Success story

In Romania, a guide has been prepared for physical activity and healthy nutrition interventions in nursery schools and schools. The guideline has been distributed in 4000 schools and nursery schools in 42 counties, reaching more than 410,000 people. The interventions are monitored through indicators in the National Health Strategy 2014–2020, are coordinated by the National Centre for Health Promotion and Evaluation and were funded through the Norway grants 2009–2014.
MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

TARGET GROUPS INCLUDED

In Romania, physical activity levels are monitored through the Eurobarometer and the European Health Interview Survey, established in 2008 and led by the National Institute of Statistics. The Youth Risk Behaviour Surveillance System and Health Behaviour in School-aged Children survey are used to monitor physical activity in children and adolescents.

National recommendations are being developed and should be finalized in 2018.

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

In Romania, physical activity levels are monitored through the Eurobarometer and the European Health Interview Survey, established in 2008 and led by the National Institute of Statistics. The Youth Risk Behaviour Surveillance System and Health Behaviour in School-aged Children survey are used to monitor physical activity in children and adolescents.
The National Public Health Institute at the Regional Public Health Centre in Sibiu has developed a “Healthy lifestyle” programme for implementation at community level. The aim is to instil healthy behaviour in people who have one or more risk factors, including physical inactivity, an unhealthy diet, dyslipidaemia, hypertension, overweight, obesity and diabetes mellitus. The complex programme includes individual and group nutrition counselling and guidance on safely increasing physical activity.

In 2014, the Interministerial Working Group for Physical Activity Promotion was established, with the ministries of Health, Education, Sport, Labour, Regional Development and Public Administration and Transport and the National Institute of Public Health.
An after-school physical activity programme has been prepared to complement the compulsory school curriculum and to prevent school dropout, increase school performance and accelerate learning through educational, recreational and leisure activities, as well as personal development and social integration.

Training in physical activity for health is a mandatory part of the curriculum for medical doctors and physiotherapists.

Two hours of physical education are mandatory in Romanian schools, and one optional hour of play and movement or physical education per week is offered in primary and secondary schools, except in grade 8, when only 1 h is mandatory. The quality of physical education is monitored by inspections by county school inspectorates.

The national campaign “For a healthy lifestyle” was developed to raise public awareness and stimulate behavioural change including physical activity. It was initiated in 2009 and is led by the National Audiovisual Council of Romania and the International Advertising Association. Additionally, during European Mobility Week, Romania declared 22 September a “day without cars”, prohibiting motor traffic in several central areas in Romanian cities.