



LITHUANIA

PHYSICAL ACTIVITY FACTSHEET 2018



Total population

2 847 904

Median age

43.0 YEARS

GDP per capita

12 000 €

% of GDP for health: **5.8**

% of GDP for education: **5.2**

% of GDP for sports: **0.2**



Population **MALE**

46.0%

Population **FEMALE**

54.0%

Life expectancy, **MALES**

70.0 YEARS

Life expectancy, **FEMALES**

80.0 YEARS

Sources: Eurostat (2016)

Success story

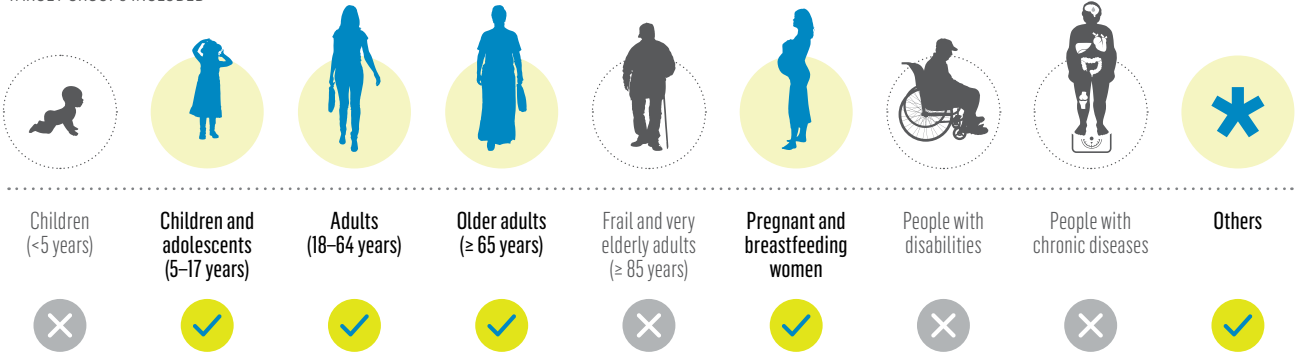
The “**Spring of activeness**” project was coordinated and implemented by the physical education teachers’ association in collaboration with Klaipėda University. The aim was to encourage young adolescents to have physically active lifestyles by providing opportunities for experiential learning in informal physical activity based on good practices from other countries. The project was grounded on links among pupils, schools, university instructors and administrators and university students enrolled in physical education, sports and physical activity programmes. Research was carried out to identify student and teachers’ programmes, attitudes, needs and participation in independent and organized physical activity. The results will be used in compiling or revising study programmes so that they correspond to the needs of future physical education and sports professionals, preparing them for work in schools and in other health-enhancing physical activity.



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

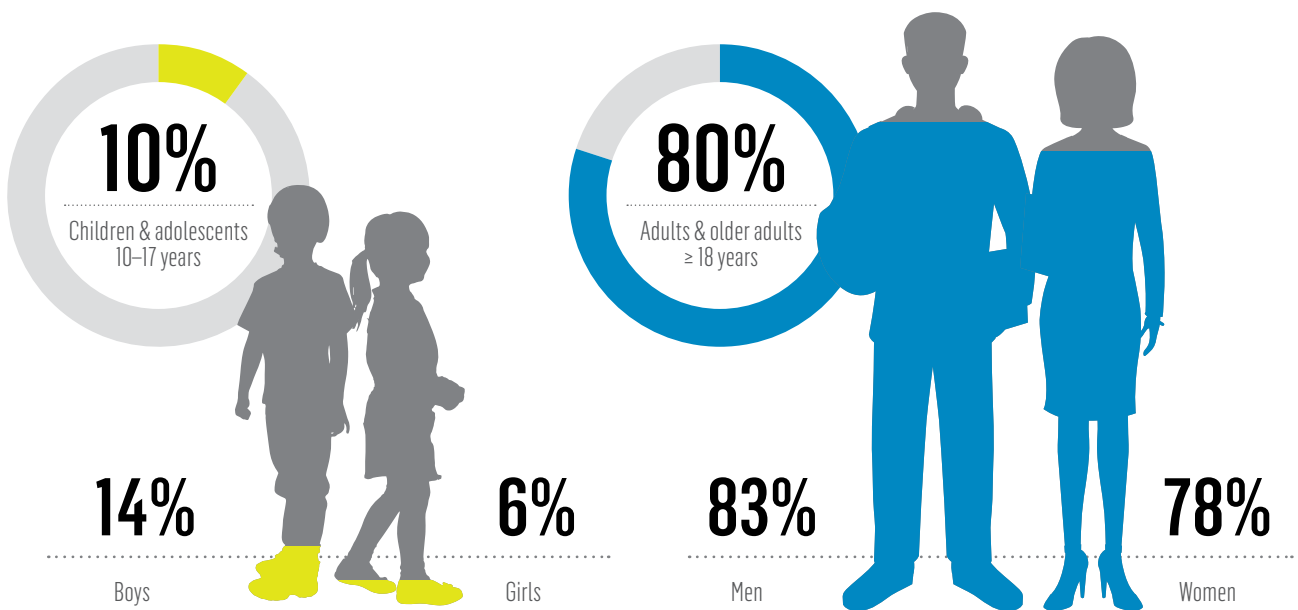
TARGET GROUPS INCLUDED



The national recommendations are based on WHO's global recommendations on physical activity for health (2010).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



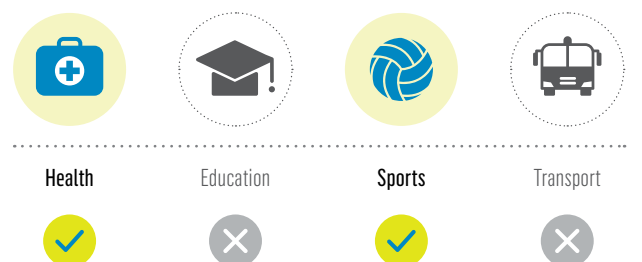
Children are considered physically active if they reach 60 mins of physical activity each day in addition to physical education lessons at school.

Adults are considered physically active if they reach more than 4 MET minutes per week of moderate and vigorous physical activity.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

In Lithuania, physical activity is monitored by the Health Education and Disease Prevention Centre (since 2010) and the Department of Physical Education and Sports (since 2002) through the Study of Physical Activity Status in Lithuania, National Survey on Physical Activity in Lithuania and a study of the lifestyle of pupils in all municipalities. Physical activity levels are assessed with the Global Physical Activity Questionnaire. Lithuania also participates in the Health Behaviour in School-aged Children study.



POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

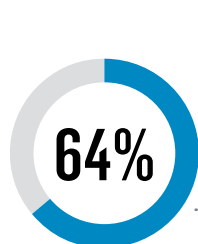
Lithuania has prepared a **National Sports Development Strategy for 2011–2020**, which promotes sports for all. The strategy is based on four themes: increased awareness of the benefits of physical activity; development of sports skills; development of sports infrastructure; and accessibility of sports infrastructure. It includes initiatives to encourage young people to participate in voluntary sports, strengthens the role of sports clubs in the community and issues recommended minimum standards for local sports clubs and health infrastructure.

The promotion of physical activity is coordinated by the Department of Physical Education and Sports.



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

11

Policies with evaluation processes

An order of the Minister of the Environment, "On technical regulation for constructions 2.03.01:2001", includes a requirement that sports-related constructions be easily accessible for people with disabilities.

	Health	Education	Sports	Transport	Environment	Urban planning	Other
1	█	█	█	█	█	█	█
2	█	█	█	█	█	█	█
3	█	█	█	█	█	█	█
4	█	█	█	█	█	█	█
5	█	█	█	█	█	█	█
6	█	█	█	█	█	█	█
7	█	█	█	█	█	█	█
8	█	█	█	█	█	█	█
9	█	█	█	█	█	█	█
10	█	█	█	█	█	█	█
11	█	█	█	█	█	█	█

Target groups addressed by national policies

Since 2015, Lithuania has implemented an informal education financing mechanism for children based on funding per capita. Financial allocations are distributed from the national budget to municipalities according to the number of schoolchildren in certain schools. The recommended amount is 15 €/month, per person. 10% of all Lithuanian schoolchildren attended sport programmes financed by this mechanism in 2016–2017. This informal mechanism is used by sport clubs, independent teachers, municipal sport centres and other bodies.

- ✗ 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



Optional Undergraduate



Nurses



Optional Undergraduate



Physiotherapists



Optional Undergraduate



Others



A network of public bureaus, which covers all Lithuanian municipalities, provide daily advice to the general population on physical activity and healthy nutrition and involve people in physical activity led by bureau staff. <https://sam.lrv.lt/lt/veiklos-sritys/visuomenes-sveikatos-prieziura/visuomenes-sveikatos-biuru-metai>

Training in physical activity and health is optional in the undergraduate curriculum of medical doctors, nurses and physiotherapists.

Physical activity in schools

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

Total of 170 h allocated to physical education per school year in grades 1–2 and 204 h in grades 3–4 (consisting of two or three lessons per week); 170 h in schools for national minorities. Thus, the total time for physical education is 374 h in grades 1–4 and 340 h in schools for national minorities. Schools that provide two weekly lessons must ensure the conditions for pupils to practise actively at school or another setting for no less than 1 h/week. Schools are also advised to organize active breaks or other activities during lessons to enhance pupils' physical activity. In schools for national minorities, more time is allocated to Lithuanian language lessons.

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

The plans for general education recommend 2–3 h/week of physical education in lower secondary education (grades 5–10, age 11–16 years), for a total of 456 h per year. Schools that provide two weekly lessons must ensure the conditions for pupils to practise actively at school or another setting for no less than 1 h/week.

The number of hours may differ from that recommended in the National Plan for General Education, as decided by the municipal administration and according to the needs of the pupils. Where 2 h of physical education are mandatory, the school must ensure that pupils can practise actively for no less than 1 h/week. The quality of physical education is monitored every 7 years by the National Agency for School Evaluation in accordance with the general State system of monitoring education.



Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



Promotion of physical activity in the workplace

A project **"Promotion of physical activity at the workplace – sharing good practice"** was initiated in 2015 by the Institute of Hygiene and municipal health bureaus. It supports effective physical activity programmes at the workplace and includes 5 months of promotional campaigns and recommendations for implementation. Representatives of more than 70 companies have taken part in the project, and the feedback has been positive.



Active travel to and from the workplace



Physical activity at the workplace



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

The yearly campaign **"Production and broadcasting of programmes to enhance physical activity, a healthy lifestyle and engagement in sports by the public"** is part of an inter-institutional action plan for implementation of the National Sports Development Strategy for 2011–2020, with annual budget allocations.



Television



Radio



Newspapers



Social media



Public events



Public figures

