

# SPAIN

## PHYSICAL ACTIVITY

### FACTSHEET 2018



Total population

**46 528 024**

Median age

**43.2** YEARS

GDP per capita

**23 800** €

% of GDP for health: **6.0**

% of GDP for education: **4.0**

% of GDP for sports: **0.4**



Population **MALE**

**49.1%**

Population **FEMALE**

**50.9%**

Life expectancy, **MALES**

**80.5** YEARS

Life expectancy, **FEMALES**

**86.3** YEARS

Sources: Eurostat (2016)

#### Success story

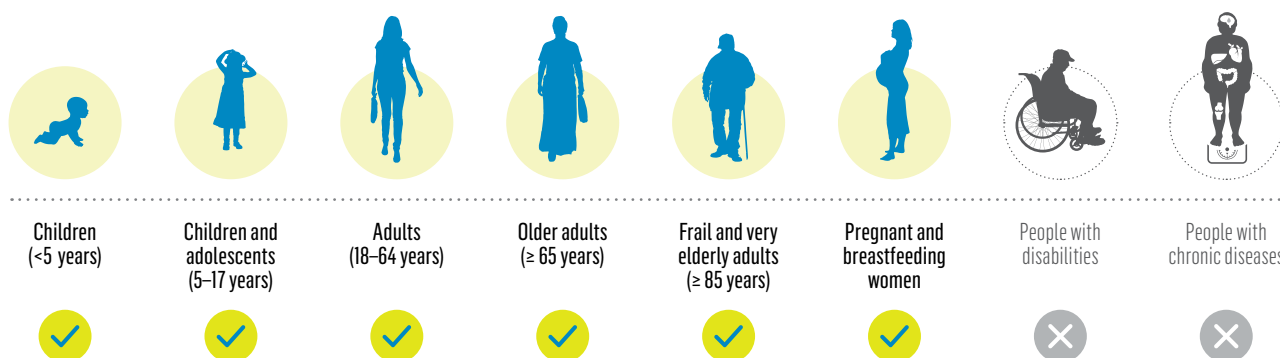
**"Positive parenting"** targets parents and guardians of children aged 0–3 years and health professionals. It is a priority intervention of the Health Promotion and Prevention Strategy and covers four areas: parental bonding, healthy diets, physical activity and active play and rest and sleep. The intervention includes online, open, free training for mothers, fathers and other people with parenting functions. To ensure equity, online training is also proposed to health professionals, so that they can deliver the intervention to groups face-to-face. One edition of the course was adapted for social and health professionals who are in contact with Roma people, to ensure that they also benefit from positive parenting group interventions.



# MONITORING AND SURVEILLANCE

## National recommendations on physical activity for health

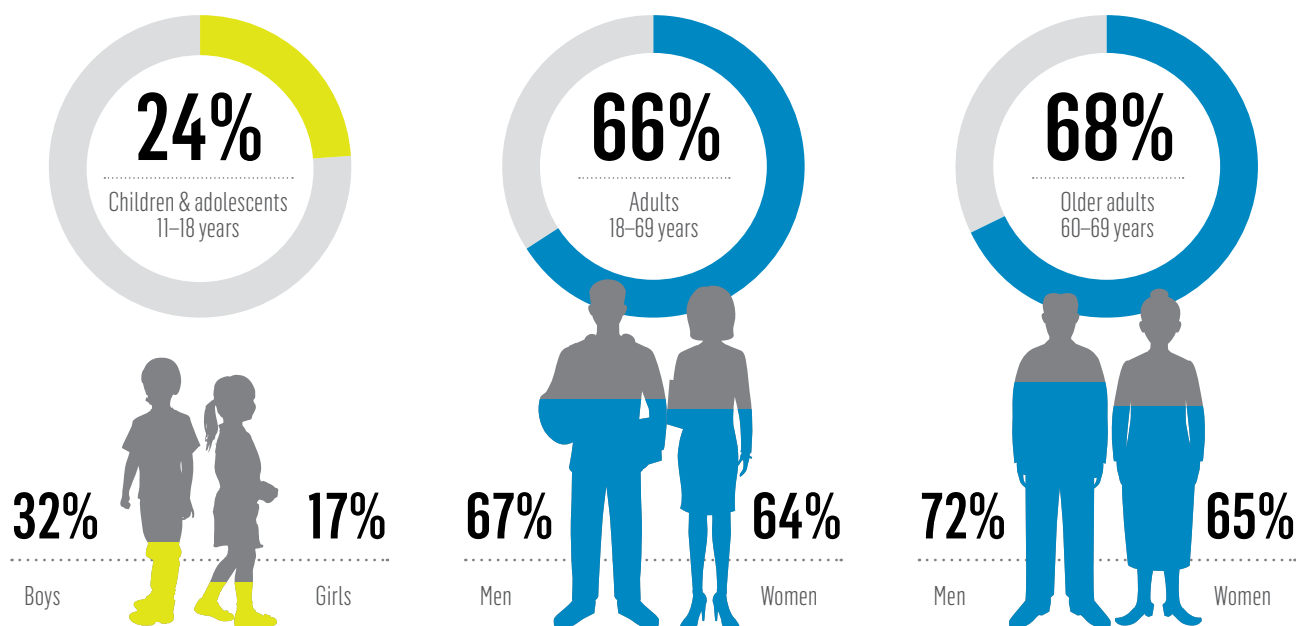
TARGET GROUPS INCLUDED



The national recommendations were implemented in 2015 and are based on WHO's global recommendations on physical activity for health (2010) and the recommendations of the Centers for Disease Control and Prevention and the American College of Sports Medicine (1995) in the USA. As a result of collaboration between the Ministry of Health, Social Services and Equality, the Ministry of Education, Culture and Sports and the National Sports Council, within the framework of the Strategy for Health Promotion and Prevention of the National Health System, national recommendations on physical activity for health, sedentary behaviour and screen time were published for the entire population. [http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/Recomendaciones\\_ActivFisica.htm](http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/Recomendaciones_ActivFisica.htm)

## Level of physical activity

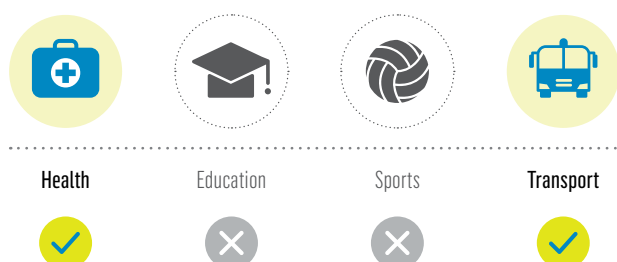
ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity in Spain is assessed through the International Physical Activity Questionnaire (short version) and in the Food, Physical Activity, Child Development and Obesity (ALimentación, Actividad Física, Desarrollo Infantil y Obesidad, ALADINO) study.



# POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

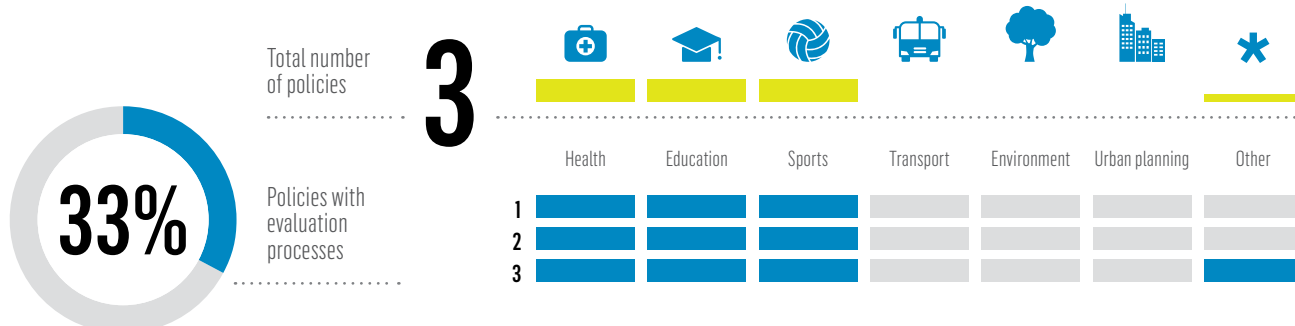


In 2015, Spain established a multisectoral National Health-enhancing Physical Activity Working Group, led by the Spanish Agency for the Protection of Health in Sports, to coordinate the promotion of physical activity.

The "Strategy for the promotion of physical activity and the fight against sedentarism" (Estrategia de Fomento de la Actividad Físico-Deportiva y Lucha Contra el Sedentarismo) is led by the High Council of Sports and is being extended to national level, although each of the 17 autonomous communities has its own strategy.

## National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity



## Target groups addressed by national policies

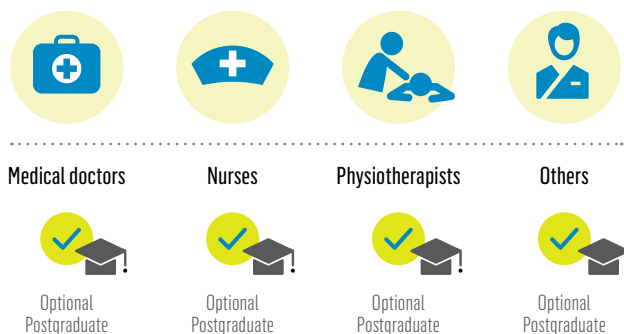
- ✓ Low socioeconomic groups
- ✓ Pregnant and breastfeeding women
- ✗ Ethnic minorities
- ✗ People deprived of liberty
- ✗ Migrants
- ✓ Older people
- ✗ People with disabilities
- ✓ People with chronic diseases
- ✓ Other





## Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



The aim of the **"integral council on lifestyle in primary care linked to community resources"** is to integrate the assessment and promotion of healthy lifestyles systematically into standard practice in primary care. The **"5 As"** (Ask, Advise, Assess, Assist and Arrange) intervention addresses the main risk factors (unhealthy diet, inadequate physical activity, consumption of unhealthy foods, harmful use of alcohol, smoking, poor emotional well-being, unsafe environment and falls). The Ministry of Health, Consumer Affairs and Social Well-being provides a course on physical activity and health (health effects, determinants, effective interventions, etc.) for health and sports professionals. This course, initially called **"Actívale, aconseja salud"**, was used to train 733 professionals and in 2017 was developed into e-learning courses.

In addition to general education, the Ministry of Health, Social Services and Equality established a course **"Get active, advise health"** (Actívale, aconseja salud) in 2013, which provides training in physical activity and health.

## Physical activity in schools

Total hours of physical education per week in **PRIMARY SCHOOLS**



Total hours of physical education per week in **SECONDARY SCHOOLS**



Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



As Spain consists of 17 autonomous regions, the number of hours of physical education may vary. Nevertheless, the Government regulates the minimum hours of certain subjects in educational curricula. Physical education is a major element of the national policy, whereby all the regions are encouraged to ensure daily exercise and schools are urged to promote exercise through professional guidance.

## Promotion of physical activity in the workplace

The campaign **"Climb the stairs: I'm in"** (A subir por las escaleras: me apunto) promotes the use of stairs in the workplace. Messages are posted visibly to signal access to stairs, and posters reinforce the messages. The Ministry of Health proposes the design of messages to be used by any interested institution. <https://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/UsosEscaleras.htm>.



Active travel to and from the workplace



Physical activity at the workplace



## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



Television



Radio



Newspapers



Social media



Public events



Public figures



The **"Thank you for those 1000 first days"** (Gracias por esos 1000 primeros días) campaign provides information and recommendations for pregnant women, mothers, fathers and families and tools to raise awareness about the importance of healthy habits during the earliest stages of life. The **"Sign up for a healthier lifestyle"** (Apúntate a un estilo de vida más saludable) website disseminates information on healthy lifestyles and promotes physical activity and other kinds of healthy behaviour.