



MALTA

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 0.52 m

Median age: 39.8 years

GDP per capita: 19 840 €

Life expectancy, males: 80.8 years

Life expectancy, females: 84.6 years

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

Malta is developing national recommendation on physical activity.
All the country's policies, including physical activity, follow WHO guidelines.



SUCCESS STORY

In a new initiative to involve the public in walking or running to improve physical and mental health, participants will track the miles they have covered on a free application, which will generate funds for youngsters in need.

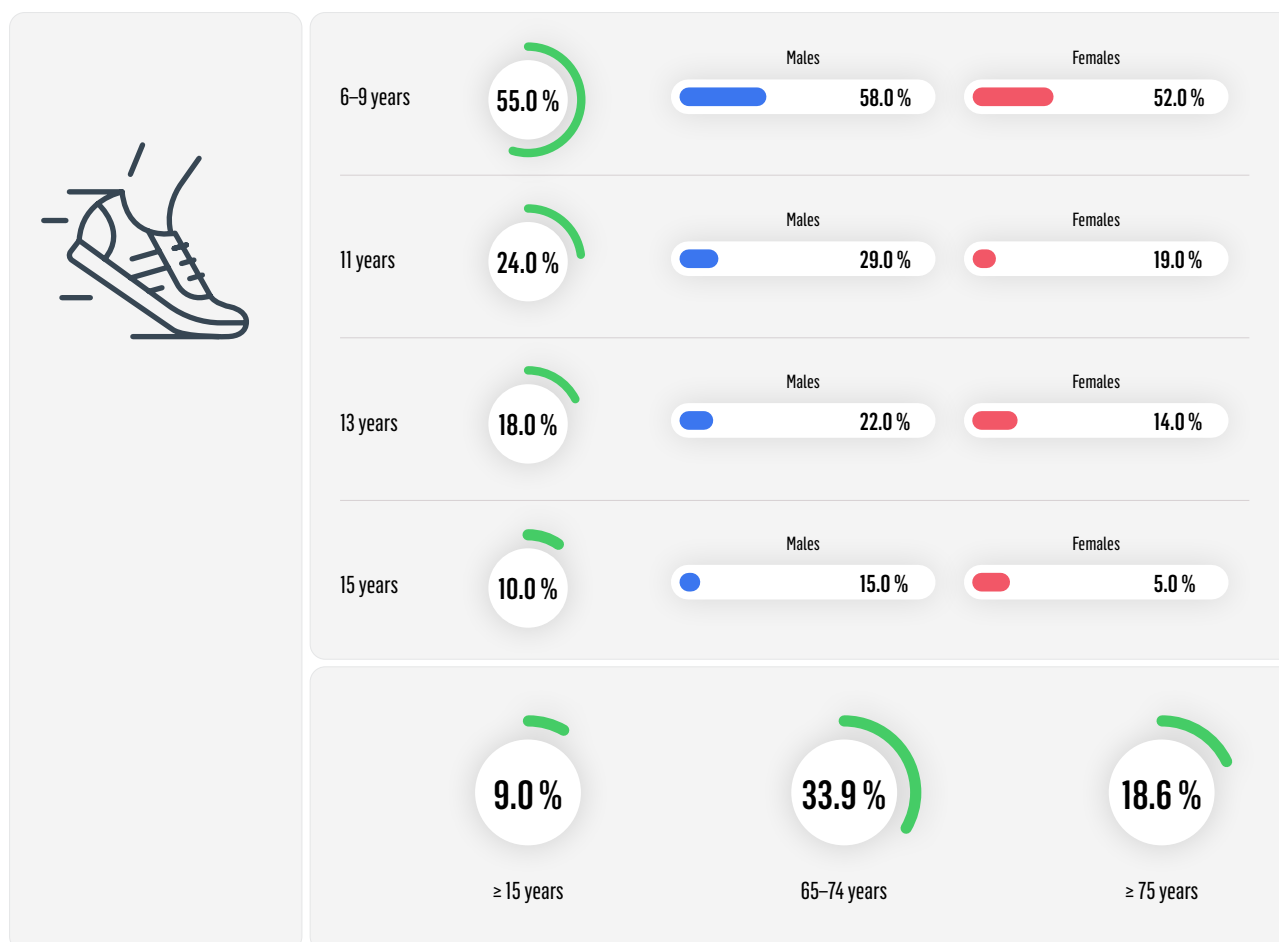
► <https://timesofmalta.com/articles/view/an-app-makes-going-for-a-walk-good-for-other-peoples-health-not-just.873718>

MALTA

PHYSICAL ACTIVITY FACTSHEET 2021



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among children were assessed in the [WHO European Childhood Obesity Surveillance Initiative](#) in 2015–2017, those of adolescents in the Health Behaviour of School-aged Children survey in 2017–2018, those of adults in the [European Health Interview Survey](#) in 2014–2015 and those of older adults in the [Special Eurobarometer 472](#) in 2017.

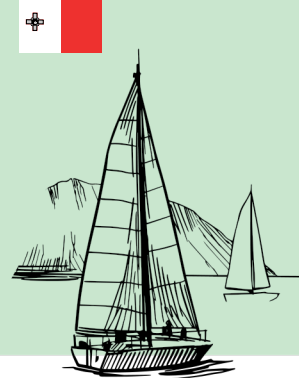
Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



MALTA

PHYSICAL ACTIVITY FACTSHEET 2021



Policy response



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

- 1 WHOLE-SCHOOL APPROACH TO A HEALTHY LIFESTYLE:
HEALTHY EATING AND PHYSICAL ACTIVITY POLICY
- 2 A HEALTHY WEIGHT FOR LIFE: A NATIONAL STRATEGY FOR MALTA
- 3 AIMING HIGHER: AN OVERVIEW OF THE NATIONAL STRATEGY
FOR SPORT AND PHYSICAL ACTIVITY IN MALTA

TOTAL NUMBER OF POLICIES

3



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

	1	2	3
Health	✓	✓	✓
Education	✓	○	✓
Sports	○	○	✓
Environment	○	○	✓
Urban planning	○	○	✓
Transport	○	○	✓

POPULATION GROUPS TARGETED BY EACH POLICY

	1	2	3		1	2	3
General population	✓	✓	✓	Pregnant women	○	✓	○
Children < 5	✓	✓	✓	Breastfeeding women	○	✓	○
Children and adolescents (5-17)	✓	✓	✓	Low socio-economic groups	✓	✓	✓
Adults	○	✓	✓	Ethnic minorities	✓	✓	✓
Older adults (≥ 65)	○	✓	✓	Deprived of liberty	○	○	○
Frail/elderly (≥ 85)	○	✓	○	Migrants	✓	✓	✓
People with disabilities	✓	✓	✓	Unemployed people	○	✓	○
People with chronic diseases	✓	○	✓				

POLICY HIGHLIGHTS

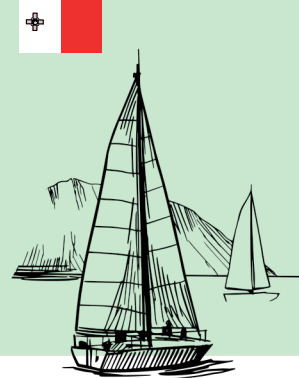
1 Whole-school approach to a healthy lifestyle: Healthy eating and physical activity policy. The aim is to promote physical activity among families and the whole community by supporting and providing environments that provide incentives for healthy behaviour to contribute to reducing obesity and noncommunicable diseases and enhancing overall well-being. The holistic approach enables school environments to help the school community to adopt healthier patterns of living by encouraging physical activity, promoting healthy foods and limiting the availability of products high in salt, sugar and fats. School curricula are required to promote physical activity and health literacy to encourage students to choose a healthy lifestyle from an early age and to make informed choices about their lifestyles throughout the life-course.

2 A healthy weight for life: A national strategy for Malta. The aim of the strategy is to reduce the number of overweight and obese children and adults in the population to reduce the health, social and economic consequences of obesity and noncommunicable diseases. One action is organization of regular, accessible physical activity programmes and walking schemes for people of all ages and settings but especially for adults with a body mass index > 25 kg/m². Another is to work with stakeholders to encourage active transport action, e.g., walking bus, cycling to work, by improving national infrastructure to provide better walkways, parks, more pedestrian areas and to use spaces for physical activity creatively across the country.

3 Aiming higher: An overview of the national strategy for sport and physical activity in Malta. The aim is to change the current culture of physical activity among children and adults through a national educational campaign to promote physical activity and sports from pre-school to tertiary institutions and provide access to many regional sport hubs. Financing will be provided as an incentive to promote physical activity and sports by sports federations and associations and to strengthen local sports bodies through local and national collaboration and partnerships.

MALTA

PHYSICAL ACTIVITY FACTSHEET 2021





HEALTH PROFESSIONALS WHO ARE TRAINED IN HEALTH-ENHANCING PHYSICAL ACTIVITY

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

*Occupational therapists

Physical education in schools

PRIMARY SCHOOLS:	HOURS PER WEEK	SECONDARY SCHOOLS:	HOURS PER WEEK
	1.5 Mandatory		2.25 Mandatory
			5.25 Optional

Physical activity and health is a mandatory subject in the undergraduate and postgraduate curriculum of physical education teachers in Malta. A quality assurance department is part of the Directorate for Quality and Standards in Education within the Ministry for Education and Employment. As per the Education Act of 2006, it is responsible for external inspections in all pre-compulsory (0–5 years) and compulsory (5–16 years) educational institutions in the State, church and independent sectors to ensure the quality of physical education classes.

► <https://education.gov.mt/en/Documents/Sport%20Programme.pdf>

► <https://education.gov.mt/en/qad/Pages/default.aspx>

SUCCESS STORY



The framework for physical education and sports learning outcomes establishes what students are expected to know, understand and be able to do after physical education and sports learning. The framework emphasizes the importance and benefits of physical activity, including general awareness, its impact on the quality of life and lifelong engagement.

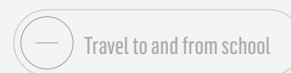
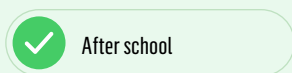
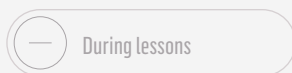
► <https://www.schoolslearningoutcomes.edu.mt/files/documents/PESports.144888341072.pdf>

MALTA

PHYSICAL ACTIVITY FACTSHEET 2021



PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



The “[On the move programme](#)” offers sports and physical activity sessions for all age groups to enjoy sports throughout Malta and Gozo. Children as young as 4 years can become physically literate and participate in sports and physical activities. The programme is offered in schools, sports clubs and SportMalta's sports complexes. Summer and winter programmes are available, which attract over 7000 participants each year.

National travel survey

The Transport Authority and Infrastructure Malta is the State entity.

Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE
PHYSICAL ACTIVITY AT THE WORKPLACE



A nongovernmental organization, [Rota](#), promotes physical activity in the workplace across the country. The “[A healthy weight for life: A national strategy for Malta](#)” also mentions this area for intervention.



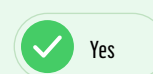
SUCCESS STORY

SportMalta won the 2019 #BeActive Workplace award during a ceremony held in the Hungarian capital, Budapest. The award was presented by the European Commissioner for Education, Sport and Culture, Tibor Navrascics. The Maltese project targeted lack of physical activity at the workplace, with a concrete plan to make workers more active. In addition to the practice of various sports during working hours, SportMalta has developed initiatives to facilitate a more active, healthy lifestyle.

Community-based interventions for older adults



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



A programme named AdultSports (SportsAdultz) will be launched in August 2021 by the Active Ageing and Community Care department, with up to three weekly sessions for older adults in six sports: walking football, martial arts, badminton, chair volleyball, doubles tennis and walking cricket.

MALTA








PHYSICAL ACTIVITY FACTSHEET 2021



National awareness-raising campaign on physical activity

SportMalta participates in the #BeActive Campaign of the European Commission, which includes the European Week of Sport.

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"/>

SUCCESS STORY



Every year, **SportMalta** participates in organizing the President's Solidarity Fun Run, in aid of the Malta Community Chest Fund. Thousands of participants of various ages walk or run along four routes, departing from Rabat for 11.3 km, Paola for 5.35 km, the University of Malta for 4.69 km and St Venera for 4.49 km.