

# ROMANIA

## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

World Bank classification: High income  
 Total population: 19 042 455  
 Median age (years): 43.5  
 Gross Domestic Product (GDP) per capita (€): 10 030  
 GDP for health (%): 4.9  
 GDP for education (%): 3.2  
 GDP for sports (%): 1  
 Population, male (%): 48.5  
 Population, female (%): 51.5  
 Life expectancy, males (years): 71.3  
 Life expectancy, females (years): 79.2

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: © Ursu Ciprian

### ▶ National recommendations on physical activity for health

Although Romania has no national recommendations on physical activity, the WHO recommendations are followed. Since 2016, family doctors have used a preventive guideline on food and physical activity developed within grants from Norway, reviewed in 2023.

<https://proiect-pdp1.insp.gov.ro/wp-content/uploads/2023/06/Ghidul-Alimentatia-Activitatea-fizica.pdf>

### ▶ Monitoring and surveillance of physical activity

#### Sectors with surveillance systems



Health

YES



Education

YES



Sports

NO



Transport

NO

SPECIAL  
EUROBAROMETER  
ON SPORTS AND  
PHYSICAL ACTIVITY

Other

YES

#### SUCCESS STORY

The Youth Risk Behaviour Surveillance System was created in 1997, based on a method designed by the Centers for Disease Control and Prevention in the USA to assess and monitor risky behaviour for health among students.

<https://insp.gov.ro/centrul-national-de-evaluare-si-promovare-a-starii-de-sanatate-cnepss/starea-de-sanatate/rapoarte-si-studii-despre-starea-de-sanatate/sanatatea-copiiilor/>

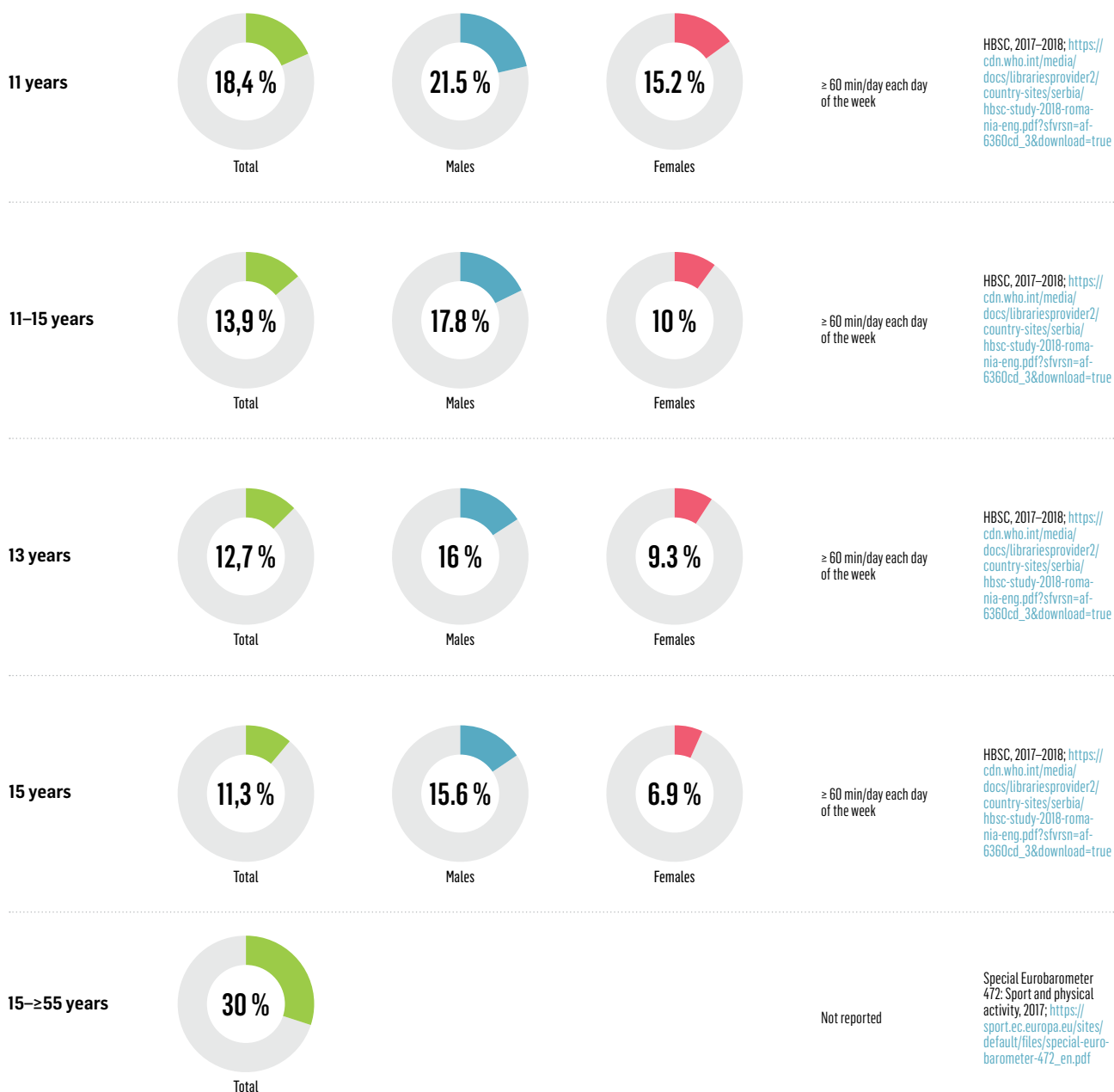


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### ► Prevalence of physical activity

#### Physical activity indicators



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

In 2014, the Ministry of Health designated an Interministerial Working Group for Physical Activity Promotion to foster HEPA.

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

#### National policy highlights

##### National Health Strategy 2023–2030: For health, together

The aim of the Strategy is to extend healthy life expectancy by addressing health determinants and promoting healthier lifestyles. It emphasizes preventive interventions and health promotion, marking a shift from reactive health policies to a proactive, evidence-based approach aligned with international best practices. The strategy seeks to reduce health inequities by ensuring equitable access to high-quality health-care services and prioritizing health literacy and preventive measures. It envisions a society in which health is valued as a common good. By focusing on equitable access, reducing health disparities and supporting health-care professionals, the strategy will foster a healthier, better informed population who actively manage their health and well-being.

[https://ms.ro/media/documents/Anexa\\_1\\_-\\_SNS.pdf](https://ms.ro/media/documents/Anexa_1_-_SNS.pdf)

##### National Programme of Health Promotion and Evaluation and Education for Health

The Programme is outlined in Ministry of Health Order no. 964 of 31 March 2022. It is designed to improve public health by advocating for healthier lifestyles and mitigating health risks. The comprehensive Programme has two main components: general health promotion and education, and tobacco prevention. The initiatives include organizing nationwide educational campaigns about physical activity, nutrition and alcohol use and assessing the population's health status. The Programme also addresses community health promotion and development of health promotion networks within hospitals. By engaging local partners and with a broad range of interventions, the Programme will increase awareness and encourage healthier behaviour in diverse populations.

<https://www.dsp-galati.ro/images/stories/2022/Programe/Ordinul%20MS%20nr.%20964.2022%20privind%20aprobarea%20Normelor%20tehnice%20de%20realizare%20a%20programelor%20na%C8%9Bionale%20de%20s%C4%83n%C4%83tate%20public%C4%83.pdf>

##### National Strategy for Sport 2023–2032

The aim of the Strategy is to transform the understanding, practice and support of sport by integrating it with fields such as health, education and the economy. This holistic approach has three main pillars: community sport, sport in education and performance sport. The strategy emphasizes the importance of empirical data, stakeholder involvement and long-term planning to guide its implementation.

<https://sport.gov.ro/wp-content/uploads/2023/05/Monitorul-Oficial-Partea-I-nr.-452Bis.pdf>

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



- 1 National Health Strategy 2023–2030 – For health, together  
[https://ms.ro/media/documents/Anexa\\_1\\_-\\_SNS.pdf](https://ms.ro/media/documents/Anexa_1_-_SNS.pdf)
- 2 National Programme of Health Promotion and Evaluation and Education for Health (Ministry of Health Order No. 964 of 31 March 2022 regarding approval of the technical norms for implementation of national public health programmes)  
<https://www.dsp-galati.ro/images/stories/2022/Programe/Ordinul%20MS%20nr.%20964.2022%20privind%20aprobarea%20Normelor%20tehnice%20de%20realizare%20a%20programelor%20na%C8%9Bionale%20de%20s%C4%83n%C4%83tate%20public%C4%83.pdf>
- 3 School Sports National Olympiad  
[https://isjtuclcea.ro/wp-content/uploads/2023/10/26.10.2023\\_Regulament-ONSS-2020.pdf](https://isjtuclcea.ro/wp-content/uploads/2023/10/26.10.2023_Regulament-ONSS-2020.pdf)
- 4 National Strategy for Sports 2023–2032  
<https://sport.gov.ro/wp-content/uploads/2023/05/Monitorul-Oficial-Partea-I-nr.-452Bis.pdf>
- 5 Sustainable Urban Mobility Plans 2016–2030  
<https://sport.gov.ro/wp-content/uploads/2023/05/Monitorul-Oficial-Partea-I-nr.-452Bis.pdf>

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



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

#### Plan for evaluation of a specific policy



Policy	1	2	3	4	5
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### Target groups included

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



### SUCCESS STORY

The School Sports National Olympiad is designed to enhance physical activity and overall well-being among students. By incorporating sports and cultural and artistic activities into the educational framework, the programme fosters harmonious development of young people. It highlights the significance of physical education and regular exercise as essential components of a healthy lifestyle, to improve the health of the school-age population. The Olympiad also promotes values such as fair play and non-violence in sports, creating a positive environment that encourages student participation.







[https://isjtulcea.ro/wp-content/uploads/2023/10/26.10.2023\\_Regulament-ONSS-2020.pdf](https://isjtulcea.ro/wp-content/uploads/2023/10/26.10.2023_Regulament-ONSS-2020.pdf)

## ► Counselling on physical activity and exercise prescription

The normative regulations governing the social health insurance system ensure better access to preventive medical services at the level of primary health care for both insured and uninsured people. Thus, during a preventive consultation, doctors evaluate lifestyle and risk factors and provide advice, including on physical activity.

<https://legislatie.just.ro/Public/DetaliuDocument/270773>; [http://www.casan.ro/casot/theme/cnas/js/ckeditor/filemanager/userfiles/CONTRACTARE\\_2023/Ordin\\_nr\\_185\\_441\\_2023\\_.pdf](http://www.casan.ro/casot/theme/cnas/js/ckeditor/filemanager/userfiles/CONTRACTARE_2023/Ordin_nr_185_441_2023_.pdf)

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

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



### SUCCESS STORY


Physical activity on prescription was pilot-tested in Romania in a project funded by the European Commission: A European Physical Activity on Prescription Model.

<https://www.eupap.org/>

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### ▶ Physical education in schools

Primary schools	Average per week	Secondary schools	Average per week
	<b>2</b> Mandatory		<b>2</b> Mandatory

#### HEPA in training of physical education teachers

<b>YES</b> Part of undergraduate studies <small>Mandatory</small>	<b>NO</b> Part of postgraduate studies
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### ▶ Promotion of physical activity in schools



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

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

A public awareness and behavioural change campaign, For a healthy lifestyle, has been conducted since 2009, led by the National Audiovisual Council.

<http://www.cna.ro/article2521,2521.html>

#### Media used in national campaigns

					
<b>Television</b>	<b>Radio</b>	<b>Newspapers</b>	<b>Social media</b>	<b>Public events</b>	<b>Public figures</b>
<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>

#### SUCCESS STORY

The Romanian Ministry of Health through the National Institute of Public Health is organizing a physical activity promotion campaign as a national priority. This nationwide information, education and communication campaign will be implemented by county health departments, which will distribute campaign materials through local channels.

<https://insp.gov.ro/centrul-national-de-evaluare-si-promovare-a-starii-de-sanatate-cnepss/resurse-iec/determinatii-starii-de-sanatate/>



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