



CROATIA

PHYSICAL ACTIVITY

FACTSHEET 2018



Median age

43.4 YEARS

GDP per capita

11 100 €



Total population

4 154 213

% of GDP for health: **6.5**

% of GDP for education: **4.8**

% of GDP for sports: **0.1**



Population **MALE**

48.3%

Population **FEMALE**

51.7%

Life expectancy, **MALES**

75.0 YEARS

Life expectancy, **FEMALES**

81.3 YEARS

Sources: Eurostat (2016)

Success story

In order to halt the growing trend of morbidity and mortality rates of noncommunicable diseases, the Ministry of Health launched a public health programme "Healthy Living" in 2002. Since then, the Croatian Institute of Public Health in collaboration with nine ministries and other key governmental agencies and organizations has been developing a comprehensive, multidisciplinary health promotion programme "Healthy living", which the Government declared the first national health promotion programme in Croatia. Implementation of the programme is multisectoral, involving nongovernmental organizations, local communities, health, education and Government institutions. Starting in December 2016, the programme activities have been co-financed by the European Union from the European Social Fund. The goals of the programme are to inform, raise awareness and provide supporting environments to Croatian citizens of all ages as well as to vulnerable groups for adequate physical, mental and reproductive health in order to ensure healthier lifestyles for all. The "Healthy living" programme consists of five components: health education, health and physical activity, health and nutrition, health and the workplace and health and the environment.

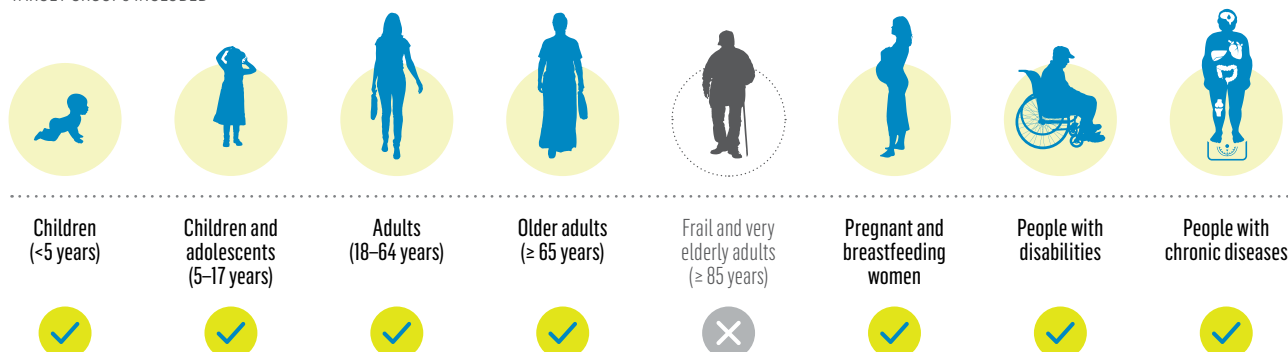
<https://www.hzjz.hr/en/news/the-national-programme-living-healthy>



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

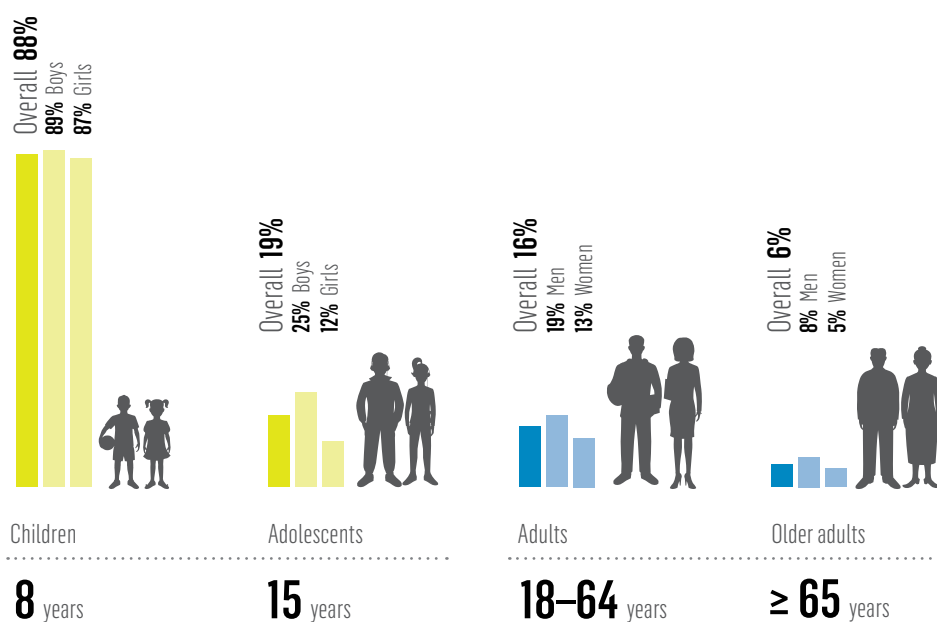
TARGET GROUPS INCLUDED



The national recommendations are based on WHO's Global Recommendations on Physical Activity for Health as well as the the recommendations from the US Centers for Disease Control and Prevention and the American College of Sports Medicine.

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Levels of physical activity are assessed based on the WHO recommendations of 150 min of moderate-intensity physical activity per week for adults and 60 min/day for children and adolescents. Data for 8-year-olds are from the Childhood Obesity Surveillance Initiative (COSI) survey conducted in 2015/2016, those for adolescents from the Health Behaviour of School-aged Children survey conducted in 2013/2014, and those for adults from the European Health Interview Survey (EHIS) conducted in 2014/2015.

The aim of the national health promotion programme, **"Healthy Living"** is to create conditions in all counties that allow all citizens to meet the recommended levels of physical activity. For children, activities are organized regularly in parks during their free time, and daily 10-min exercise and "Polygon for physical activity of schoolchildren" are organized in schools. Daily 10-min of exercise is organized for the working population and for all age groups. For the elderly, regular "Walking towards health" is organized.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

In Croatia, physical activity levels are monitored with the: COSI survey conducted in 2015/2016; the HBSC study conducted every 4 years since 2002, with the last round conducted in 2013/2014; the Health Interview Survey, conducted in 2003 and 2008, coordinated by the University of Zagreb, Medical School; and the European Health Interview Survey for Croatia conducted in 2014 and coordinated by the Croatian Institute of Public Health.



POLICY RESPONSE

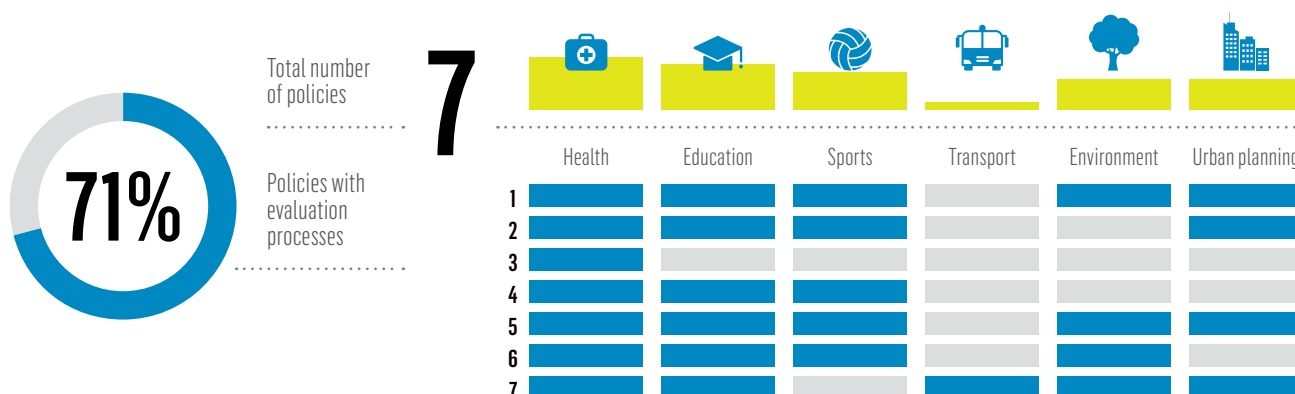
Funding allocated specifically to physical activity promotion by sector

The Croatian Institute of Public Health coordinates the **"Healthy Living"** programme, co-financed by the European Social Fund. Activities are planned for the entire population and thus involve sectors other than health. Accordingly, funding is distributed to sectors including health, education, sports, environment and urban planning.



National policies by sector

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



A national interdisciplinary working group for health-enhancing physical activity promotion was formed in 2017. Its aim is to create a platform for sharing good practice examples, legislation and monitoring among sectors. This will contribute to better intersectoral communication and cooperation that will result in a comprehensive strategic plan. The working group consists of members from the health, workplace, sports, environment, tourism and transport sectors.

Target groups addressed by national policies

The target group of the **"Healthy Living"** programme is the entire population, including the elderly, socially deprived people, people with disabilities and ethnic minorities. For example, within the activity "Volunteers in parks", the organized activities include both promotion of physical activity and also social integration of the elderly, children with developmental difficulties, ethnic minorities and other vulnerable groups.



- ✓ 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



Counselling centres for healthy nutrition, physical activity and obesity prevention are organized by the Croatian Institute of Public Health and 13 county institutes. Counselling centres offer professional help and support in maintaining and improving health and empower citizens to control their own health with an emphasis on physical activity and healthy nutrition. All the services are free of charge and anonymous. Each of the counselling centres also offers phone and email counselling.



Physical activity in schools

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



Grades 1-3:

3

All mandatory



Grades 4-8:

2

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



In schools with a
4-year programme:

2

All mandatory



In schools with a
3-year programme:

1

Physical
activity during
school breaks



Physical
activity during
lessons



Physical activity
programmes
after school



Active travel
to and from
school



According to the **CroCOSI** survey conducted in 2015/2016, 84% of the main elementary schools have gyms or sports rooms. About two thirds (63%) of all the main elementary schools offer organized physical activity to pupils outside of school hours, and 51% of schools allow students to use the sports facilities outside school hours.

Promotion of physical activity in the workplace

The "**Health-friendly company**" project provides certification to companies that support workers in maintaining healthy lifestyles during office hours and promote active transport to work. The company's health promotion policies are evaluated, and further recommendations for improvement are given. Company employees can also attend physical activity workshops.



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 Croatia, there are several national awareness-raising campaigns on physical activity: the European Week of Sport in May, World Walking Day in October and regular awareness-raising activities within the "**Healthy Living**" programme.



Television



Radio



Newspapers



Social media



Public events



Public figures

