Success story

“Movement is health! ... at all ages” (Il movimento è salute! ... a tutte le età) is a national campaign led by the Ministry of Health to raise awareness about the physical and mental benefits of regular physical activity and to promote participation in sports throughout the life-course.
MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

TARGET GROUPS INCLUDED

The national recommendations were published in 2014. They are based on WHO’s global recommendations on physical activity for health (2010).

Level of physical activity
ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

Data on adults were collected through the Italian Ministry of Health Passi surveillance system in 2017.

Monitoring and surveillance of physical activity
SECTORS WITH SURVEILLANCE SYSTEMS

The EpiCentro ISTAT attività Fisica, led by the National Institute of Health, is the national surveillance system in Italy. Physical activity levels are monitored through the European Health Interview Survey, the short International Physical Activity Questionnaire and the Eurobarometer survey. The questionnaire of “OKKIO alla salute” is used to monitor some aspects of physical activity among children.
Funding allocated specifically to physical activity promotion by sector

The “Sport di Classe” programme was established in 2017 to increase physical activity through sports in primary schools in a multi-faceted approach for students, teachers, school principals and families. The objectives are to promote participation in sports, increased physical education and the educational values of sport. It is implemented by the Italian Ministry of Education, University and Research and the Italian National Olympic Committee.

The transport survey “Comuni ciclabili” was established in 2017 by the Italian Cycling Federation and is funded by the National Association of Italian Municipalities.

National policies by sector

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

100%

Policy/sector

Health
Education
Transport
Sports
Environment
Urban planning

Total number of policies

1

Policies with evaluation processes

Sectors involved

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
Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH

Although there is no programme or scheme for counselling on physical activity by health professionals, Italy offers prescriptions for physical activity through medical doctors.

The “Exercise is medicine” programme guides the prescription of physical activity by physicians as part of treatment. It was initiated in 2015 by the Institute of Medicine and Sports Science.

Medical doctors Nurses Physiotherapists Others

Optional

Physical activity in schools

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

- 2 hours
- All mandatory

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

- 2 hours
- All mandatory

“Piedibus” is a scheme initiated in 2008, led and funded by the National Piedibus Association, to promote safe walking to school.

- Physical activity during school breaks
- Physical activity during lessons
- Physical activity programmes after school
- Active travel to and from school

National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

- Television
- Radio
- Newspapers
- Social media
- Public events
- Public figures