

POLAND

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 37.84 m

Median age: 41.3 years

GDP per capita: 12 680 €

Life expectancy, males: 72.6 years

Life expectancy, females: 80.8 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 were implemented in 2018.

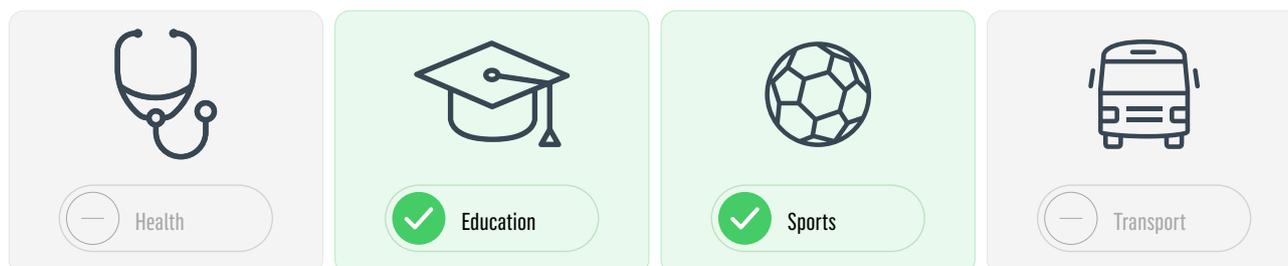
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Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

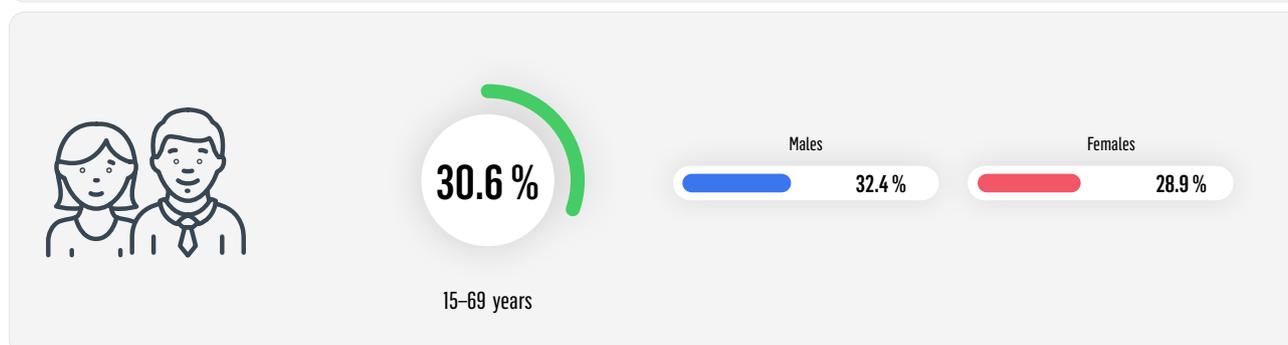
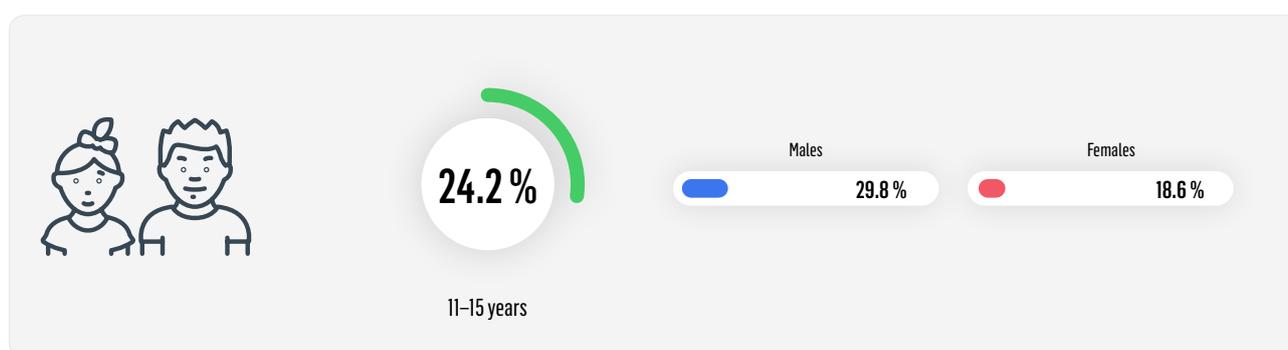


SUCCESS STORY



The **Ministry of Culture, National Heritage and Sport** has conducted many surveys on various aspects of sports, including their social and economic impact, sports for women and sports infrastructure. The results are available on the official website.

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 2014, and data on physical activity during leisure time for adults and older adults were collected in the national Physical activity of Polish society survey in 2020.

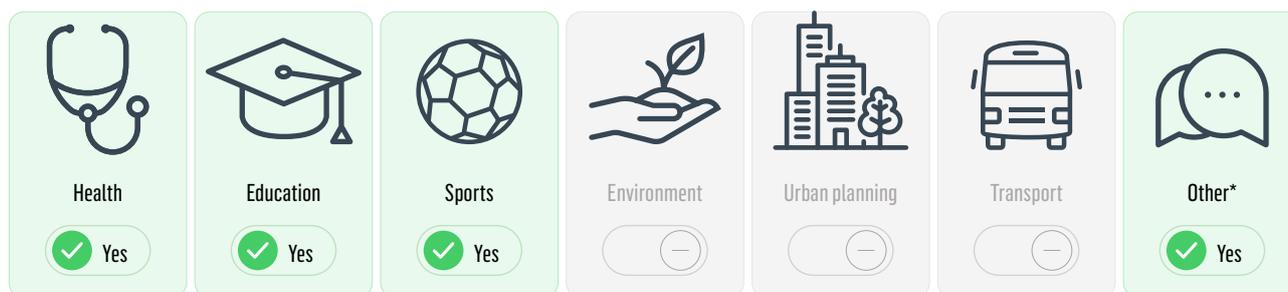
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Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



*Social policy for senior



SUCCESS STORY

"8 weeks to health" is a free-of-charge preventive training programme to encourage healthy lifestyle and regular physical activity. It is financed and coordinated by the National Health Fund under the supervision of the Ministry of Health. It has a form of a 2-month on-line training course delivered by trainers, doctors, physiotherapists and psychologists. It includes a comprehensive set of tools and recommendations targeted to various groups as well as the physical activity training videos.

<https://www.gov.pl/web/kulturaizport/powszechny>

Policy response



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

- 1 STRATEGY FOR THE DEVELOPMENT OF HUMAN CAPITAL
- 2 SPORTS DEVELOPMENT PROGRAMME TO 2020
- 3 NATIONAL HEALTH PROGRAMME 2021–2025

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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Urban planning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Transport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

POPULATION GROUPS TARGETED BY EACH POLICY



	1	2	3
General population	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Children and adolescents (5–17)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adults	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Children < 5	People with chronic diseases	Ethnic minorities
Older adults (≥ 65)	Pregnant women	Deprived of liberty
Frail/elderly (≥ 85)	Breastfeeding women	Migrants
People with disabilities	Low socio-economic groups	Unemployed people

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POLICY HIGHLIGHTS

- 1 Strategy for the development of human capital.** The aim is to increase the level of physical activity among children, adolescents and adults by improving access to sports infrastructure where people live, work or study. It seeks to enhance organized and unorganized sports, raise awareness and improve access to physical activity programmes for people at risk of social exclusion. All projects within the strategy are monitored.
- 2 Sports development programme up to 2020.** The aim was to foster regular physical activity and to raise awareness about the importance of physical activity at every life stage. It included plans to improve infrastructure and recreational facilities, increase the availability of sports activities and competitions for children and young people and activities to prevent overweight and obesity. The Ministry of Culture, National Heritage and Sport led the programme between 2015 and 2020, which will be replaced by the new programme in 2021.
- 3 National health programme, 2021–2025.** The aim of the programme is to increase the number of healthy years lived and to reduce the burden of noncommunicable diseases by reducing the main risk factors (tobacco and alcohol use, unhealthy diets and inadequate physical activity) and inequality in health. The operational objectives include prevention and management of overweight, obesity and poor mental health. It will be monitored through indicators of the participation of people by age and gender in physical activity programmes.

Sports clubs for health

Poland developed a governmental programme for sport clubs called “Klub” to promote the HEPA guidelines among children and youth. Grants are provided to small and medium sports clubs organizing sport activities for children and youth. The support goes for the coaches' salaries, sports equipment and sports camps. The 4872 clubs received grants in 2020, and more than 260000 children participated in activities supported by the programme.

► <https://www.gov.pl/web/kulturasport/nabor-wnioskow-na-realizacje-w-2021-r-programu-klub>

Increasing access to exercise facilities for socially disadvantaged groups

Local governments are responsible for providing access to socially disadvantaged groups to sports facilities, while the national Government ensures that sport facilities are free or cheap to access, particularly for children and young people.

Counselling in physical activity and exercise prescription

As part of the national health programme for 2016–2020, the National Centre for Nutrition Education was established in 2017. The Centre offers comprehensive information on healthy weight loss, physical activity and health protection for children, adolescents, seniors and pregnant women.

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

*Midwives

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SUCCESS STORY

The **National Centre for Nutrition Education** was established to promote a healthy lifestyle and positive changes in attitudes and eating habits among Poles. The Centre, which operates mainly through its Internet portal, is a source of reliable, accessible information on the latest research, educational articles, videos and other practical tools to inform the population and help them change their habits. The **online diet centre** is an Internet clinic provided by the National Centre for Nutrition Education that offers free online dietary consultations. To respond to the growing demand for services to improve health and the quality of life, the team of specialists at the online diet centre has extended its activities; since 2020, it has also offered physiotherapeutic advice.

Physical education in schools

PRIMARY SCHOOLS:

HOURS PER WEEK



3-4

Mandatory

SECONDARY SCHOOLS:

HOURS PER WEEK



3

Mandatory

Physical activity and health (e.g., health effects, determinants, effective interventions) is a mandatory subject in the curriculum of physical education teachers at both undergraduate and postgraduate levels. Requirements to ensure the quality of physical education are regulated by law. Thus, schools must ensure the qualifications of physical education teachers and the methods for delivering the core curriculum of physical education. Schools' compliance with the legal provisions for teaching and other educational activities is monitored in external evaluations based on qualitative research. The evaluation results are used primarily by school heads and teachers to improve the work of the school.

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



During breaks



During lessons



After school



Travel to and from school

Several national programmes support schools in organizing and promoting extracurricular sports. One example is the "School Sports Club" programme for all students who wish to practice extra physical activity with their physical education teachers. Since the start of the programme in 2017, over 350 000 students have had 120 min/week of additional activities in schools' sports facilities. Another example is the programme "Klub" which encourages small and medium local sports clubs to offer activities for children and adolescents up to 18 years of age. Since 2017, over 4900 clubs and 264 000 participants have taken part in sports training.

Infrastructure for leisure-time physical activity

In 2018–2019, Poland implemented a small recreational infrastructure development programme called **Open Activity Zones**, in which over 2700 small recreational spaces were created to promote outdoor recreation for people of all ages.

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Promotion of physical activity in the workplace



NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE
PHYSICAL ACTIVITY AT THE WORKPLACE



Yes

The National Centre for Workplace Health Promotion and the Central Institute for Labour Protection – National Research Institute encourage health promotion in companies, usually as a voluntary additional initiative by employers. The Central Institute for Labour Protection conducted a promotion campaign, “Active at work”, in 2020 to promote active travel to work and to improve the awareness of employees and employers about the importance of physical activity for health, safety and quality of life at work. Investment in cycling is also a key priority in the National Recovery and Resilience Plan.

Community-based interventions for older adults



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



Yes

Since 2012, the Ministry of Family and Social Policy has been implementing a Government programme for social participation of senior citizens to improve the quality of life. The Ministry of Culture, National Heritage and Sport has also organized activities for seniors as part of the “Sports for all” programme, including “Promoting sport in the family and in various social groups”, for which a total of PLN 1475000 was awarded in 2020, which allowed the participation of almost 129000 people in various projects. The aim was to reach as many people as possible, including over 65000 seniors in over 400 “Universities of the third age”, who share knowledge about healthy ageing and the possibility of increasing the level of physical activity.

Infrastructure for leisure-time physical activity

In 2020, the Ministry of Health launched a national campaign, “[I plan a long life](#)”, for a healthy lifestyle, including promotion of physical activity.