

FRANCE

PHYSICAL ACTIVITY FACTSHEET 2018



Total population

66 989 083

Median age

41.4 YEARS

GDP per capita

31 800 €

% of GDP for health: **8.1**
 % of GDP for education: **5.4**
 % of GDP for sports: **0.5**



Population **MALE**

48.4%

Population **FEMALE**

51.6%

Life expectancy, **MALES**

79.5 YEARS

Life expectancy, **FEMALES**

85.7 YEARS

Sources: Eurostat (2016)

Success story

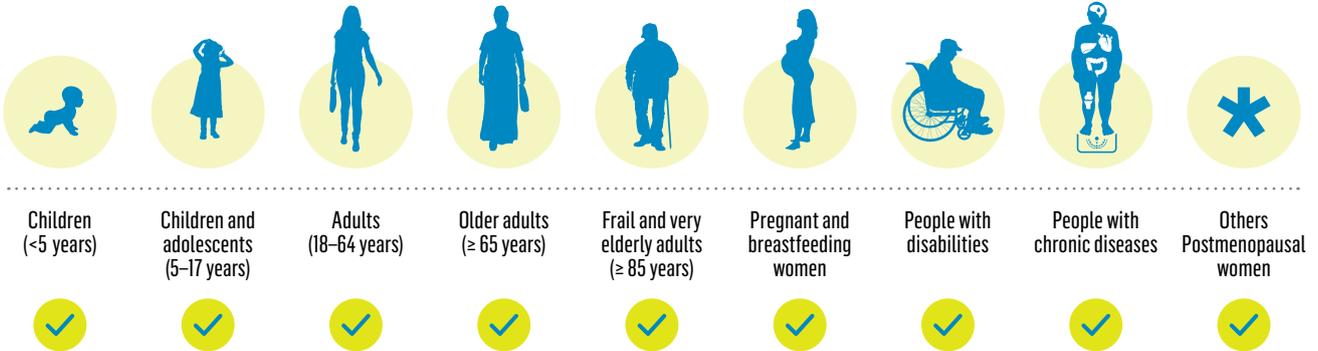
France has a programme called "**Medicosportsanté**", in which each national sports federation dedicate one sports programme for participants with a chronic disease or the elderly. Each federation has created a commission that includes one general practitioner and a technical director, who provide guidance on adapting sports programmes for people with certain chronic diseases. The proposed programmes are then discussed by a committee made up of medical experts on the National Olympic Committee. The sports programmes will be announced on the Internet for both health professionals and the general population. Fifty national sport federations are involved in the programme. <http://cnosf.franceolympique.com/cnosf/actus/7038-nouvelle-version-du-mdicosport-sant.html>. <http://inpes.santepubliquefrance.fr/icaps/default.asp>



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

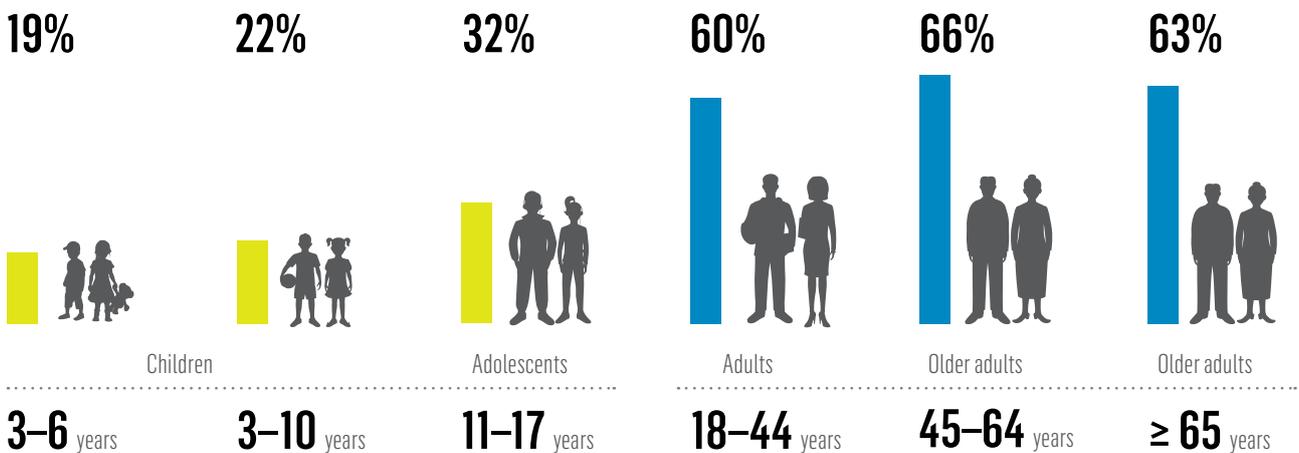
TARGET GROUPS INCLUDED



The national recommendations are based on WHO's global recommendations on physical activity for health (2010) as well as recommendations from the National Security Agency for Health Food, the Environment and Work (ANSES), the National Cancer Institute and the National French Institute for Research and Science in Medicine (INSERM) Collective Expertise Centre, implemented in 2008 and to be updated in 2018.

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



3-10 years: physically active on 5 or more days per week. 11-17 years: moderate intensity physical activity every day or vigorous intensity physical activity on 5 or more days. Adults: at least 3 days of vigorous intensity physical activity for at least 25 min/day or 5 or more days of moderate intensity physical activity for at least 30 min/day.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Physical activity levels in the population were assessed from a national survey as part of the INCA3 study conducted in 2014–2015
<https://www.anses.fr/fr/content/les-etudes-inca>.

POLICY RESPONSE

Funding allocated specifically to physical activity promotion by sector



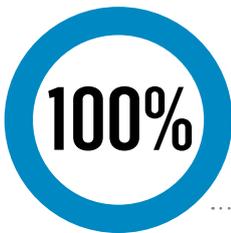
The National Piloting Committee for Sport and Health was established in 2018 and is responsible for coordinating physical activity promotion at the national level.



France has a **National Action Plan for the Prevention of Frailty and Loss of Autonomy**. About €67 million have been allocated to collective protective activities, about 8% of which is for physical activity and programmes to prevent falls.

National policies by sector

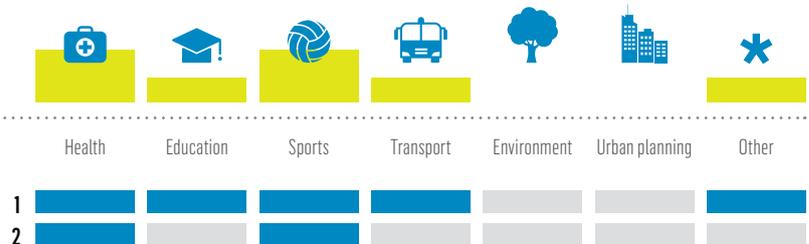
Sectors that are involved in each of the national policies or action plans to promote physical activity



Total number of policies

2

Policies with evaluation processes



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
- ✓ Other

The **"National Plan for Sport, Health and Well-Being"** (National Sport Santé Bien-Être), led by the Ministry of Health and the Ministry of Sports, is the key national policy for promoting physical activity.

Several national surveys collect data on the level of physical activity and sedentary behaviour of the French population, their use of active transport and participation in sport, and the National Observatory for Physical Activity and Sedentary Behaviour was established in 2015 under the leadership of the Ministry of Sports to identify, analyse and consolidate the data. The surveys include a national study of individual food consumption in 2014–2015, a study on the environment, biomonitoring, physical activity and nutrition, national surveys on the health of schoolchildren and adolescents, a national survey on physical activity and sedentary behaviour of children and adolescents, a national survey of transport and a survey of licenses and clubs in approved sports federations. www.onaps.fr

Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH

Some communities in France have successful programmes for prescribing sport as part of the care of patients with long-term conditions. As part of the care pathway for patients with a long-term condition, the physician can prescribe physical activity according to the patient's condition, physical ability and medical risk. <http://www.sports.gouv.fr/accueil-du-site/a-la-une/article/Les-medecins-peuvent-desormais-prescrire-une-activite-physique-aux-personnes-en-ALD>



Physical activity in schools

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



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



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 through inspections by the Education Inspection Office.

The **Intervention Centred on Adolescents' Physical Activity and Sedentary Behaviour**, which promotes physical activity among children and young people, was recognized as effective by WHO in 2009. This intervention is based on a socio-ecological approach. It encourages social support from parents, teachers and sports instructors and promotes physical activity during and outside school hours.



Promotion of physical activity in the workplace

Active travel to and from the workplace



Physical activity at the workplace



Launched in 2014, the **"Active Plan for Active Mobility"**, provides a framework and guidance to increase the modal share of walking and cycling as part of daily travel. It is the only plan exclusively dedicated to physical activity through active mobility and there are expected to be economic, social and health benefits. It includes 19 measures within 6 main areas:

- 1: Developing intermodal public transport / active modes of travel
- 2: Sharing public space and secure active modes of travel
- 3: Valuing the economic stakes of cycling
- 4: Taking into account active mobility policies in urban planning, housing and especially social housing.
- 5: Developing leisure itineraries and bicycle tourism.
- 6: Rediscovering the benefits of walking and cycling



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



Television



Radio



Newspapers



Social media



Public events



Public figures



Posters



The **"Eat and Move"** ("Manger Bouger") campaign was implemented in 2011 by the National Programme for Nutrition and Health.