Success story
The “Spring of activeness” project was coordinated and implemented by the physical education teachers’ association in collaboration with Klaipėda University. The aim was to encourage young adolescents to have physically active lifestyles by providing opportunities for experiential learning in informal physical activity based on good practices from other countries. The project was grounded on links among pupils, schools, university instructors and administrators and university students enrolled in physical education, sports and physical activity programmes. Research was carried out to identify student and teachers’ programmes, attitudes, needs and participation in independent and organized physical activity. The results will be used in compiling or revising study programmes so that they correspond to the needs of future physical education and sports professionals, preparing them for work in schools and in other health-enhancing physical activity.
MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- Children (<5 years)
- Children and adolescents (6–17 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
- Others

The national recommendations are based on WHO's global recommendations on physical activity for health (2010).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

- Children & adolescents 10–17 years: 10%
- Adults & older adults ≥ 18 years: 80%
- Boys: 14%
- Girls: 6%
- Men: 83%
- Women: 78%

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

In Lithuania, physical activity is monitored by the Health Education and Disease Prevention Centre (since 2010) and the Department of Physical Education and Sports (since 2002) through the Study of Physical Activity Status in Lithuania, National Survey on Physical Activity in Lithuania and a study of the lifestyle of pupils in all municipalities. Physical activity levels are assessed with the Global Physical Activity Questionnaire. Lithuania also participates in the Health Behaviour in School-aged Children study.

- Health: ✔
- Education: ✗
- Sports: ✔
- Transport: ✗
Funding allocated specifically to physical activity promotion by sector

Lithuania has prepared a National Sports Development Strategy for 2011–2020, which promotes sports for all. The strategy is based on four themes: increased awareness of the benefits of physical activity; development of sports skills; development of sports infrastructure; and accessibility of sports infrastructure. It includes initiatives to encourage young people to participate in voluntary sports, strengthens the role of sports clubs in the community and issues recommended minimum standards for local sports clubs and health infrastructure.

Since 2015, Lithuania has implemented an informal education financing mechanism for children based on funding per capita. Financial allocations are distributed from the national budget to municipalities according to the number of schoolchildren in certain schools. The recommended amount is 15 €/month, per person. 10% of all Lithuanian schoolchildren attended sport programmes financed by this mechanism in 2016–2017. This informal mechanism is used by sport clubs, independent teachers, municipal sport centres and other bodies.

Target groups addressed by national policies

Since 2015, Lithuania has implemented an informal education financing mechanism for children based on funding per capita. Financial allocations are distributed from the national budget to municipalities according to the number of schoolchildren in certain schools. The recommended amount is 15 €/month, per person. 10% of all Lithuanian schoolchildren attended sport programmes financed by this mechanism in 2016–2017. This informal mechanism is used by sport clubs, independent teachers, municipal sport centres and other bodies.
National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

The yearly campaign “Production and broadcasting of programmes to enhance physical activity, a healthy lifestyle and engagement in sports by the public” is part of an inter-institutional action plan for implementation of the National Sports Development Strategy for 2011–2020, with annual budget allocations.