Success story
The Ministry for Education and Employment sponsors sports and physical activity programmes for children whose parents cannot afford to send them to classes. The process is simple and discrete, whereby the head of the school fills in a form that the parent can present instead of paying. For these courses, parents are also assisted in buying clothing, footwear and specific equipment, the cost of which might otherwise prevent participation. As the scheme is managed through schools, uptake and reach are high. https://education.gov.mt/en/education/student-services/Pages/default.aspx.
MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- Children (<5 years)
- Children and adolescents (5–17 years)
- Adults (18–64 years)
- Older adults (≥ 65 years)
- Frail and very elderly adults (≥ 85 years)
- Pregnant and breastfeeding women
- People with disabilities
- People with chronic diseases

Draft national recommendations are currently being prepared on the basis of WHO’s global recommendations on physical activity for health (2010).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

- Children 10–11 years: 25% (Boys 39%, Girls 10%)
- Adults 18–64 years: 36% (Men 38%, Women 34%)
- Older adults ≥ 65 years: 28% (Men 34%, Women 23%)

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity is monitored in the European Health Interview Survey and the Health Behaviour in School-aged Children survey, both conducted in 2014.
“Healthy club mark” is an initiative to encourage sports clubs to organize health-enhancing physical activity sessions for the general population in their facilities that are led by professional coaches.

National policies by sector

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

- Health
- Education
- Sports
- Transport
- Environment
- Urban planning

Total number of policies: 2

50% of policies have evaluation processes

1 - Health
2 - Education
3 - Sports
4 - Transport
5 - Environment
6 - Urban planning
Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH

- Medical doctors: Undergraduate
- Nurses: Undergraduate
- Physiotherapists: Undergraduate
- Others

A team for health promotion and disease prevention implements a programme to encourage health professionals to prescribe physical activity as treatment and to encourage physical activity among patients as part of a healthy lifestyle.

Physical activity in schools

Total hours of physical education per week in PRIMARY SCHOOLS: 2 NOT all mandatory

Total hours of physical education per week in SECONDARY SCHOOLS: 2 NOT all mandatory

“Schools OnTheMove” is a multifaceted, dynamic programme to promote and support participation in sports and physical activity in Malta. The programme includes physical activity sessions, mainly on Saturday mornings, that are open to children aged ≤ 16 years. Adults are invited to support their children by taking part in classes held concurrently. [https://www.sportmalta.org.mt/programmes/onthemove-skolasport](https://www.sportmalta.org.mt/programmes/onthemove-skolasport).

National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

- Television: x
- Radio: x
- Newspapers: x
- Social media: x
- Public events: ✓
- Public figures: x

MALTA PHYSICAL ACTIVITY FACTSHEET 2018