy, balanced foods are on offer to stimulate a healthy, active lifestyle and promote social inclusion at the local level. The objectives pursued are in line with those in the National Action Plan.

Promotion of physical activity in the workplace

The Luxembourg Athletics Federation and the Running Nation Club organize running events for companies such as **"Smartrun"** and **"Financerun"**. These sport-based networking events focus on promoting group running as well as recreational physical activity through participation in sport that can provide benefits for both individuals and companies. In 2018, the first "Day of sports- fit and healthy" ("Sportsdag fit a gesond") was launched to promote physical activity among civil servants. This was the kick-off event for implementation of a strategy for health, safety and quality of life at work.



Active travel to and from the workplace



Physical activity at the workplace



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



Television



Radio



Newspapers



Social media



Public events



Public figures



The Campagne nationale Sport-Santé 2018 is a national campaign to promote physical activity for people with chronic diseases.