



STEP UP! TACKLING THE BURDEN OF INSUFFICIENT PHYSICAL ACTIVITY IN EUROPE

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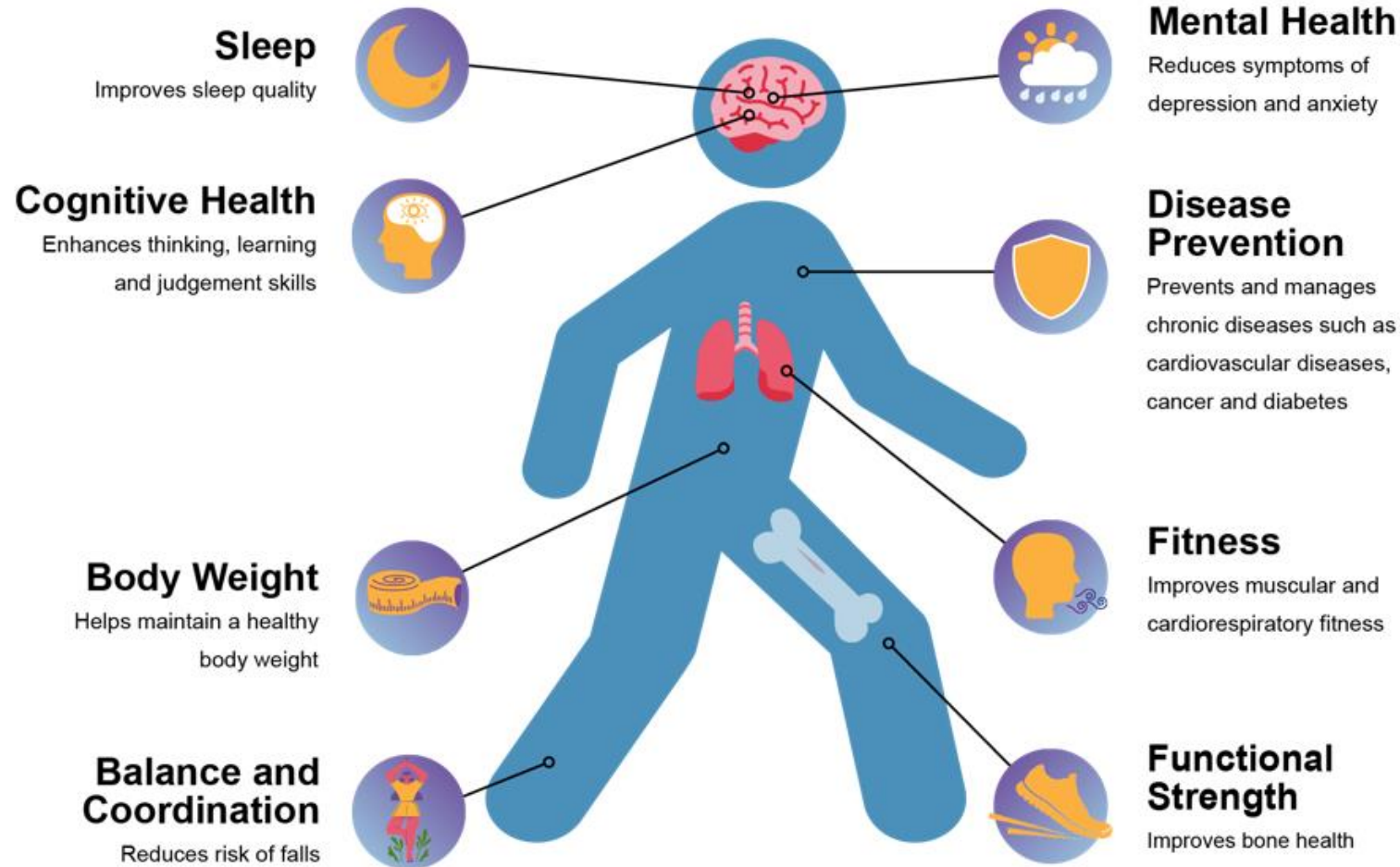
Out now!



www.oecd.org/stepup



Physical activity has significant benefits for health and wellbeing

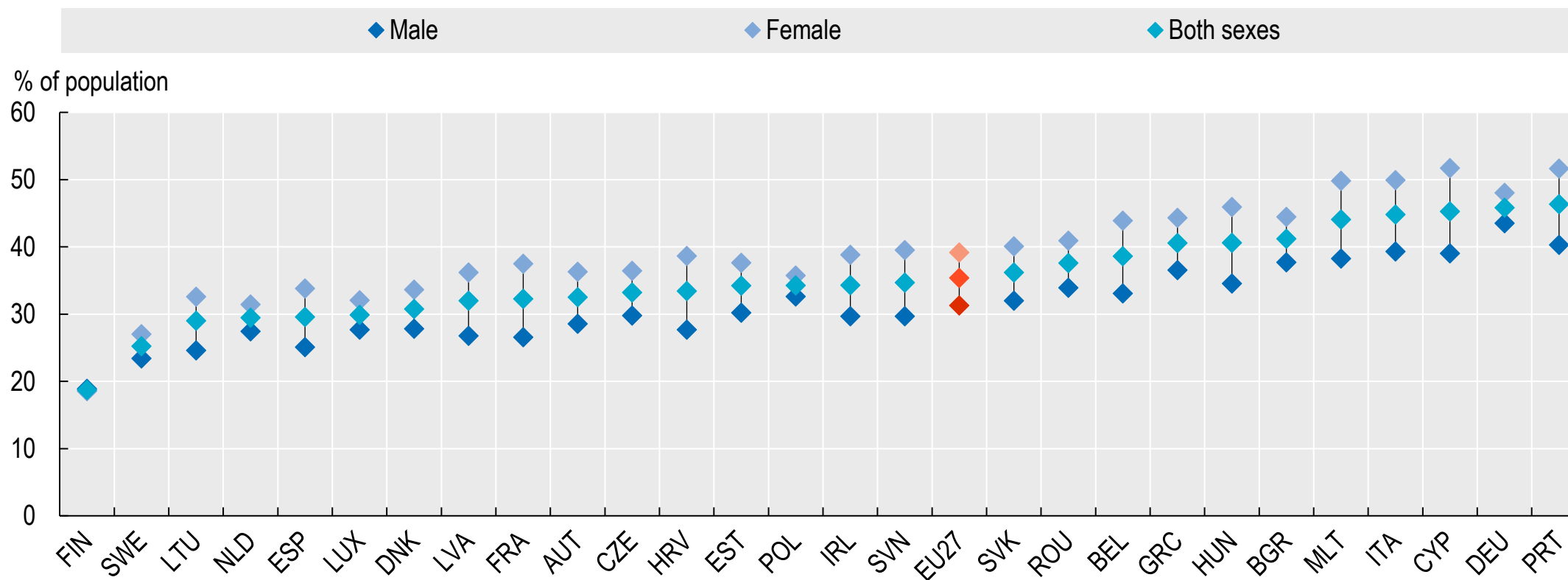




One in three adults do not meet WHO physical activity guidelines

Prevalence of insufficient physical activity

Prevalence of insufficient physical activity (less than 150 minutes of moderate-intensity physical activity per week, or equivalent) among adults aged 18+ years, crude estimate (%), 2016

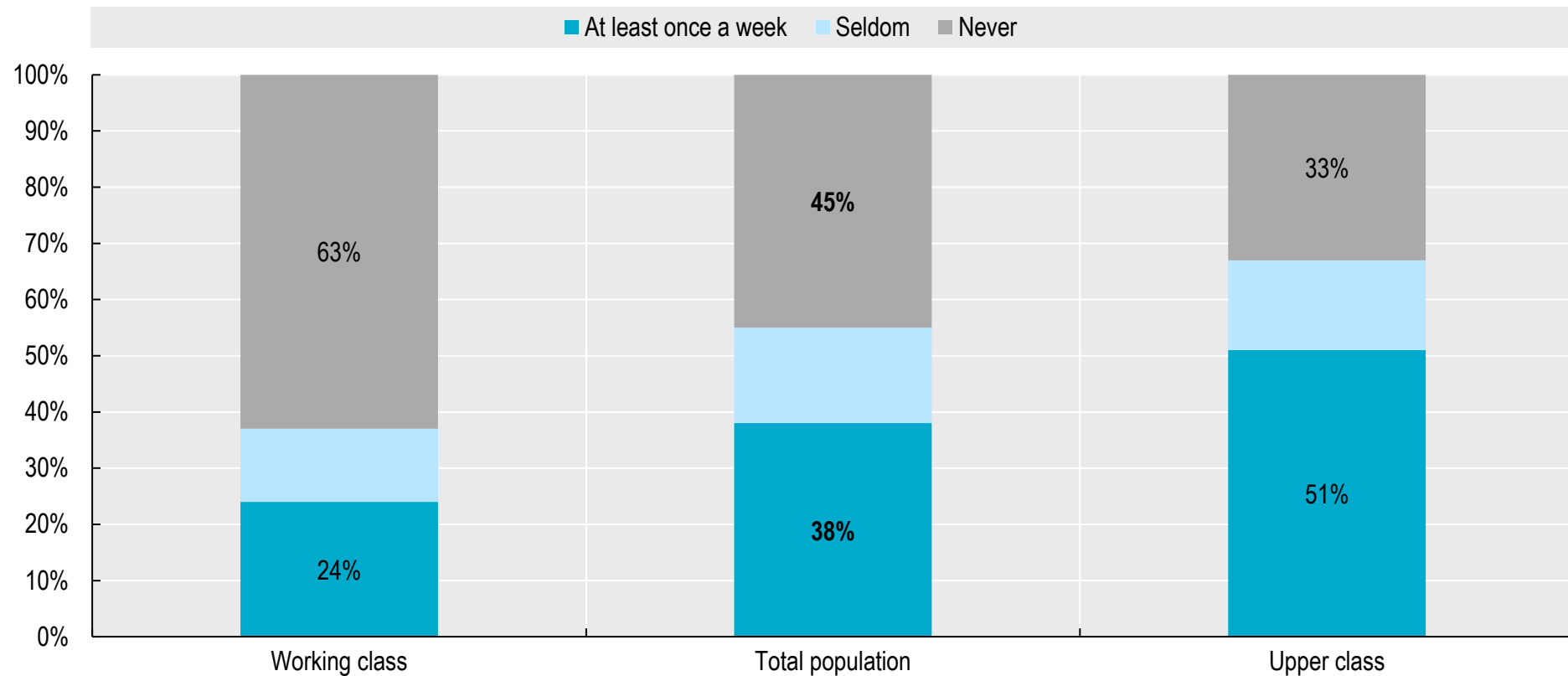




Almost half of all adults never do sport or exercise

Sport or exercise in adults by socio-economic group

Proportion of adults who reported doing sport and exercise at least once a week, seldom and never, by socio-economic group, weighted average for EU27, 2022

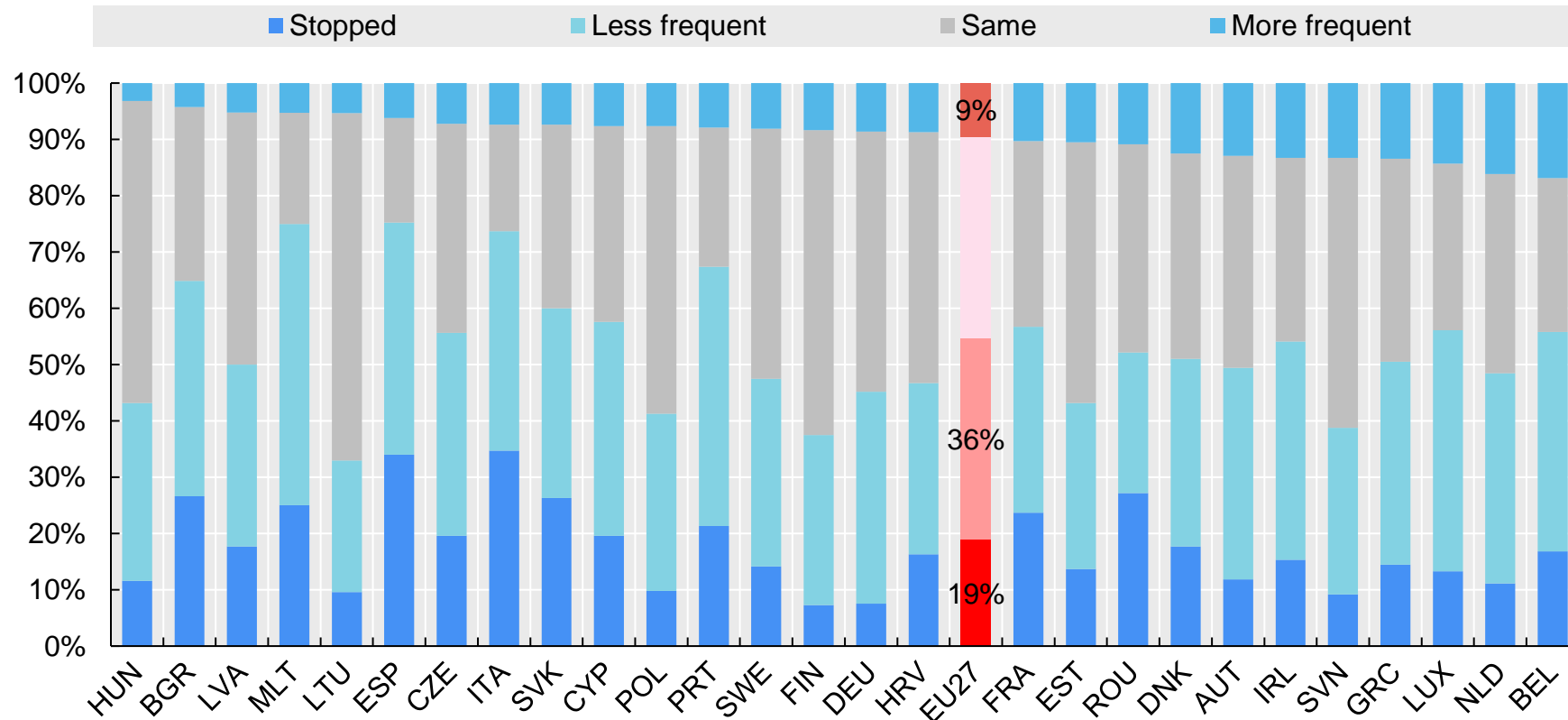




More than half of adults reported exercising less frequently due to the pandemic

Change in exercise during the pandemic

Proportion of adults, 2022



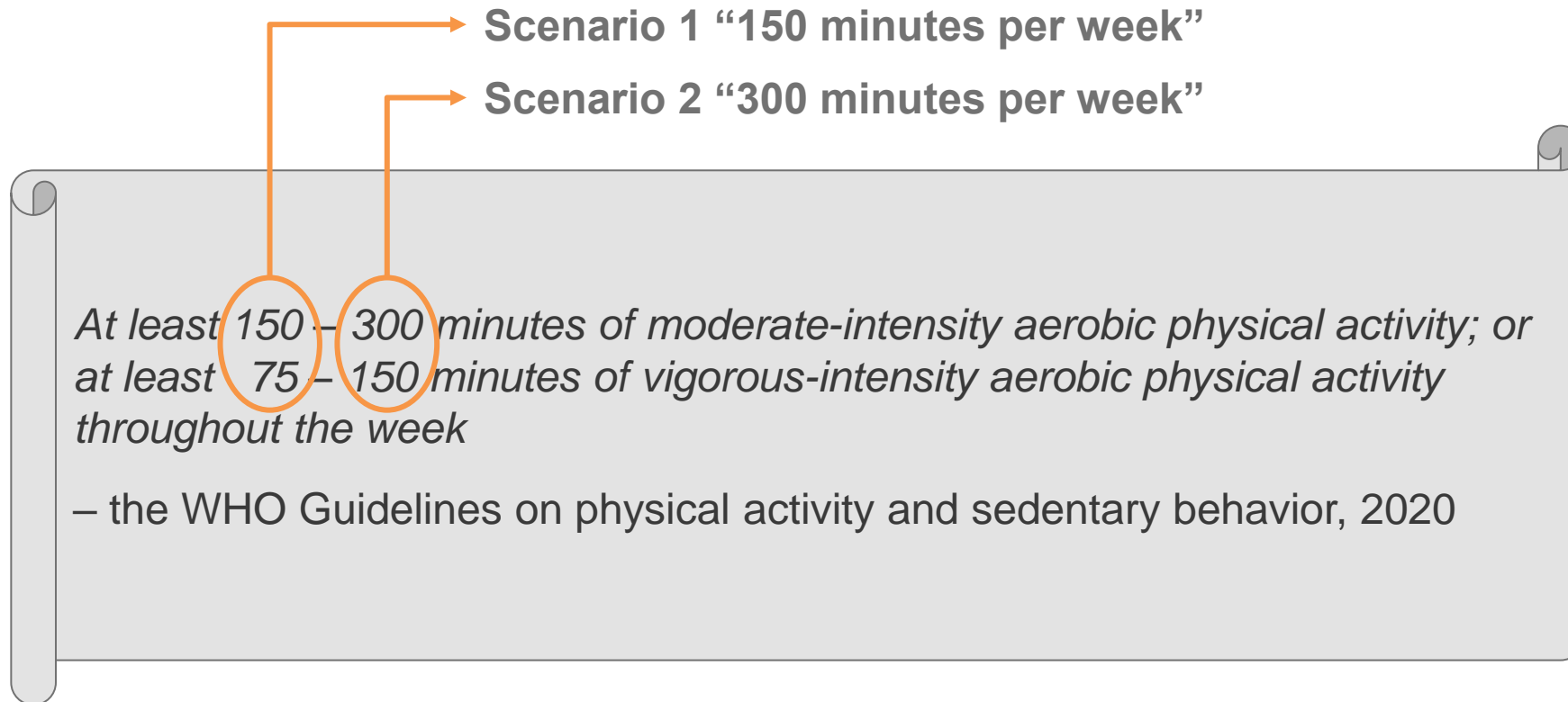


To model the burden, we compare the status quo to a scenario without insufficient physical activity





Defining the “no insufficient physical activity” scenario

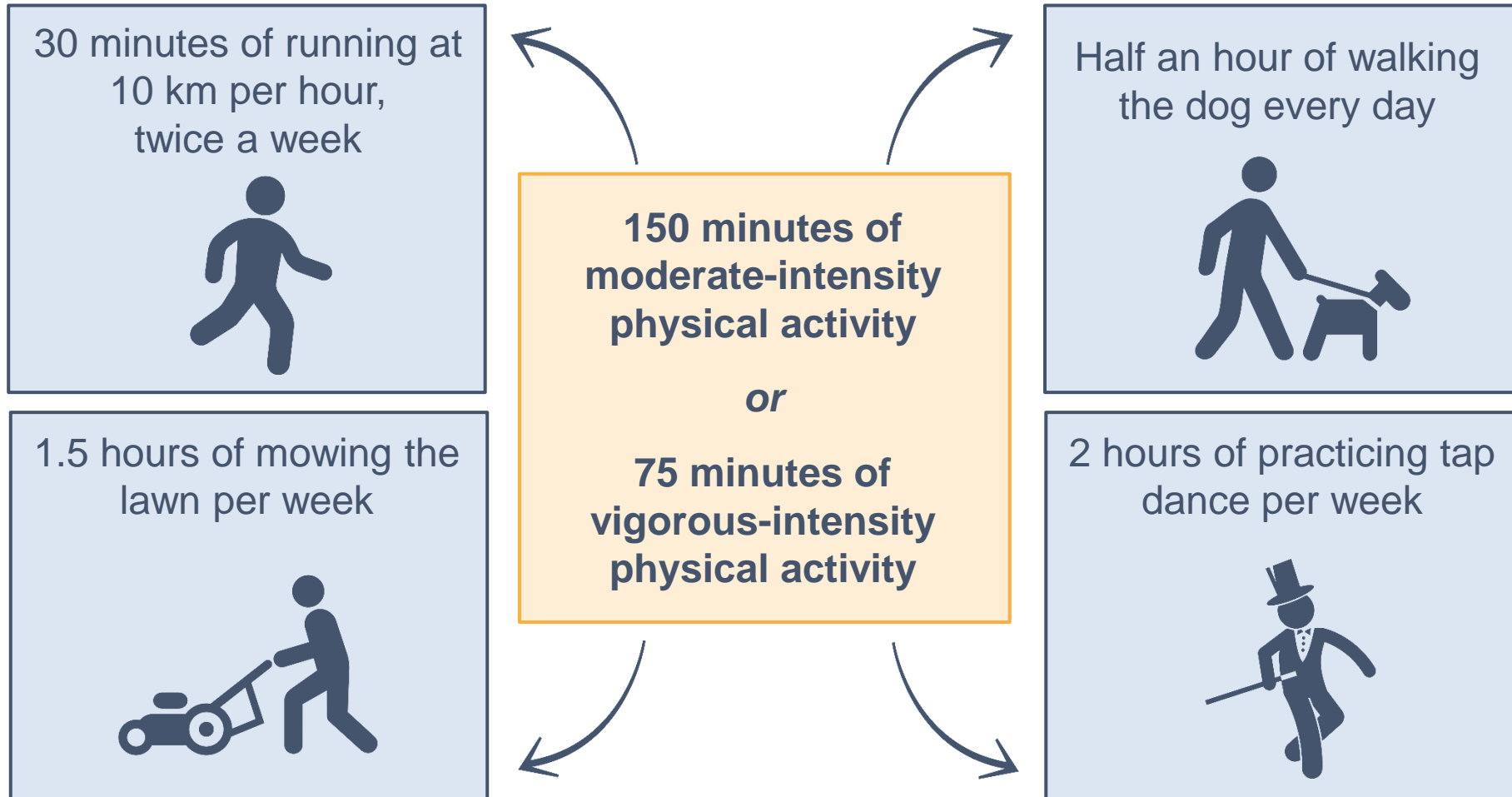


Note: Metabolic equivalent of task (METs) is a measure to reflect the intensity of physical activities, and allow comparison between them. OECD follows the commonly used average values of 4 METs for moderate-intensity aerobic physical activity and 8 METs for vigorous-intensity aerobic physical activity.

Source: OECD/WHO Europe (2023) Step Up! Tackling the Burden of Insufficient Physical Activity in Europe



What does this mean?

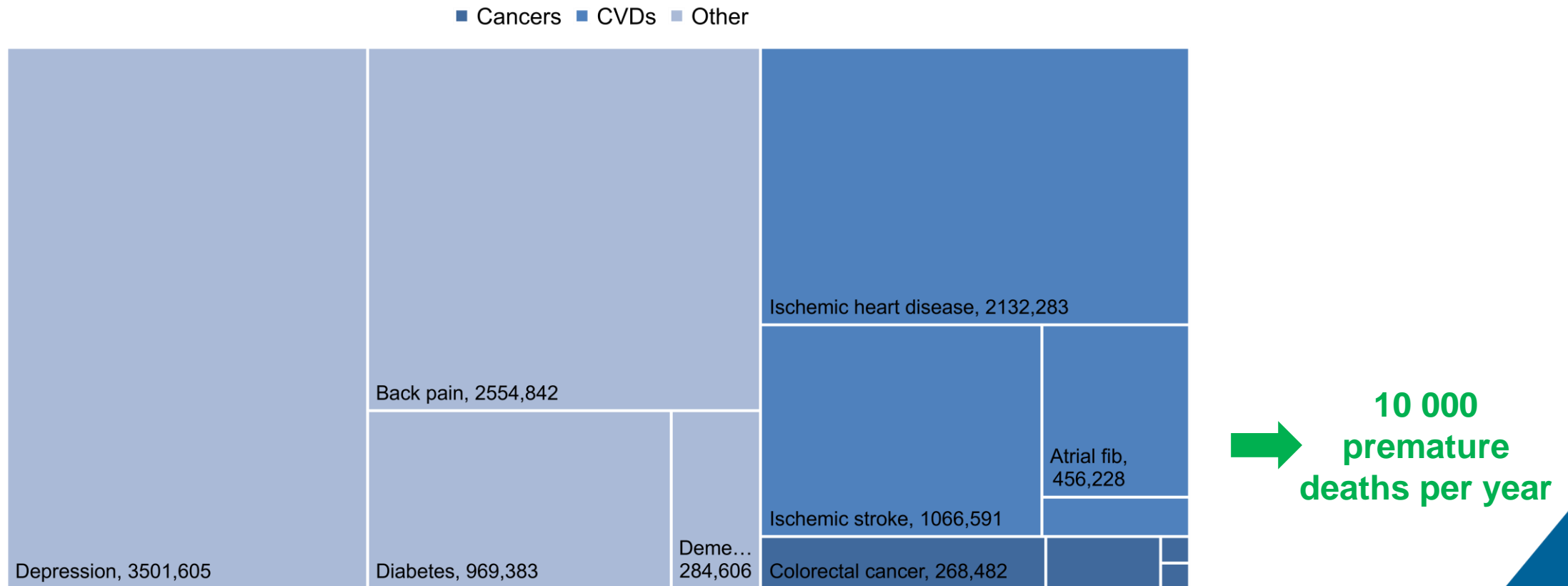


Note: Walking the dog: 3 METs; Running at 6mph: 9.8 METs; Mowing lawn with hand mower: 6 METs; Tap dancing: 4.8 METs
Source: Ainsworth et al (2011) Compendium of Physical Activities: a second update of codes and MET values



Increasing physical activity could prevent 11.5 million new disease cases by 2050

The impact of insufficient physical activity (defined as less than 150 minutes per week) on number of new disease cases (thousands), total over 2022-2050 and for all 27 countries



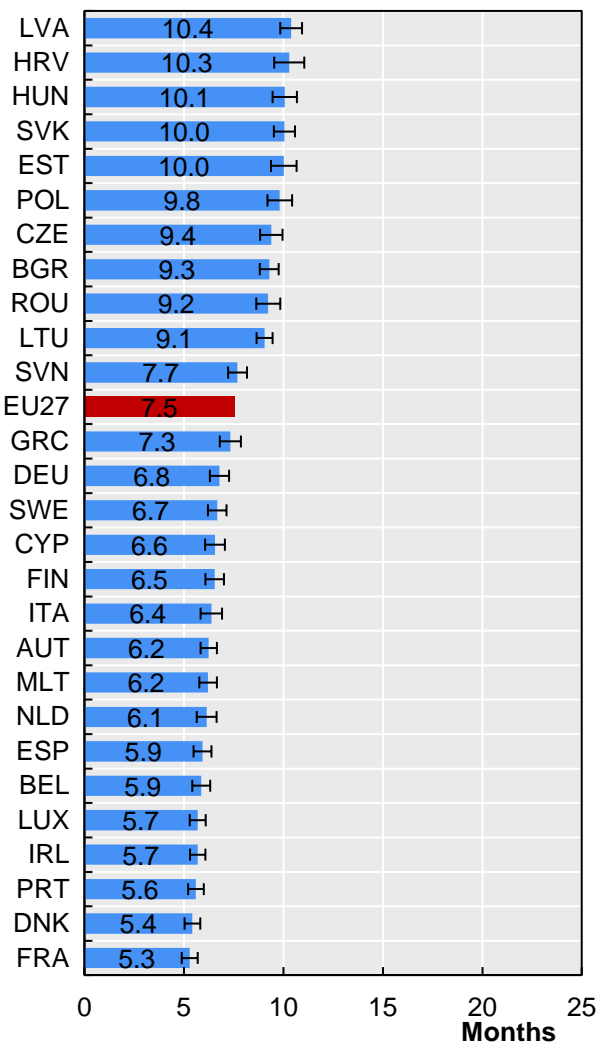
Note: not labelled are breast cancer (108), hemorrhagic stroke (104), esophageal cancer (14) and liver cancer (13). Graph is limited to diseases included in the OECD SPHeP NCDs model and may not capture all diseases linked to physical inactivity

Source: OECD/WHO Europe (2023) Step Up! Tackling the Burden of Insufficient Physical Activity in Europe



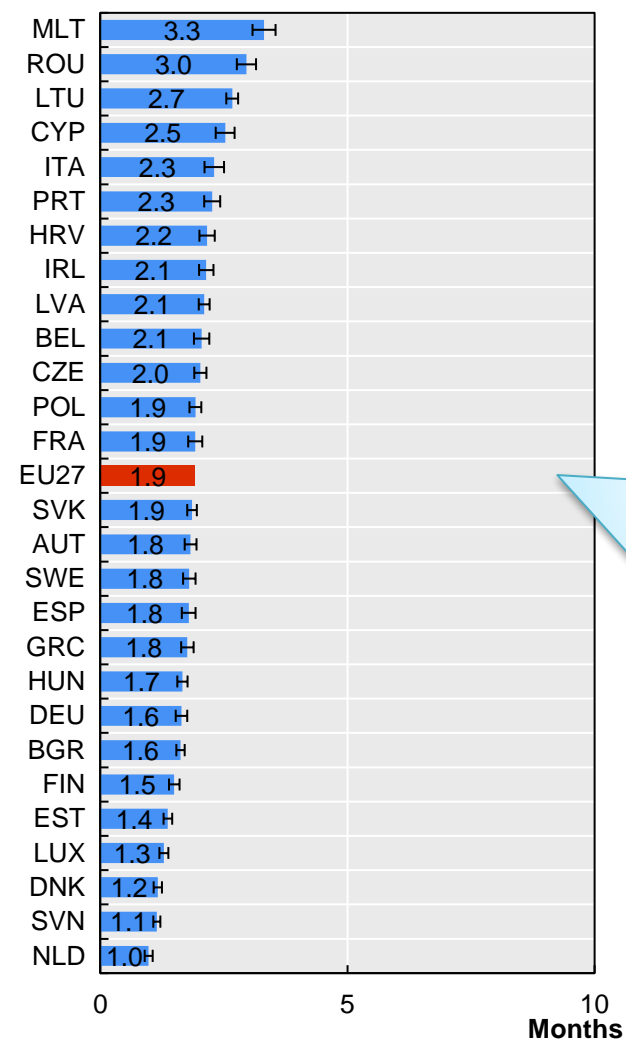
Higher physical activity levels would increase life expectancy

Insufficiently active population



Meeting the minimum recommended levels of physical activity would increase **life expectancy of people who are insufficiently active** by **7.5 months**

Total population

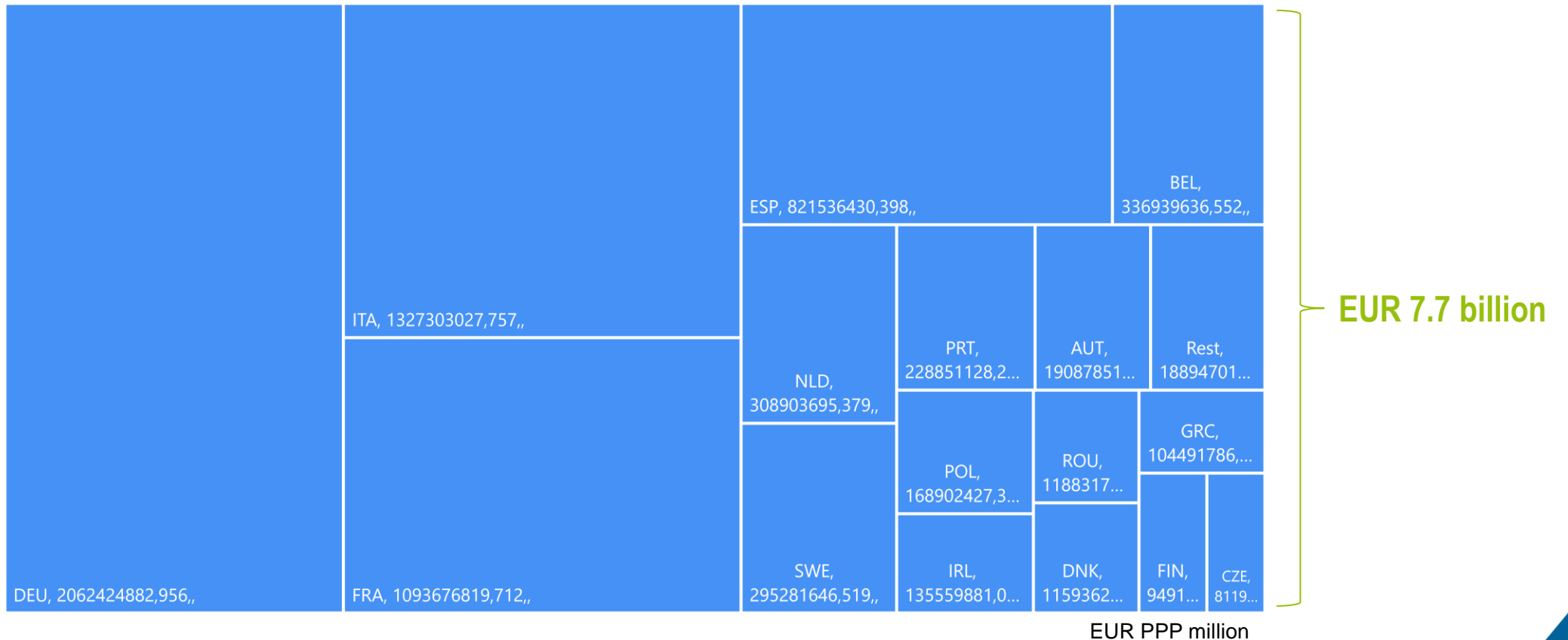


Meeting the minimum recommended levels of physical activity would increase **life expectancy of the overall population** by nearly **2 months**



Increasing physical activity would annually save EUR PPP 8 billion in healthcare expenditure

The impact of insufficient physical activity (defined as less than 150 minutes per week) on total annual healthcare expenditure in EUR PPP (millions), average over 2022-2050



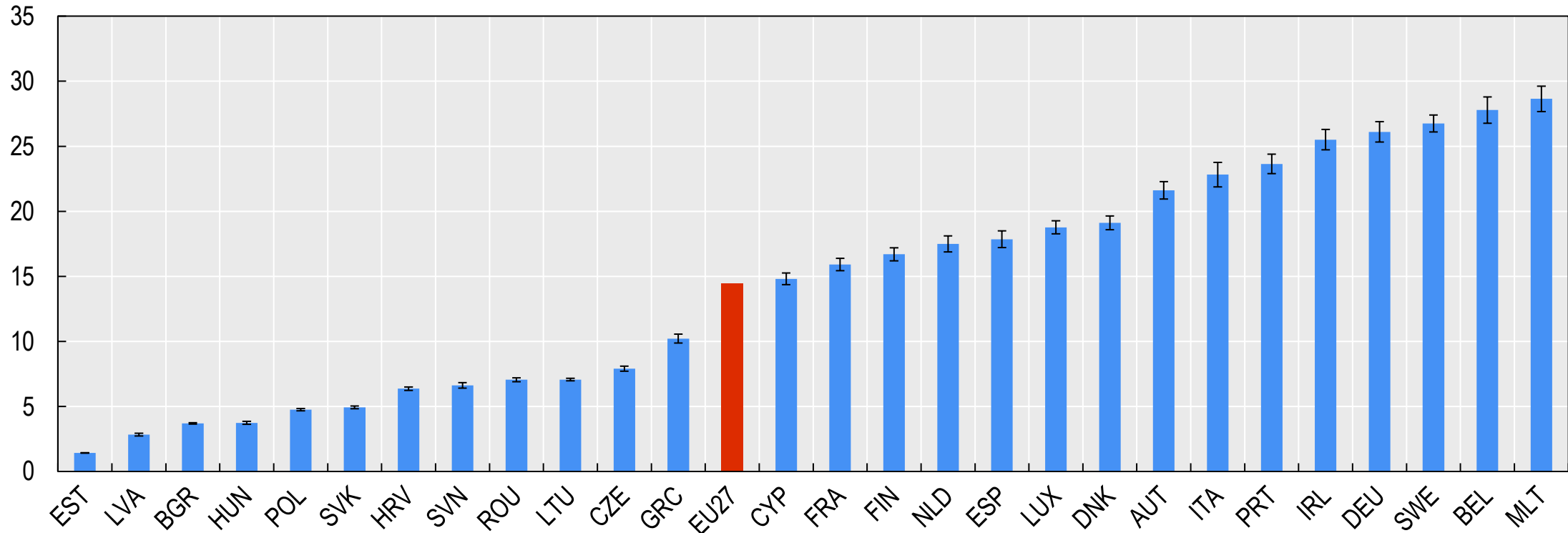
Note: rest includes HUN (34), SVK (25), HRV (24), BGR (22), CYP (20), LTU (18), LUX (13), SVN (13), MLT (12), LVA (5) and EST (2)
 Source: OECD/WHO Europe (2023) Step Up! Tackling the Burden of Insufficient Physical Activity in Europe



Increased physical activity could save on average EUR PPP 14 per capita in healthcare expenditure





The impact of insufficient physical activity (defined as less than 150 minutes per week) on annual per capita healthcare expenditure in EUR PPP, average over 2022-2050, with 95% confidence intervals

EUR PPP per capita





Meeting the higher guidelines of 300 minutes/week would result in 2-3 times higher impacts

	150 minutes	300 minutes
	Increase the life expectancy of physically inactive people by 7.5 months	Increase the life expectancy of physically inactive people by nearly 16 months
	Prevent 10 000 premature deaths per year	Prevent 30 000 premature deaths per year
	Prevent 11.5 million new cases of disease over 30 years	Prevent 27 million new cases of disease over 30 years
	Reduce health care expenditure by nearly EUR PPP 8 billion per year	Reduce health care expenditure by EUR PPP 17 billion per year



A wide range of policy options exists to increase physical activity



School-based interventions

- Physical education classes
- Active school breaks
- Funding for after school activities
- Active transport to and from school



Workplace-based interventions

- Counselling and information
- Behavioural strategies, like point-of-decision prompts to take the stairs
- Environmental strategies, such as standing desks
- Active transport to and from the office



Interventions in the healthcare setting

- General behavioural counselling
- Prescribing physical activity
- Healthcare-led exercise interventions



Interventions in the sports sector

- Programmes to increase sports participations
- Investment in sports infrastructure
- Funding for local sports clubs



Urban design, environment and transport policies

- Policies to improve road safety
- Planning guidelines to increase parks, trails and other green spaces
- Investments in cycling lanes or public transport







Information and communication policies

- Physical activity guidelines
- National campaigns
- Apps with information about the availability of resources and activities



A package of physical activity interventions is a good investment

Physical activity policy package

-  Prescription of physical activity by primary care doctors
-  Workplace sedentary behaviour programmes
-  Increase in access to active public transport
-  Promotion of physical activity in schools



For every **EUR 1 invested** in a physical activity policy package, **EUR 1.7 are returned** in economic benefits



Take away messages

More than **one in three European adults** do not meet physical activity guidelines, and almost half never exercise or play sport.

If everyone were to meet the recommended level physical activity, this could:

- Prevent more than **10 000 premature deaths** per year
- Increase life expectancy of people who are insufficiently active by **7.5 months**, and of the total population by nearly 2 months.
- Save European Union Member States a total of nearly **EUR PPP 8 billion** per year

A wide range of policy options exist to increase population physical activity, to improve population health and reduce health care expenditure