

ESTONIA

PHYSICAL ACTIVITY FACTSHEET 2018



Total population
1 315 635

Median age
41.8 YEARS

GDP per capita
13 700 €



% of GDP for health: **5.3**
% of GDP for education: **5.9**
% of GDP for sports: **0.4**



Population **MALE**
46.9%
Population **FEMALE**
53.1%

Life expectancy, **MALES**
73.3 YEARS
Life expectancy, **FEMALES**
82.2 YEARS

Sources: Eurostat (2016)

Success story

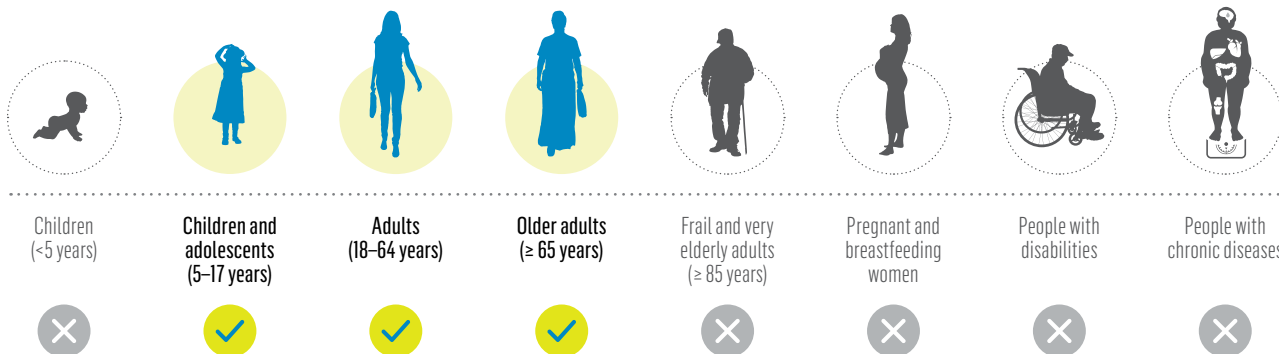
“**Schools in motion**” is a multicomponent approach to promote the physical activity of students in school through active lessons, active recess, active transport and physical education lessons supporting lifelong physical activity. Measures have been introduced to improve indoor and outdoor environments for physical activity. A key element of the project is the involvement of all school personnel, students and parents in developing the interventions.



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

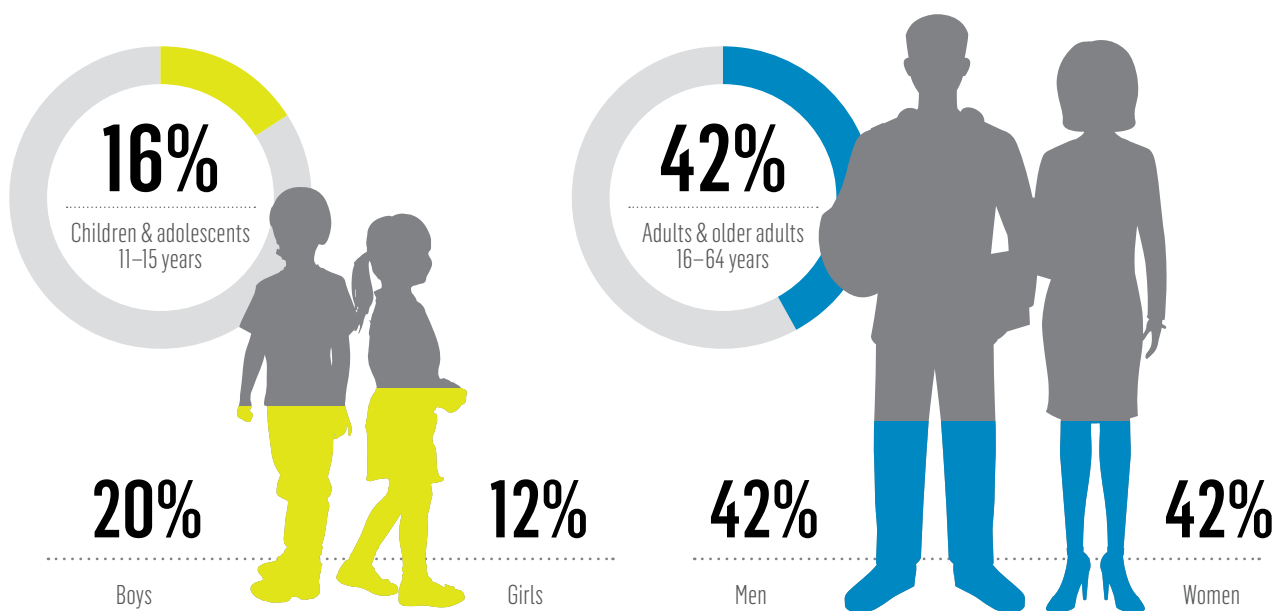
TARGET GROUPS INCLUDED



The national recommendations were implemented in 2017 and are based on the Nordic Nutrition Recommendations (2012), recommendations from the Nordic Council of Ministers (2013) and the United Kingdom physical activity guidelines (2011).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

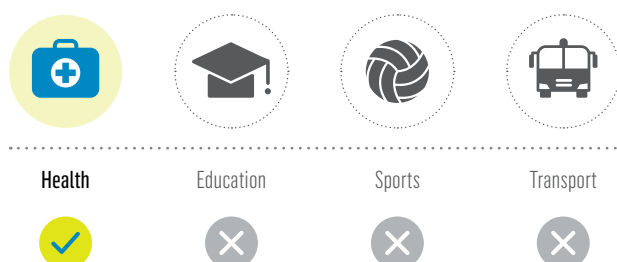


Adults are considered to be active if they achieve 30 min of physical activity twice a week in leisure time.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

“Health behaviour of the Estonian adult population“, a national survey led by the National Institute for Health Development, is used to monitor physical activity in Estonia. It was implemented in 1994 and has been repeated every 2 years. The physical activity of children and adolescents is monitored in the Health Behaviour in School-aged Children survey.



POLICY RESPONSE

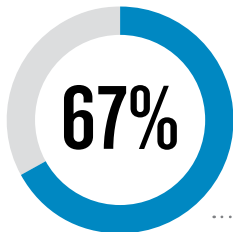
Funding allocated specifically to physical activity promotion by sector

One of the aims of the **Estonian Sports Development Plan** is to reorient physical education to the development of lifetime physical activity habits and motivation for daily activity. Previously, physical education was centred on sports; now, it focuses on developing physical literacy. <http://www.kul.ee/et/tegevused/sport/arengustrateegia-estti-sport-2030>



National policies by sector

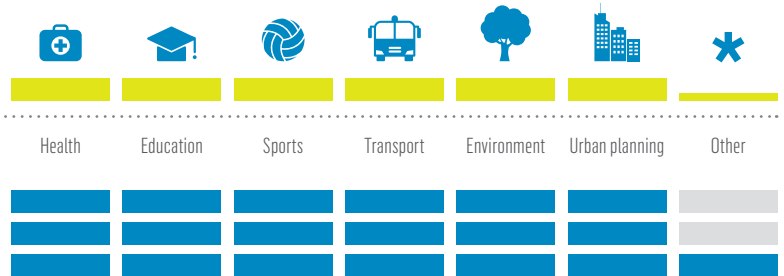
Sectors that are involved in each of the national policies or action plans to promote physical activity



Total number of policies

3

Policies with evaluation processes



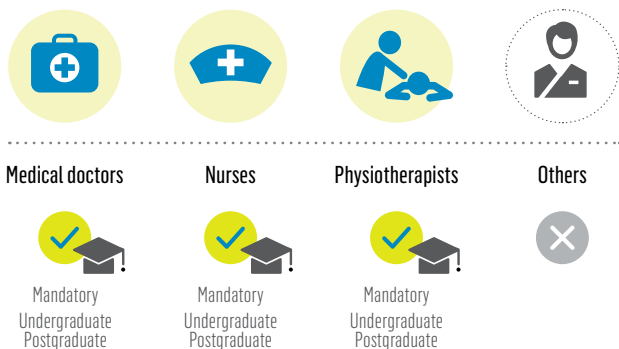
Target groups addressed by national policies

- Low socioeconomic groups
- Pregnant and breastfeeding women
- Ethnic minorities
- People deprived of liberty
- Migrants
- Older people
- People with disabilities
- People with chronic diseases



Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



A recreational activity grant system was established nationally in 2018 by the Estonian Youth Work Centre to create possibilities for versatile development of young people by systematic, informal learning. The main aim of the model is to increase participation in recreational activities among young people who are not currently participating. Nongovernmental organizations can apply to local municipalities for a grant, and applications are assessed on the basis of whether they will increase the availability and the diversity of options and improve the quality of recreational activities.

Physical activity in schools

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

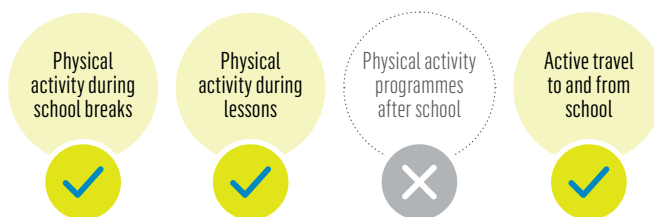
Two or three 45-min lessons per week. In grades 1–3 and 4–6, a total of eight physical education lessons are allocated by the school. For example, three lessons per week in grade 1, two per week in grade 2 and three per week in grade 3. In grades 7–9), two 45-min sessions in each grade.



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

The national curriculum stipulates that, during the 3 years of secondary school, students should have 35 courses of 45 min of physical education. <https://www.hm.ee/en/national-curricula-2014>. Schools must also offer two optional courses.

Schools are obliged to provide the mandatory hours, but some schools include additional hours in the curriculum. The quality of physical education is monitored qualitatively and quantitatively from the opinions of physical education teachers, the physical environment and students' motivation.



Much research has been conducted in Estonia since 2004 on the quality of physical education. Both quantitative and qualitative methods have been used to explore the opinions of physical education teachers. In 2013, the physical conditions for organized physical education in schools were also studied and the opinions of physical education teachers assessed. Several other studies have looked at students' motivation and attitudes towards physical education, and a major survey was conducted in 2018 in which students in grades 4, 8 and 11 and their parents and teachers were asked about physical activity and physical education. This survey will be repeated annually. More information can be found in the document "Physical education concept. Upgrading Estonian physical education" (2017).

Promotion of physical activity in the workplace



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



A national campaign is staged in 3 months during the year to increase public awareness and promote physical activity, with three themes. February is the month for leisure time in "Sports for all" facilities, April is the month for workplace sport, and September is the month for school sport. The campaign is led by the Estonian Sports for All Association, in cooperation with partners and jointly funded by the Ministry of Culture and other partners.