



GERMANY

PHYSICAL ACTIVITY FACTSHEET 2018



Total population

82 521 653

Median age

46.0 YEARS

GDP per capita

34 700 €

% of GDP for health: **7.2**
% of GDP for education: **4.2**
% of GDP for sports: **0.2**



Population **MALE**

49.3%

Population **FEMALE**

50.7%

Life expectancy, **MALES**

78.6 YEARS

Life expectancy, **FEMALES**

83.5 YEARS

Sources: Eurostat (2016)

Success story

In 2016, the National Recommendations for Physical Activity and the Promotion of Physical Activity were published, which apply to all age groups as well as to adults with chronic diseases. They were initiated in 2014 within the context of an interdisciplinary working group at the Federal Ministry for Health for physical activity promotion in daily living. A broad alliance of stakeholders at national and federal state level supported potential implementation of the recommendations. The recommendations constitute a novelty at two levels: at national level, by providing the first evidence-based recommendations for Germany, with use of rigorous scientific methodology, and at an international level, by systematically linking recommendations for physical activity with the promotion of physical activity.



MONITORING AND SURVEILLANCE

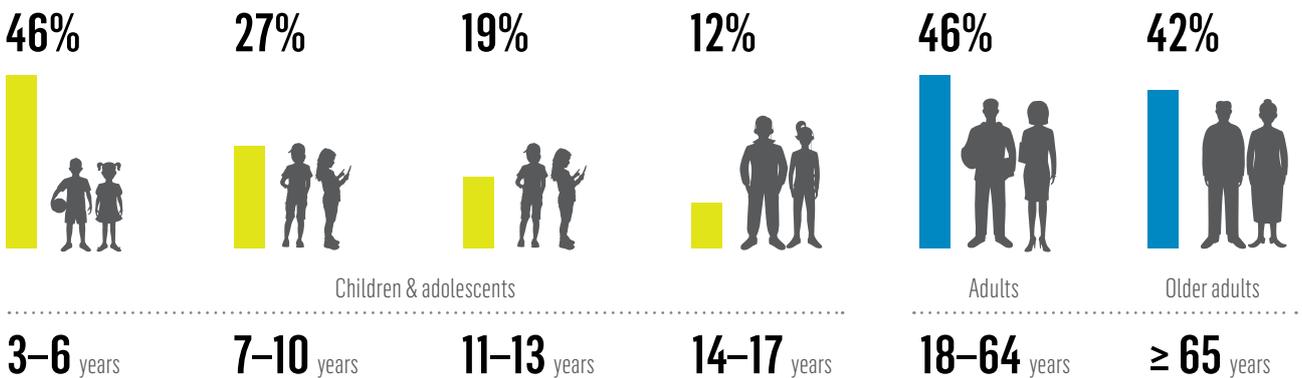
National recommendations on physical activity for health

TARGET GROUPS INCLUDED



Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



The data collected in the German Health Update (GEDA), the German Health Interview and Examination Survey for Adults (DEGS) and the German Health Interview and Examination Survey for Children and Adolescents (KiGGS) can be used to evaluate population-representative information on health status and health-related issues as well as temporal trends. The findings can be used to develop evidence-based health policies and may form the basis of targeted recommendations on improving prevention, developing measures relevant to health care, and generating new working hypotheses on the possible causes of diseases. It also provides a framework for concomitant research based on observation, e.g. to assess health policy.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

The National Health Monitoring and the European Health Interview Survey are used to measure physical activity. The national survey used for measurements among young people is the German Health Interview and Examination Survey for Children and Adolescents (KiGGS). Data are for physical activity self-reported by 11–17-year-olds and reported by parents or legal guardians of 3–10-year-olds. For a subsample, accelerometer data are available.



POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector

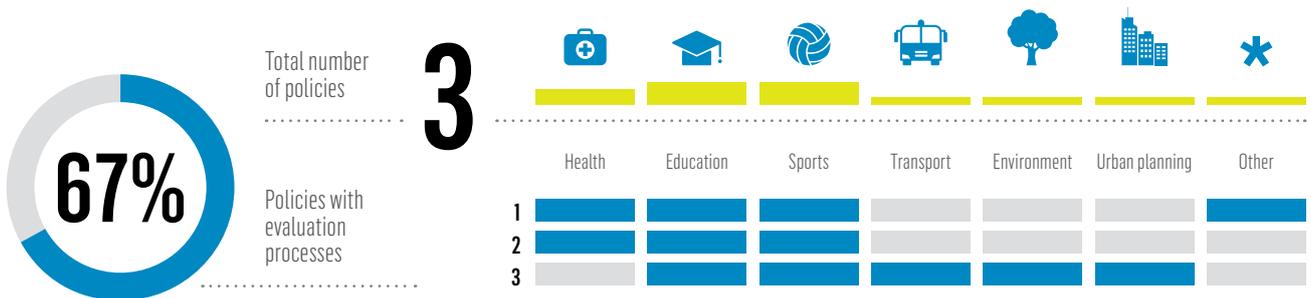
A working group for coordinating health-enhancing physical activity was established in Germany in 2010 in the context of the National Action Plan "IN FORM", Germany's national initiative to promote healthy diets and physical activity. The working group is led by the Federal Ministry of Health and involves ministries, scientific societies, associations and experts in health promotion, prevention and sports.



The **German Olympic Sport Confederation (DOSB)** is the umbrella organization for German sports and one of the largest citizen movements in the country, with over 27 million members in over 90 000 sports clubs. One of its fields of expertise is health management and prevention. Within this field, the "Sports for Health" initiative was established in collaboration with the German Medical Association. It ensures nationwide, standardized programmes. Now, about 19 000 courses meet transparent criteria and receive a "seal of quality". For example, programmes must be designed for certain target groups, be led by qualified instructors, have no more than 15 participants, include a health check-up, undergo permanent quality control and be part of a local network of sports clubs.

National policies by sector

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



The "**Lübeck Model of Movement Worlds**" (LMB) is a group exercise programme to promote physical activity among older people with physical and/or cognitive limitations. The participants are recruited from nursing and retirement homes and among local residents. The programme is offered in twice-weekly sessions of 60 min with themes such as "a walk in the forest", "doing housework", "during the harvest season" or "house construction", under the leadership of trainers. The group training sessions are complemented by an individual exercise programme. The goal of this holistic approach is to train all parts of the body during each session, to provide the mobility for daily activities. Intensive training is given in standing, walking, overall stability and a secure gait. As the programme is rooted in the everyday life of the participants, it is inclusive and has a low threshold. The average age of the participants is 80–85 years. The exercise programme LMB is financially supported by private health insurance.

Target groups addressed by national policies

Germany has various activities, programmes and initiatives for health-enhancing physical activity, at federal, state and local levels, in which physical activity is a key element of health promotion and prevention.

The "**National Cycling Plan 2020, joining forces to evolve cycling**", was established in 2013 as a sequel to a plan that had been in place since 2002. The Plan is the strategic policy document of the Federal Government for cycling and sets out the guiding policy principles for the promotion of cycling, focuses on new transport policy challenges, such as promotion of cycling in rural areas as a means of transport on an equal footing with others, capacity problems in towns and cities and the increasing use of electric bicycles. The objectives are to make cycling more attractive and safer and to increase "economobility", comprising local public transport, walking and cycling.

- ✓ 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



Medical doctors



Nurses



Physiotherapists



Others



In July 2015, the **Preventive Health Care Act** came into force in Germany. This legislation almost exclusively addresses primary prevention of noncommunicable diseases before they manifest, by strengthening prevention and health promotion in the settings in which people live, learn and work, and focusing particularly on common risk factors and health inequality. The approach of the Act is not to target specific diseases but to strengthen people's resources and potential with regard to their health – with a focus on vulnerable and hard-to-reach groups – and to support the development of health-promoting structures within settings of everyday life. In addition, health examinations are to be focused more on recording individual health stressors and risk factors such as: imbalanced diets, lack of physical exercise, smoking, excessive alcohol consumption as well as serious psychosocial stress. Where necessary, the examination is also to include a specially tailored prevention oriented counselling measure and recommendations for prevention courses.

Physical activity in schools

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



Some primary schools with a focus on sports and/or physical education provide up to 6 additional hours.

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



Some types of school with a focus on sports and/or physical education provide additional hours.



Physical activity during school breaks



Physical activity during lessons



Physical activity programmes after school



Active travel to and from school



The quality of physical education is monitored as part of the quality management in schools. Within the federal system in Germany, school policy is the responsibility of the states. Various voluntary programmes, projects and interventions exist at local and regional levels.

Promotion of physical activity in the workplace

The strengthening of occupational health promotion as a complement to occupational safety obligations, particularly as a means of supporting enterprises in organizing successful occupational health policies, is one of the priorities of the Prevention Act. The Prevention Act succeeded in creating a close connection between occupational health promotion and occupational safety, thereby increasing the involvement of company doctors in occupational health promotion. Health examinations are to be focused more on recording individual health stressors and risk factors, as for example lack of physical exercise. Where necessary, the examination is also to include a specially tailored prevention-oriented counselling measure and recommendations for prevention courses. The recommendations are to be given in the form of a medical attestation that must be taken into account by the statutory health insurance funds when granting benefits.



Active travel to and from the workplace



Physical activity at the workplace



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

In Germany, activities to promote health-enhancing physical activity are accompanied by various awareness-raising measures. Examples are activities within the National Action Plan IN FORM and the dissemination of the National Recommendations for Physical Activity and the Promotion of Physical Activity. The Federal Centre for Health Education also plays an important role in health education for all age groups.



Television



Radio



Newspapers



Social media



Public events



Public figures



Other

