

DENMARK

PHYSICAL ACTIVITY FACTSHEET 2018



Total population

5 748 769

Median age

41.6 YEARS

GDP per capita

45 800 €

% of GDP for health: **8.6**

% of GDP for education: **6.9**

% of GDP for sports: **0.4**



Population **MALE**

49.8%

Population **FEMALE**

50.2%

Life expectancy, **MALES**

79.0 YEARS

Life expectancy, **FEMALES**

82.8 YEARS

Sources: Eurostat (2016)

Success story

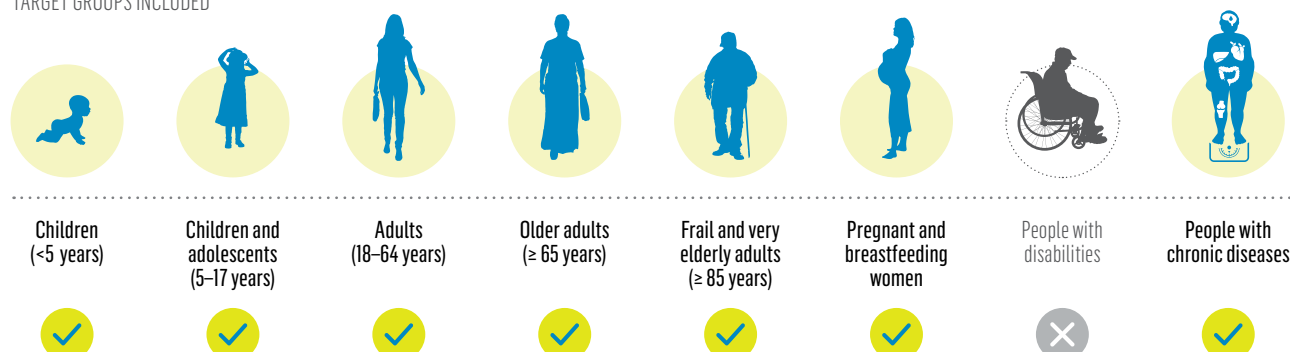
Daily physical exercise was made a mandatory part of the school day in 2013. Students in public primary and secondary schools are now required to engage in 45 min of physical exercise every day to improve their learning, health and overall well-being. Activities are either integrated into learning structures or conducted during time specifically dedicated to exercise. The Ministry provides materials and invites professionals to take part in courses to ensure physical exercise in the classroom and assists schools and municipalities in designing systematic, structured plans. The main aim is to motivate students and provide a variety of opportunities to be active. <https://uvm.dk/folkeskolen/laering-og-laeringsmiljoe/bevaegelse>



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

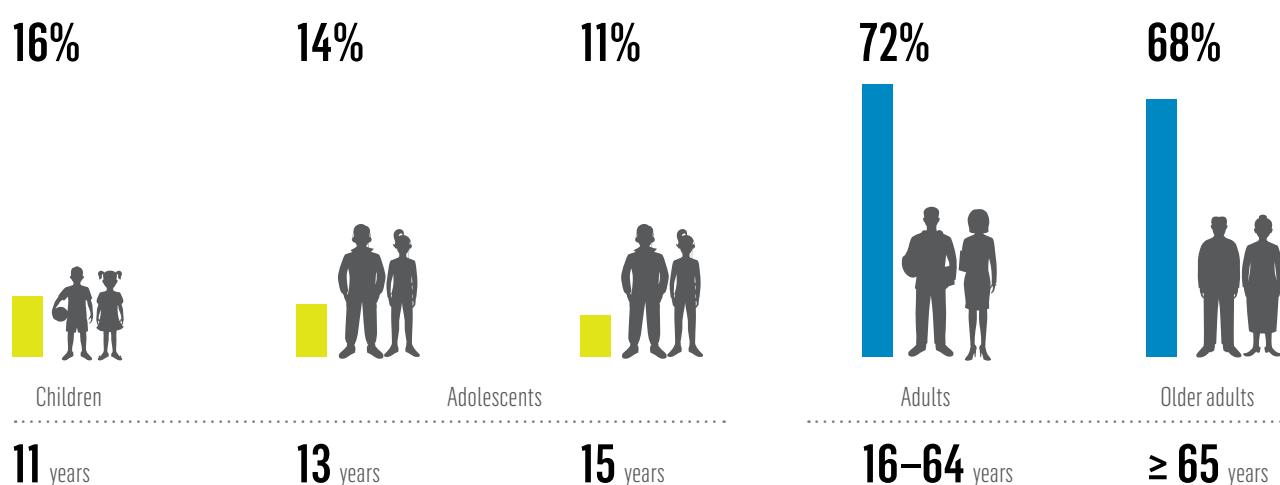
TARGET GROUPS INCLUDED



The present national recommendations were first implemented in 2011 and are based on WHO global recommendations on physical activity for health (2010), the recommendations of the US Centers for Disease Control and Prevention and the American College of Sports Medicine (1995), as well as Canadian evidence and recommendations (2010).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

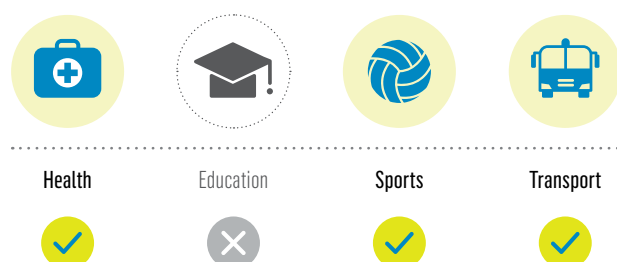


Levels of physical activity are assessed based on the WHO recommendations of 150 minutes of moderate-intensity physical activity per week for adults and 60 minutes per day for children and adolescents.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

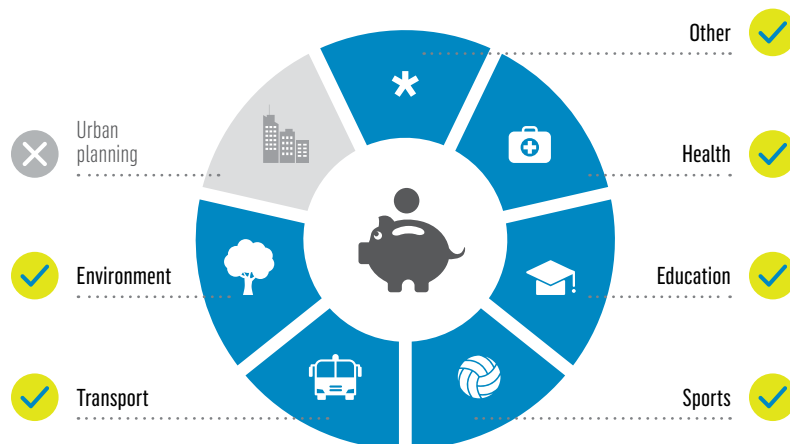
The physical activity levels of the Danish adult population were assessed in a national survey conducted in 2017 with the Nordic Physical Activity Questionnaire and presented in the Danish National Health Profile. The physical activity of children and adolescents is monitored in the Health Behaviour in School-aged Children survey.



POLICY RESPONSE

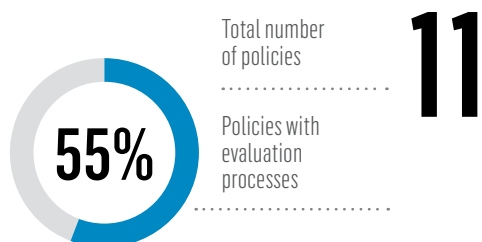
Funding allocated specifically to physical activity promotion by sector

The **Danish Sports Policy** (2016) ensures that all groups in society have the opportunity to participate in sports or exercise. The policy stipulates that special efforts should be made to involve children, adolescents and adults who are not already involved in organized sports as well as disabled or vulnerable groups who may find it difficult to participate in the traditional settings of sport associations. https://kum.dk/fileadmin/KUM/Documents/Kulturpolitik/Idrat/2016_dokumenter_m.v/Idr%C3%A6tspolitiske

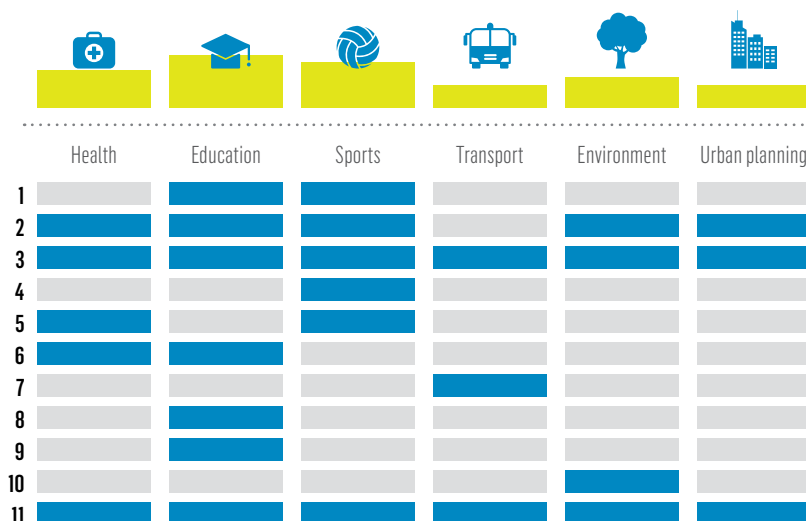


National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity

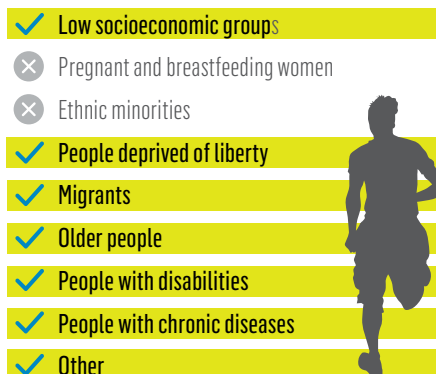


In Denmark, a funding pool has been set up to promote cycling. The State funds part of projects, usually 40% of the costs, and municipalities and organizations can apply for grants for projects to promote cycling, including cycling to school and work, development of biking paths, recreational cycling schemes and tourism and development projects.



Target groups addressed by national policies

As part of the Government's support for the "**Move for life**" strategy, three working groups were established in 2017 with representatives from ministries and various major stakeholders. One of the working groups promotes physical activity and sports for health by ensuring cooperation between the health care sector and local and national actors in both organized and non-organized sports. The working group also promotes participation in sports, particularly among inactive groups.



Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH

			
Medical doctors	Nurses	Physiotherapists	Others
			
Mandatory Undergraduate Postgraduate	Mandatory Undergraduate Postgraduate	Mandatory Undergraduate Postgraduate	Mandatory Optional Undergraduate Postgraduate



Medical doctors, nurses and physiotherapists are all trained in physical activity and health. Physical activity is also part of the curriculum for occupational therapists, psychomotor therapists, nutritionists and chiropractors, sometimes as part of an optional module.

In 2015, as part of an initiative for disease prevention in primary care and hospitals, the Danish Health Authority provided materials for an initial assessment of a patient's lifestyle, including physical activity, as part of routine care. It also provides information materials and supports referral to health interventions when needed.



Physical activity in schools

Total hours of physical education in
PRIMARY and **SECONDARY SCHOOLS**

630 h/year

630 h/year is the total number of hours that schools are recommended to offer to all students in primary and secondary schools from grades 1-9 as per the following:

Grades 1-3:	Grades 4-6:	Grades 7-9:
60 h/year	90 h/year	60 h/year

There may be variations among municipalities and between schools. In addition to physical education classes, 45 min of daily physical activity (about 150 h/year) are required in public primary and lower secondary schools to improve students' learning, health and overall well-being.



Physical
activity during
school breaks



Physical
activity during
lessons



Physical activity
programmes
after school



Active travel
to and from
school



Promotion of physical activity in the workplace

Active travel to and from the workplace	Physical activity at the workplace
	



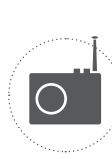
The Danish Cyclist Federation established the national campaign "**Bike to work**" to encourage people to use their bicycles for everyday transport. A number of schemes have also been developed by the Company Sport Association and implemented by the Danish Working Environment Authority to promote physical activity in workplaces.



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

In 2003, the Danish Health Authority established the nationwide "**Get moving**" campaign, which has been implemented in most years since 2006.

					
Television	Radio	Newspapers	Social media	Public events	Public figures
					