Success story

The aim of the “Sport–santé” project is to promote physical activity for the prevention and control of noncommunicable diseases in Luxembourg. In 2018, the “Sport–santé actimeter” was introduced for use by health care professionals when counselling patients on physical activity. The tool enables health workers to quickly identify whether patients meet the minimum recommended physical activity from the answers to two questions. The tool and a flyer providing the recommendations on physical activity are distributed to all medical doctors and allied health professionals in Luxembourg. Other resources have been developed to help health care professionals better understand the role of physical activity in the management of chronic conditions and disorders. [www.sport-sante.lu/images/Documents/Actimeter/Sport-Sante-ACTIMETER2018_en_web.pdf](http://www.sport-sante.lu/images/Documents/Actimeter/Sport-Sante-ACTIMETER2018_en_web.pdf).
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)
- People with disabilities
- Pregnant and breastfeeding women
- People with chronic diseases

The national recommendations were implemented in 2006 and are based on WHO global recommendations on physical activity for health (2010) and the European Union physical activity guidelines (2008).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

<table>
<thead>
<tr>
<th>Group</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>28%</td>
<td>34%</td>
<td>21%</td>
</tr>
<tr>
<td>Adolescents</td>
<td>31%</td>
<td>27%</td>
<td>34%</td>
</tr>
<tr>
<td>Adults</td>
<td>41%</td>
<td>20%</td>
<td>19%</td>
</tr>
<tr>
<td>Older adults</td>
<td>21%</td>
<td>26%</td>
<td>15%</td>
</tr>
</tbody>
</table>

Cut-off point: ≥ 30 min of moderate-intensity physical activity on most, preferably all, days of the week.

HSBC study 2013–2014: 21% of girls and 34% of boys aged 11 years achieved the WHO-recommended levels of physical activity for health; 17% of girls and 35% of boys aged 13 years met the guidelines; and 9% of girls and 26% of boys aged 15 years met the recommended levels.

The recommendation of practising at least 150 min of endurance exercise per week is met by 41% of the population and that of walking for ≤ 30 min/day by 40% of adults. Muscle strengthening on 2 days/week is practiced by 27% of the population.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

The European Health Interview Survey, Eurobarometer and the Health Behaviour in School-aged Children study are conducted in Luxembourg.
An executive committee led by the Ministry of Health and involving the ministries of Sports, Education (formal and informal) and Family and Integration coordinates the promotion of physical activity.

As part of the national “Eat healthily – Move more” (Gesond iessen – Méi bewegen) action plan for 2018–2025, a national sports day “Fit 50 plus” was organized in 2016 for people aged over 50 years. In 2017, the national sports day focused on sports at the work place, and in 2018 on civil servants.

The national action plan “Eat healthily, move more” (Gesond iessen, méi bewegen) was first implemented in 2006 and was recently updated in a framework for nutrition and physical activity for the period 2018–2025. One of the four guiding principles of the new national framework is access for all. The plan is designed to remove inequalities in access to a balanced diet and physical activity, adapt actions to different contexts, target populations (elderly people, adults, pregnant women, young children, adolescents, vulnerable people) and encourage a lifelong approach.

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

Since 2018, training in sports for health has been provided to health care students at the University of Luxembourg, the Technical High School of Health Professions and at LUNEX University through the national sport–health therapeutic programme (Programme national thérapeutique sport-santé).

Physical activity in schools

Total hours of physical education per week in PRIMARY SCHOOLS

- First year: 0
- Next 4 years: 2
- Last 2 years: 2

All mandatory

Physical activity during lessons

Physical activity programmes after school

Active travel to and from school

Physical activity in schools

Total hours of physical education per week in SECONDARY SCHOOLS

- First year: 3
- Next 5 years: 2
- Last 2 or 3 years: 2

All mandatory

Physical activity during lessons

Physical activity programmes after school

Active travel to and from school

Promotion of physical activity in the workplace

The Luxembourg Athletics Federation and the Running Nation Club organize running events for companies such as “Smartrun” and “Financerun”. These sport-based networking events focus on promoting group running as well as recreational physical activity through participation in sport that can provide benefits for both individuals and companies. In 2018, the first “Day of sports-fit and healthy” (“Sportsdag fit a gesond”) was launched to promote physical activity among civil servants. This was the kick-off event for implementation of a strategy for health, safety and quality of life at work.

National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

The Campagne nationale Sport–Santé 2018 is a national campaign to promote physical activity for people with chronic diseases.