

# MALTA

## PHYSICAL ACTIVITY FACTSHEET 2018



Total population

**460 297**

Median age

**40.6** YEARS

GDP per capita

**19 700** €

% of GDP for health: **5.6**

% of GDP for education: **5.4**

% of GDP for sports: **0.1**



Population **MALE**

**50.3%**

Population **FEMALE**

**49.7%**

Life expectancy, **MALES**

**80.6** YEARS

Life expectancy, **FEMALES**

**84.4** YEARS

Sources: Eurostat (2016)

### Success story

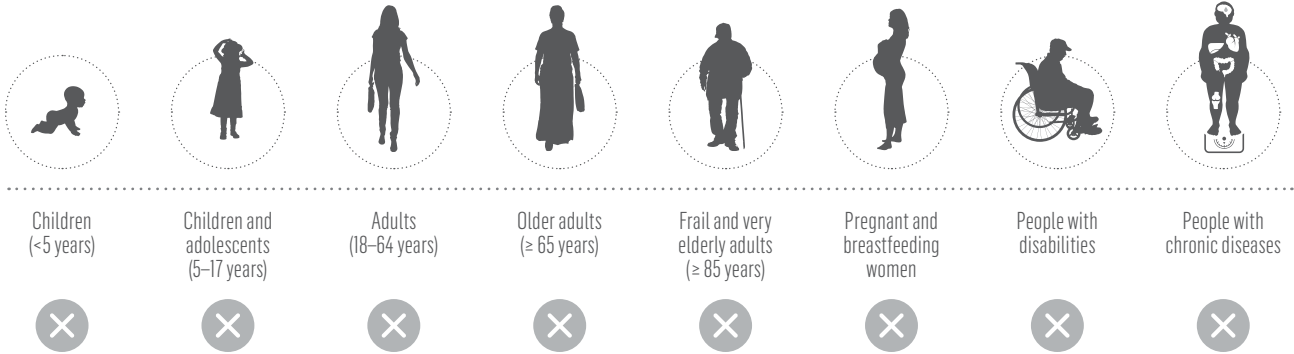
The Ministry for Education and Employment sponsors sports and physical activity programmes for children whose parents cannot afford to send them to classes. The process is simple and discrete, whereby the head of the school fills in a form that the parent can present instead of paying. For these courses, parents are also assisted in buying clothing, footwear and specific equipment, the cost of which might otherwise prevent participation. As the scheme is managed through schools, uptake and reach are high. <https://education.gov.mt/en/education/student-services/Pages/default.aspx>.



# MONITORING AND SURVEILLANCE

## National recommendations on physical activity for health

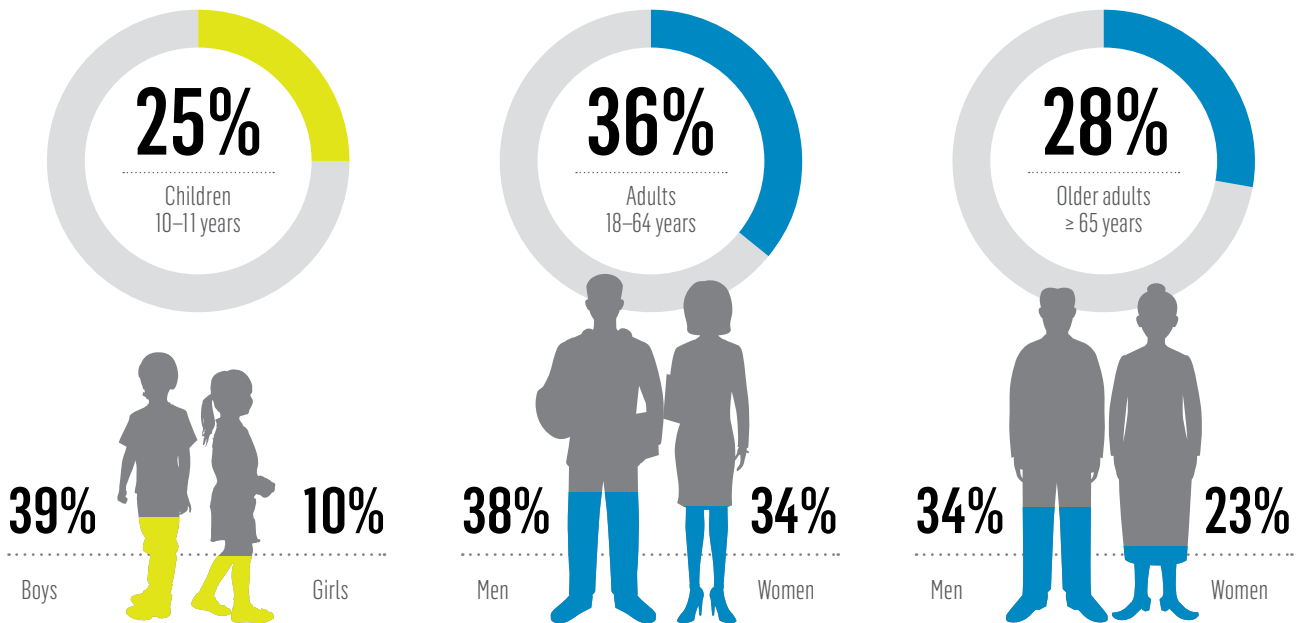
TARGET GROUPS INCLUDED



Draft national recommendations are currently being prepared on the basis of WHO's global recommendations on physical activity for health (2010).

## Level of physical activity

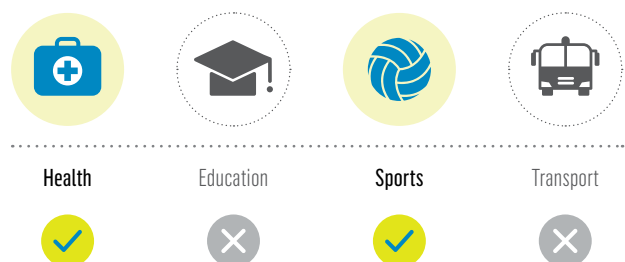
ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

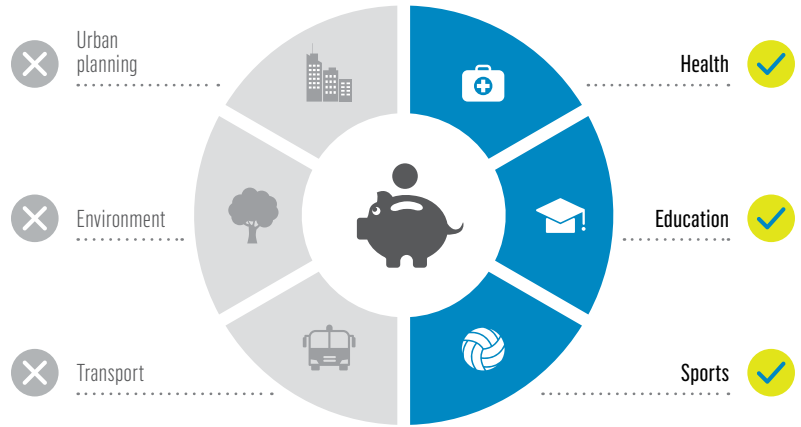
Physical activity is monitored in the European Health Interview Survey and the Health Behaviour in School-aged Children survey, both conducted in 2014.



# POLICY RESPONSE

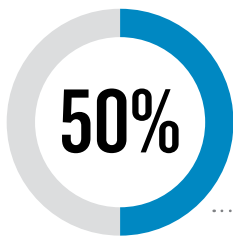
Funding allocated specifically to physical activity promotion by sector

“Healthy club mark” is an initiative to encourage sports clubs to organize health-enhancing physical activity sessions for the general population in their facilities that are led by professional coaches.



National policies by sector

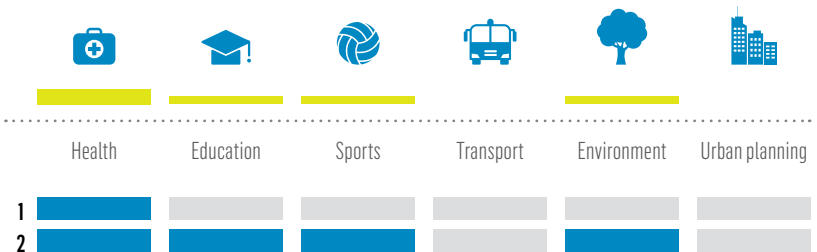
Sectors that are involved in each of the national policies or action plans to promote physical activity



Total number of policies

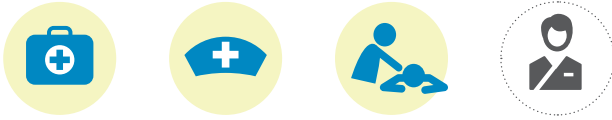
Policies with evaluation processes

2



## Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



Medical doctors



Undergraduate

Nurses



Undergraduate

Physiotherapists



Undergraduate

Others



A team for health promotion and disease prevention implements a programme to encourage health professionals to prescribe physical activity as treatment and to encourage physical activity among patients as part of a healthy lifestyle.



## Physical activity in schools

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



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



Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



“**Schools OnTheMove**” is a multifaceted, dynamic programme to promote and support participation in sports and physical activity in Malta. The programme includes physical activity sessions, mainly on Saturday mornings, that are open to children aged ≤ 16 years. Adults are invited to support their children by taking part in classes held concurrently. <https://www.sportmalta.org.mt/programmes/onthemove-skolasport>.

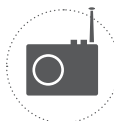


## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



Television



Radio



Newspapers



Social media



Public events



Public figures

