



FINLAND

PHYSICAL ACTIVITY FACTSHEET 2018

Median age

42.5 YEARS

GDP per capita

34 800 €

% of GDP for health: **7.2**

% of GDP for education: **6.1**

% of GDP for sports: **0.5**



Population **MALE**

49.3%

Population **FEMALE**

50.7%



Life expectancy, **MALES**

78.6 YEARS

Life expectancy, **FEMALES**

84.4 YEARS

Sources: Eurostat (2016)



Total population

5 503 297



Success story

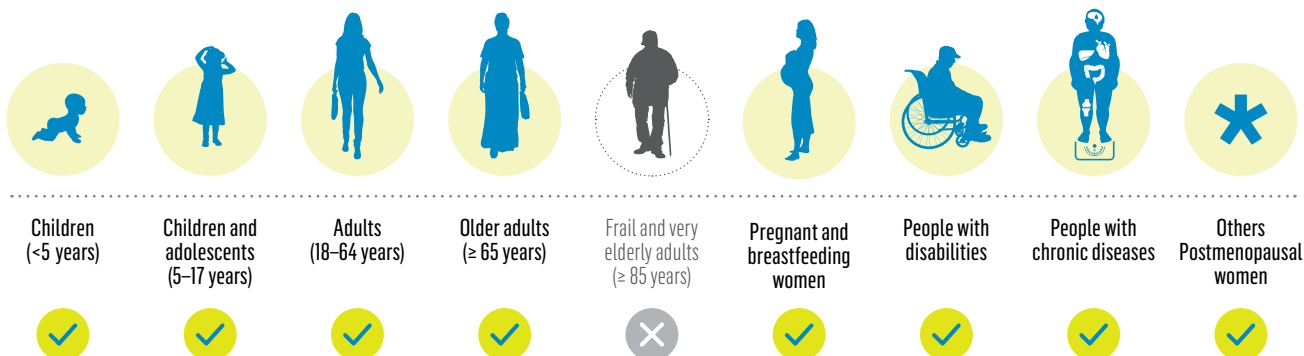
"On the move" is a Government action programme initiated in 2010 to establish a physically active culture in Finnish comprehensive schools. The schools and municipalities that participate in the programme make their own plans to increase physical activity during the school day. Active breaks and before and after school activities are key elements. The programme is funded by the Ministry of Education and Culture and coordinated by the National Board of Education and LIKES Research Centre for Sport and Health Sciences. www.liikkuvakoulu.fi/inenglish



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

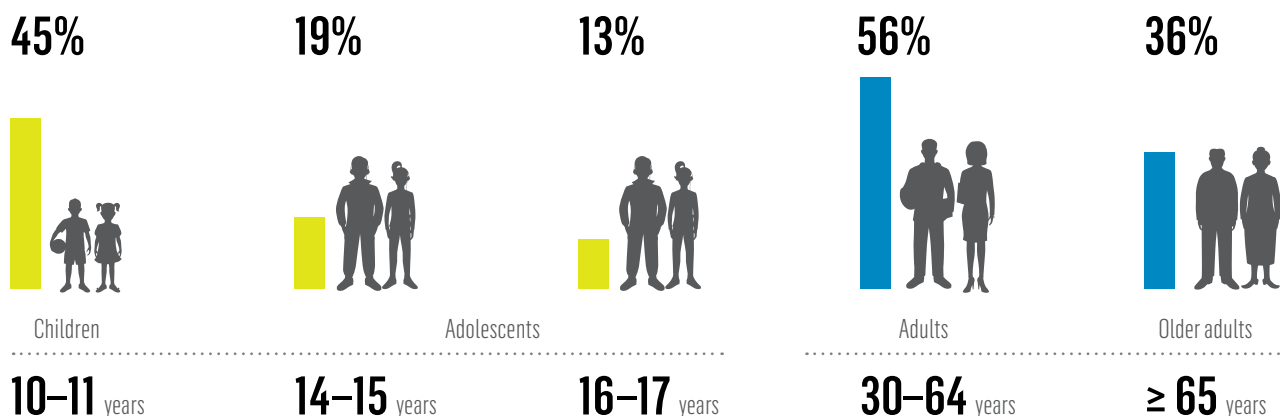
TARGET GROUPS INCLUDED



The national recommendations are based on the physical activity guidelines of the US Department of Health and Human Services (2008).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



The levels of physical activity of children and adolescents are assessed against the WHO-recommended 60 min of moderate-intensity physical activity per day. For adults, the cut-off used was 150 min of moderate-intensity, 75 min of vigorous physical activity or a combination of the two.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Several systems are in place for monitoring the physical activity of various age groups in Finland. These include the the Health Behaviour in School-aged Children survey, the School Health Promotion study, the National FinSote Survey, the Finnish School-aged Physical Activity Study and "Move!" The questionnaire from the National FinHealth Study is used to measure physical activity in adults. The overall participation rate is 70%. Additionally, a Finnish instrument for measuring weekly duration of moderate and vigorous physical activity is used, which includes a questionnaire and measurements with accelerometers.



POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

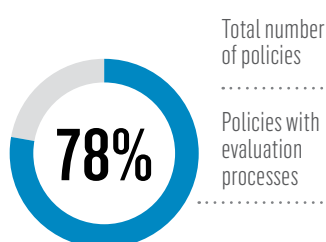
The promotion of physical activity in Finland is coordinated by the Steering Group for Health-enhancing Physical Activity, which comprises representatives from several ministries, research institutions, municipalities and organizations for both health and sports.



"On the move" is the national strategy for physical activity promotion and the key policy for health-enhancing physical activity promotion in Finland. <https://julkaisut.valtioneuvosto.fi/handle/10024/69943>.

National policies by sector

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



The Finnish Transport Agency organizes the national mobility management project, of which active, sustainable travel is an important component. Several communities have set cycling to work challenges.

9



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

"Star club" is a quality assurance programme for improving sports clubs in Finland. It gives a star symbol to sports clubs that deliver high-quality physical activity programmes according to set criteria. It covers all sports associations in Finland, comprising those for children, adolescents, adults and elite sport. The guiding principles of "Sports clubs for health" are those of the quality assessment to which national and regional associations, including sports clubs, are committed. Auditing is conducted, and real-time data are made available to show stakeholders which clubs meet the quality criteria; online resources give easy access to relevant tools to help sports clubs improve their practices. <https://www.olympiakomitea.fi/seuratoiminta/tahtiseurur/tahtiseurur-seurojen-laatuohjelma/>.

Target groups addressed by national policies

The "Strength in old age" health exercise programme for older adults promotes the autonomy and quality of life of adults aged > 75 years with decreased functional capacity but who live independently. The programme provides counselling on exercise, guided strength and balance exercises and opportunities for daily and outdoor exercise. It is implemented by municipalities, supported by the Age Institute.

- ✓ 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



Mandatory Undergraduates

Counselling of sedentary adults in Finland on physical activity started in 2012 as part of a larger programme coordinated by the **"Fit for life"** programme and the UKK Institute. It is funded by the Ministry of Education and Culture and the Ministry of Social Affairs and Health and covers lifestyle counselling in hospitals, in collaboration with primary health care, sports and nongovernmental organizations working in the health sector. Training of health professionals in physical activity is integrated into several courses, but the number of hours depends on the university or polytechnic.

Physical activity in schools

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

Lessons in different subjects are governed by the Government Decree on the General National Objectives and Distribution of Lesson Hours in Basic Education (422/2012). In the new national curriculum, which started on 1 August 2016, the minimum compulsory time for physical education in classes 1–9 is 20 h (usually two or three 45-min sessions per week).

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

In general upper secondary education, there are two compulsory courses of about 38 h each of physical education and three national voluntary courses.

To monitor the quality of physical education, a follow-up evaluation of learning outcomes, commissioned by the National Agency for Education, was conducted by the Department of Sports Sciences at the University of Jyväskylä, most recently in 2010. Schools may provide additional physical education as part of optional lessons.



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

Active travel to
and from the
workplace



Physical activity at the workplace



The Finnish Institute of Occupational Health provides training (e.g. seminars, advanced training), tools and materials for promoting physical activity as a part of a healthy lifestyle for people of working age. The communication materials and methods are based on research, and many have been planned with stakeholders, including workers, occupational health and safety personnel and trade unions. <https://www.ttl.fi/tutkimushanke/promo-at-work/>.



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

Several national campaigns for various target groups are conducted to raise public awareness and provide physical activity education in Finland. These include **“The adventures of Joe Finn”, “The journey to well-being”, “Stair days”, “The people’s movement: promotion campaign for walking and cycling”** and **“Go out with the elderly”**, in 2011.



Television

