



Physical Activity Factsheet 2022

Georgia

National recommendation on physical activity for health

Georgia has not adopted national recommendations on physical activity. The National Centre for Disease Control and Public Health, the main public health institution under the Ministry of Internally Displaced Persons from the Occupied Territories, Labour, Health and Social Affairs, has made a number of recommendations about the benefits of regular physical activity and leads the State Health Promotion Programme, which includes physical activity. The Ministry of Culture and Sports has therefore adapted and adopted the latest WHO guidelines on physical activity and sedentary behaviour as Georgia's national guidelines on physical activity and health.

Sectors with surveillance systems



✓ HEALTH



✓ EDUCATION



✓ SPORTS



✓ TRANSPORT



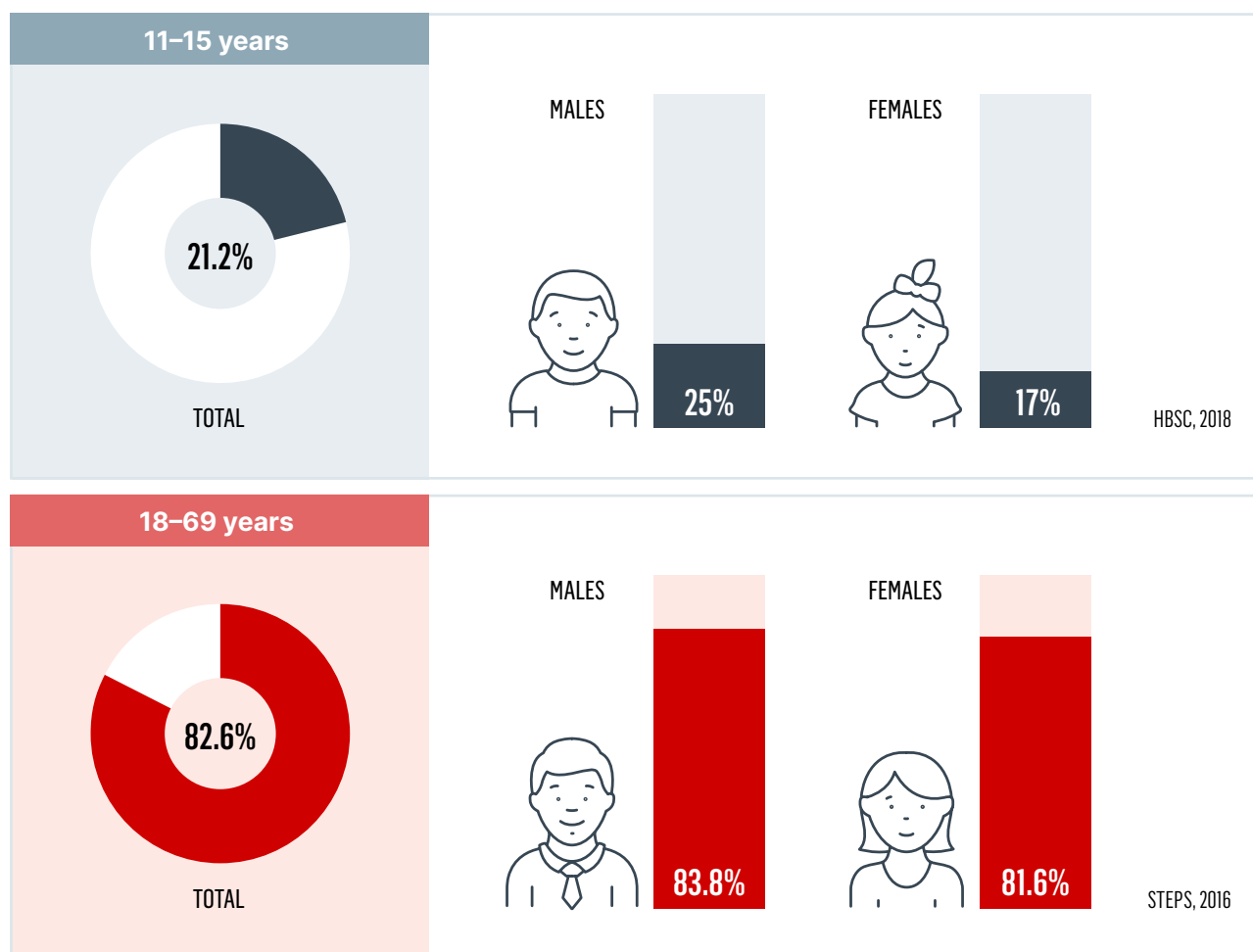
SUCCESS STORY

Georgia was the first country in the WHO European Region to conduct a second WHO STEPS survey of risk factors for noncommunicable diseases (NCDs) to collect data on the behavioural and biological risk factors in the country. The 2010 and 2016 STEPS surveys provided evidence for public health decisions and interventions to improve the health of Georgia's population.

<https://test.ncdc.ge/Handlers/GetFile.ashx?ID=67a7cad9-b8e0-438c-b74c-f5303418e033>

Estimated prevalence of sufficient physical activity

The prevalence of recommended levels of physical activity has been estimated for the following age groups:



<https://www.ncdc.ge/#/pages/file/7ce358fc-a329-489c-9588-3234c6396197>

<https://ncdc.ge/#/pages/file/a19558b7-9591-4b19-9c01-c46427a5db0c>

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6–9 years

Active transport to and from school (walking, cycling, and skating) among children

BOYS



51.5%

GIRLS



50%

COSI, 2022

6–9 years

Children spending 5 hours/week or more in sport clubs or on dancing courses

BOYS



25.5%

GIRLS



16.7%

COSI, 2022

6–9 years

Children playing actively/vigorously for at least 1 hour a day

BOYS



90.6%

GIRLS



87.9%

COSI, 2022

National coordination mechanism and leadership in promotion of physical activity

The Multisectoral Working Group on Physical Activity was established in 2021 and is led by the National Centre for Disease Control and Public Health. The Group includes representatives of the Government, nongovernmental organizations, professional associations and the WHO Regional Office for Europe. Representatives of the ministries of Health, Education, Science, Culture and Sport, the Special Committee of the Georgian Parliament and the Tbilisi Mayor's office also participate in the meetings.



SUCCESS STORY

The Multisectoral Working Group was established in a WHO project to mitigate the impact of COVID-19. It develops policies and services to address NCDs and associated risk factors, including physical inactivity, focusing on the most vulnerable populations. The physical activity thematic working group assesses the situation that is contributing to physical inactivity and sedentary behaviour in the country. Working sessions for developing a national strategy and action plan and work on a questionnaire took place remotely, with a few face-to-face meetings. The national strategy action plan will be submitted to the Government.

Funding for the promotion of physical activity for health

Sectors for which funding is allocated specifically for promotion of physical activity



✓ HEALTH



✓ EDUCATION



✓ SPORTS



✓ ENVIRONMENT



✓ URBAN PLANNING



✓ TRANSPORT



✓ TOURISM





SUCCESS STORY

The State Health Promotion Programme has been administered by National Centre for Disease Control and Public Health since 2015. It is implemented according to the annual Government Ordinance on the Approval of State Health Care Programmes. Its aim is to raise public awareness about health issues and to create healthy environments to improve the population's health. The current budget for programmes to promote physical activity is not adequate to establish comprehensive interventions; however, the Mass Sports Development Programme, funded by the national budget, promotes healthier lifestyles and participation of children and adolescents in sports. The Government also funds projects to improve public transport and the urban environment in Tbilisi. For instance, Chavchavadze Avenue and the streets in Khizanishvili have been renovated according to international standards to facilitate peoples' access to public transport. On Chavchavadze Avenue, changes were also made to facilitate access for people with disabilities.

Policy response

National policies or action plans for the promotion of physical activity for health



Currently, Georgia has no national physical activity action plan, but several short-term programmes and initiatives promote physical activity in various sectors. Measures to promote physical activity and other health determinants are addressed in the National Strategy for Prevention and Control of Noncommunicable Diseases and Action Plan, 2017–2020 (Government Ordinance No. 2; 11 January 2017), the National Strategy for Prevention and Control of Noncommunicable Diseases, 2022–2026 and the Action Plan for 2022–2024, which is being reviewed by technical experts.

In October 2021, Georgia, through Government Ordinance No. 510, set up a committee to establish a national Healthy Cities Network. The statutes of the committee were approved, and the National Centre for Disease Control and Public Health will act as the secretariat. Currently, the statutes of the national Network are being approved. The Network will be an important means for strengthening the policies and measures for physical activity and other NCD risk factors.

In addition, through the association agreement between the European Union, the European Atomic Energy Community and their Member States, Georgia is enhancing collaboration for "prevention and control of non-communicable diseases, mainly through exchange of information and best practices, promoting healthy lifestyles, physical activity and addressing major health determinants, such as nutrition, addiction to alcohol, drugs and tobacco" (chapter 15 Public Health; Article 356).













































Increasing access to exercise facilities for socially disadvantaged groups

Tbilisi has a sub-programme for funding sports and swimming lessons for socially vulnerable adolescents.

<https://tbilisi.gov.ge/page/26?lang=ge>

Counselling on physical activity and exercise prescription


The country has no national guidelines or a national programme for prescription of physical activity, encouraging a physically active lifestyle or counselling on exercise by health professionals. However, some doctors and rehabilitation specialists in primary health care units, hospitals and rehabilitation centres provide physical exercises for patients, including rehabilitation programmes for people with disabilities. A new reform will be introduced to offer financial incentives to encourage primary health care physicians to integrate brief interventions (10-min consultations) for the most common NCDs risk factors, including physical activity.

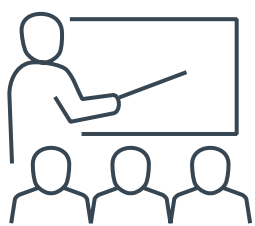





Physical activity and health in the curriculum of health professionals				
Health professionals who are trained in physical activity and health	PART OF UNDERGRADUATE STUDIES	PART OF POSTGRADUATE STUDIES	MANDATORY	OPTIONAL
  MEDICAL DOCTORS	  			
  PHYSIOTHERAPISTS	  			
  NURSES				
  NUTRITIONISTS/ DIETICIANS	  			
  PSYCHOLOGISTS				
  PUBLIC HEALTH SPECIALISTS	  			









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Physical education in schools

Physical activity in schools		
 <p>Average no. of h/week (mandatory)</p>	<p>3</p> <p>PRIMARY SCHOOLS</p>	<p>2</p> <p>SECONDARY SCHOOLS</p>

Physical activity and health in the curriculum of physical education teachers				
	PART OF UNDERGRADUATE STUDIES	PART OF POSTGRADUATE STUDIES	MANDATORY	OPTIONAL
 TEACHERS				

Sectors involved in designing physical education curricula			
			
 EDUCATION	 SPORTS	 HEALTH	 INVITED EXPERTS

Physical activity promotion in schools

During school breaks	During lessons
The Ministry of Education and Science has recommended the introduction of physical activity between, after or during school lessons.	The Ministry of Education and Science requires physical activity during lessons for students in elementary school.



After school

The role of municipalities in promoting after-school health-enhancing physical activity opportunities should be strengthened. The national curriculum promotes a healthy lifestyle for schoolchildren. For instance, school sports clubs have various activities, such as excursions, hikes, inside sports and other activities. The National Federation of Children and School Sports organizes annual school sports "olympics" throughout the country for about 100000 schoolchildren and teachers. An assessment of the regulatory impact of a draft law on physical education and sports (2019) initiated by the Parliamentary Committee on Sports and Youth recommends increased physical activity and participation in sports for all age groups.

In 2020, the Committee conducted a thematic survey on increasing the level of physical and sporting activities for the population of Georgia, which included a law on physical education and sports and a gender impact assessment. Specific recommendations were made to the executive team of the Ministry and the main stakeholders.

SUCCESS STORY

Some public schools in Tbilisi have installed ping-pong tables and parking space for bicycles to promote physical activity.

National travel survey

Although there is no national travel survey, Tbilisi conducted several local surveys in the streets and districts of the city in 2016 to establish mobility patterns, covering all modes of transport, including walking and cycling. The data are used to plan transport routes and improve bus lanes, zebra crossings for pedestrians and their mobility and activity; vehicles are monitored by traffic light detectors. The Mayor of Tbilisi has established the Tbilisi City Policy to prioritize the safety of pedestrians, encourage people to use eco-friendly transport such as bicycles and scooters and improve public transport.

https://tbilisi.gov.ge/img/original/2018/4/20/THS_Final_Report_Eng.pdf

Infrastructure for leisure-time physical activity

Georgia has no policy for systematic development of recreation and sport infrastructure; however, projects are under way to create recreation zones and to rehabilitate areas for people of all ages. Sports fields and playgrounds are being developed, and physical activity areas are established near residential buildings in large cities. The Municipal Development Fund of Georgia approves projects according to the priorities of each municipality and the availability of funds with the objective of increasing physical activity by 10% in the next 10 years by developing infrastructure for leisure purposes. The Fund also provides recreational areas for children through a housing programme for internally displaced people.

Projects for sport infrastructure for people of all ages usually lack consensus among stakeholders, because the focus of the current policy is on young people. The Ministry of Sports is preparing a new action plan under the Sports Infrastructure Development Strategy for development of sports infrastructure that is suitable for all ages. The plan is being reviewed before submission for approval.



SUCCESS STORY

A project for restructuring the bus network and introducing automatic toll payment has been developed in Tbilisi, with establishment of bus lanes and stops, zebra crossings and special lanes for bicycles to increase the safety of pedestrians. The Municipal Development Fund promotes renovation of sports infrastructure to encourage participation in sports and to involve youth in grassroots sports. People of all ages are encouraged to participate in free outdoor activities by the provision of safe, good-quality sports equipment placed in 42 public squares in 10 districts of Tbilisi. Parking for 5–10 bicycles is available in 27 locations. Other projects include construction of a skate-board park and improvement of sport infrastructures to international standards with facilitated access for all age groups. A facility with two multifunctional sports centres with a capacity of 30 000 people is being constructed.

Promotion of physical activity in the workplace

The National Centre for Disease Control and Public Health has developed an information leaflet with recommendations for promoting physical activity in the workplace that aims to encourage the private sector and labour unions to promote physical activity. This leaflet will be soon be promoted nation-wide.



SUCCESS STORY

The National Centre for Disease Control and Public Health promotes physical activity in the workplace, including providing bicycle parking and a table tennis competition among employees. The ping-pong tables were provided by the Ministry of Sports as part of a “No Elevator Day” campaign, and an awareness campaign was conducted among employees, with the participation of five agencies.

National awareness-raising campaigns on physical activity

The National Centre for Disease Control and Public Health has been administering a health promotion programme annually since 2015 in line with a Government ordinance on approval of State health-care programmes. A main focus of the State programme is promotion of regular physical activity, which has some social media presence through a Facebook homepage.

<https://www.facebook.com/physicalactivity/>