



SWEDEN

PHYSICAL ACTIVITY FACTSHEET 2018

Median age

40.8 YEARS

GDP per capita

42 600 €

% of GDP for health: **6.9**
 % of GDP for education: **6.6**
 % of GDP for sports: **0.6**



Population **MALE**

50.2%

Population **FEMALE**

49.8%



Life expectancy, **MALES**

80.6 YEARS

Life expectancy, **FEMALES**

84.1 YEARS

Sources: Eurostat (2016)



Total population

9 995 153



Success story

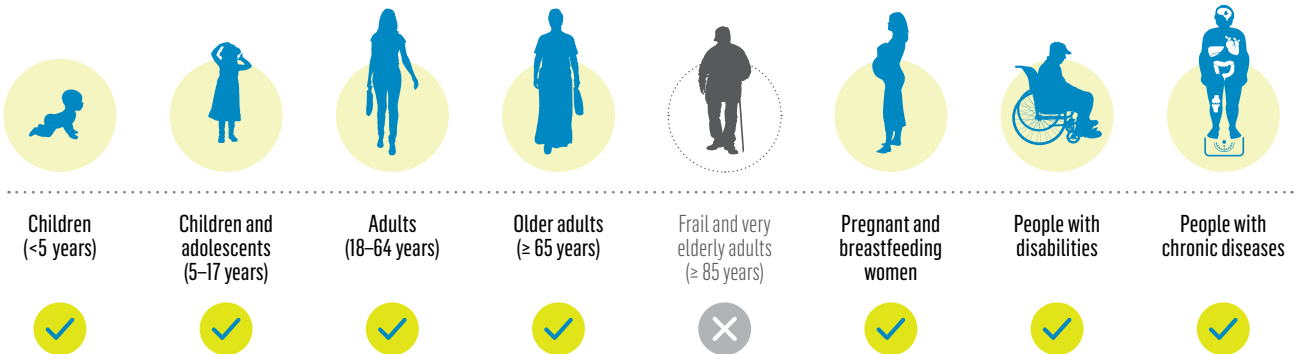
Swedish Sport is a traditional, democratic movement that plays an important role in Swedish society. It relies on the active participation of hundreds of thousands of voluntary leaders and has a well-established structure. A Government regulation defines the tasks of the Swedish Sports Confederation and underlines that activities should enable all people to do sport and exercise, develop the interest of children and young and foster a lifelong interest, good health, integration and equal opportunities for boys and girls. Government funding has been provided for these activities and especially for those for integration and reducing segregation, in socially vulnerable areas and for asylum seekers and newly arrived migrants. The results of these regulations and funding are a good example of how physical activity and sports promotion can be beneficial to broader society.



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

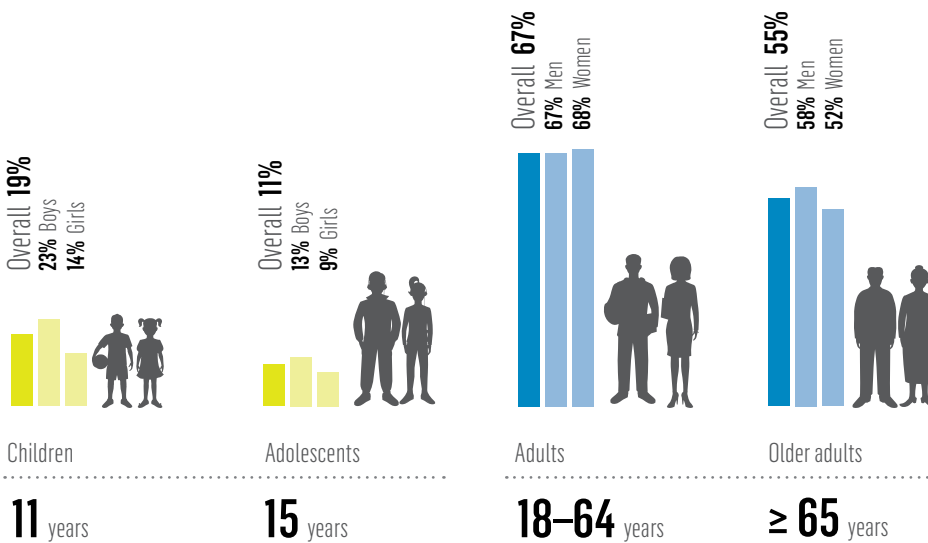
TARGET GROUPS INCLUDED



The Swedish national recommendations were implemented in 2011 and are based on WHO's global recommendations on physical activity for health (2010).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



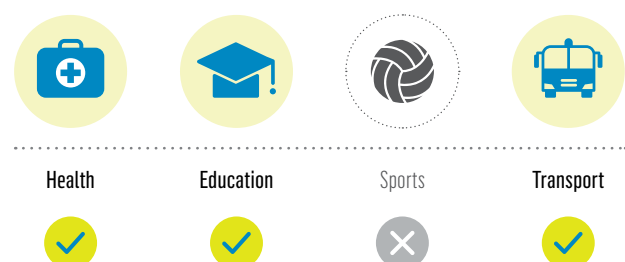
Levels of physical activity are assessed on the basis of the WHO recommendations of 150 min of moderate-intensity physical activity per week for adults and 60 min/day for children and adolescents. Data for adults are from a national survey **Health on Equal Terms (HLV)** conducted in 2016 and for children and adolescents from the Health Behaviour in School-aged Children study (HBSC) conducted in 2017–2018.

The new **Swedish Public Health Policy** aims to create conditions in society so that the entire population can enjoy good health on equal terms. The policy is based on eight objective domains: conditions in early life; skills and knowledge; work, working conditions and working environment; healthy lives; control, influence and participation and; equitable health and medical care that promotes good health.

Monitoring and surveillance of physical activity

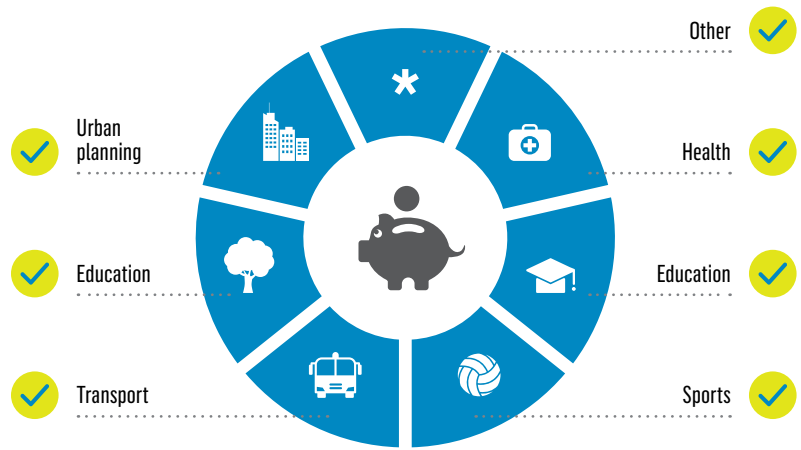
SECTORS WITH SURVEILLANCE SYSTEMS

In Sweden, a national public health survey, HLV, is conducted bi-annually to record lifestyle and living conditions. Questions for adults on physical activity in HLV were validated by accelerometry in 2003 and 2015 and are in line with the International Physical Activity Questionnaire and other widely used physical activity questionnaires. The European Health Information Survey (EHIS), the Living Conditions Survey (ULF/SILC) and a national travel survey are also conducted regularly. The HBSC survey has run since 1985 and in 2017–2018, accelerometers were used to measure physical activity in a sub-sample of the HBSC survey.



POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

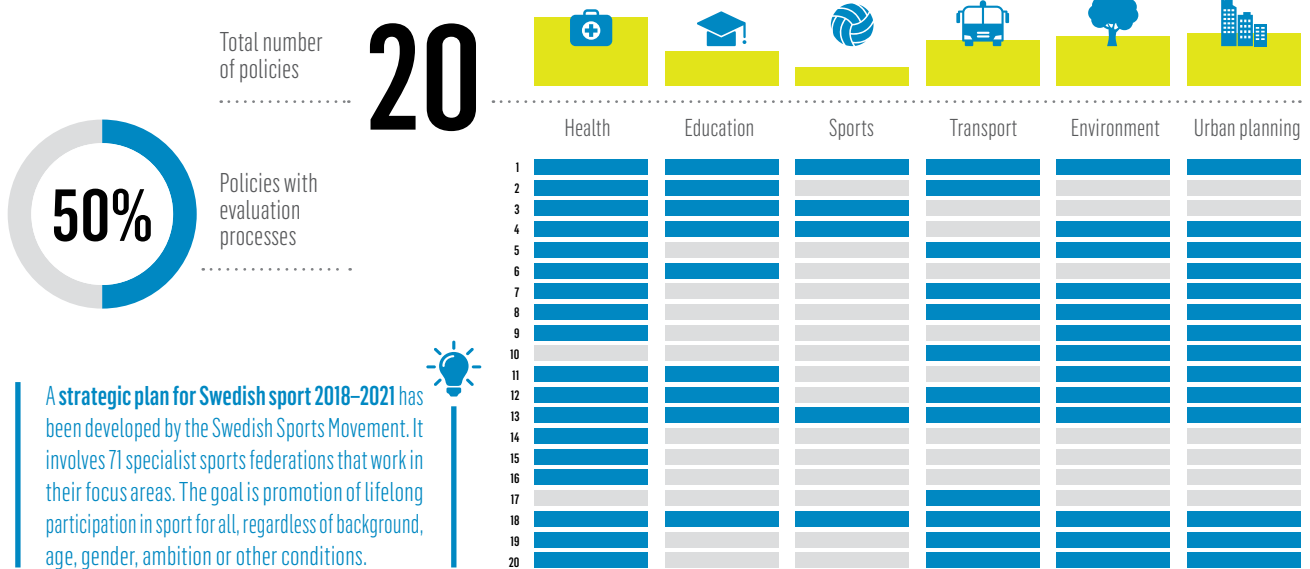


The Swedish Working Group on health-enhancing physical activity (SWHEPA) is the multisectoral coordinating body for promoting physical activity. It is led by the Public Health Agency of Sweden and involves Government agencies and organizations at national level.

The aim of the national cycling strategy ("Cykelstrategin") for more, safe cycling is to contribute to a sustainable society with a high quality of life. Municipalities, non-profit organizations, the private sector and the public are engaged to support cycling. The Government's interest is to encourage long-term, sustainable public transport, walking and cycling by increasing safe cycling, which will promote public health while reducing the environmental impact of transport and traffic congestion.

National policies by sector

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



Target groups addressed by national policies

The "Strategy for Living Cities – Policy for Sustainable Urban Development" meets the need for increasing prioritization of a community structure in cities and urban areas with good opportunities for walking and cycling as well as travelling by public transport instead of by car. The strategy includes three milestones in the Swedish environmental objectives system, one of which is to increase the proportion of walking, cycling and travelling by public transport.

The Planning and Building Act (PBL) stipulates that there should be enough open space suitable for play and recreation when building housing, preschools or schools. The municipal building committee assesses whether the open space for play and recreation is adequate during examination of building permits. The National Board of Housing, Building and Planning has issued general recommendations and guidelines for the assessment of free space (Make room for children and young people!) which emphasizes the importance of free space for play, learning and health.

- ✓ 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



Mandatory for undergraduates and for 50 of 63 categories of specialists

Nurses



Mandatory Undergraduates

Physiotherapists



Mandatory Undergraduates

Others



Optional Undergraduates

The aim of **"Case for the team – an education in how to prevent falls" (Ett fall för teamet)** is to increase knowledge and skills in falls prevention while encouraging a systematic team approach. Training to promote physical activity as the main component of falls prevention is given to health care and social services staff who work with older adults.



Physical activity in schools

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



School years 1–3

1.5 All mandatory

(estimates, as the duration is not regulated)

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



School years 4–9

2 All mandatory

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



1–1.5 NOT all mandatory

Total of 100 h over 3 years. Secondary schools may allocate the hours to different years. Most schools give physical education only in the first 2 years. A voluntary course of about 100 h is available.

Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school

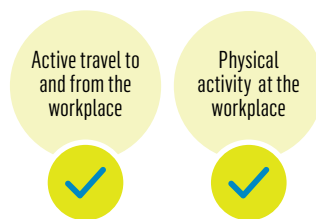


Active travel to and from school



In primary school, the number of hours of physical education may differ by 20% from the national regulation, depending on the school. The Swedish Schools Inspectorate audits the quality of physical education irregularly.

Promotion of physical activity in the workplace



A **wellness allowance** (tax relief or reimbursement) is permitted for employees in Sweden. This is funded by employers and aims to encourage employees to engage in certain predefined physical activity (for example, a gym membership).



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

Several national awareness-raising campaigns are conducted in Sweden: **"Forward for more people in motion"** to visualize sedentary sessions among children and financially support actions to promote an active lifestyle; **"Advice for preventing falls – Balance more"** to prevent accidental falls among the elderly; **"National Cycling Strategy"** to provide information and education to promote more, safe cycling.



Television



Radio



Newspapers



Social media



Public events



Public figures

