



LUXEMBOURG

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **0.63 m**

Median age: **39.5 years**

GDP per capita: **81 290 €**

Life expectancy, males: **79.4 years**

Life expectancy, females: **84.2 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- | | |
|---|---|
| <input checked="" 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 women |
| <input checked="" type="checkbox"/> Adults (18–64 years) | <input type="checkbox"/> Breastfeeding women |
| <input checked="" type="checkbox"/> Older adults (≥ 65 years) | <input type="checkbox"/> People with disabilities |
| | <input type="checkbox"/> People with chronic diseases |

The recommendations are based on WHO recommendations (2010), WHO physical activity, sedentary behaviour and sleep recommendations for children under 5 years old (2019) and WHO guidelines on physical activity and sedentary behaviour (2020) and were implemented in 2021.

SUCCESS STORY

In early 2021, the Ministry of Sport published a manual on the importance of appropriate stimulation and development of motor skills and their role in the process of physical growth as well as mental and social development of children from 0 to 12 years of age. The "**Handbuch zur Bewegungsförderung bei Kindern von 0-12 Jahren**" can be downloaded free of charge from www.sports.lu, and consulted by accessing the mobile application LTAD – Lëtzebuerg leeft Sport (APP – LTAD) (Long-Term Athlete Development – Luxembourg lives Sport).



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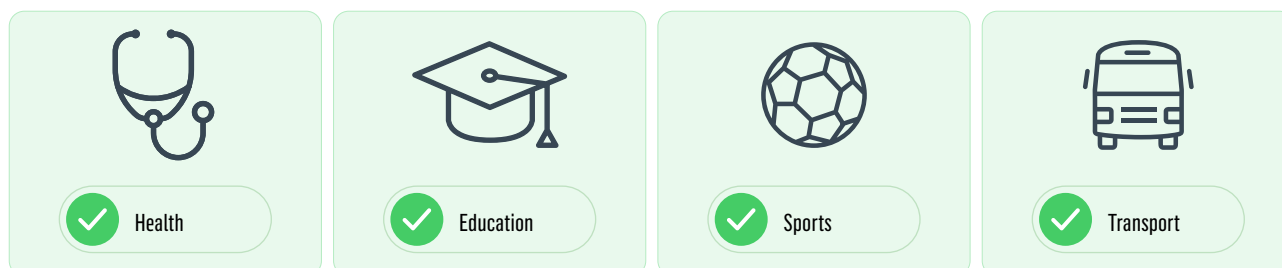
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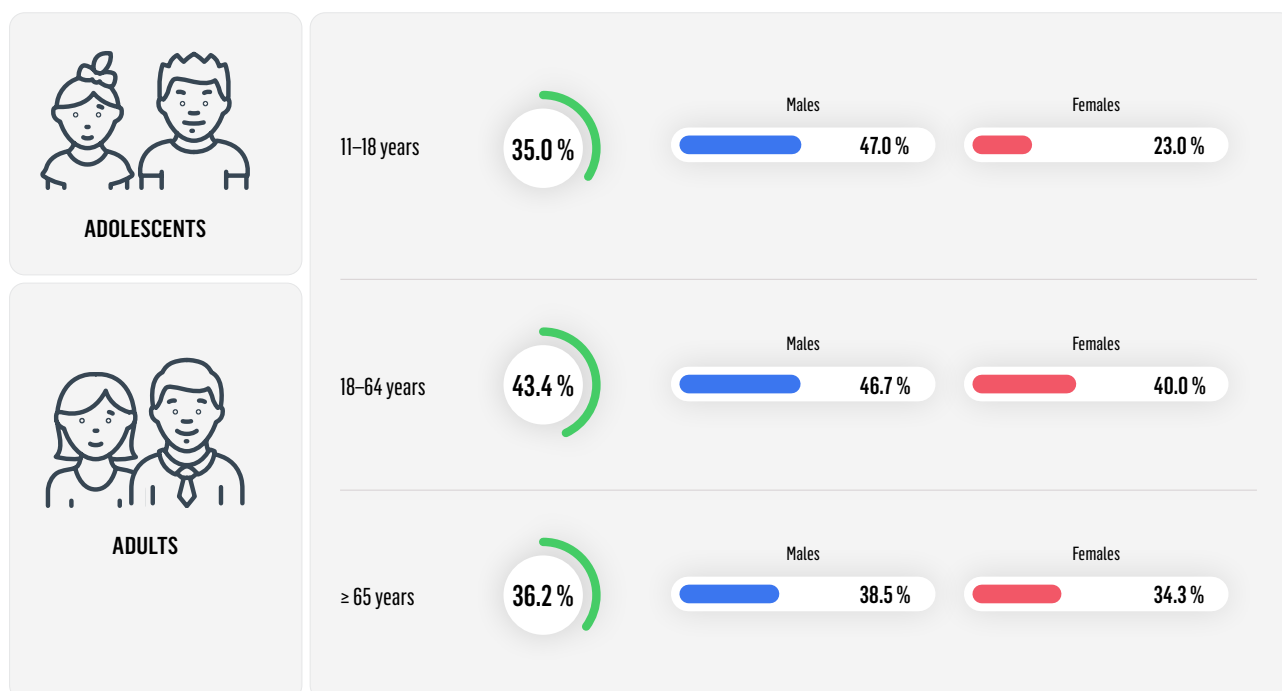


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children and adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017–2018, and data for adults and older adults were collected in the European Health Interview Survey in 2019. Statistical data collected from the European Survey is used as a reference and orientation tool in the context of the prevalence of physical activity and sport within the population of Luxembourg. Additionally, the “MOBAK-LUX” project provides feedback on the status and prevalence of basic motor skills of children from kindergarten to grade 5.

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

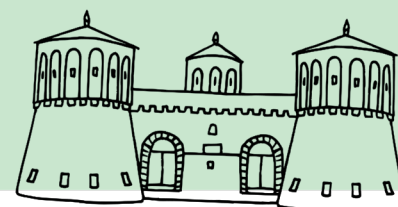
The executive committee GIMB was mandated in 2018 by the Government to coordinate the promotion of active and healthy lifestyles as part of the national framework plan [“Gesond iessen, Méi beweegen – GIMB” 2018-2025 \(Eat healthy, Move more\)](#). Since 2006, the GIMB programme is co-funded by its executive members the Ministry of Health, the Ministry of Sport, the Ministry of Education, Children and Youth, the Ministry of Family Affairs, Integration and the Greater Region, The executive committee which is led by the Ministry of Health, can be enlarged through other members, experts and thematic working groups from the public and private sector across the fields of education, sports, health, family, trade, agriculture, urban planning, transport, and environment.

► <https://gimb.public.lu/fr/programme-gimb/comite-executif.html>

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SUCCESS STORY

National GIMB Day, launched in 2006, has evolved into a traditional event on the leitmotif “expand thinking by networking”: encouraging knowledge and best practice exchanges for an adequate healthy lifestyles in every setting. As a national information and exchange platform, National GIMB Day brings together decision-makers, actors in the field and other interested parties on a specific theme each year related to the objectives of the national GIMB programme. Its thematic orientation and organizational development are led by the executive committee GIMB.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

<p>Health</p> <p>✓ Yes</p>	<p>Education</p> <p>✓ Yes</p>	<p>Sports</p> <p>✓ Yes</p>	<p>Environment</p> <p>—</p>	<p>Urban planning</p> <p>—</p>	<p>Transport</p> <p>—</p>	<p>Family</p> <p>✓ Yes</p>
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Policy response



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

- 1 NATIONAL FRAMEWORK PLAN EAT HEALTHY, MOVE MORE (GESOND IESSEN, MÉI BEWEEGEN) 2018–2025

TOTAL NUMBER OF POLICIES

1



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

Health	Education	Sports	Environment	Urban planning	Transport	Family
✓	✓	✓	○	○	○	✓

POPULATION GROUPS TARGETED BY EACH POLICY



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

✓ Yes

POLICY HIGHLIGHTS

1 National Framework Plan Eat healthy, Move more (Gesond iessen, Méi beweegen) 2018–2025. The Plan is supported (since 2006) by the ministries of Health, Sports, National Education and Children and Youth, Family and Integration. The aim of this inter-ministerial strategy is to promote balanced diet and adapted physical activity and to reduce the problems of obesity and sedentary lifestyles throughout the population, which includes adults, elderly and vulnerable individuals. It is based on four guiding principles: 1. Access for all. 2. Acting together. 3. Empowerment. 4. Sustainability. Emphasis is placed on strengthening governance, multisectoral collaboration and networking creating awareness of the policy at national level and international collaboration. In addition to the traditional NATIONAL GIMB DAY and GIMB LABEL awards, the plan runs since 2019/2020 its own digital platform, releases an annual activity report and a periodical newsletters and active communication through social media. The plan includes an evaluation system consisting of quantitative and qualitative indicators of the progress of the strategy.

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Sports clubs for health

The guidelines for Sports Clubs for health have not been officially promoted in Luxembourg. However, in 2021, the concept [LTAD – Lëtzebuerg leeft Sport \(LTAD – LLS\)](#) (Long-Term Athlete Development – Luxembourg lives Sport) was launched by the Ministry of Sport in collaboration with the [Ecole Nationale de l'Education Physique et des Sports \(ENEPS\)](#) and the Luxembourg Olympic and Sports Committee (COSL) to constantly increase the development of a qualitative and varied offer of physical and sporting activities for all during lifetime, focusing on Good People, Good Programs and Good Places as well as on their interactions and interdependencies to build up active and healthy lifestyles.

Sport federations are supported to develop their sport-specific concept on long term development, and partnerships are enhanced on local and inter-ministerial levels to promote a large-scale and coherent implementation of the concept.

LTAD-LLS principles are included in the curricula of [coach education programmes of the ENEPS](#) involving coaches of various sports disciplines, strength and conditioning coaches, motor skills coaches, sport coaches specialized in "fitness", "outdoor", "sport and handicap", "active for life". The [App LTAD – LLS](#) allows and supports networking and knowledge exchange in the fields of sports and physical activity. Specific teaching material for coaches are developed, e.g. factsheets published in July 2021 on sports coaching for children.

Increasing access to exercise facilities for socially disadvantaged groups

The "GIMB label" is annually awarded by the executive committee "Gesond iessen, Méi beweegen-GIMB" (Eat healthy, Move more) to initiatives carried out in accordance with the principles and objectives of the national framework plan GIMB - Eat healthy, Move more 2018-2025. The DIPASPA project (Dispositif itinérant de la promotion d'attitudes saines sur le plan physique et alimentaire), as described below, is a GIMB labelled project acting more particularly to the benefit of socially disadvantaged groups since 2020.



SUCCESS STORY

DIPASPA is a mobile device for the promotion of healthy physical and nutritional behavior developed to respond to the needs identified by Caritas Luxembourg among refugees and asylum seekers. The programme is accessible to any refugee and asylum seeker registered in specific homes. In addition to nutritional advice and food supply organization, collective fitness activities such as football, swimming, cycling and running are offered free of charge to the target group to enhance health and well-being and to strengthen resilience.

Counselling on physical activity and exercise prescription

So far, physical activity counselling and exercise prescription by health professionals are not yet regulated nor promoted in Luxembourg. In 2019/2020, the representatives of the Luxembourg Federation of Health Sport Associations (FLASS) have started discussions with policy makers to better refer patients with chronic diseases to associations which provide physical activities adapted to their state of health (i.e. the approach of physical activity on medical prescription). Discussions have also been initiated around the "Maisons Sport Santé", a concept launched in France in 2020.

As far as the general medicine students at the University of Luxembourg are concerned, the Luxembourg Federation of Health Sport Associations (FLASS) provided in 2018 and 2019 a 20 minute course presenting the benefits of physical activity for health. In 2019, the Luxembourgish Association for Continued Medical Training (ALFORMEC) and the FLASS offered an advanced half-day training program about PA for medical doctors working in Luxembourg. In addition, the Luxembourg Institute of Research in Orthopedics, Sports Medicine and Science (LIROMS) provides annual conferences in medicine, physiotherapy and sports science.

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HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

	Medical doctors	Physiotherapists	Nurses	Nutritionists/ dieticians	Psychologists	Other health professionals
	<input type="checkbox"/>	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Undergraduate	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Postgraduate	<input type="checkbox"/>	<input checked="" type="checkbox"/> Mandatory	<input type="checkbox"/> Optional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical education in schools

PRIMARY SCHOOLS:		HOURS PER WEEK	3	Mandatory
SECONDARY SCHOOLS:		HOURS PER WEEK	2	Mandatory

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

<input checked="" type="checkbox"/> During breaks	<input checked="" type="checkbox"/> During lessons	<input checked="" type="checkbox"/> After school	<input checked="" type="checkbox"/> Travel to and from school
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The Department of Coordination of Research and Pedagogical and Technological Innovation (SCRIPT) has developed a "Bewegungsbox Fit a Monter" (toolbox for movement "Fit and Lively") which encompasses three projects "Clever move", "Bicycool", and "MOBAK" each of which promote motor skill development in children up to the age of 12.

"Clever move" offers 100 activities to teachers to enrich their lessons and the school day with physical activities. These include learning combined with physical activity, short activity breaks to interrupt long periods of sitting and outdoor physical activities in the schoolyard. The Team Clevermove sends engaged teachers a monthly newsletter with new and supplementary ideas, such as for example an advent calendar before Christmas with an extra activity every day.

The "Bicycool" is a mobile teaching project which aims to develop and strengthen bike skills among pupils. Schools can book the Bicycool Team equipped with bikes and teaching materials to build outdoor courses in the schoolyard. Bicycool provides teachers and pupils with knowledge on how to ride safely, take care of and mend a bike, including security measures such as how to dress while bike riding. Empowered with the necessary abilities, children are more likely to adopt biking in everyday life and to make their way to and from school by bike in the future.

The "MOBAK" project evaluates the physical and motor skill development of schoolchildren during gym class. Teachers are made aware of the physical development stages of their pupils and can adapt their curriculum accordingly. This ensures that young children receive appropriate physical education according to their current stage of development.

Within the toolbox for movement "Fit and Lively" are thus compiled support and remediation measures related to motor skills levels as well as exercises to help develop motor skills in children up to the age of 12. The toolbox for movement will be available to all teaching and educational staff for the school year 2021–2022.

The LASEP - League of Sports Associations in Fundamental School offers regular after-school training by qualified staff in 76 local structures (associations sportives). It encompasses a wide range of possibilities for movement, physical activity and active play. Boys and girls, aged 3–12 years, can participate in various disciplines and organized sports during the school year. The League encourages children to become active in sports clubs. Students in high school can participate in the LASEL - League of Luxembourg Student Sports Associations, a similar programme for physical activity and sports, adapted to their age.

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National travel survey

The Luxmobil 2017 project was a national travel survey conducted among residents and cross-border workers in 2017. The estimated modal split showed that 12% of all journeys were made by walking and 2% by cycling, while 17% of journeys were made by public transport and the remaining 69% by private motorized transport. Since March 2020, public transport has been free of charge throughout the country.

► <https://transports.public.lu/fr/publications/strategie/modu-2-brochure-fr.html>



WALKING

PERSON PER DAY



29.84 min



1.93 km



CYCLING

PERSON PER DAY



28,35 min



4,27 km

SUCCESS STORY



Vëlosummer (Bicycle Summer) is a cooperative initiative between the Ministry of Mobility and Public Works, the General Directorate of Tourism and several municipalities. Certain roads were closed to motorized vehicles in the summer of 2020, and six routes were signposted, creating 550 km of additional cycle routes for 30 days. Cameras and road sensors were used to estimate that 40 000 cyclists took part in this "soft mobility-promoting" initiative. As a result of the successful 2020 edition, the number of collaborating municipalities tripled and the number of routes on offer doubled, so that over 600 km of cycling opportunities in Luxembourg were provided in 2021. Bicycle summer 2021 is expected to have encouraged more participants and cycling perspectives for the next edition 2022.

Infrastructure for leisure-time physical activity

Sports and physical leisure-time infrastructural concept are developed by autonomous local and regional structures according to community needs and financial resources. The national sports infrastructure is co-financed by the Ministry of Sport for a 5-year sports equipment programme. The Ministry emphasizes regional distribution of sports facilities and easy access for various target groups. With the increase of national cycle paths throughout the country, the ministries of both Mobility and Public Works as well as Economy (General Directorate for Tourism) are promoting and supporting a large public utility infrastructure, with the triple impact of active mobility that requires physical activity, neutral ecological footprint and nature aspects and reinforced the attractiveness of the country through active cycling tourism.


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Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **ACTIVE TRAVEL TO WORK** (E.G., WALKING, CYCLING)

☒ Yes




NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE **PHYSICAL ACTIVITY AT THE WORKPLACE**

☒ Yes

The [National Institute for Sustainable Development and Corporate Social Responsibility \(INDR\)](#) guides national companies in adopting a social responsibility strategy that includes technical and human aspects (certification and labelling). The human aspects include issues such as healthy lifestyles, physical and mental well-being and work-life balance. The Institute is supported by the Ministry of Economy, the Chamber of Commerce, the Chamber of Crafts and employers' federations (fédérations patronales).

The Ministry of Mobility and Public Works launched the awareness-raising campaign "[Mam Vëlo op d'Schaff oder an d'Schoul](#)" ([Bike to work or school](#)), which takes place annually since 2008. It aims to encourage employees and students to cycle to their place of work or study (e.g. school, college or university). The initiative focuses on participation rather than performance to reduce individual car use in favour of cycling and multi-modal travel. During the event, between 15 May and 31 July 2021, 2 492 participants (including 996 teams) travelled a total of 769 327 km and saved 171.4 kg of CO₂.

Community-based interventions for older adults



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

☒ Yes

Although there are several structures and initiatives in various communities to meet the needs of older adults, promotion of physical activity is not mandated nationally. The Ministry of Family Affairs, Integration and the Greater Region in partnership with the association "GERO-Kompetenzzentrum fir den Alter" (Gerontological Competence Center) provide guidance to [21 senior clubs](#) throughout the country, which accommodate adults over the age of 50 with a social setting and various activities.

This is under the national framework plan "[Gesond iessen, Méi Beweegen – GIMB](#)", the Ministry of Family Affairs, Integration and the Greater Region, promotes a balanced, healthy diet and regular, adapted physical activity as a criterion for the quality of the general action of senior clubs for 2019–2021. Therewith each of the 21 senior clubs is encouraged to organize a variety of GIMB activities, culminating in an annual awareness-raising week dedicated to Eat healthy, Move more.

The guide "[Préparation à la retraite](#)" (guide for retirement preparation/planning) has been published in 2019 by the Ministry of Family Affairs, Integration and the Greater Region targeting people who are about to retire or have already retired from working life. The "[GERO – Kompetenzzentrum fir den Alter](#)" (Gerontological Competence Center) started offering training courses in July 2021 for "coach de retraite bénévole" (volunteer retirement coach) as a follow up initiative to the guide for retirement preparation/planning. Both the manual and the training aim to support, accompany and guide people through the challenges and opportunities of retirement considered as a new phase of life. Active and healthy aging issues are, among many others, part of the senior specific advisory panel set out in the guide and integrated in mutual exchange sessions such as conferences, presentations and individual interviews to be led by the volunteer retirement coach.

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National awareness-raising campaign on physical activity

Since 2015, Luxembourg has participated in the European Week of Sport [#BeActive](#) under the supervision and coordination of the Ministry of Sport. In the [#BeActive](#) national campaign, awareness-raising and animation for physical activity and sports programmes are organized every year between 23 and 30 September in collaboration with national and local authorities and partners in the sports movement. Accordingly, the [#BeActive](#) – not only for the week, but all year long! campaign and the GIMB activity programme converge to promote regular, adapted physical activity by the entire population and to offer each individual the most favourable choices for health and well-being. Both [#BeActive](#) and GIM encourage a healthy, active lifestyle by taking advantage of the range of opportunities available at national, regional and local levels beyond the week of 23–30 September, such as evidenced by the following implemented projects and recurrent large-scale events: e.g [AKTIVDOHEEM.LU](#) a physical activity and fitness platform; [BEACTIVE.LU](#) – a leisure sports calendar; [NUIT DU SPORT](#) – annual Sports night; [COSL SPILLFEST](#) - annual sports for fun day for the whole family.



SUCCESS STORY

In September 2020, the digital leisure sports calendar "[Calendrier du sport-loisir](#)" was launched by the Ministry of Sport. The calendar collects data on physical and sporting activities within the range of non-commercial leisure sport such as supplied by municipalities, approved sports federations and affiliated sports clubs, as well as by any other non-profit physical activity and sport provider fulfilling the registration and validation criteria. The digital calendar emphasizes the easy access to information enhancing peoples' motivation to practice activities according to their needs and expectations.

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 type="checkbox"/> No	<input checked="" type="checkbox"/> Yes

*Website:
[beactive.lu](#), [sports.lu](#)