Success story

In 2015, a national project was implemented in schools to promote physical activity as part of a health development programme. The programme emphasized group activities, teamwork and shared development through physical activity. The programme helped to develop individual and social competences and build community through active participation of students. The programme has now been implemented in 288 schools, reaching 30,903 students, including 9,271 students from disadvantaged backgrounds. [http://projektek.egeszseg.hu/web/tie](http://projektek.egeszseg.hu/web/tie)
## Monitoring and Surveillance

### 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 national recommendations were implemented in 2011 and are based on WHO’s Global Recommendations on Physical Activity for Health as well as the recommendations from the US Centers for Disease Control and Prevention and the American College of Sports Medicine.

### Level of physical activity

**Estimated prevalence of sufficient physical activity levels**

- **Children & adolescents**: 42%
- **Adults 18–64 years**: 11%
- **Older adults**: 4%

In Hungary, a person is considered physically active if they achieve 150 min of moderate-intensity or 75 min of vigorous-intensity physical activity per week (or a combination of the two). In addition, muscle strengthening exercises must be included on at least two days per week.

### Monitoring and surveillance of physical activity

**Sectors with surveillance systems**

- Health
- Education
- Sports
- Transport

Physical activity levels are monitored through the European Health Information Survey (EHIS) and the Health Behaviour in School-aged Children initiatives. In addition, the Hungarian Diet and Nutritional Status survey collects information on a sub-sample of the EHIS, including measurements with pedometers.
In 2015, the State Secretariat for Sport initiated an infrastructure development programme called the National Recreational Health Sport Park Programme. Several sport parks have been built according to predefined criteria.

The promotion of physical activity is coordinated by the National School, University and Leisure and Sport Federation, which operates a physical activity working group involving ministries, nongovernmental organizations, universities and health care institutions.

Funding allocated specifically to physical activity promotion by sector

In 2015, the State Secretariat for Sport initiated an infrastructure development programme called the National Recreational Health Sport Park Programme. Several sport parks have been built according to predefined criteria.

The promotion of physical activity is coordinated by the National School, University and Leisure and Sport Federation, which operates a physical activity working group involving ministries, nongovernmental organizations, universities and health care institutions.

Target groups addressed by national policies

A walking programme for older adults has been developed which aims to become a nationwide network of elderly walkers. One of the simplest, cheapest and most effective ways of maintaining health is walking. Joint walking as a community activity is particularly useful for helping the elderly to maintain social relationships and mental health and reduce the risk of falls. There are 80 registered Walking Club Leaders and the first Nationwide Meeting of the Walking Clubs of the Elderly attracted 360 participants.
Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH

**National Health Promoting Offices** (Egészségfejlesztési Irodák) were first established in 2013 by the Ministry of Human Capacities in collaboration with the National Institute of Environmental Health. Physical activity promotion is the primary mission of the 61 Health Promoting Offices, and counselling is provided free of charge. All staff are trained to provide counselling on physical activity, and the centres are led by a health professional.

**Physical activity in schools**

<table>
<thead>
<tr>
<th>Total hours of physical education per week in PRIMARY SCHOOLS</th>
<th>Total hours of physical education per week in SECONDARY SCHOOLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Clock with 5 hours indicated]</td>
<td>![Clock with 5 hours indicated]</td>
</tr>
</tbody>
</table>

All mandatory

The quality of physical education is monitored indirectly though the promotion process, which includes a national system of assessing teachers' performance for the quality of teaching physical education. In Hungary, 2 h of physical education time can be substituted by participation in sports clubs activities.

**Promotion of physical activity in the workplace**

The “Cycle to Work!” initiative (Bringázz a Munkába - BAM), established by the Ministry of Economy and Transport, is an annual campaign that aims to promote cycling to work. The initiative is now led by the Hungarian Cyclists’ club with support from the Ministry of National Development and aims to create a healthier and happier community and a more liveable environment by increasing the number of people who commute to work by cycling.

**National awareness-raising campaign on physical activity**

MEDIA USED IN NATIONAL CAMPAIGNS

The Hungarian School Sports Day is a national campaign established in 2007, run yearly by the Hungarian School Sports Federation. About 200 000 students participate every year.