

# HUNGARY

## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

World Bank classification: High income  
 Total population: 9 689 010  
 Median age (years): 43.9  
 Gross Domestic Product (GDP) per capita (€): 14 350  
 GDP for health (%): 4.4  
 GDP for education (%): 5.1  
 GDP for sports (%): 2.7  
 Population, male (%): 47.9  
 Population, female (%): 52.1  
 Life expectancy, males (years): 72.6  
 Life expectancy, females (years): 79.3

Source: Eurostat  
[https://ec.europa.eu/eurostat/databrowser/view/tps00205/default/table?lang=en&category=t\\_demo1\\_demo\\_mor](https://ec.europa.eu/eurostat/databrowser/view/tps00205/default/table?lang=en&category=t_demo1_demo_mor)



Photo: © Gábor Balogh

### ▶ National recommendations on physical activity for health

#### Target groups included

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

Links to national recommendations: <http://www.kozlonyok.hu/nkonline/MKPDF/hiteles/MK12115.pdf>; [http://njt.hu/cgi\\_bin/njt\\_doc.cgi?docid=139880.247176](http://njt.hu/cgi_bin/njt_doc.cgi?docid=139880.247176); <https://net.jogtar.hu/jogszabaly?docid=a1200363.kor>; <http://egeszsseg.hu/holistic-health-promotion-in-hungarian-schools/summary-of-hhp.html>



#### SUCCESS STORY

In parallel with the Active Lifestyle Strategy, a nationwide survey (among people aged ≥ 18 years) was conducted to collect information about citizens' physical activity and sports participation, habits, motivations, perceived barriers, attitudes and demands. This comprehensive survey is intended to be repeated periodically.

### Monitoring and surveillance of physical activity

#### Sectors with surveillance systems



Health

YES



Education

YES



Sports

YES



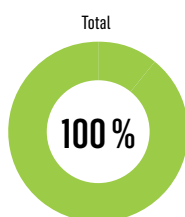
Transport

YES

### Prevalence of physical activity

#### Physical activity indicators

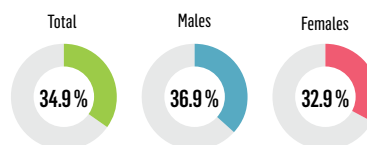
3–6 years



Hungarian National Fitness Assessment System

Not reported

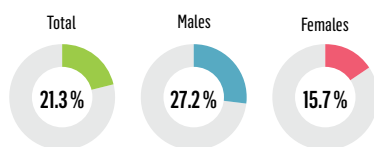
18–64 years



EHIS, 2021; [www.ksh.hu/elef](http://www.ksh.hu/elef)

≥ 150 min/week of moderate-to-vigorous physical activity

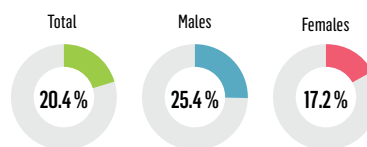
11–15 years



HBSC, 2022; [https://hbsc.ppk.elte.hu/media/a3/fd/8127578da-4d410a66e72f58fe74845e0cdf-c9b890255362ba0e95ba4ca51/HBSC\\_2022\\_Riport.pdf](https://hbsc.ppk.elte.hu/media/a3/fd/8127578da-4d410a66e72f58fe74845e0cdf-c9b890255362ba0e95ba4ca51/HBSC_2022_Riport.pdf)

≥ 60 min/day of moderate-to-vigorous physical activity

≥ 65 years



EHIS, 2021; [www.ksh.hu/elef](http://www.ksh.hu/elef)

≥ 150 min/week of moderate-to-vigorous physical activity

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

The National School, University and Leisure Sport Federation in partnership with the State Secretariat for Sport has been operating a national coordination mechanism for promoting HEPA since 2018. HEPA focal points are responsible for regularly informing working group members on new developments and keeping online contact as frequently as necessary.

<https://ndhsz.hu/2018/06/11/nsulf-hosts-european-union-conference/>; <https://ndhsz.hu/2020/03/10/sports-club-for-health-2020-22-project-successfully-launched/>

### ► Funding for the promotion of physical activity for health

Funding allocated specifically to physical activity promotion by sector

Health	Education	Sports	Environment	Urban planning	Transport	ACTIVE LIFESTYLE (RECREATIONAL SPORTS) + SOCIAL AFFAIRS, SENIORS
YES	YES	YES	—	—	YES	YES

#### SUCCESS STORY

Hungary has introduced an initiative promoting physical activity and health. Since 1 August 2023, companies subject to a public health product tax can donate up to 10% of their tax payments to programmes to encourage daily physical activity, healthy eating and recreational sports. This initiative is part of the Active Hungary Programme which addresses the widespread sedentary lifestyle in the country. By redirecting a portion of the "chip tax", companies can support work to improve the nation's health and well-being.

<https://neta.aktivmagyarorszag.hu/>; <https://net.jogtar.hu/jogszabaly?docid=A1100103.TV>



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

#### National policy highlights

##### Shifting Gears in Higher Education. Mid-term Policy Strategy 2016 and Action Plan 2021–2024

The aim of the Policy Strategy is to enhance higher education and promote physical activity for health. The strategy includes the Healthy Universities programme, which integrates sports, physical education and health education to foster a healthier student lifestyle. A key aspect is collaboration with the WHO Healthy Cities initiative through the higher education sub-programme for health-promoting university criteria. This involves coordinating university services to increase awareness of health, regular physical activity and a health-conscious lifestyle. The Hungarian University Sports Federation and higher education institutions lead the work, offering affordable or free sports, organizing events and engaging influencers to promote active living among students and local communities.

<https://kormany.hu/dokumentumtar/fokozatvaltas-a-felsooktatásban-strategia-2016-es-cselekvési-terv>

##### National Active Tourism Strategy 2030

The aim of the Strategy is to enhance health and well-being by incorporating physical activity into everyday life through focused active tourism. The objectives include establishing a comprehensive network of high-quality routes and trails that link major attractions and scenic areas. The strategy promotes physical activity by improving access to these routes, developing unique, sustainable tourism areas and effective promotion through various channels. By alignment with national health goals, the strategy supports healthier lifestyles and environmental awareness, contributing to Hungary's goal of becoming one of the most liveable countries in Europe.

<https://aofk.hu/wp-content/uploads/2024/01/nemzeti-aktiv-turisztikai-strategia-2030-fin.pdf>

##### Healthy Hungary 2021–2027. Health sector strategy, National Health Programme (National Child Health Programme)

The strategy emphasizes the critical role of physical activity in enhancing public health and reducing childhood obesity. This strategy, integrated with the National Child Health Programme, promotes active lifestyles as a central element of health improvement. The strategy is aligned with the WHO Health 2020 framework and European Union guidelines to promote a culture of health through increased physical activity.

[https://extranet.who.int/countryplanningcycles/sites/default/files/public\\_file\\_rep/HUN\\_Hungary\\_Healthy-Hungary-Health-Sector-Strategy\\_2021-2027.pdf](https://extranet.who.int/countryplanningcycles/sites/default/files/public_file_rep/HUN_Hungary_Healthy-Hungary-Health-Sector-Strategy_2021-2027.pdf)

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



- 1 Fokozatváltás a felsőoktatásban középtávú szakpolitikai stratégia 2016 (Shifting Gears in Higher Education Mid-term Policy Strategy 2016)  
<https://kormany.hu/dokumentumtar/fokozatvaltas-a-felsooktatásban-strategia-2016-es-cselekvési-terv>
- 2 Shifting Gears in Higher Education Mid-term Policy Strategy 2016, Action Plan 2021–2024  
<https://kormany.hu/dokumentumtar/fokozatvaltas-a-felsooktatásban-strategia-2016-es-cselekvési-terv>
- 3 National Standard Programme for Kindergarten Education  
<https://net.jogtar.hu/jogszabaly?docid=a1200363.kor>
- 4 Resolution 81/2009 (X. 2.) of the Parliament on the National Strategy concerning the Elderly  
<http://www.complex.hu/kzldat/o09h0081.htm/o09h0081.htm>
- 5 National Disability Programme 2015–2025  
<http://www.parlament.hu/irom40/03586/03586.pdf>
- 6 National Cycling Strategy 2030  
<https://aofk.hu/nemzeti-kerekparos-strategia-2030/> [https://aofk.hu/wp-content/uploads/2024/01/kerekparos-strategia\\_eng.pdf](https://aofk.hu/wp-content/uploads/2024/01/kerekparos-strategia_eng.pdf)
- 7 National Active Tourism Strategy 2030  
<https://aofk.hu/wp-content/uploads/2024/01/nemzeti-aktiv-turisztikai-strategia-2030-fin.pdf>
- 8 Healthy Hungary 2021–2027. Health sector strategy, national health programmes (National Child Health Programme)  
[https://extranet.who.int/countryplanningcycles/sites/default/files/public\\_file\\_rep/HUN\\_Hungary\\_Healthy-Hungary-Health-Sector-Strategy\\_2021-2027.pdf](https://extranet.who.int/countryplanningcycles/sites/default/files/public_file_rep/HUN_Hungary_Healthy-Hungary-Health-Sector-Strategy_2021-2027.pdf)
- 9 190 Act of 2011 on National Public Education  
<https://net.jogtar.hu/jogszabaly?docid=A1100190.TV>
- 10 National Water Tourism Strategy  
<https://aofk.hu/nemzeti-viziturisztikai-strategia/>

### Sectors involved in the design of the policy or action plan



	1	2	3	4	5	6	7	8	9	10
Health				4				8	9	10
Education	1	2	3	4	5	6	7	8	9	10
Sports					5	6	7	8	9	10
Environment						6	7	8	9	10
Urban planning	1	2	3	4	5	6	7	8	9	10
Transport						6	7	8	9	10

### Plan for evaluation of a specific policy



Policy	1	2	3	4	5	6	7	8	9	10

### Target groups included



	1	2	3	4	5	6	7	8	9	10
General population						6	7	8	9	10
Children < 5 years			3	4	5	6	7	8	9	10
Children and adolescents (5–17 years)									9	10
Adults	1	2	3	4	5	6	7	8	9	10
Older adults (≥ 65 years)				4	5	6	7	8	9	10
Frail/elderly (≥ 85 years)				4	5	6	7	8	9	10
People with disability					5	6	7	8	9	10
People with chronic diseases										
Pregnant women										
Breastfeeding women										
Low socio-economic groups										
Ethnic minorities										
Deprived of liberty										
Migrants										
Unemployed people										

### ► Sports clubs for health

The WHO Guidelines for Sports Club for Health Programmes are being implemented. The national pilot project More than a Club (Több, mint egy klub - EFOP-5.2.1.-17) integrates HEPA principles into university sports clubs. The Sporting Nation Programme, launched in September 2023, promotes physical activity by encouraging sports clubs to open to the public, offering discounts through the Sporting Nation Club and providing recreational opportunities at major sports events. Additionally, the Hungarian School Sport Federation's Active School programme has enhanced cooperation between schools and sports clubs by requiring schools to form partnerships with external organizations, thus increasing opportunities for students to engage in physical activity.

<https://sportolonemzet.hu/>; <https://www.aktiviskola.hu/>

### ► Increasing access to exercise facilities for socially disadvantaged groups







Although there is no dedicated national policy for increasing access to exercise facilities specifically for disadvantaged groups, several initiatives offer broader benefits. In 2023, pilot exercise programmes to prevent addiction were launched in child-care institutions, coordinated by the Hungarian School Sport Federation. The Centre for Development of Active and Ecotourism is creating publicly accessible running paths, cycling routes and skate parks, which are open to all, including disadvantaged individuals. Additionally, the Healthy Sports Park Programme, established by decree nr. 1314/2016, is developing over 800 community sports parks to provide inclusive spaces for physical activity.

<https://aofk.hu/introduction/?lang=en>; <https://www.freesportparks.hu/en/>

### ► Counselling on physical activity and exercise prescription

The mission of the 110 health-promoting offices established in 2013–2014 is to promote physical activity among adults aged ≥ 18 years in subregions of Hungary. They provide free services without referral and engage senior citizens in preventive and rehabilitation-oriented physical activities.

#### Health professionals who are trained in health-enhancing physical activity

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

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### SUCCESS STORY

The National Public Health Centre promotes physical activity through its Service Catalogue for health-promoting offices. The catalogue offers community and individual advice and evidence-based practices for a healthy lifestyle. During the COVID-19 pandemic, the Centre created infographics with recommended physical activity levels for children, adults and seniors for health promotion and disease prevention.

<https://efop180.antsz.hu/covid-19.html>; <https://efop180.antsz.hu/szolgaltataskatalogus/> (service available for registered participants)

## Physical education in schools

Primary schools



Average per week

5

Mandatory

Secondary schools



Average per week

5

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

YES

During school breaks

NO

After school

YES

During lessons

YES

Active travel to and from school

## National travel survey

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



Walking

Per person per day



9000 steps



Cycling

Per person per day



10 km

only for active bicycle users

### ► Infrastructure for leisure-time physical activity

The Centre for Development of Active and Ecotourism has launched a national programme to establish publicly accessible running paths, cycling and skate parks to promote an active lifestyle for all. The Hungarian Government has also issued a decree on the Healthy Sports Park Programme to create community spaces where all age groups can engage in physical activity programmes. More than 800 sports parks have been or will be established.

<https://aofk.hu/introduction/?lang=en>; <https://www.freesportparks.hu/en/>

### ► Promotion of physical activity in the workplace



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

YES

The Cycle to Work programme began in 2007, organized by the Ministry of Economy and Transport, with campaigns every spring and autumn. The aim is to create a healthier, happier community and a more liveable environment by maximizing cycling to work. The campaign covers workplace relationships, social networks and grassroots cycling movements.

[www.bringazzamunkaba.hu](http://www.bringazzamunkaba.hu)



**National guidance or programme to promote physical activity at the workplace**

YES

The State Secretariat for Active Lifestyle promotes a healthy lifestyle at workplaces through the Association for Healthier Workplaces. The Association supports company managers with evidence-based, health-enhancing programmes to promote better physical and mental health for their employees. In 2023, an Active Workplaces Conference was held on occupational well-being and well-being management. In 2024, with the support of the State Secretariat for Active Hungary, the Association launched an Active Workplace Ambassador training programme to train 200 ambassadors per year.

<https://egeszsegesebbmunkahelyekert.hu/>

### ► Community interventions for older adults



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

YES

With the active support of the State Secretariat for Families of the Ministry of Culture and Innovation, the National Network of Senior Citizens Walking Clubs created a community of clubs for people aged  $\geq 60$  years. The network's objective is to offer a community programme to help the elderly to avoid loneliness and mental illness, in addition to promoting physical activity and healthy lifestyle. By the beginning of 2024, the number of clubs had exceeded 300, and more than 4000 elderly individuals had taken part countrywide.

Since 2004, every year, municipalities that go above and beyond to better the lives of their elderly residents are recognized by the Government and receive the Senior-friendly Municipality Award. This award encourages involvement of the elderly in society, thus reducing their isolation by participation in local initiatives.

[www.mosa.hu](http://www.mosa.hu); <https://kormany.hu/hirek/jidosbarat-onkormanyzat-dij>



## SUCCESS STORY

During the COVID-19 pandemic, in response to strict Government measures, the Hungarian Leisure Sports Association established an online programme, Move Experience for Seniors, in April 2020. The programme, which is still running, is free for everyone, although people > 60 years are the main target group. The training includes body weight exercises, balancing tasks, Nordic walking, dance and many others. The impact of this initiative exceeded all expectations. More than 150 600 people have visited the platform, with an average of nearly 500 participants daily.

<https://masport.hu/mozgaselmeny-szenioroknak/>

## ▶ National awareness-raising campaign on physical activity

The Sporting Nation Programme was launched in September 2023 as an overarching initiative of Hungarian sports governance. It ensures opportunities and provides the necessary conditions for people to access physical activity and sporting services daily. It includes collaboration with sports federations and clubs, a Sporting Nation Club and physical activity at major sports events.

### Media used in national campaigns



Television

YES



Radio

YES



Newspapers

YES



Social media

YES



Public events

YES



Public figures

YES

## Acknowledgments

This publication was funded by the European Union. Its contents are the sole responsibility of the WHO Regional Office for Europe and do not necessarily reflect the views of the European Union.



Funded by  
the European Union

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