



ESTONIA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **1.33 m**

Median age: **42.3 years**

GDP per capita: **15 250 €**

Life expectancy, males: **74.2 years**

Life expectancy, females: **82.7 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- | | |
|---|--|
| <input type="checkbox"/> Children (< 5 years) | <input type="checkbox"/> Frail and very elderly adults (≥ 85 years) |
| <input checked="" type="checkbox"/> Children and adolescents (5–17 years) | <input checked="" type="checkbox"/> Pregnant and breastfeeding women |
| <input checked="" type="checkbox"/> Adults (18–64 years) | <input type="checkbox"/> People with disabilities |
| <input checked="" type="checkbox"/> Older adults (≥ 65 years) | <input type="checkbox"/> People with chronic diseases |

National recommendations on physical activity are based on [Nordic Nutrition Recommendations](#) (2012) and the [United Kingdom physical activity guidelines](#) (2011).

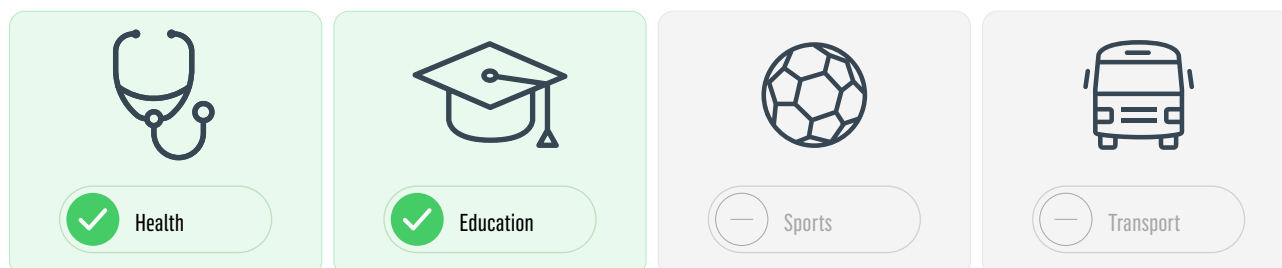
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Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017/2018; among adults, prevalence refers to adults who are physically active 30 minutes 4-6 times a week and 30 minutes every day, in 2020.

National government coordination mechanism and leadership in the promotion of physical activity

The Estonian Sport for All Association, established in 1991, aims to contribute to Estonian policy regarding sport for all, improve exercise conditions and increase awareness through programmes, events and campaigns.

► <http://www.sportkoigile.ee/>





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Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

 <p>Health</p> <p><input checked="" type="checkbox"/> Yes</p>	 <p>Education</p> <p><input checked="" type="checkbox"/> Yes</p>	 <p>Sports</p> <p><input checked="" type="checkbox"/> Yes</p>	 <p>Environment</p> <p><input checked="" type="checkbox"/> Yes</p>	 <p>Urban planning</p> <p><input checked="" type="checkbox"/> Yes</p>	 <p>Transport</p> <p><input type="checkbox"/></p>
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Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 THE FUNDAMENTALS OF THE ESTONIAN SPORTS POLICY TO 2030
- 2 NATIONAL HEALTH DEVELOPMENT PLAN 2020-2030
- 3 GREEN PAPER ON NUTRITION AND PHYSICAL ACTIVITY

TOTAL NUMBER OF POLICIES

3



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

	1	2	3
Health	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Education	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sports	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Environment	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Urban planning	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Transport	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

POPULATION GROUPS TARGETED BY EACH POLICY



General population

1	2	3
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



Children < 5
Children and adolescents (5-17)
Adults
Older adults (> 65)
Frail/elderly (> 85)

People with disabilities
People with chronic diseases
Pregnant women
Breastfeeding women
Low socio-economic groups

Ethnic minorities
Deprived of liberty
Migrants
Unemployed people

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POLICY HIGHLIGHTS

- 1 The Fundamentals of the Estonian Sports Policy to 2030.** The Fundamentals of the Estonian Sports Policy aims to improve the mental and physical health and well-being of Estonians by encouraging them to be more active through exercise and playing sports and provide living environments that promote physical activity and services that contribute to living longer and healthier lives. The Ministry of Culture will report on implementation of the policy.
- 2 National Health Development Plan 2020–2030.** The plan is based on three pillars: human-centred health care, health support choices and health-supported environments. It focuses on healthy option programmes that include the development of the life-cycle nutrition and mobility policy and approval of the green paper on physical activity and nutrition by the Government. It also aims to reduce the trend of overweight, obesity and sedentary behaviours and support the development of community-based social networks to promote physical activity among older adults.
- 3 Green paper on nutrition and physical activity.** The green paper seeks to reduce the prevalence of noncommunicable diseases and reduce health problems related to overweight and obesity. One of the targets is to increase physical activity and regular exercise by 25% among adults aged 16–64 and 30% in children.

Sports Clubs for Health

Many sport clubs promote health-enhancing physical activity (HEPA) without any national frameworks or guidelines. Promoting HEPA is becoming more and more popular as an effective way for sport clubs to raise their membership or involve more people.



















Increasing access to exercise facilities for socially disadvantaged groups

The Hobby School Act supports and promotes programmes that provide hobby activities for young people, including those with disabilities. It involves improving the availability and quality of hobby activities and providing opportunities for participation. Cities and rural municipalities participating in the programme are required to report on implementation of their plans.

The goal of measures to promote the integration of young people to revive regional economic development is to improve the connection between young people from different regions and backgrounds through sports and cultural activities as a means of eradicating poverty and creating equal opportunities for young people to participate in recreational activities.

Counselling on physical activity and exercise prescription

HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

	Medical doctors	Physiotherapists	Nurses	Nutritionists/ dieticians	Psychologists	Other health professionals
	 Yes	 Yes	 Yes	 No	 No	 No
Undergraduate						
Postgraduate	 Mandatory	 Mandatory	 Mandatory			

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Physical education in schools

PRIMARY SCHOOLS:

LESSONS PER WEEK



2–3

Mandatory

SECONDARY SCHOOLS:

LESSONS PER WEEK



2

Mandatory

Physical education teachers have the option of receiving training in physical activity and health as part of their undergraduate and postgraduate studies. The quality of physical education classes in schools is evaluated via external inspections at state level and internal audits within schools at local level.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



During breaks



During lessons



After school



Travel to and from school

The **Schools in Motion** programme supports schools to integrate physical activities into the school day, including movement during and between lessons and active travel to and from school. The programme seeks to ensure that students are able to move more and sit less during lessons and recess, take greater initiative in organizing their own recess activities and gain greater joy from learning. Under the umbrella of the School in Motion project, schools are provided with innovative ideas to promote physical activity among students during recess. Examples include dance recess, provision of sports equipment for recess activities, outdoor recess, obstacle courses and changes in the environment. Another example is the appointment of playground leaders, older students who are trained to organize active games for younger students during recess. In 2021, there are 148 participating schools (28% of all general education schools) with more than 63 000 students.

SUCCESS STORY



The school roadmap is a collaboration involving schools and the education and transport sectors. The goal is for local governments to plan public spaces and implement changes in a way that allows children to walk safely or use light vehicles for travelling to school. Using the Transport Authority's school route-mapping information system, students can plan their school journey, think about their daily movement and the safety of the journey to school, and plan safer journeys to and from school. This information is used by teachers to address the topic of road safety in class and by school leaders and local government to better manage issues related to traffic.

► <https://www.liikumakutsuvkool.ee/aktiivne-koolitee/> ► <https://koolitee.mnt.ee/>

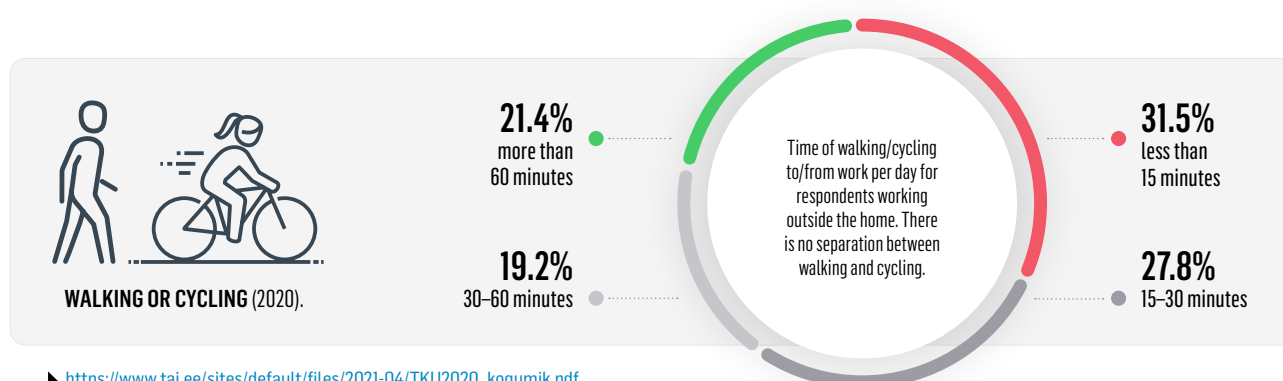
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National travel survey

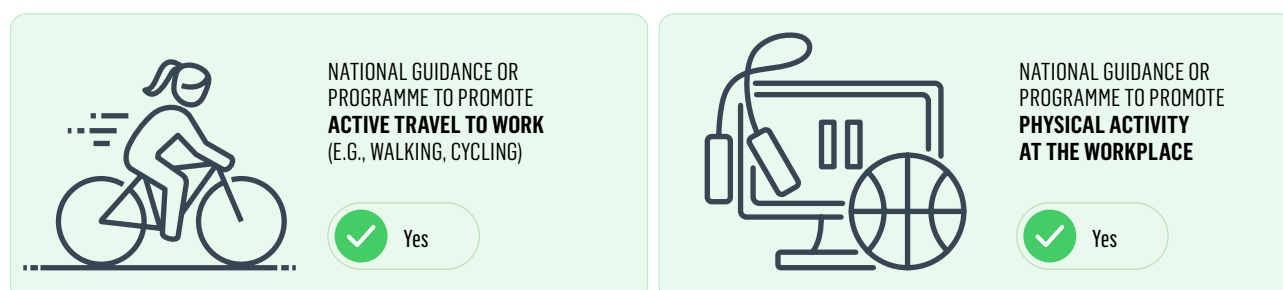
The Estonian adult health behaviour survey focuses on the health status of the Estonian population by evaluating medical care and use of medicines, nutrition, smoking and alcohol consumption, physical activity and traffic behaviour. Part of the survey estimates people's walking or cycling time to and from work and in their free time and days off.



Infrastructure for leisure-time physical activity

The Government took a decision in April 2018 to invest €2.4 million (€600 000 per year) between 2019 and 2022 in outdoor leisure-time Sport for All facilities. At least one facility in each county (Estonia has 15 counties) will receive investment.

Promotion of physical activity in the workplace



The Kondimootoriga Tööle [Walk2Work] campaign encourages people to go to work with what is described as their "bone engine" rather than use options like cars or buses. Commuting to and from work by walking is an effective way of increasing physical activity. As of April 2021, groups can register a team on the campaign website. Every day, each member can earn two points for the team (one for coming to work by foot and the other by going home by foot). The competition includes prizes for teams that earn the most points.

Since 2018, employers have been able to compensate up to €100 per employee per quarter for health and sports expenses as a tax-exempt fringe benefit. Health-promotion expense that are tax-exempt include fees for participation in public sports events, expenses directly related to regular use of sporting venues and those for health services provided to employees.

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National awareness-raising campaign on physical activity

The National Olympic Committee of Estonia runs a campaign called "Estonia is moving" that targets the whole population, with special attention paid to physically inactive people. The campaign is delivered mainly via commercials, TV clips, Facebook and the Sport for All website.

MEDIA USED IN NATIONAL CAMPAIGNS

						
Television	Radio	Newspapers	Social media	Public events	Public figures	Other
<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/>

➤ <https://www.liigume.ee>