

AUSTRIA

COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

World Bank classification: High income
Total population: 8 978 929
Median age (years): 43.6
Gross Domestic Product (GDP) per capita (€): 38 080
GDP for health (%): 9.3
GDP for education (%): 4.8
GDP for sports (%): 1.2
Population, male (%): 49.3
Population, female (%): 50.7
Life expectancy, male (years): 79.1
Life expectancy, female (years): 83.6

Source: Eurostat
https://ec.europa.eu/eurostat/databrowser/view/tps00205/default/table?lang=en&category=t_demo.t_demo_mor



Photo: © Martina Sebastian

► National recommendations on physical activity for health

Target groups included

YES	Children (< 5 years)	YES	During pregnancy
YES	Children and adolescents (5–17 years)	YES	During breastfeeding
YES	Adults (18–64 years)	YES	People with disability
YES	Older adults (≥ 65 years)	YES	People with chronic diseases
NO	Frail and very elderly adults (≥ 85 years)		

Link to national recommendations: https://fgoe.org/wissensband17_bewegungsempfehlungen



SUCCESS STORY

The Austrian Health Promotion Fund (Fonds Gesundes Österreich) defines promotion of physical activity as one of its preferred targets. A campaign for adults was conducted to improve literacy about physical activity-related health, <https://www.gemeinsambewegen.at>. Furthermore, videos were designed to promote physical activity for different target groups: 3–6 years – <https://youtu.be/IWJEFGZGXX4>; 6–18 years – <https://www.youtube.com/watch?v=STSLJHzKBek>; 18–65 years: <https://www.youtube.com/watch?v=nXbmXVDd7hl>; ≥ 65 years – <https://www.youtube.com/watch?v=dUwRyEDfVzY>; during and after pregnancy – https://youtu.be/_cVyCS94J7E; and adults with chronic diseases – <https://youtu.be/VEN5l1r38VE>.

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Monitoring and surveillance of physical activity

Sectors with surveillance systems



Health

YES



Education

YES



Sports

YES



Transport

YES



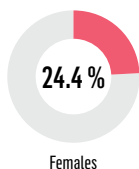
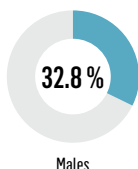
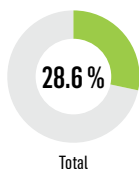
Environment

YES

Prevalence of physical activity

Physical activity indicators

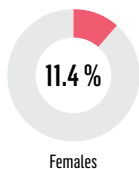
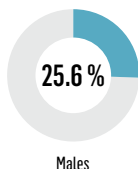
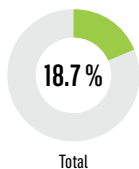
11 years



≥ 60 min/day moderate- to vigorous- intensity of physical activity each week and ≥ 3 days/week of vigorous- intensity aerobic activities that strengthen muscle and bone

Health Behaviour of School-aged Children (HBSC), 2022; https://www.sozialministerium.at/dam/jcr:a00a696d-6c24-4b75-a853-09cc1be54e95/%C3%96sterr._HBSC-Bericht_2022.pdf

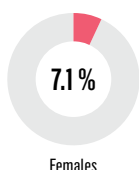
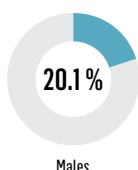
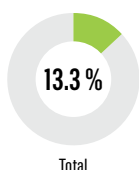
13 years



≥ 60 min/day of moderate- to vigorous- intensity of physical activity during the week and ≥ 3 days/week vigorous- intensity aerobic activities that strengthen muscle and bone

HBSC, 2022; https://www.sozialministerium.at/dam/jcr:a00a696d-6c24-4b75-a853-09cc1be54e95/%C3%96sterr._HBSC-Bericht_2022.pdf

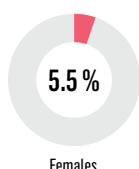
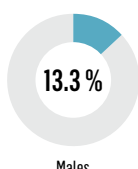
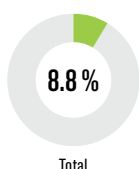
15 years



≥ 60 min/day of moderate- to vigorous- intensity physical activity during the week and ≥ 3 days/week of vigorous- intensity aerobic activities that strengthen muscle and bone

HBSC, 2022; https://www.sozialministerium.at/dam/jcr:a00a696d-6c24-4b75-a853-09cc1be54e95/%C3%96sterr._HBSC-Bericht_2022.pdf

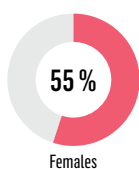
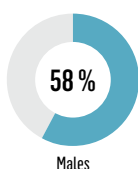
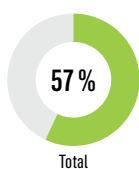
17 years



≥ 60 min/day of moderate- to vigorous- intensity physical activity during the week and ≥ 3 days/week of vigorous- intensity aerobic activities that strengthen muscle and bone

HBSC, 2022; https://www.sozialministerium.at/dam/jcr:a00a696d-6c24-4b75-a853-09cc1be54e95/%C3%96sterr._HBSC-Bericht_2022.pdf

18–65 years



≥ 150–300 min of moderate- intensity aerobic physical activity; or ≥ 75–150 min of vigorous intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous- intensity activity throughout the week

Austrian physical activity monitoring, 2022; <https://www.bmkoes.gv.at/sport/breitensport/breiten-gesundheitssport/Bewegungsmonitoring.html>

► National government coordination mechanism and leadership on the promotion of physical activity

The aim of the working group on health target 8 – to promote healthy, safe exercise and activity in everyday life through appropriate environments – established in 2014 by the Austrian Federal Ministry for Arts, Culture, the Civil Service and Sport and the Austrian Federal Ministry for Climate Action, Environment, Energy, Mobility, Innovation and Technology, is to promote health-enhancing physical activity by establishing health targets, a high level of commitment and sustainability.

<https://www.bundeskanzleramt.gv.at/dam/jcr:7b9e6755-2115-440c-b2ec-cbf64a931aa8/RegProgramm-lang.pdf>; <https://gesundheitsziele-oesterreich.at/english-summary/>

► Funding for the promotion of physical activity for health

Funding allocated specifically to physical activity promotion by sector



Health

YES



Education

YES



Sports

YES



Environment

YES



Urban planning

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Transport

YES

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

National policy highlights

National Action Plan for Physical Activity (Nationaler Aktionsplan Bewegung)

Austria's National Action Plan for Physical Activity is a comprehensive initiative led by the Austrian Federal Ministry for Arts, Culture, the Civil Service and Sport, and the Federal Ministry of Social Affairs, Health, Care, and Consumer Protection. The plan was established in 2013 in alignment with WHO recommendations. It was developed by working groups representing six societal sectors. Its aim is to increase participation in sports, integrate physical activity into daily routines, enhance school curricula, support active transport and urban development, improve workplace wellness and provide opportunities for senior citizens to remain active.

<https://www.bmkoes.gv.at/sport/breitensport/breiten-gesundheitssport/nap-bewegung.html>

National Action Plan on Disability 2022–2030 (Nationaler Aktionsplan Behinderung 2022–2030 (NAP II))

The aim of the Plan is to enhance the lives of people with disabilities through federal and regional collaboration. The plan was developed with input from 26 expert teams and contains detailed strategies and measures for various sectors and regions aligned with the United Nations Convention on the Rights of Persons with Disabilities. It integrates physical activity essential for health and well-being, promotes inclusive sports programmes, accessible facilities and tailored health promotion initiatives. It focuses on educating individuals with disabilities, their families and caregivers about the benefits of physical activity and advocates for inclusive policies to improve opportunities for participation.

Road map "Future of Health Promotion" (Zukunft Gesundheitsförderung)

The aim of the road map, led by the Competence Centre for the Future of Health Promotion under Austria's Federal Ministry of Social Affairs, Health, Care and Consumer Protection, is to strengthen health promotion nationwide. It was developed in a participatory process involving the public and experts. The road map outlines 10 priority measures for the next 5 years. Its focus is on enhancing physical activity levels in the population by improving access to sports facilities, promoting active transport, integrating physical activity into daily routines and emphasizing the health benefits of being active. Public feedback on the road map ensures effective implementation that meets diverse societal needs, including those of vulnerable groups.

https://agenda-gesundheitsfoerderung.at/sites/agenda-gesundheitsfoerderung.at/files/inline-files/roadmap_bfrei.pdf

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



- 1 National Action Plan for Physical Activity (Nationaler Aktionsplan Bewegung – NAP.b) 2013
<https://www.bmkoes.gv.at/sport/breitensport/breiten-gesundheitssport/nap-bewegung.html>
- 2 National Health Targets Austria – Target 8: to promote healthy, safe exercise and activity in everyday life through appropriate environments
<https://gesundheitsziele-oesterreich.at/english-summary/>
- 3 Nationaler Aktionsplan Behinderung 2022–2030
https://broschuerenservice.sozialministerium.at/Home/Download?publicationId=675&attachmentName=Nationaler_Aktionsplan_Behinderung_2022_2030_englisch.pdf
- 4 Masterplan Cycling 2015–2025
<https://www.klimaaktiv.at/english/mobility/cyclingmasterplan.html>
- 5 Masterplan Walking 2030
<https://www.klimaaktiv.at/mobilitaet/gehen/masterplan-gehen.html>
- 6 Road map “Zukunft Gesundheitsförderung”
https://agenda-gesundheitsfoerderung.at/sites/agenda-gesundheitsfoerderung.at/files/inline-files/roadmap_bfrei.pdf

Sectors involved in the design of the policy or action plan



Health	1	2	3	4	5	6
Education	1	2	3	4	5	6
Sports	1	2	3	4	5	6
Environment	1	2	3	4	5	6
Urban planning	1	2	3	4	5	6
Transport	1	2	3	4	5	6

Plan for evaluation of a specific policy



Policy	1	2	3	4	5	6
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Target groups included



General population	1	2	3	4	5	6
Children < 5 years	1	2	3	4	5	6
Children and adolescents (5–17 years)	1	2	3	4	5	6
Adults	1	2	3	4	5	6
Older adults (≥ 65 years)	1	2	3	4	5	6
Frail/elderly (≥ 85 years)	1	2	3	4	5	6
People with disability	1	2	3	4	5	6
People with chronic diseases	1	2	3	4	5	6
Pregnant women	1	2	3	4	5	6
Breastfeeding women	1	2	3	4	5	6
Low socio-economic groups	1	2	3	4	5	6
Ethnic minorities	1	2	3	4	5	6
Deprived of liberty	1	2	3	4	5	6
Migrants	1	2	3	4	5	6
Unemployed people	1	2	3	4	5	6

SUCCESS STORY



The Sport Bonus funding project was launched to support non-profit sports structures after the COVID-19 pandemic. In the 2021–2022 season and throughout 2022, the Federal Ministry for Arts, Culture, the Civil Service and Sport subsidized 75% of membership fees, capped at € 90 per new membership. Memberships had to be for at least 3 months, and new members paid a greatly reduced fee directly to the participating sports club. Subsidies were distributed to clubs through umbrella organizations and professional associations, totalling € 11.6–1.8 million in 2021 and € 9.8 million in 2022. The project was very successful, resulting in over 200 000 new memberships.

<https://transparenzportal.gv.at/tdb/tp/leistung/1055847.html>

► Sports clubs for health

Currently, Austria has not implemented the WHO Guidelines for Sports Club for Health, but plans are under way. Since 2006, Austria has operated a network of 30 HEPA coordinators within the ASKÖ, ASVÖ and SPORTUNION sport-for-all federations. The coordinators are responsible for promoting HEPA activities in sports clubs and enhancing this aspect of club activities. Originally named the "Fit-for-Austria" network, it is now known as the "Fit Sport Austria network". It has collaborated extensively with the health sector to build competence in health promotion within the sports sector.

► Increasing access to exercise facilities for socially disadvantaged groups







While there is no national framework specifically targeting access to exercise facilities for socially disadvantaged groups, several State initiatives have a significant impact. A pilot programme under consideration is to provide financial support for groups of low socio-economic status to join sports clubs in selected regions. Other programmes, such as Vienna's "Käfig League", organized by Caritas since 2010, offer free football training and tournaments for youth in public parks, which promote sport and personal development without registration requirements. Supported by the Federal Ministry for Arts, Culture, the Civil Service and Sport, the "Käfig League" received € 85 000 in 2023 and was extended to another city in Lower Austria, with plans for summer camps in 2024. Vienna's "City Challenge" engages disadvantaged young people in rally-style events through a mobile app in exploring neighbourhoods, promoting physical activity and social interaction at local landmarks.

<https://www.caritas-wien.at/hilfe-angebote/zusammenleben/kaefig-league>; <https://www.wig.or.at/city-challenge>

► Counselling on physical activity and exercise prescription

In 2015, the "Jackpot.fit" programme was launched in state in southeast Austria, Styria by health insurance companies, national sports organizations and sports science professionals. This standardized exercise programme for inactive adults has now been extended across Austria. Participants are recruited through social insurance, health programmes and local physicians and attend free classes for up to 6 months. Guided by national sports organizations, Jackpot.fit bridges public health and sports sectors, offering accessible physical activity opportunities.



Health professionals who are trained in health-enhancing physical activity

						
	Medical doctors	Physiotherapists	Nurses	Nutritionists/ dieticians	Psychologists	Other health professionals
	YES	YES	NO	YES	NO	YES
Undergraduate	—	YES	—	YES	—	YES
Postgraduate	—	YES	—	YES	—	YES
	Optional	Mandatory		Mandatory		Mandatory

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Physical education in schools

Primary schools	Average per week	Secondary schools	Average per week
	3 2 Mandatory		4 3-4 Mandatory
HEPA in training of physical education teachers			
YES	Part of undergraduate studies Mandatory	YES	Part of postgraduate studies Mandatory

Promotion of physical activity in schools

NO	During school breaks	YES	After school
YES	During lessons	YES	Active travel to and from school

SUCCESS STORY









The Klimaaktiv mobil (Climate-active mobile) initiative emphasizes the importance of active mobility – using muscle power for transport – for the health and well-being of children and youth. The Radeln und Rollern (cycling and scooters) project addresses the declining independent mobility and insufficient exercise of young people by supporting students, families, teachers and other community members in five districts of Vienna. The project is planned from April 2023 to March 2025. It includes free webinars, workshops and practical sessions on cycling and scootering to enhance physical activity and promote a healthier lifestyle. The project is implemented by the Vienna Health Promotion Agency in cooperation with various cycling schools and youth organizations.

<https://www.wig.or.at/RadelnRollern>

National travel survey

Walking and cycling for all travel purposes (commuting, shopping, leisure, work)

Per person per day			Per person per day		
					
Walking	10.1 min	0.73 km	Cycling	3.3 min	0.64 km

► Infrastructure for leisure-time physical activity

The Austrian Institute for Schools and Sports Facilities (Österreichisches Institut für Schul- und Sportstättenbau) provides support based on the results of the IMPALA-NET project within the national funding programme, Klimaaktiv mobil (Climate-active mobility), and funded by the European Agricultural Fund for Rural Development to build cycling paths and cycle tourism projects for leisure in rural areas.

<https://www.klimaaktiv.at/service/publikationen/mobilitaet/kam-leistungsbericht2022.html>

► Promotion of physical activity in the workplace



National guidance or programme to promote active travel to work (e.g. walking, cycling)

YES

"Klimaaktiv mobil" is a programme that provides no-cost consultancy services for Austrian companies to promote active travel to work for their employees. The support includes company bicycles, bicycle parking and awareness-raising.

www.jobrad.at

In 2021, the national tax system took a first step towards supporting active travel by making company bicycles fiscally more attractive than electric company cars. A national cycling campaign, "Austrian cycles to work", encourages companies to motivate their employees to cycle to work.

<https://www.radelt.at>



National guidance or programme to promote physical activity at the workplace

YES

The Austrian National Action Plan for Physical Activity (Nationaler Aktionsplan Bewegung) sets out objectives and measures to promote physical activity in the workplace. The Austrian Company Sports Association supports companies in integrating physical activity into the working environment for their employees through initiatives such as exercise programmes, sporting events and consultancy to advise companies on integrating physical activity into the working environment.

<https://www.firmensport.at/>

► Community interventions for older adults



National guidance or programme for community interventions to promote physical activity in older adults

YES

The Sports and Health ministries adopted the National Action Plan on Physical Activity (Nationaler Aktionsplan Bewegung) under a health-in-all-policies approach in 2013, which includes older adults as a target groups. The Austrian sports umbrella organizations ASKÖ, ASVÖ and SPORTUNION, supported by Government funds, offer specialized training for trainers and instructors in working with older people. Measures are also being implemented at local level, such as free-of-charge holiday schemes for low-income senior citizens, which include lectures, workshops and physical activity programmes. A Senior Citizens Advisory Board promotes various initiatives, including physical activity programmes such as More healthy years after 65 (Mehr gesunde Lebensjahre ab 65) and actions to enhance access to infrastructures and promote the mobility of older persons.

<https://www.bmko.es.gv.at/sport/breitensport/breiten-gesundheitssport/nap-bewegung.html>

SUCCESS STORY

The project Bewegte Apotheke involves cooperation with Viennese pharmacies to introduce Nordic walking in local areas, targeting typically inactive older adults. The free programme is initially led by professionals, who gradually provide support and empowerment to local, self-organized Nordic walking groups, while ensuring the quality and sustainability of the groups.

<https://www.wig.or.at/bewegte-apotheke>



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► National awareness-raising campaign on physical activity

The annual Day of Sport in September is a nationwide event in which sports federations provide information and opportunities to participate, attracting up to 500 000 participants. It coincides with the European Week of Sport and promotes the 50 days PA initiative.

<https://www.tagdessports.at/>

The 50 days PA initiative, which runs from 7 September to 26 October, offers 2000–3000 free physical activity courses nationwide, with activities to promote the guidelines on physical activity. It is supported by the Austrian Health Promotion Fund, Fit Sports Austria and various sports associations.

<https://www.gemeinsambewegen.at/main.asp?VID=1&kat1=94&kat2=666&scsq=1>

Klimaktiv mobil (Climate-active mobility) provides awareness activities for cycling and walking, with campaigns such as “Austria cycles” and addresses the health and climate aspects of cycling. The Ministry for Mobility is also developing a national walking campaign as part of European Mobility Week.

<https://www.klimaaktiv.at/mobilitaet/>

From 2023, Wir bewegen Österreich (We Move Austria) takes will take place annually on 26 October to encourage people in Austria to engage in physical activity. It is organized in cooperation with sports associations, clubs and Government ministries.

<https://www.klimaaktiv.at/mobilitaet/>

Media used in national campaigns



Television

YES



Radio

YES



Newspapers

YES



Social media

YES



Public events

YES



Public figures

YES

**YOUTUBE
WEBSITES
FLYERS
PODCASTS**

Other

YES

Acknowledgments

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