Success story
The “U-Bike Portugal” project promotes active transport in academic communities through cycling. The Institute for Mobility and Transport coordinates the project, which rents bicycles to students and staff at academic institutions for a semester or a full academic year. The project encourages regular physical activity while reducing energy consumption and air pollution. https://www.u-bike.pt

PORTUGAL
PHYSICAL ACTIVITY
FACTSHEET 2018

Total population
10 309 573

Median age
44.4 YEARS

GDP per capita
16 900 €

% of GDP for health: 5.9
% of GDP for education: 4.9
% of GDP for sports: 0.3

Population MALE
47.4%

Population FEMALE
52.6%

Life expectancy, MALES
78.1 YEARS

Life expectancy, FEMALES
84.3 YEARS

Sources: Eurostat (2016)
Monitoring and surveillance of physical activity

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

National recommendations on physical activity are being developed in the framework of the Government coordination and leadership of promoting health-enhancing physical activity, with several academic and scientific bodies. They will provide guidelines for all age groups and for specific populations.

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

- Children 10–11 years: 38% (Girls 23%, Boys 53%)
- Adolescents 14–15 years: 12% (Girls Overall 5%, Boys 19%)
- Adults ≥15 years: 35% (Girls 5%, Boys 19%)

Data on levels of physical activity were obtained from the 2018 Eurobarometer survey (QB1B2T). Exercise, sport or other physical activity is performed almost daily by 9% and a few times a week by 26% of the population. Additional data on children and adolescents were collected in 2010 by the Portuguese Institute of Sports and Youth.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity levels in Portugal are monitored by the Portuguese Institute of Sports and Youth (National Physical Activity and Sports Monitoring System), by the Directorate-General of Health (Physical Activity as a Vital Sign in primary health care) and by the Directorate-General of Education (FITescola programme). The Institute for Mobility and Transport operates a terrestrial transport observation system, which includes walking and cycling.
Funding allocated specifically to physical activity promotion by sector

Since 2012, the “National sports for all programme”, coordinated by the Portuguese Institute of Sports and Youth and with the participation of the sports sector and nongovernmental and private sector organizations, has promoted sports for the entire population and related national strategies. [http://www.idesporto.pt/conteudo.aspx?id=173&idMenu=4]

In 2017, the Portuguese Government decided to create the Intersectoral Commission for the Promotion of Physical Activity as the coordination mechanism and leader in promoting health-enhancing physical activity, involving four ministries: Science, Technology and Higher Education; Education (including sports); Work, Solidarity and Social Security (including the inclusion of people with disabilities); and Health.

"Diabetes in movement" (Diabetes em Movimento) is a community exercise programme designed for middle-aged and older people with type 2 diabetes. Patients are recruited by family doctors to engage in free-of-charge group sessions (75-min, 3 days per week, 9 months per year) of low-cost, broadly applicable exercise, supervised by exercise physiologists and nurses. This national programme is implemented at local level in community health centres, hospitals, universities and municipalities, with the support of the Directorate-General of Health. [http://www.diabetesemmovimento.com]

"Paiva walkways" (Passadiços do Paiva) are located on the left bank of the Paiva River, in Arouca municipality. They consist of 8 km of walks through a beautiful natural environment, extending from the river beaches of Areinho, Vau and Espinca. [http://www.passadicosdopaiva.pt]
Physical activity promotion in the health sector

Health professionals who are trained in physical activity and health

<table>
<thead>
<tr>
<th>Medical doctors</th>
<th>Nurses</th>
<th>Physiotherapists</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory</td>
<td></td>
<td>Undergraduates</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mandatory</td>
<td>Undergraduates</td>
</tr>
</tbody>
</table>

Physical activity for health is a mandatory part of the medical undergraduate curriculum in one medical faculty, the University of Beira Interior; other faculties offer optional modules. Some physiotherapy courses include mandatory physical activity modules.

National awareness-raising campaign on physical activity

Media used in national campaigns

<table>
<thead>
<tr>
<th>Television</th>
<th>Radio</th>
<th>Newspapers</th>
<th>Social media</th>
<th>Public events</th>
<th>Public figures</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td></td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

A national campaign, “What is your physical activity?”, was launched in 2018 by the Ministry of Health, in accordance with WHO’s Global action plan on physical activity 2018–2030: more active people for a healthier world. The Portuguese Institute of Sports and Youth is preparing a national campaign to promote participation in sports and physical activity.