

LITHUANIA

COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

World Bank classification: High income
 Total population: 2 805 998
 Median age (years): 44.5
 Gross Domestic Product (GDP) per capita (€): 15 100
 GDP for health (%): 5.2
 GDP for education (%): 4.9
 GDP for sports (%): 1.2
 Population, male (%): 46.6
 Population, female (%): 53.4
 Life expectancy, males (years): 71.4
 Life expectancy, females (years): 80.1

Source: Eurostat
https://ec.europa.eu/eurostat/databrowser/view/tps00205/default/table?lang=en&category=t_demo.t_demo_mor



Photo: © Paulius Juozapavicius

▶ National recommendations on physical activity for health

Target groups included

<input checked="" type="checkbox"/> YES	Children (< 5 years)	<input type="checkbox"/> NO	During pregnancy
<input checked="" type="checkbox"/> YES	Children and adolescents (5–17 years)	<input type="checkbox"/> NO	During breastfeeding
<input checked="" type="checkbox"/> YES	Adults (18–64 years)	<input checked="" type="checkbox"/> YES	People with disability
<input checked="" type="checkbox"/> YES	Older adults (≥ 65 years)	<input type="checkbox"/> NO	People with chronic diseases
<input type="checkbox"/> NO	Frail and very elderly adults (≥ 85 years)		

Link to national recommendations: <https://www.hi.lt/leidinys-184/informaciniai-leidiniai/bendrosios-fizinio-aktyvumo-rekomendacijos-visoms-amziaus-grupems/>

▶ Monitoring and surveillance of physical activity

Sectors with surveillance systems



Health

YES



Education

NO



Sports

YES



Transport

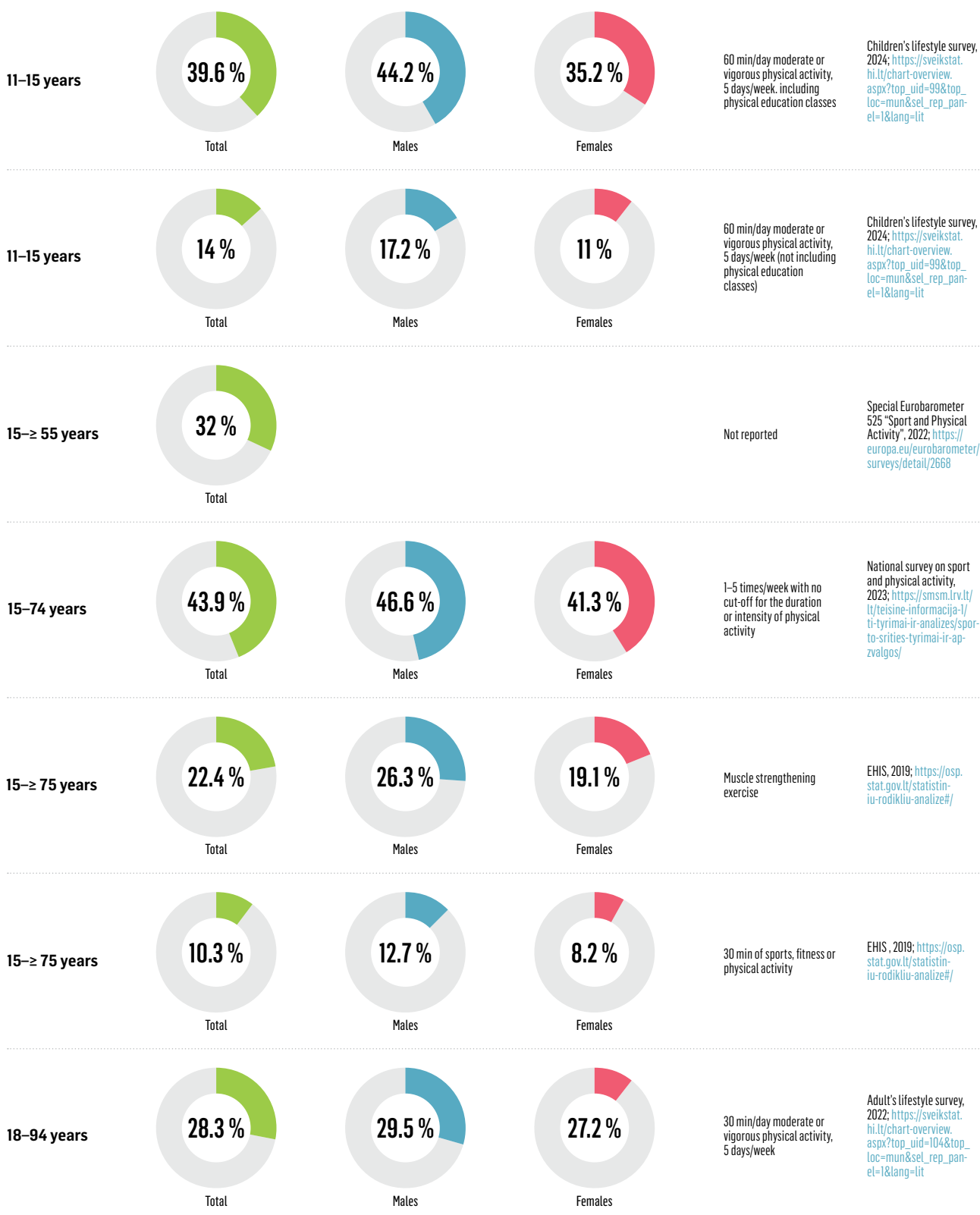
NO

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► Prevalence of physical activity

Physical activity indicators









▶ National government coordination mechanism and leadership on the promotion of physical activity

The Ministry of Education, Science and Sport coordinates an intersectoral commission, established in 2023, for monitoring the policy of HEPA and promoting the policy in various areas.

▶ Funding for the promotion of physical activity for health

Funding allocated specifically to physical activity promotion by sector

						SOCIAL SERVICES
Health	Education	Sports	Environment	Urban planning	Transport	Other
YES	YES	YES	YES	—	YES	YES

▶ National policies or action plans for the promotion of physical activity for health

National policy highlights

Law on Value-added Tax

This law plays a crucial role in promoting physical activity by exempting non-profit organizations that provide sports and physical activity services from value-added tax. This legislation therefore reduces the cost burden on non-profit organizations that provide such activities and makes it more economically feasible for them to offer affordable or free access to sports facilities and programmes to increase participations, particularly by disadvantaged groups.

<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.163423/asr>

Law on Personal Income Tax

The law promotes physical activity by exempting certain benefits and prizes from income tax and removing financial barriers by excluding benefits like free access to gyms and swimming pools for employees. Additionally, it provides tax exemptions for sports-related prizes, including those awarded for competitions and mobility-related events. Prizes from sports competitions, especially those given to recognized sports organizations and individual prizes up to € 200 received from the same source no more than six times per tax period, are also exempt. This approach reduces the cost of physical activity and incentivizes participation by making it more financially accessible.

<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.171369/asr>

Strategic guidelines in the Lithuanian Diaspora Policy “Globali Lietuva” 2022–2030

The strategic guidelines strengthen ties between Lithuania and its diaspora, with an emphasis on promoting health through physical activity. The strategy supports health-enhancing sports initiatives by funding projects that encourage amateur and organized sports events among Lithuanians abroad. By facilitating regional sports games and sports tournaments and extending the World Lithuanian Sports Games, the strategy fosters community engagement and maintains strong connections with Lithuania.

<https://www.e-tar.lt/portal/lt/legalAct/4670a8b0b3df1ec8d9390588bf2de65>

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National policies or action plans for the promotion of physical activity for health



- 1 Lithuanian Health Strategy for 2014–2025
<https://www.e-tar.lt/portal/en/legalAct/85dc93d000df11e4bfca9cc6968de163/asr>
- 2 Guidelines for Maintaining and Strengthening Health
<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/10d5f572a6eb11e9aab6d8dd69c6da66?fwid=-y0intm8bt>
- 3 Law on Sport
<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.23317/asr>
- 4 Construction Technical Regulation STR 2.03.01:2019 "Accessibility of buildings"
<https://www.e-tar.lt/portal/lt/legalAct/TAR.4E993726EFB6/asr>
- 5 Law on Value Added Tax
<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.163423/asr>
- 6 Law on Personal Income Tax
<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.171369/asr>
- 7 Law on Public Health Care
<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.167900/asr>
- 8 Order of the Minister of Health on promoting healthy nutrition and health-enhancing physical activity
<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/a53f3271149f11eb9604df942ee8e443>
- 9 Order of the Minister of Health on the Procedure for Promotion of Physical Activity
<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/480e09207a5d11edbdceb68a7a0df7e>
- 10 Order of the Minister of Social Security and Labour on Approval of the Catalogue of Social Services
<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.274453/asr>
- 11 Strategic Guidelines of the Lithuanian Diaspora Policy "Globali Lietuva" 2022–2030
<https://www.e-tar.lt/portal/lt/legalAct/4670a8b0b3df11ec8d9390588bf2de65>
- 12 Lithuanian Diaspora Policy Strategic Guidelines "Global Lithuania" 2022–2030. Implementation Action Plan 2024–2026
<https://www.e-tar.lt/portal/lt/legalAct/38519690c00311eea5a28c81c82193a8>

Sectors involved in the design of the policy or action plan



Health	1	2	3	4	5	6	7	8	9	10	11	12
Education	1	2	3	4	5	6	7	8	9	10	11	12
Sports	1	2	3	4	5	6	7	8	9	10	11	12
Environment	1	2	3	4	5	6	7	8	9	10	11	12
Urban planning	1	2	3	4	5	6	7	8	9	10	11	12
Transport	1	2	3	4	5	6	7	8	9	10	11	12

Target groups included

General population	1	2	3	4	5	6	7	8	9	10	11	12
Children < 5 years	1	2	3	4	5	6	7	8	9	10	11	12
Children and adolescents (5–17 years)	1	2	3	4	5	6	7	8	9	10	11	12
Adults	1	2	3	4	5	6	7	8	9	10	11	12
Older adults (≥ 65 years)	1	2	3	4	5	6	7	8	9	10	11	12
Frail/elderly (≥ 85 years)	1	2	3	4	5	6	7	8	9	10	11	12
People with disability	1	2	3	4	5	6	7	8	9	10	11	12
People with chronic diseases	1	2	3	4	5	6	7	8	9	10	11	12

Plan for evaluation of a specific policy



Policy	1	2	3	4	5	6	7	8	9	10	11	12
Pregnant women	1	2	3	4	5	6	7	8	9	10	11	12
Breastfeeding women	1	2	3	4	5	6	7	8	9	10	11	12
Low socio-economic groups	1	2	3	4	5	6	7	8	9	10	11	12
Ethnic minorities	1	2	3	4	5	6	7	8	9	10	11	12
Deprived of liberty	1	2	3	4	5	6	7	8	9	10	11	12
Migrants	1	2	3	4	5	6	7	8	9	10	11	12
Unemployed people	1	2	3	4	5	6	7	8	9	10	11	12



SUCCESS STORY



Recent legislative changes, specifically in the Law on Sport, enacted in 2019, have significantly improved children's health outcomes. The increase in physical education classes from two to three per week has resulted in a notable rise in the proportion of students classified as healthy, from 95.3% in 2018 to 97.1% in 2022. This positive trend is supported by targeted national physical activity projects funded by the State Sport Support Fund. This achievement highlights the effectiveness of enhanced physical education requirements in promoting better health among school-aged children and emphasizes the importance of continuing such policies to sustain and further those benefits.

► Sports clubs for health

The WHO Guidelines for Sports Club for Health Programmes have not been fully implemented, primarily due to lack of systematic feedback and application. While the Guidelines were distributed to sports organizations and applied sporadically, there has been no comprehensive feedback on their effectiveness. A proposed amendment to the Law on Sport, however, addresses the gap by including financial support from the Government for sports clubs to increase health promotion and encouragement of active lifestyles.

► Increasing access to exercise facilities for socially disadvantaged groups

The Construction Technical Regulation STR 2.03.01: 2019 mandates that new and renovated facilities be designed to accommodate individuals with disabilities, ensuring inclusivity in physical activity spaces. This regulation is enforced rigorously. Additionally, the Lithuanian National Paralympic Committee is leading an initiative to identify and label sports facilities that meet accessibility standards. This initiative, developed in collaboration with municipal administrations, includes a virtual map of accessible venues to increase engagement in sports by individuals with impaired mobility.

<https://parateam.lt/naujienos/gile-zymes-draugiskus-negaliai-sporto-objektus/>; <https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/dcb43cb3ffa11e990d5d63c859a8aa7?jfwid=73odxo70d>

► Counselling on physical activity and exercise prescription

Primary care scheme:

The scheme is implemented in primary health care and public health bureaus to manage chronic disease and reduce hospitalization. General practitioners assess physical activity levels and refer inactive patients to health professionals for 6 months of counselling for walking.

<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/480e09207a5d11edbdceb68a7a0df7e>

Cardiovascular disease prevention:

This programme for individuals aged 40–60 years identifies and prevents high-risk cardiovascular diseases. General practitioners assess risk, create prevention plans, and promote physical activity. Annual re-assessments are conducted.


<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.267675/asr>

Health education:

Public health bureaux provide ongoing education on healthy nutrition and physical activity for adults (≥ 18 years), free of charge.

<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/a53f3271149f11eb9604df942ee8e443>

Health professionals who are trained in health-enhancing physical activity

	 Medical doctors	 Physiotherapists	 Nurses	 Nutritionists/ dieticians	 Psychologists
	YES	YES	YES	YES	NO
Undergraduate	YES	YES	YES	YES	—
Postgraduate	—	—	—	—	—
	Mandatory	Mandatory	Mandatory	Mandatory	



SUCCESS STORY

With support from the Ministry of Health, six higher education institutions, led by Vilnius University, joined the international VANGUARD project, which is designed to enhance medical and nursing students' knowledge and skills in physical activity. Activities included lectures, focus groups and discussions with students and staff. Feedback included positive evaluations and suggestions. The project is student-centred, aligned with their needs and preferences.

Physical education in schools

Primary schools



Average per week

3

Mandatory

Secondary schools



Average per week

3

Mandatory

The number of physical education lessons per week has been increasing since 2019–2020, 1 h being added to each grade every year. Currently, all grades have 3 h of physical education per week, with the exception of grades 9 and 10, due to financial constraints.

HEPA in training of physical education teachers

YES

Part of undergraduate studies Mandatory

YES

Part of postgraduate studies Mandatory

Promotion of physical activity in schools

YES

During school breaks

YES

After school

YES

During lessons

NO

Active travel to and from school

National travel survey

Walking and cycling for all travel purposes (commuting, shopping, leisure, work)

Per person per day



Walking

47.8 %

30 min

47.8% of people
(45.6% men and 49.7% women)



Cycling

10.6 %

30 min

10.6% of people
(13.4% men and 8.2% women)

► Infrastructure for leisure-time physical activity

The following contribute to regulation of the minimum requirement of exposure to greenery for healthier living and working environments.

Order no. D1-694 established minimum greenery norms on plots of land for various purposes.

<https://e-seimas.lrs.lt/portal/legalAct/Lt/TAD/TAIS.311858/asr>

Law on Protected Areas

<https://e-seimas.lrs.lt/portal/legalAct/Lt/TAD/TAIS.5627/asr>

Law on Environmental Protection

<https://www.e-tar.lt/portal/Lt/legalAct/TAR.E2780B68DE62/asr>

Law on Environmental Impact Assessment, which regulates the procedure for establishment and use of protected areas and nature protection.

<https://www.e-tar.lt/portal/Lt/legalAct/TAR.0539E2FEB29E/asr>

► Promotion of physical activity in the workplace

National guidance or programme to promote active travel to work (e.g. walking, cycling)

NO

Although there is no specific programme, promotion of active travel is one of the duties of public health bureaux. The message of being active during the day, including active travel to work, is included in the National Physical Activity Recommendations.



National guidance or programme to promote physical activity at the workplace

YES

The three guidance and programmes to promote physical activity in the workplace are:

Physical activity promotion and practical application in mental (sedentary) workplaces guidelines
<https://www.hi.lt/leidinys-184/informaciniai-leidiniai/fizinio-aktyvumo-skatinimas-ir-praktinis-taikymas-protinio-sedimo-darbo-vietose-geroji-uzsienio-saliu-patirtis2/>

Health Promotion in Sedentary Work Organizations Based on a Holistic Perspective. The recommendations are applied by public health programmes in every municipality. They can also be used by enterprises.

https://www.hi.lt/uploads/Institutas/leidiniai/Rekomendacijos/2022/Sveikatos_stiprinimas_sedimas_darbas_holistine_perspektyva_2022.pdf

Companies that base their activities on the principles of social responsibility, including improving working conditions and creating the most favourable conditions for the well-being of employees, are invited to participate in the National Responsible Business Awards. Every year, by order of the Minister of Social Security and Labour, nominations for the current year's competition are approved. One of the competitions is "Workplace of the Year", in which companies are evaluated according to the working environment adapted for people with disabilities, additional benefits and motivational measures for the employees. Every year, there is an opportunity for new nominations. For example, in the 2015 competition, one of the nominations was "The most sporty company of the year".

<https://www.e-tar.lt/portal/Lt/legalAct/64c109e0758a11e9b81587fcbd5a76f6>

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▶ National awareness-raising campaign on physical activity

STOP Inactivity Campaign (2021–2023):

The aim of the campaign was to change the daily habits of people aged 30–65 years, covering 47.2% of the Lithuanian population. Funded by the State and implemented by the Lithuanian Association Sport for All, it highlighted health issues, particularly cardiovascular diseases, and promoted regular exercise.

European Mobility Week:

The week is coordinated by the Ministry of Environment to encourage use of eco-friendly vehicles and promote physical activity through walking, cycling and educational events. It is supported by the Ministry of Transport and Communications and includes sustainable transport projects and public health bureau activities.







<https://sumin.lrv.lt/lt/naujienos/susisiekimo-ministerija-pradedama-komunikacijos-kampanija-nustebink-save-skatins-keliauti-tvariau>

Annual Vilnius Sports Festival:

The largest free sport event in Lithuania offers various sports activities and information on sports clubs and events. It is held in autumn to promote participation in sports throughout the country.

<http://www.sportofestivalis.lt/#naujienos>

Media used in national campaigns

						ADVERTISEMENTS ON INTERNET PLATFORMS
Television	Radio	Newspapers	Social media	Public events	Public figures	Other
YES	YES	NO	YES	NO	NO	YES

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