



# LITHUANIA

## PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 2.80 m

Median age: 44.2 years

GDP per capita: 13 890 €

Life expectancy, males: 70.1 years

Life expectancy, females: 80.0 years

Sources: Eurostat (2020/2021)



### 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

The recommendations are based on [WHO recommendations](#) (2010) and [WHO physical activity, sedentary behaviour and sleep recommendations for children under 5 years old](#) (2019) and were implemented in 2018.



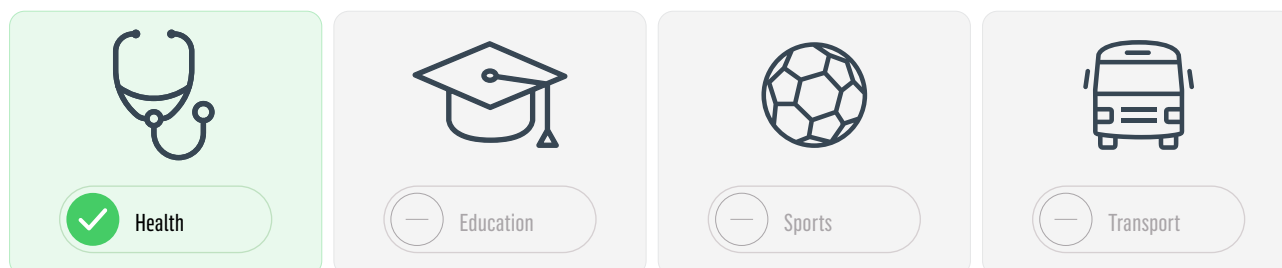
# LITHUANIA

## PHYSICAL ACTIVITY

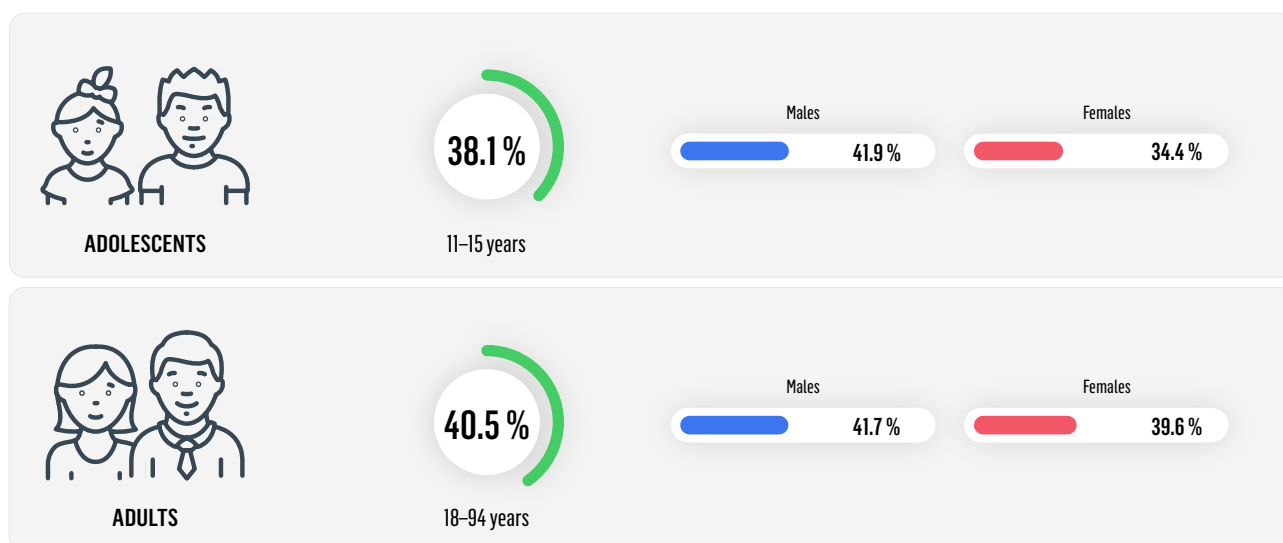
### FACTSHEET 2021

## Monitoring and surveillance of physical activity

### SECTORS WITH SURVEILLANCE SYSTEMS



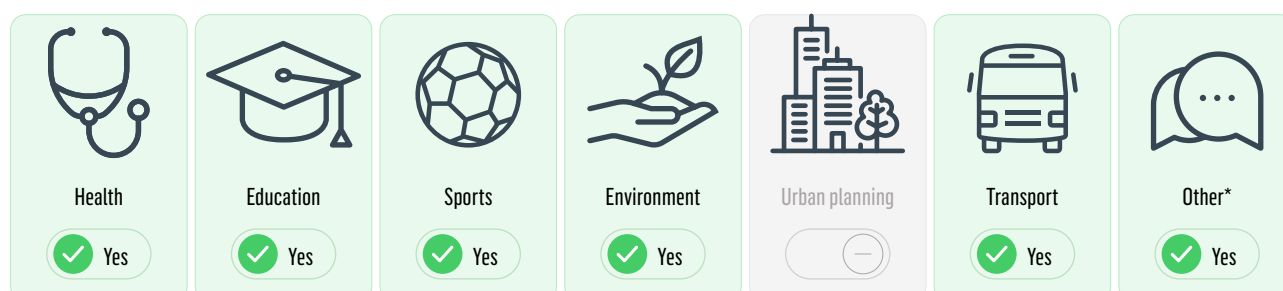
## Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children and adolescents were assessed in a [children's lifestyle survey](#) in 2020; data for adults and older adults were collected in an [adult's lifestyle survey](#) in 2018.

## Funding for the promotion of physical activity for health

### FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



\*Social integration of disabled people through sport



# LITHUANIA

## PHYSICAL ACTIVITY

### FACTSHEET 2021

## Policy response



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

- 1 LITHUANIAN HEALTH STRATEGY FOR 2014–2025
- 2 NATIONAL PROGRAMME FOR THE DEVELOPMENT OF PUBLIC HEALTH CARE 2016–2023
- 3 NATIONAL SPORT DEVELOPMENT STRATEGY FOR 2011–2020
- 4 INTER-INSTITUTIONAL ACTION PLAN FOR IMPLEMENTATION OF THE NATIONAL SPORT DEVELOPMENT STRATEGY FOR 2011–2020
- 5 GUIDELINES FOR MAINTAINING AND STRENGTHENING HEALTH
- 6 ACTION PLAN OF THE GUIDELINES FOR MAINTAINING AND STRENGTHENING HEALTH 2020–2022
- 7 REGULATIONS OF SPORTS SUPPORT FUND
- 8 PROMOTION OF ENERGY EFFICIENCY AND RENEWABLE ENERGY PRODUCTION AND USE OF RENEWABLE ENERGY SOURCES: RECONSTRUCTION AND DEVELOPMENT OF PEDESTRIANS AND BICYCLE TRAILS
- 9 CONSTRUCTION TECHNICAL REGULATION STR 2.06.04: 2014 ON STREET AND LOCAL GENERAL REQUIREMENTS
- 10 METHOD FOR PRIORITIZING INSTALLATION OF PEDESTRIAN AND CYCLING INFRASTRUCTURE (ORDER NO. 194).

TOTAL NUMBER OF POLICIES

10



### SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

	1	2	3	4	5	6	7	8	9	10
Health	✓	✓	✓	✓	✓	✓	○	○	○	○
Education	○	○	✓	✓	○	○	✓	○	○	○
Sports	○	○	✓	✓	○	○	✓	○	○	○
Environment	○	○	○	○	○	○	○	✓	✓	○
Urban planning	○	○	○	○	○	○	○	○	✓	○
Transport	○	○	✓	○	○	○	○	✓	✓	✓

## POPULATION GROUPS TARGETED BY EACH POLICY



	1	2	3	4	5	6	7	8	9	10
General population	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
People with disabilities	○	○	○	○	○	○	✓	○	○	○



Children < 5 Children and adolescents (5–17) Adults Older adults (≥ 65) Frail/elderly (≥ 85)	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 Lithuanian Health Strategy for 2014–2025.** The aim of the Strategy is to provide a health-friendly physical living and working environment that includes promoting healthy eating and developing habits of optimal physical activity. The plan is to create healthy, safe conditions for engaging in leisure activities, reducing the number of road accidents and injuries, reducing environmental pollution and noise and promoting community well-being. Further, it seeks to strengthen inter-institutional cooperation at municipal level and support businesses and nongovernmental institutions that promote safe leisure activities or programmes.

**2 National Programme for the Development of Public Health Care 2016–2023.** The Programme seeks to prolong the healthy life years of the population by improving physical and mental health through promotion of healthy lifestyles and health literacy. The goal is to create healthy environments in education, health-care settings, people's social care institutions and workplaces and to increase physical activity levels by enabling individuals to be physically active in all areas of life. Some of the actions are provision of information based on scientific evidence about the health benefits of physical activity and increase awareness of health-enhancing physical activity. New sports and physical activity infrastructure will be designed and others modernized to bring them closer to residential areas and to improve the access of all people. Physical activity levels will be monitored in various population groups to assess changes and the effectiveness of the measures.



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## PHYSICAL ACTIVITY

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**6 Action plan of the Guidelines for Maintaining and Strengthening Health 2020–2022.** The plan is to increase the physical activity levels of children, adolescents and adults by creating favourable conditions for physical activity throughout the country but especially in educational institutions and to develop and disseminate science-based information to the public on the benefits of physical activity. Each year, 12 actions are prepared, disseminated and implemented by different groups. Programmes and projects are designed for social integration of people with disabilities through physical activity and sports, and a training programme has been developed in which professionals instruct the elderly and people with special needs in physical activities. A draft programme to promote physical activity for outpatients in primary health care institutions is being prepared for approval by the Minister of Health.



#### SUCCESS STORY

The Ministry of Transport and Communications indirectly contributes to the promotion of physical activity by funding reconstruction and development of pedestrian and bicycle paths. The Plan is to instal 50 km of new bicycle and footpaths and to reconstruct 20 km of bicycle tracks and footpaths.

## Sports clubs for health

The Lithuanian regulation on sport states that sports clubs are responsible for promoting people's physical activity, a healthy lifestyle and high-level performance in sports. The [National Sport Development Strategy for 2011–2020](#) sought to increase the development of sports clubs and to reinforce health-enhancing physical activity. To date, there are approximately 1200 sports clubs in 60 municipalities in Lithuania, including clubs of sport federations. No data are available, however, on the number of sports clubs that have implemented HEPA principles. Nevertheless, the national organization "Sports for All" and its 17 member organizations have about 500 clubs that offer activities to promote a healthy lifestyle, social inclusion and local sports.

## Increasing access to exercise facilities for socially disadvantaged groups

Construction Technical Regulation (STR 2.03.01: 2019) "[Availability and accessibility of facilities](#)" was drafted by the Ministry of Environment. Its aim is to establish a national system for assessing the accessibility of buildings for people with disabilities, including infrastructure in educational institutions, health-care institutions, social services, cultural institutions and national and municipal institutions. It also requires that sports-related constructions be easy and convenient to access by people with disabilities. The plan is implemented in cooperation with the Ministry of Social Security and Labour, the Ministry of Education, Science and Sport, the Ministry of Culture, the Ministry of Interior and the Ministry of Health.

► <https://e-seimas.lrs.lt/portal/legalAct/lt/TAP/f71cc1f47b7111eb9fc9c3970976dfa1?positionInSearchResults=0&searchModelUUID=fd23412b-72ae-4c56-afab->

## Counselling on physical activity and exercise prescription

A national screening programme for the detection of individuals at high risk for cardiovascular diseases is part of the primary health-care sector and supported by the Ministry of Health. As part of the programme, general practitioners conduct a risk assessment and draw up recommendations for primary prevention, including counselling on and promotion of physical activity. The effect of the preventive measures and the overall likelihood of cardiovascular disease are reassessed annually.







► <https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.267675/asr>



# LITHUANIA

## PHYSICAL ACTIVITY FACTSHEET 2021

### HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY



	 Medical doctors	 Physiotherapists	 Nurses	 Nutritionists/ dieticians	 Psychologists	 Other health professionals
	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> No	<input type="checkbox"/> No
Undergraduate	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Postgraduate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Optional	Mandatory	Optional			



### SUCCESS STORY

Since 2020, Lithuania has participated in the "Virtual advice, nurturing, guidance on universal action, research and development for physical activity and engagement in sport", the **"VANGUARD" project**. Supported by the European Commission, its aim is to embed physical activity into the undergraduate curriculum. So far, six Lithuanian high schools are pilot-testing methodological material developed in the United Kingdom for students of medicine and nursing.

## Physical education in schools

PRIMARY SCHOOLS:	HOURS PER WEEK	SECONDARY SCHOOLS:	HOURS PER WEEK
	<b>3</b> Mandatory		<b>2-3</b> Mandatory

Physical education teachers receive mandatory training in physical activity and health as part of their undergraduate and post-graduate studies. The quality of physical education in both formal and informal school activities is monitored every 7 years by the National Agency for School Evaluation in accordance with the general State system of Education Monitoring.



# LITHUANIA

## PHYSICAL ACTIVITY

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#### PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



During breaks



During lessons



After school



Travel to and from school

The general plan for Lithuanian schools states that the administrations of all schools should ensure at least one active break daily of no less than 25 min and provides recommendations for active breaks. Each school community (pupils, teachers, parents) decides on the content and character of the breaks according to the school environment and conditions.

The "Active schools" programme came into effect in 2019 as a common order from the Ministry of Education, Science and Sport and the Ministry of Health. The programme promotes physical activity throughout the school day as well as active travel to school. So far, 127 Lithuanian schools have been recognized as Active schools.

Physical activity after school is provided by the informal education financing system, whereby allocations are distributed from the national budget to municipalities according to the number of schoolchildren at schools of general education. Informal programmes are offered by sports clubs, free-lance teachers, municipal sport centres and others. Municipal budgets also provide for sports services and activities for children.

► <https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/12c15990837e11e98a8298567570d639>

## National travel survey

National data on active transport can be taken from the [European Health Interview Survey](#), with the latest available data in 2019. The report on eating habits, nutrition and physical activity of school-age children includes active travel to school of at least 10 min duration.



WALKING

PERSON PER DAY



≥ 30 min

for 47.8 % of people



CYCLING

PERSON PER DAY



≥ 30 min

for 10.6 % of people

## Infrastructure for leisure-time physical activity

Infrastructure for leisure-time physical activity is being developed according to national technical regulations, local infrastructure and needs and various international recommendations and good practices, usually by local decisions. Various national laws are in place to protect the environment, with the indirect effect of contributing greenery to a healthier living and working environment. For example, the Law on Environmental Protection and the Law on Environmental impact assessment define the procedure for establishment and use of protected areas and nature protection in a broad sense.

## Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR  
PROGRAMME TO PROMOTE  
PHYSICAL ACTIVITY  
AT THE WORKPLACE



Yes

Methods are provided on the website of the Institute of Hygiene and are applied by public health programmes in every municipality. They can also be used by enterprises. Recommendations on organizing physical activity promotion at the workplace, a questionnaire on healthy nutrition and physical activity for health promotion at the workplace and individual consultations for workers with obesity and overweight are available.



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### SUCCESS STORY

Municipal health bureaus conduct **physical activity programmes at workplaces**. One of the broadest projects for workers is that of the largest Lithuanian city (Vilnius) bureau, where workers are offered 10 classes free of charge, including theoretical consultation and practical workouts, ergonomic working methods, healthy nutrition and eye exercises.

## Community-based interventions for older adults



NATIONAL GUIDANCE OR PROGRAMME FOR  
COMMUNITY-BASED INTERVENTIONS TO PROMOTE  
**PHYSICAL ACTIVITY IN OLDER ADULTS**



The public health bureaus implement programmes specifically to promote physical activity among older adults. A Ministry of Health order came into force in 2021, which provides clear guidelines and requirements for implementation of interventions in all municipalities.

## National awareness-raising campaign on physical activity

The social initiative "Choose life" is one of the largest awareness-raising campaigns on healthy lifestyles. It is supported by the Health Promotion Fund, administered by the Ministry of Health. Physical activity is promoted by Lithuanian role models in various fields, such as athletes, singers and actors.

### MEDIA USED IN NATIONAL CAMPAIGNS



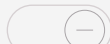
Television



Radio



Newspapers



Social media



Public events



Public figures



Other\*



\*Ministry of Health website



### SUCCESS STORY

A successful start-up programme, **#Walk15**, is a popular mobile app to inspire people to walk every day. The constantly updated app has dozens of engaging features that allow users to discover and create steps challenges and other features. Currently, the programme has over 120000 users. The general options are free for users through funding from the Sports Support Fund and private entities.