

# POLAND

## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

World Bank classification: High income  
 Total population: 37 654 247  
 Median age (years): 42  
 Gross Domestic Product (GDP) per capita (€): 14 620  
 GDP for health (%): 5.3  
 GDP for education (%): 4.6  
 GDP for sports (%): 1.1  
 Population, male (%): 48.4  
 Population, female (%): 51.6  
 Life expectancy, males (years): 73.4  
 Life expectancy, females (years): 81.1

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



Photo: © Jakub Ratynski

### 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
YES	Frail and very elderly adults (≥ 85 years)		

Link to national recommendations: <https://www.gov.pl/web/sport/krajowe-rekomendacje-prozdrowotnej-aktywnosci-fizycznej55>

### Monitoring and surveillance of physical activity

#### Sectors with surveillance systems



Health

YES



Education

YES



Sports

YES



Transport

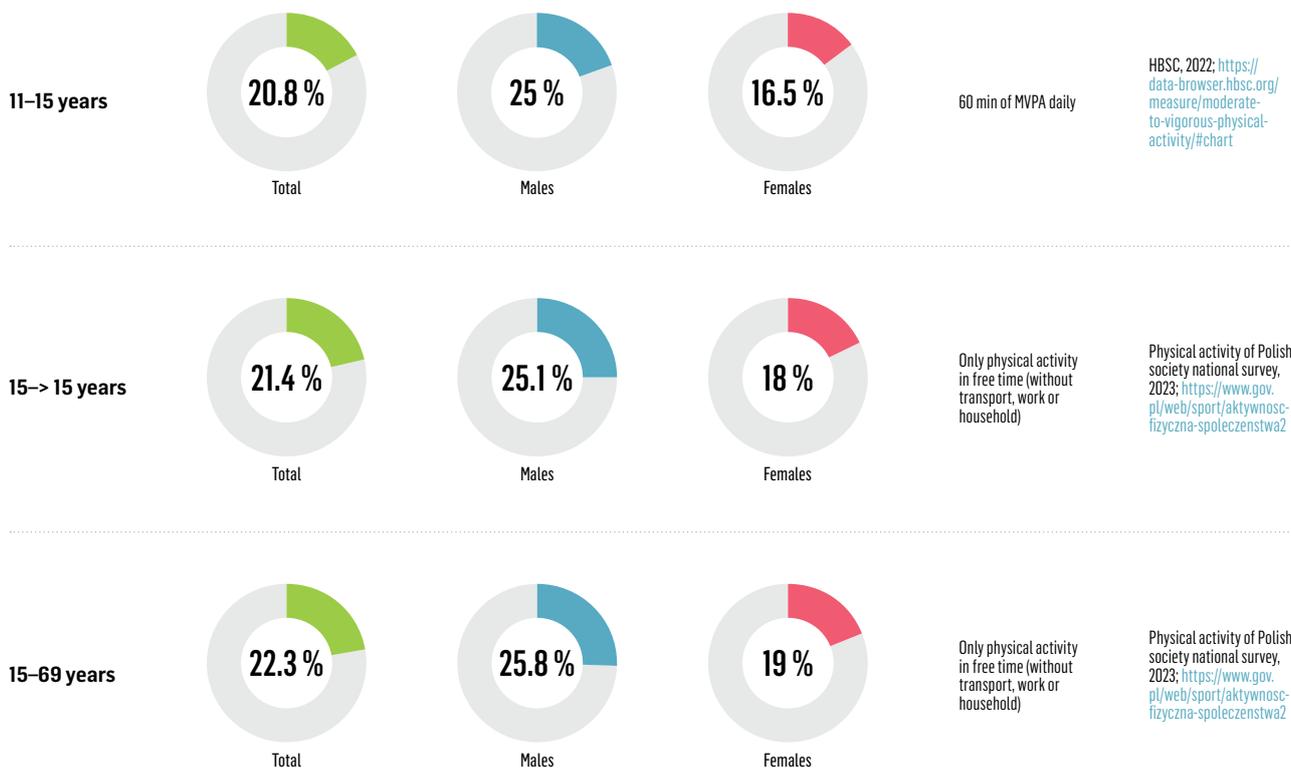
NO

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## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

### ► Prevalence of physical activity

#### Physical activity indicators



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

Although there is no national coordination mechanism or leadership in promoting physical activity, a steering committee of the National Health Committee and the Public Health Council, coordinated by the Ministry of Health, addresses various aspects of public health and the National Health Programme.

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

#### Funding allocated specifically to physical activity promotion by sector



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

#### National policy highlights

##### Strategy for development of human capital

The Strategy increases social cohesion and enhances public health by advancing human capital and integrating digital technologies. While its primary focus is to improve citizens' competence and health, the strategy's objectives support promotion of physical activity as a health determinant. By improving the efficiency of health care and investing in digital infrastructure, including e-health services and electronic medical records, the strategy facilitates access to resources that encourage physical activity. Furthermore, the emphasis on education and technological competence can be leveraged to integrate promotion of physical activity into school curricula and public health campaigns.

<https://www.gov.pl/web/ia/strategia-rozwoju-kapitalu-ludzkiego-2030-srk12030>

##### National Health Programme for 2021–2025

The aim of the Programme is to enhance overall health and reduce social health inequality by addressing the dual challenges of the COVID-19 pandemic and chronic noncommunicable diseases. Central to this strategy is promotion of physical activity, which prevents obesity and other risk factors for noncommunicable diseases. The Programme provides comprehensive interventions, including public awareness campaigns, extended access to exercise facilities and integration of physical activity into daily routines. These measures are designed to mitigate lifestyle-related health risks and foster long-term public health improvements, thereby contributing to a healthier population and fewer health disparities.

<https://www.gov.pl/web/zdrowie/npz-2021-2025>

##### Prescription for movement

The "Recipe for Movement" pilot programme evaluates the organization and effectiveness of offering diagnostics and preventive care for common health issues in which physical activity is beneficial. It provides personalized exercise and nutrition plans with modern information technology. The programme targets up to 15 000 individuals over the age of 25 years. It will run for 24 months, with a budget of over PLN 27 million. The approach addresses not only physical health but also use of technology to extend access and engagement, providing a model for comprehensive, technology-enabled health promotion.

<https://pacjent.gov.pl/aktualnosc/recepta-na-ruch>

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



- 1 Strategy for the Development of Human Capital  
<https://www.gov.pl/web/ia/strategia-rozwoju-kapitalu-ludzkiego-2030-srk12030>
- 2 National Health Programme for 2021–2025  
<https://www.gov.pl/web/zdrowie/npz-2021-2025>
- 3 Prescription for Movement  
<https://pacjent.gov.pl/aktualnosc/recepta-na-ruch>

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



Health	1	2	3	Environment	1	2	3
Education	1	2	3	Urban planning	1	2	3
Sports	1	2	3	Transport	1	2	3

#### Plan for evaluation of a specific policy



Policy	1	2	3
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### Target groups included

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

### ► Sports clubs for health

Poland introduced the Governmental Programme Club (Program Klub) to promote HEPA among children. The programme does not provide guidelines but issues grants to youth sports clubs for expenses such as coaches' salaries, sports equipment and sports camps. In 2023, 6246 clubs received PLN 79 million in grants.

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

The Government is working to improve access to exercise facilities for socially disadvantaged groups, despite the absence of a dedicated framework. Public policies and infrastructure projects are designed with inclusivity in mind to address the needs of low-income families, individuals with disabilities and marginalized communities. The focus is on integrating considerations of accessibility into public works and community support initiatives, thereby providing opportunities for all members of society to engage in physical activity.

### ► Counselling on physical activity and exercise prescription

The "Prescription for Movement" pilot programme includes 18 weeks of training, consisting of stationary sessions with a physiotherapist, individual training monitored with the MojeIKP app, nutritional advice, psychological support and educational materials. Activities are tailored by a physiotherapist according to the patient's health and fitness, progress is monitored, and recommendations are adjusted accordingly. The programme involves medical specialists, physiotherapists, dieticians and psychologists to enhance patients' responsibility for their health and physical fitness.

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

	 Medical doctors	 Physiotherapists	 Nurses	 Nutritionists/ dieticians	 Psychologists	 DENTAL PRACTITIONERS, PARAMEDICS, MIDWIVES
	YES	YES	YES	YES	YES	YES
Undergraduate	YES	YES	YES	YES	YES	YES
Postgraduate	—	—	—	—	—	—
	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

### ▶ Physical education in schools

Primary schools	Average per week	Secondary schools	Average per week
	<b>3-4</b> Mandatory		<b>3</b> Mandatory

### HEPA in training of physical education teachers

<b>YES</b> Part of undergraduate studies Mandatory / Optional	<b>YES</b> Part of postgraduate studies Mandatory / Optional
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### ▶ Promotion of physical activity in schools

<b>NO</b> During school breaks	<b>YES</b> After school
<b>NO</b> During lessons	<b>NO</b> Active travel to and from school

#### SUCCESS STORY

The Active School programme in Poland supports the strategic goal of fostering an Active and Healthy Society by promoting physical activity, primarily for children and youth but also for adults. Funded by the Ministry of Sport and Tourism, the programme enhances school sports offerings and provides new opportunities for physical education teachers. Nearly 7000 schools and 18 000 groups have already joined, with a target of 10 000 schools and 300 000 children participating in extracurricular sports. The Active Weekend initiative funds weekend activities and offers grants for equipment. Teachers benefit from professional development through the Universal Sports Academy, which provides training in various sports disciplines. The programme also fosters social skills like teamwork and emotional management while addressing issues such as stress and aggression in schools.

<https://www.aktywnaszkoła.pl/>

<https://www.gov.pl/web/sport/nowe-zajecia-sportowe-w-ramach-programu-aktywna-szkola---budzet-do-dyspozycji-szkol-czeka>



### ▶ Infrastructure for leisure-time physical activity

Poland acknowledges the importance of the European Guidelines on Improving Infrastructures for Leisure-time Physical Activity in the Local Arena in promoting development of physical activity infrastructure. The guidelines have been disseminated to foster awareness among stakeholders, including local governments and municipalities. National strategies and programmes complement the European guidelines for systematic improvement in infrastructure for leisure-time physical activity by enhancing access, quality and diversity in recreational facilities to encourage active lifestyles.

The guidelines are an integral part of the strategic approach to developing infrastructure, and local governments and municipalities are regularly informed about their importance. The commitment to improving the infrastructure is guided by both national priorities and European recommendations.

### ► Promotion of physical activity in the workplace



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

YES

The Ministry of Infrastructure is the national coordinator for the European Mobility Week campaign. The goal of the Week is to motivate local authorities and nongovernmental organizations across Europe to promote sustainable transport options, such as public transport, cycling, walking and multimodal transport. The campaign is held annually on 16–22 September. Additionally, private companies and employers are encouraged to participate all year round by registering MOBILITYACTION initiatives, advocating for sustainable mobility and reduced reliance on individual modes of transport for daily commuting.

<https://www.gov.pl/web/infrastruktura/europejski-tydzien-mobilnosci-etm3>



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

YES

#### **Workplace interventions for mental and physical health:**

A workplace intervention was developed combining physical activity and relaxation techniques, such as meditation and breathing exercises, to improve mental and physical health. The aim is to reduce stress, prevent cognitive decline, alleviate anxiety and depression, enhance physical performance and reduce musculoskeletal issues.

#### **Health education programmes for specific groups:**

- A women's health education programme, Choose Health!-bis (Postaw na zdrowie!-bis) was designed to promote a healthy lifestyle through healthy nutrition, physical activity, stress management and preventive examinations, with practical resources such as presentations and exercise videos.
- A programme for older workers was created from surveys to address their specific health needs, including musculoskeletal pain and lifestyle habits. The programme, Take care of your health all your life! (Dbaj o zdrowie całej życia!) covers topics such as healthy eating, physical activity and stress management, supplemented by multimedia materials.
- A health education initiative for men, Bet on Health, was developed to address areas that require improvement, such as nutrition, physical activity and stress management, particularly targeting young, uneducated men with poor health and material conditions. The programme includes presentations and instructional videos to enhance awareness of health at the workplace.

[https://www.ciop.pl/CIOPPortalWAR/appmanager/ciop/pl?\\_nfpb=true&\\_pageLabel=P66800149391706093953899](https://www.ciop.pl/CIOPPortalWAR/appmanager/ciop/pl?_nfpb=true&_pageLabel=P66800149391706093953899)

#### **SUCCESS STORY**

Interest in the programmes to promote physical activity in the workplace is evident from the more than 1600 visits to the health education website since February 2024 and strong interest in the seminars and webinars. More than 130 people attended the latest webinar.

[https://www.ciop.pl/CIOPPortalWAR/appmanager/ciop/pl?\\_nfpb=true&\\_pageLabel=P66800149391706093953899](https://www.ciop.pl/CIOPPortalWAR/appmanager/ciop/pl?_nfpb=true&_pageLabel=P66800149391706093953899)



### ▶ Community interventions for older adults



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

YES

In 2022, the Ministry of Sport allocated PLN 3 595 000 to support activities for seniors within the Sport for All and Sports Holiday + programmes, benefitting 104 223 participants. The initiatives promoted physical activity among the elderly through recreational and preventive events and also supported older disabled individuals (aged  $\geq 50$  years) in the Programme for Promoting Sports for Disabled People. The initiative included sports activities, events and camps tailored to their age and abilities, with 5950 elderly disabled participants. Local actions for senior citizens are funded by the EU.

<https://www.gov.pl/web/sport/nabor-na-dofinansowanie-w-2024-roku-zadan-z-zakresu-programu-sport-dla-wszystkich>;  
<https://www.gov.pl/web/sport/nabor-na-dofinansowanie-w-2023-roku-zadan-z-zakresu-programu-sportowe-wakacje>

### ▶ National awareness-raising campaign on physical activity

#### I Plan a Long Life campaign:

The Ministry of Health and Education promotes the importance of physical activity for health and development.

#### Active at Work campaign:

This campaign promotes workplace health and physical activity, with activities, materials and media outreach.

[www.ciop.pl/aktywniowpracy](http://www.ciop.pl/aktywniowpracy).

#### Heart for Work campaign:

A campaign that addresses cardiovascular disease prevention and health initiatives at work, reaching over 105 500 people.

[www.ciop.pl/serce-do-pracy](http://www.ciop.pl/serce-do-pracy).

#### Stay in Shape! programme:

Promotes healthy habits among schoolchildren, emphasizing balanced nutrition and regular physical activity.

<https://rodzinnaakcja.pzh.gov.pl/course/edycja-2023/>.

#### Family Action. Healthy Competition:

Encourages families to improve their habits for health.

<https://rodzinnaakcja.pzh.gov.pl/course/edycja-2023/>.

#### High Five Programme:

Aims to reduce obesity and high blood pressure in young children through workshops for students and parents.

<https://dino.imid.med.pl/download-category/przybij-piatke/>.

#### Media used in national campaigns



Television

YES



Radio

YES



Newspapers

YES



Social media

YES



Public events

YES



Public figures

YES

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