FRANCE
PHYSICAL ACTIVITY
FACTSHEET 2021

The recommendations are based on WHO recommendations (2010) and were implemented in 2016.

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
- Menopausal women

Total population: 67.44 m
Median age: 41.9 years
GDP per capita: 30 610 €
Life expectancy, males: 79.2 years
Life expectancy, females: 85.3 years

Sources: Eurostat (2020/2021)
Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Health
Education
Sports
Transport
Other*

SUCCESS STORY
The National Agency for Food, Environmental and Occupational Health Safety, supported by the ministries of Health and Agriculture, conducts a study on national food consumption every 7 years. The third study of children and adults was conducted between February 2014 and September 2015. Data collected from questionnaires included physical activity and a sedentary lifestyle.

Estimated prevalence of sufficient physical activity levels

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>6–10 years</td>
<td>62.6%</td>
<td>55.5%</td>
</tr>
<tr>
<td>11–14 years</td>
<td>26.9%</td>
<td>20.2%</td>
</tr>
<tr>
<td>15–17 years</td>
<td>28.0%</td>
<td>15.7%</td>
</tr>
<tr>
<td>18–54 years</td>
<td>59.9%</td>
<td>49.8%</td>
</tr>
<tr>
<td>55–74 years</td>
<td>64.8%</td>
<td>57.8%</td>
</tr>
</tbody>
</table>

Levels of physical activity in all age groups were assessed in the Esteban survey in 2014–2015.
National government coordination mechanism and leadership in the promotion of physical activity


Funding for the promotion of physical activity for health

Policy response

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

1 NATIONAL SPORT HEALTH STRATEGY (STRATÉGIE NATIONALE SPORT SANTÉ 2019-2024)
2 4TH NATIONAL HEALTH AND ENVIRONMENT PLAN (2021-2025)
3 BICYCLE AND ACTIVE MOBILITY PLAN, 2018 (PLAN VÉLO ET MOBILITÉS ACTIVES 2018)
4 NATIONAL HEALTH NUTRITION PROGRAMME 2019–2023 (PROGRAMME NATIONALE NUTRITION SANTÉ 2019–2023)
5 THIRD HEALTH AT WORK PLAN 2016–2020 (TROISIÈME PLAN SANTÉ TRAVAIL 2016–2020)

TOTAL NUMBER OF POLICIES 5

SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

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

POPULATION GROUPS TARGETED BY EACH POLICY

1 2 3 4 5
General population
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
Increasing access to exercise facilities for socially disadvantaged groups

City policies (politiques de la ville) support social, cultural, sports and associated facilities in order to promote social bonds. This collaboration between the Government and local authorities increases cohesion and promotes sports in the most disadvantaged neighborhoods.
Counselling on physical activity and exercise prescription

A **decree on physical activity on prescription** came into force in 2016. It specifies that an attending physician can prescribe physical activity to patients with a long-term illness that requires special treatment and prolonged follow-up. In compliance with the regulations, sports–health houses (*Maisons Sport-Santé*) set a framework for dispensation of physical activity adapted to patients with long-term illnesses.

**SUCCESS STORY**

Sports–health houses were initiated by the ministries responsible for sports and health in 2019. There are currently 288 such centres throughout the country, and the goal is to have 500 by 2022. They may be hosted by public (e.g., hospitals, local authorities) or private structures (e.g., associations, sports and health networks). They organize information and awareness sessions and provide guidance and personalized support from health and sports professionals for sustainable practice of physical activity and sport, particularly for people who require adapted physical activity prescribed by a doctor, people with chronic diseases for whom physical activity is recommended and citizens in good health who want support to return to a physically active lifestyle.

Physical education in schools

<table>
<thead>
<tr>
<th>PRIMARY SCHOOLS:</th>
<th>HOURS PER WEEK</th>
<th>SECONDARY SCHOOLS:</th>
<th>HOURS PER WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3</td>
<td></td>
<td>2–4</td>
</tr>
<tr>
<td>Mandatory</td>
<td></td>
<td>Mandatory</td>
<td></td>
</tr>
</tbody>
</table>

The quality of physical education in schools is evaluated during official inspections by education inspection offices.

**PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS**

- **After school**
- **Travel to and from school**

Several national programmes encourage physical activity and sports practice among young people. For example, schools and other educational establishments can join various health promotion projects, such as Health-promoting schools (*Écoles promotrices de santé*) or gain a “Generation 2024 label” (*Label Génération 2024*). The “I learn to swim” (dispositif J’apprends à nager) programme is part of the interministerial “Aquatic ease” plan launched in 2019 by the Ministry of Sports, which finances 10 swimming sessions for children aged 4–12 years to allow them discover and evolve safely in the aquatic environment. Additionally, Public Health France, a national agency under the supervision of the Ministry of Health, has entrusted a national centre to support physical activity and fight against sedentary lifestyles for the development of physical activity and sports programmes during and outside school time and also use of the approach “Intervention with middle-school students centred on physical activity and a sedentary lifestyle” throughout France.

Within the cycling plan launched in 2018, the “Knowing how to ride a bike” (*Savoir rouler à vélo*) initiative generalizes the learning and practice of independent cycling for all children before they enter college. The 10-h programme allows children aged 6–11 to ride a bike autonomously, practise physical activity daily and travel ecologically and economically.
National travel survey

A national survey is conducted by the Ministry of Ecological Transition every 10–15 years to collect data on movement by households living in cities, suburbs and the countryside and their use of collective and individual means of transport (reason, length, duration, mode of transport, time of year and time of day). While the latest personal mobility survey was conducted in 2018–2019, the latest complete published data are from 2008.

<table>
<thead>
<tr>
<th>Mode</th>
<th>2008</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>13 min</td>
<td>14 min</td>
</tr>
<tr>
<td>Cycling</td>
<td>16 min</td>
<td>18 min</td>
</tr>
</tbody>
</table>

Infrastructure for leisure-time physical activity

In 2019, the Ministry of Sports invested € 20 million in the construction and renovation of sports facilities, with priority for underserved areas.


Promotion of physical activity in the workplace

The “sustainable mobility package” decree of 9 May 2020: In line with the mobility law, the decree establishes a sustainable mobility package to be provided optionally by employers for personal transport by electric or manual bicycle between home and work up to € 400 per year.

The third “Health at work” plan sets strategic goals for public health objectives. Operational objective 6 is “promoting a work environment conducive to health”. The fourth “Health at work” plan 2021–2026 is being developed to “encourage the development of actions promoting the health of agents, including sports practices”. The aim of Law 2021-1018 is to strengthen health prevention at the workplace by separating it from public health. The health services provide care pathways for employees, including links to medical care in towns and integration of occupational health into medical records so as to link services integrating physical activity with non-drug treatment and improve the quality of life of patients with chronic diseases. Prevention and occupational health services promote health in the workplace, including raising awareness of the benefits of physical and sports practice.
Community-based interventions for older adults

The aim of the National action plan for preventing fragility and loss of autonomy among the elderly is to coordinate actions to prevent loss of autonomy among people aged ≥ 60 and their funding among departments. It has been supported by the National solidarity fund for autonomy (Caisse nationale de solidarité pour l’autonomie) since 2015 and includes physical activity. Departmental councils committed € 135 million in 2018. About 15.4% of the budget is for the promotion of physical activity and prevention of falls.

National awareness-raising campaign on physical activity

National School Sports Day (Journée Nationale du Sport Scolaire) takes place every year in September throughout France to promote the activities of school sports associations and federations to students, teachers, parents of students and the local sports world in schools, colleges and high schools. Sporting and fun events (demonstrations, cross-country, tournaments, athletics competitions) bring together students, their teachers and their parents.

The web application MoveAtHome (BougezChezVous) of the Ministry of Sports helps people to be active at home with an app accessible on a mobile, tablet or computer. The platform helps people to attain their sporting goals with daily reminders, according to a schedule defined by the user, and advice and personalized emails and notifications according to their preferences and physical capacity. The reminders also link subscribers to activities recommended and supported by the Ministry of Sports.

Playground 2024 (Terre de Jeux 2024) is intended for municipalities, inter-municipal authorities, departments and regions of France and the overseas territories that wish to include more sport in the daily life of their inhabitants. In 2024, France will welcome the Olympic and Paralympic Games. The aim of the initiative is to promote more sports for health and inclusion, more sustainable, responsible sport, more sport accessible to all, regardless of age, gender, place of residence, sexual orientation, origin or physical condition, and more sports to experience unique emotions.

MEDIA USED IN NATIONAL CAMPAIGNS

Television Yes
Radio Yes
Newspapers Yes
Social media Yes
Public events Yes
Public figures Yes
Other

SUCCESS STORY

The 11th National School Sports Day took place on 23 September 2020, with the theme of health and resumption of physical activity. More than 6500 forums, tournaments and meetings have been organized, and more than a million students have been mobilized across the country. The Ministry’s renewed partnerships with school sports federations have facilitated education on sport in regions.