



PORTUGAL

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **10.30 m**

Median age: **45.5 years**

GDP per capita: **17 200 €**

Life expectancy, males: **78.0 years**

Life expectancy, females: **84.1 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)

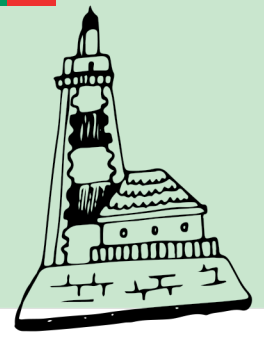
Pregnant and breastfeeding women

People with disabilities

People with chronic diseases

The recommendations are based on [WHO recommendations \(2010\)](#), [WHO physical activity, sedentary behaviour and sleep recommendations for children under 5 years old \(2019\)](#), [WHO Guidelines on physical activity and sedentary behaviour \(2020\)](#), [Physical activity guidelines for Americans \(2018\)](#), [American College of Sports Medicine](#) and [Canadian Physical Activity Guidelines](#). They were implemented in 2020.

The Portuguese Institute of Sport and Youth also published national physical activity and sedentary behaviour recommendations.

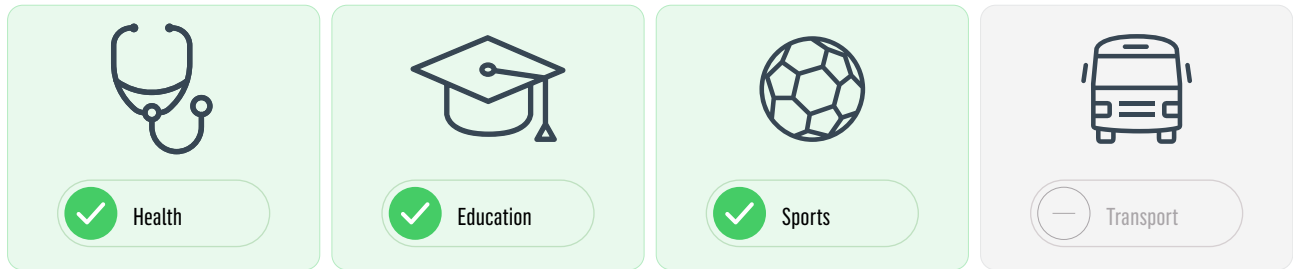


PORTUGAL

PHYSICAL ACTIVITY FACTSHEET 2021

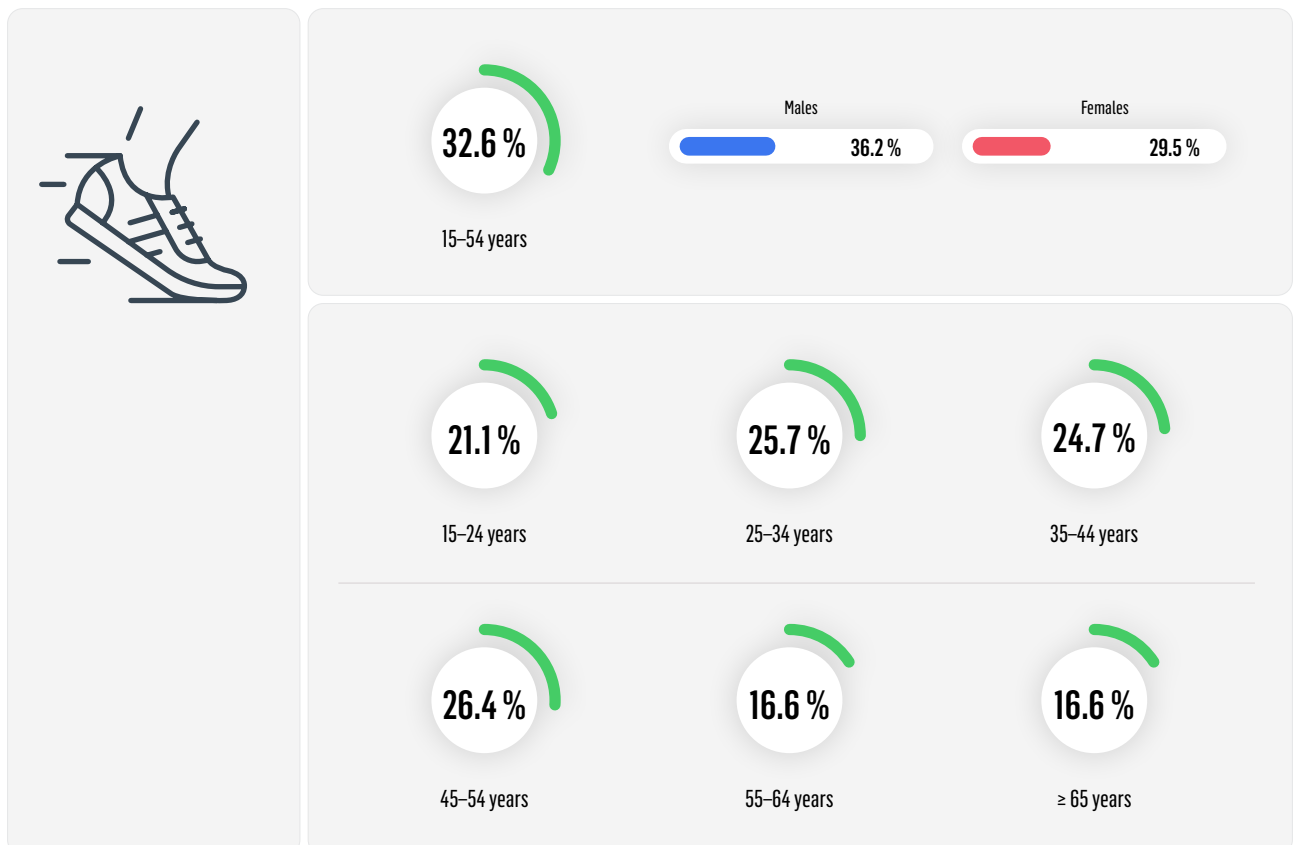
Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

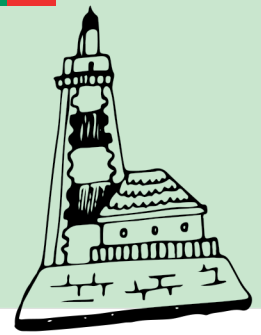


National Physical Activity and Sports Monitoring System was established in 2017 and collects objective measures of physical activity and sedentary behaviour as well as data on physical fitness, sports participation and determinants of physical activity.

Estimated prevalence of sufficient physical activity levels



Levels of physical activity for all age groups were assessed in the [National food, nutrition and physical activity survey](#) in 2015-2016.



PORTUGAL

PHYSICAL ACTIVITY FACTSHEET 2021



SUCCESS STORY

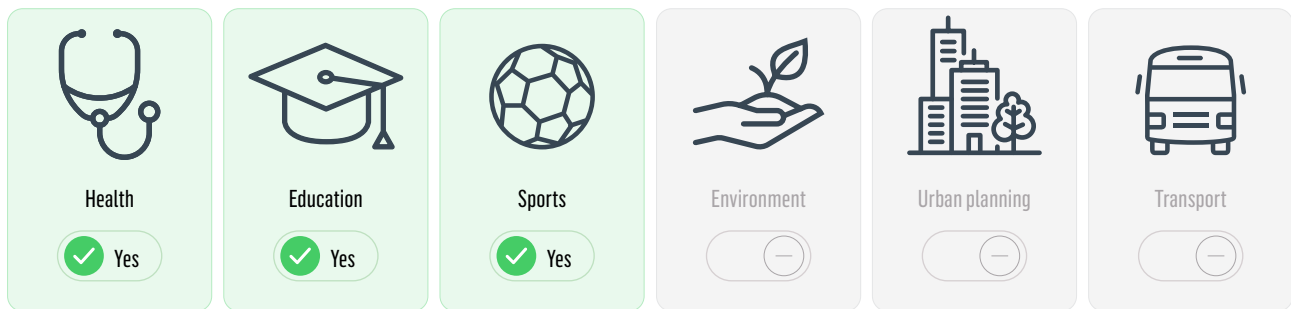
The **European Union Physical Activity and Sports Monitoring System (EUPASMOS)** is jointly funded by the European Commission through the Erasmus + Sport grant for collaborative partnerships and participating European Union Member States since 2018. The aim of the project is to implement a harmonized physical activity and sports monitoring system with an integrated, shared method to provide comparable, valid, reliable data on physical activity and participation in sports in Member States.

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

The Directorate General of Health of the Portuguese Government coordinates the Intersectoral Commission for the Promotion of Physical Activity, established in 2017.

Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH



Policy response



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

- 1 NATIONAL SPORTS FOR ALL PROGRAMME
- 2 NATIONAL SPORTS ROAD MAP
- 3 NATIONAL ACTION PLAN FOR PHYSICAL ACTIVITY
- 4 NATIONAL STRATEGY FOR ACTIVE MOBILITY 2020-2030
- 5 NATIONAL WALK AND RUN PROGRAMME
- 6 INTERSECTORAL COMMISSION FOR THE PROMOTION OF PHYSICAL ACTIVITY
- 7 PORTUGUESE EUROPEAN WEEK OF SPORT

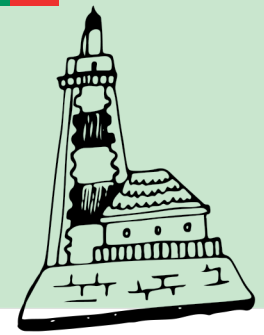
TOTAL NUMBER OF POLICIES

7



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

	1	2	3	4	5	6	7
Health	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Education	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Sports	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Urban planning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Transport	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>



PORTUGAL

PHYSICAL ACTIVITY

FACTSHEET 2021

POPULATION GROUPS TARGETED BY EACH POLICY

	1	2	3	4	5	6	7		1	2	3	4	5	6	7
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

2 National Sports Road Map. The programme is under the Portuguese Institute of Sport and Youth. Its aim is to promote sports and physical activity by disseminating and promoting the programme Sports for All. It assists sports associations in implementing initiatives and activities to increase physical activity, which target counties, schools, work, health, gyms, health clubs, military institutions and the tourism industry. An annual report is required on the programmes implemented in each area.

4 National Strategy for Active Mobility 2020–2030. The Strategy promotes active mobility (cycling, walking and public transport) to foster healthier lifestyles, to maximize the health of the whole population and to reduce sedentary lifestyles and physical inactivity by guaranteeing the conditions for and coordination of the planned measures, including infrastructure, training, support, culture and behaviour. It comprises 51 legislative, research, monitoring, evaluation and financing measures for promoting active cycling.

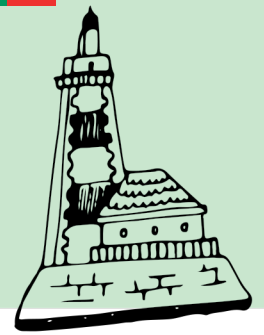
6 Intersectoral Commission for the Promotion of Physical Activity. The aim of the Commission is to prepare, operate and monitor the National Action Plan for Physical Activity by planning and allocating resources for the promotion, implementation and surveillance of physical activity programmes and activities. It focuses on raising awareness through communication campaigns, education, health interventions and community interventions for the elderly, people with noncommunicable diseases or disabilities and socially excluded people.

Sports clubs for health

The **National Sports for All Programme** is a policy measure to support local clubs and associations in developing and implementing sports development programmes to promote generalization of sports practice, in both informal and recreational settings (physical activity) and with a competitive (non-federated) perspective. These programmes should increase practice levels and reduce sedentary behaviour for healthier, more active lifestyles.

Increasing access to exercise facilities for socially disadvantaged groups

The Portuguese Institute for Sport and Youth coordinates the **Sport Facilities Rehabilitation programme** to improve the conditions of sports facilities and guarantee equal, easy access to sports facilities and practices. The total funding for 2021 is € 5 million. Under the National Sport for All Programme, applications are open for funding projects from all regions that create better conditions for socially disadvantaged groups to engage in sports and physical activity. The total funding for 2021 is € 3 million.



PORTUGAL

PHYSICAL ACTIVITY

FACTSHEET 2021



SUCCESS STORY







The **national street football** tournament promotes access to sport for people who are homeless and socially and economically vulnerable. The aim is to provide people with equal opportunities and facilitate social integration through sports. Participants must be 15 years or older and be part of a social project or be accompanied by a social institution to join the football team. Every year more than 1500 young people take part in a wide range of sports and educational activities and compete in the national football team in the Homeless World Cup. This has been supported by numerous entities, such as the International Federation of Association Football (FIFA) through the Foundation Community Programme, the Union of European Football Associations (UEFA), the Portuguese Football Federation and the Portuguese Institute for Sport and Youth.

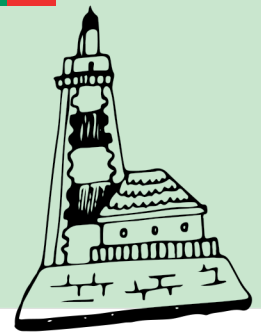
Counselling on physical activity and exercise prescription

In 2017, a new digital tool was launched nationwide for leveraging primary health care by the Directorate-General of Health and the Shared Services of the Ministry of Health. The tool facilitates the delivery of brief counselling on physical activity by nurses, medical doctors and registered nutritionists. The digital tool consists of five interrelated guides that are based on scientific evidence and international guidelines to promote physical activity. The guides can be delivered to patients (printed or by email), according to their motivation and physical activity levels, to support adoption of more active lifestyles. Since its implementation, the levels of physical activity of more than 119 000 users have been evaluated in health centres, and 36 134 brief counselling guides for physical activity have been issued. Its use continues to grow, especially during the COVID-19 pandemic.

► <https://www.sns.gov.pt/noticias/2019/09/19/promocao-da-atividade-fisica-10/>

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





PORTUGAL

PHYSICAL ACTIVITY

FACTSHEET 2021

Physical education in schools

PRIMARY SCHOOLS:	HOURS PER WEEK
	3
	Mandatory

SECONDARY SCHOOLS:	HOURS PER WEEK
	2.15
	Mandatory

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

<input type="checkbox"/> During breaks	<input type="checkbox"/> During lessons	<input checked="" type="checkbox"/> After school	<input type="checkbox"/> Travel to and from school
--	---	--	--

The national programme **School Sport (Desporto Escolar)** allows students to practice sports and physical activities after classes. Desporto Escolar is a universal, open system of sports modalities and practices, which allow each school to harmoniously integrate its own teaching, training, recreation and competition. Its aim is to encourage the practice of physical activity and sports to promote student success, healthy lifestyles and values and principles associated with active citizenship.



SUCCESS STORY

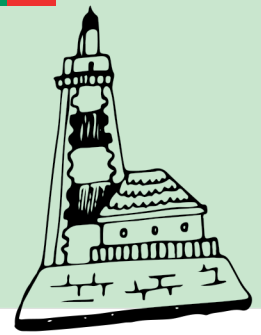
In the **"Bicycle Train Programme"** developed by Lisbon Municipality, children go to school on a bicycle accompanied by adult monitors. Like a regular train, it has defined routes and timetables, and any child can go to school as part of the train. Each train includes one adult per group of four children. The goal is to raise awareness and promote the adoption of active, sustainable mobility habits when commuting to school, enabling children to use bicycles autonomously in real life and offering a safe, fun alternative to motorized options.

National travel survey

The **National Strategy for Active Cycling Mobility 2020–2030** contributes to decarbonization of mobility, favouring more sustainable travel options, such as bicycles, while maximizing the health benefits for citizens and promoting healthier lifestyles. The strategy will be promoted and supervised by the Mobility and Transport Institute and will be the responsibility of an interministerial commission created for this purpose. A focal point network has been created for promoting and monitoring implementation of the 51 measures, which are organized into six strategic dimensions.

Infrastructure for leisure-time physical activity

The aim of the Sports Facilities Rehabilitation Programme, coordinated by the Portuguese Institute of Sport and Youth, is to support improvement of sports facilities through various interventions, including renovation, rehabilitation and maintenance of sports clubs infrastructure. The programme is for sports clubs and associations that include the promotion and direct practice of sports activities.



PORTUGAL

PHYSICAL ACTIVITY

FACTSHEET 2021



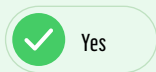
SUCCESS STORY

The **National Sports Information System** is designed to respond to the challenges imposed by the National Sports Charter in the Basic Law on Physical Activity and Sport. The goals are to: promote understanding of the sports infrastructure network in Portugal; promote scientific knowledge from information available on the webpage; contribute to decisions about national planning of policies and contribution to the decision making process; and make information on the construction, reconversion and conservation of sports facilities available to all, quickly and intuitively.

Promotion of physical activity in the workplace



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



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



The **National Strategy for Active Cycling Mobility 2020–2030** includes various measures for maximizing the health of the population, including removing cars from streets, reorganizing public spaces, relieving urban congestion and reducing noise and air pollution. Promotion of active travel to work is one of several goals proposed in the strategy.

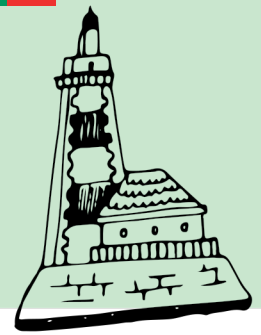
In the context of the COVID-19 pandemic, the Portuguese population was confined at home for a long period, and the prevalence of teleworking increased significantly in several sectors. To ensure the health and well-being of the Portuguese population, a large percentage of whom were working at home, the Institute of Sport and Youth launched another initiative called **#BeActiveAtWork (Pausa BeActive At Work)**, which consisted of 25 educative videos, lasting for about five minutes each, which made suggestions for aerobic exercises, muscle-strengthening activities and/or stretching exercises that could be done at the workplace or at home. Digital brochures with recommendations for being active during teleworking and tips for doing the exercises safely were published to complement this initiative.



SUCCESS STORY

In 2019, the Authority for Working Conditions launched the **Fit@work** campaign to disseminate and promote active, healthy lifestyles at the workplace to ensure employees' health, well-being, quality of life and work. The campaign also included prevention to decrease the risk, prevalence and severity of work-related accidents and diseases through dissemination of a video, posters and leaflets with workplace exercises.

► <https://www.lipor.pt/pt/>



PORTUGAL

PHYSICAL ACTIVITY

FACTSHEET 2021

Community-based interventions for older adults



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



The Portuguese Institute of Sport and Youth launched recommendations for senior sports, physical activity and reducing sedentary behaviour. The guide also provides practical tips for keeping seniors active and healthy, and several videos of exercises were produced and disseminated on a digital platform. The Institute of Sport and Youth also supported 100 organizations in the social economy sector in acquiring sports material kits to promote exercise among institutionalized citizens. The kit also included a pen with guidance, recommendations and tips on exercise.

National awareness-raising campaign on physical activity

The Institute of Sport and Youth is responsible for national coordination of the European Week of Sport (23 and 30 September). The aim is to promote sport and physical activity as part of a healthier lifestyle. The initiative is targeted to all segments of the European population, regardless of age, sex, social context or level of physical fitness. With the motto #BeActive, the goal is to encourage each citizen to be active during the "Week" and to remain active throughout the year.

In 2020, because of the COVID-19 pandemic, the Institute of Sport and Youth launched the campaign "#BeActiveatHome" at the same time as the European Week of Sport to promote physical activity and sports adapted to the limitations imposed by the pandemic and to reduce sedentary behaviour. Recommendations, practical guides, videos, brochures and webinars were produced and disseminated on digital platforms. These two initiatives reached more than one million participants, with more than 1250 activities online and in person all over the country.

▶ <https://www.sigaoassobio.pt/pt> https://www.youtube.com/watch?v=qXBJEmoCqhs&t=1s&ab_channel=Dire%C3%A7%C3%A3o-Geral-da-Sa%C3%BAde

MEDIA USED IN NATIONAL CAMPAIGNS

Television	Radio	Newspapers	Social media	Public events	Public figures	Other
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/>

▶ <https://ipdj.gov.pt/brochuras>