

AUSTRIA

PHYSICAL ACTIVITY FACTSHEET 2018



Total population

8 772 865

Median age

43.0 YEARS

GDP per capita

36 300 €



% of GDP for health: **8.0**

% of GDP for education: **4.9**

% of GDP for sports: **0.3**



Population **MALE**

49.2%

Population **FEMALE**

50.8%

Life expectancy, **MALES**

79.3 YEARS

Life expectancy, **FEMALES**

84.1 YEARS

Sources: Eurostat (2016)

Success story

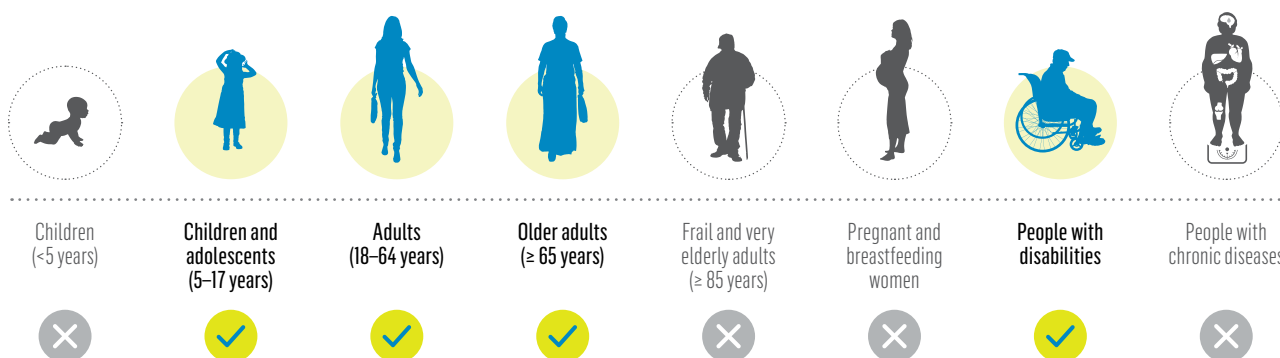
The aim of the **"Fit Sport Austria Network"** (formerly the Fit for Austria network) is to strengthen promotion of health-enhancing physical activity in sports clubs. A network of 30 coordinators in the three sports-for-all federations (ASKÖ, ASVÖ and SPORTUNION) work with the health sector to strengthen competence for health promotion in sports. Since 2006, the network has supported clubs in increasing the quality and quantity of health-oriented physical activity programmes. A "quality badge" is awarded to programmes that fulfil the requirements in administration, content and qualification of leadership and was designated an example of good practice in the European Union Physical Activity Guidelines in 2008. Today, almost 9000 high-quality, health-oriented physical activity courses are offered in Austria. The network is currently working to integrate a daily physical activity lesson into school curricula, led by local sports clubs and qualified coaches. www.fitsportaustria.at.



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

TARGET GROUPS INCLUDED



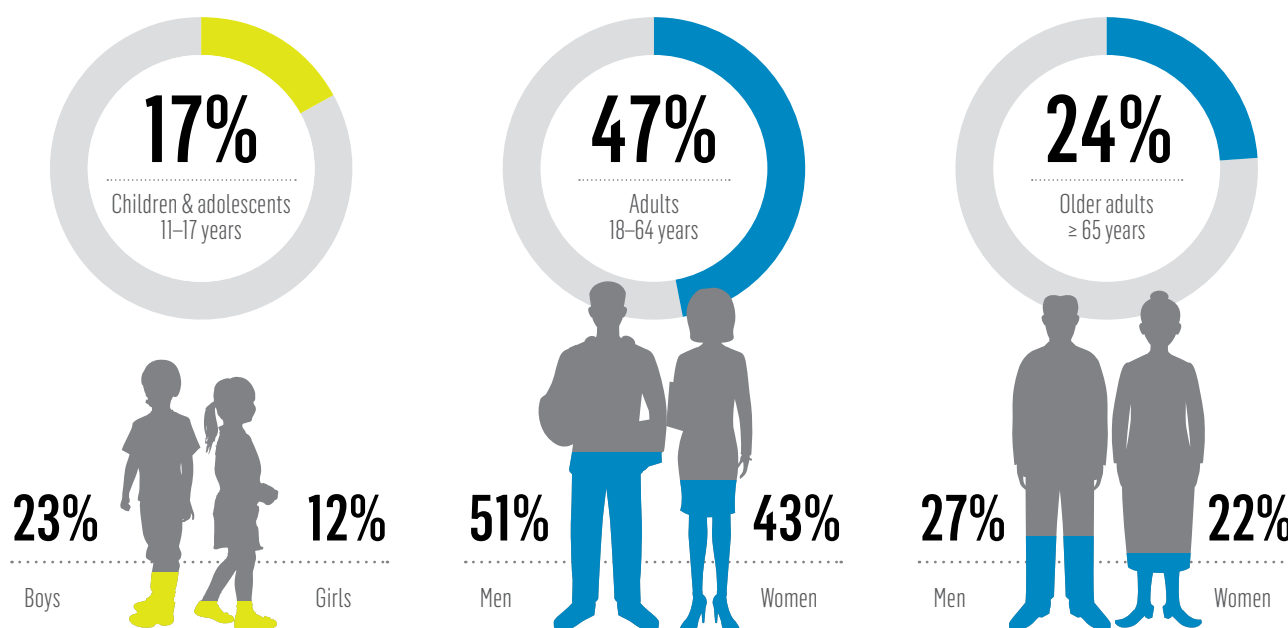
The national recommendations, implemented in 2010, are based on the WHO's Global recommendations on physical activity for health (2010).

The National Action Plan for Physical Activity provides the framework for promoting physical activity in Austria in a multisectoral approach. It has been in place since 2012.



Level of physical activity

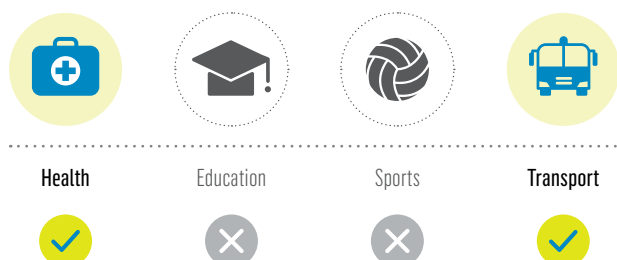
ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

In 2017, a national system for monitoring physical activity was established in Austria, which is based on the Global Physical Activity Questionnaire. The Health Behaviour in School-aged Children survey is used to monitor the physical activity of children and adolescents.



POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector



The only formal national body responsible for coordinating physical activity promotion in Austria is the Working Group on Health Target 8 of the Austrian Government Programme 2017–2022: to promote healthy, safe exercise and activity in everyday life through appropriate environments.

The National Action Plan for Physical Activity includes measures to promote physical activity with funding from sports-for-all organizations. In addition, the Federal Ministry of Labour, Social Affairs, Health and Consumer Protection provides guidelines for designing senior-friendly public spaces to secure mobility; however, there is currently no national scheme to promote physical activity among older adults.



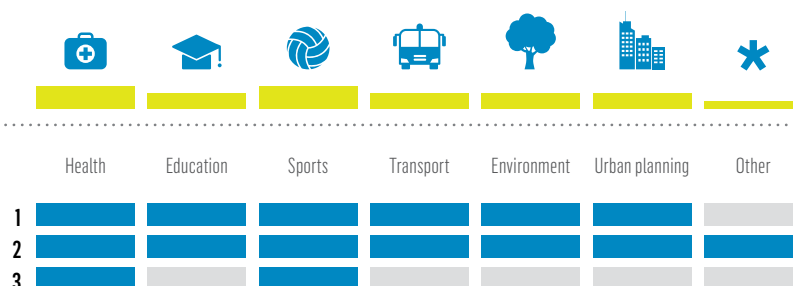
National policies by sector

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 – 0%



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



The national programme “Austria cycles to work” (Österreich radelt zur Arbeit) was established in 2011 by the “Cycling lobby” (“Radlobby”) to promote active travel to work through team competition. It is funded by the Federal Ministry for Sustainability and Tourism as well as by the nine federal states. <https://www.radeltzurarbeit.at/>.



Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



Medical doctors



Mandatory Undergraduate
Optional Postgraduate



Nurses



Mandatory Undergraduate



Physiotherapists



Mandatory Undergraduate
Optional Postgraduate



Others



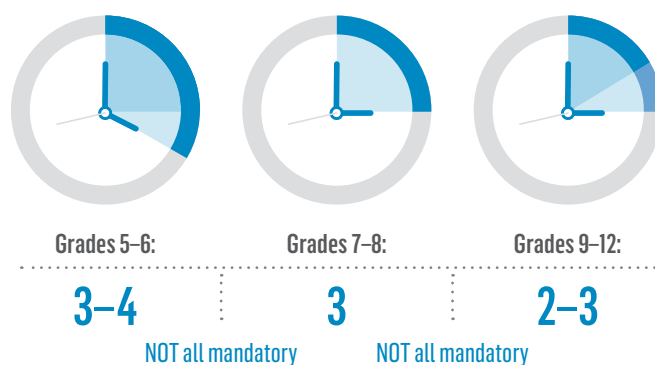
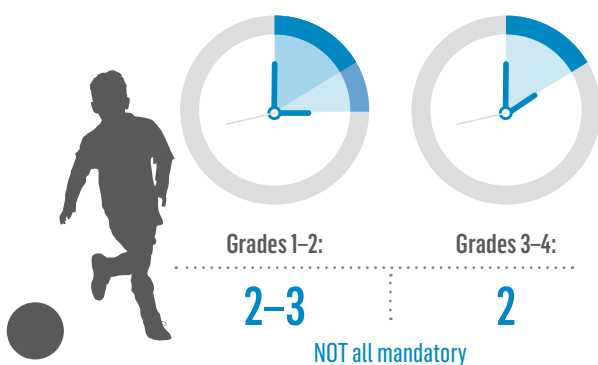
A number of initiatives ensure prescription of physical activity through the health system. The Medical Association provides advanced training in counselling for healthy lifestyles for physicians, and some insurance companies have schemes, such as the "Exercise as medicine – the ambulant physical activity programme", which are designed to promote long-term, sustainable behaviour change. Other projects link primary care units with safe, quality-controlled sports clubs.



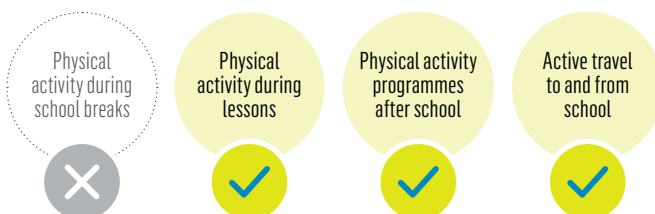
Physical activity in schools

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

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



The quality of physical education is measured as part of assessment of the general curriculum.



Promotion of physical activity in the workplace



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

An annual "Sports Day" (Tag des Sports) is held each September by the Federal Ministry of Civil Service and Sport as part of the European Week of Sport. It was established in 2001 and attracts up to 500 000 participants.



Television



Radio



Newspapers



Social media



Public events



Public figures

