Success story

“Schools in motion” is a multicomponent approach to promote the physical activity of students in school through active lessons, active recess, active transport and physical education lessons supporting lifelong physical activity. Measures have been introduced to improve indoor and outdoor environments for physical activity. A key element of the project is the involvement of all school personnel, students and parents in developing the interventions.
**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 2017 and are based on the Nordic Nutrition Recommendations (2012), recommendations from the Nordic Council of Ministers (2013) and the United Kingdom physical activity guidelines (2011).

**Level of physical activity**

**ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS**

- **Children & adolescents 11–15 years**: 16%
- **Bays**: 20%
- **Girls**: 12%
- **Men**: 42%
- **Women**: 42%
- **Adults & older adults 16–64 years**: 42%

Adults are considered to be active if they achieve 30 min of physical activity twice a week in leisure time.

**Monitoring and surveillance of physical activity**

**SECTORS WITH SURVEILLANCE SYSTEMS**

"Health behaviour of the Estonian adult population", a national survey led by the National Institute for Health Development, is used to monitor physical activity in Estonia. It was implemented in 1994 and has been repeated every 2 years. The physical activity of children and adolescents is monitored in the Health Behaviour in School-aged Children survey.
One of the aims of the Estonian Sports Development Plan is to reorient physical education to the development of lifetime physical activity habits and motivation for daily activity. Previously, physical education was centred on sports; now, it focuses on developing physical literacy. [http://www.kul.ee/et/tegevused/sport/arengstrateegia-eesti-sport-2030](http://www.kul.ee/et/tegevused/sport/arengstrateegia-eesti-sport-2030)

### 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
A national campaign is staged in 3 months during the year to increase public awareness and promote physical activity, with three themes. February is the month for leisure time in “Sports for all” facilities, April is the month for workplace sport, and September is the month for school sport. The campaign is led by the Estonian Sports for All Association, in cooperation with partners and jointly funded by the Ministry of Culture and other partners.

Much research has been conducted in Estonia since 2004 on the quality of physical education. Both quantitative and qualitative methods have been used to explore the opinions of physical education teachers. In 2013, the physical conditions for organized physical education in schools were also studied and the opinions of physical education teachers assessed. Several other studies have looked at students’ motivation and attitudes towards physical education, and a major survey was conducted in 2018 in which students in grades 4, 8 and 11 and their parents and teachers were asked about physical activity and physical education. This survey will be repeated annually. More information can be found in the document “Physical education concept. Upgrading Estonian physical education” (2017).