



Physical Activity Factsheet 2022

# Russian Federation

## National recommendation on physical activity for health

The national guidelines (2022) for physical activity were developed and updated by the National Medical Research Centre for Therapy and Preventive Medicine of the Ministry of Health Care of the Russian Federation for the prevention of noncommunicable diseases. The guidelines are in accordance with the WHO recommendations on physical activity. They are based on the framework of the WHO Global Action Plan on Physical Activity 2018–2030.

### The target groups are:

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| ✓ CHILDREN UNDER 5                | ✓ FRAIL/VERY ELDERLY (≥ 85)     |
| ✓ CHILDREN FROM 5 AND ADOLESCENTS | ✓ PREGNANT AND POSTPARTUM WOMEN |
| ✓ ADULTS (18–64)                  | ✓ PEOPLE WITH DISABILITY        |
| ✓ OLDER ADULTS (≥ 65)             | ✓ PEOPLE WITH CHRONIC DISEASES  |





### SUCCESS STORY

The Russian Federation is a long-term partner and an active participant in the work of the WHO European Office for the Prevention and Control of Noncommunicable Diseases (NCDs). This sustained, fruitful cooperation provided a platform for development and implementation of evidence-based national guidelines for the prevention of NCDs and health promotion. Therefore, when WHO developed updated recommendations on physical activity, the Russian Federation, having studied best practices, adapted its national recommendations on physical activity.

## Monitoring and surveillance of physical activity

### Sectors with surveillance systems



HEALTH



EDUCATION



SPORTS



TRANSPORT



FEDERAL STATE  
STATISTICS  
SERVICE (Rosstat)

#### NAME OF THE SURVEY

Epidemiology of Cardiovascular Diseases and their Risk Factors in Regions of Russian Federation (ESSE-RF)

First year 2013, last year 2022

#### NAME OF THE SURVEY

Monitoring implementation of the Federal project "Sport is the norm of life"

First year 2020, last year 2022

#### NAME OF THE SURVEY

Sample observation by Rosstat "State of health of the population" in all constituent entities of the Russian Federation, covering 60 000 households.

First year 2020, last year 2022



### SUCCESS STORY

The Epidemiology of Cardiovascular Diseases and their Risk Factors in Regions of the Russian Federation (ESSE-RF) is a unique epidemiological study conducted with a random, representative sample of the population. The level of physical activity is assessed by the Global physical activity questionnaire (GPAQ). The study also provides the results of monitoring of the Federal project "Sport is the norm of life", which are then used to develop municipal/regional programmes to increase physical activity.

<https://cardiovascular.elpub.ru/jour/article/view/3007/2352>

[https://gks.ru/free\\_doc/new\\_site/ZDOR20/PublishSite\\_2020/index.html](https://gks.ru/free_doc/new_site/ZDOR20/PublishSite_2020/index.html) [https://gks.ru/free\\_doc/new\\_site/zdor21/PublishSite\\_2021/index.html](https://gks.ru/free_doc/new_site/zdor21/PublishSite_2021/index.html)

## Prevalence of physical activity

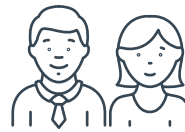
Available estimates for the prevalence(s) of reaching the recommended levels of physical activity in the country in the following age groups



CHILDREN UNDER 5



CHILDREN OVER 5 YEARS OLD AND ADOLESCENTS



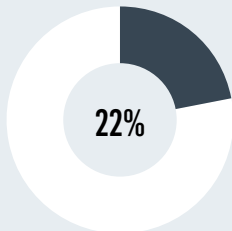
ADULTS



OLDER ADULTS

## Estimated prevalence of sufficient physical activity

11 years



HBSC, 2013–2014

MALES

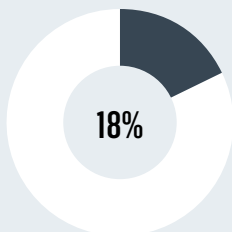


FEMALES



[https://xn---7sbbfmfrfa0bihcnqu5fvi.xn--plai/sites/default/files/news/2017/2017\\_06\\_29\\_conf\\_safe\\_sport/presentations/30\\_02\\_02\\_05\\_churganov.pdf](https://xn---7sbbfmfrfa0bihcnqu5fvi.xn--plai/sites/default/files/news/2017/2017_06_29_conf_safe_sport/presentations/30_02_02_05_churganov.pdf)

13 years



HBSC, 2013–2014

MALES

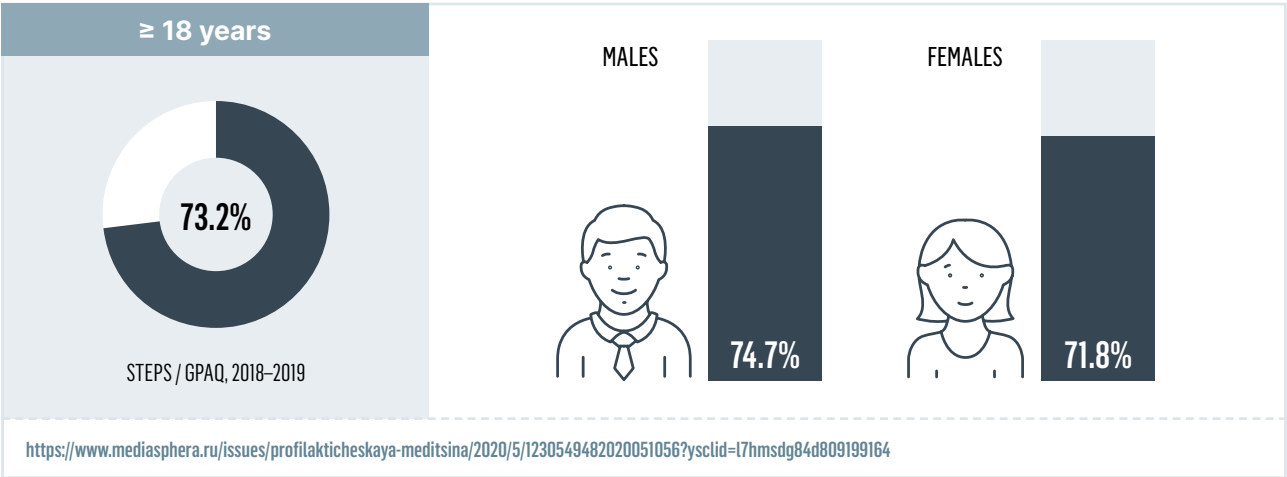
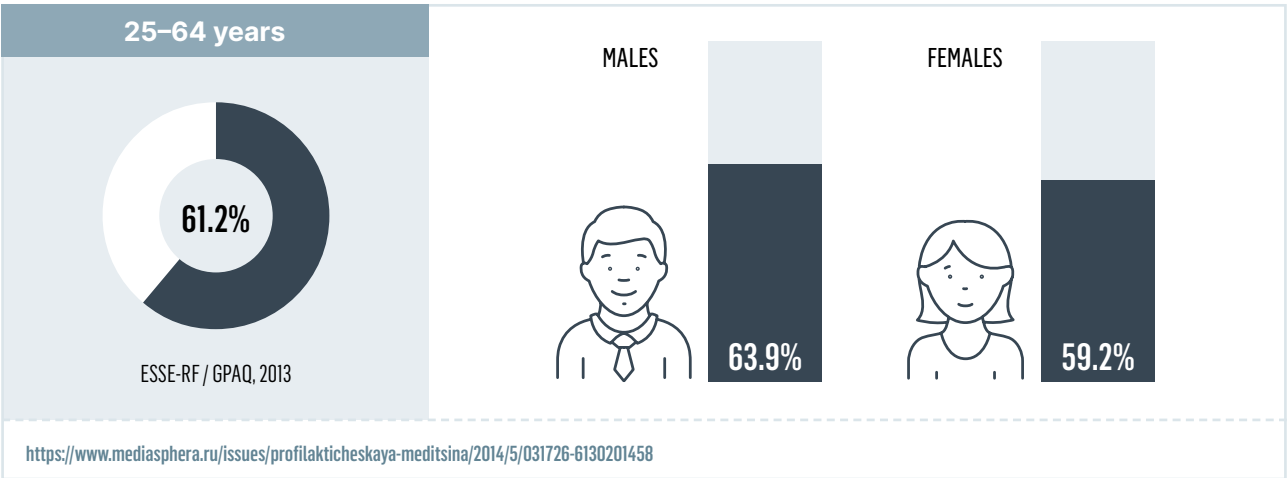
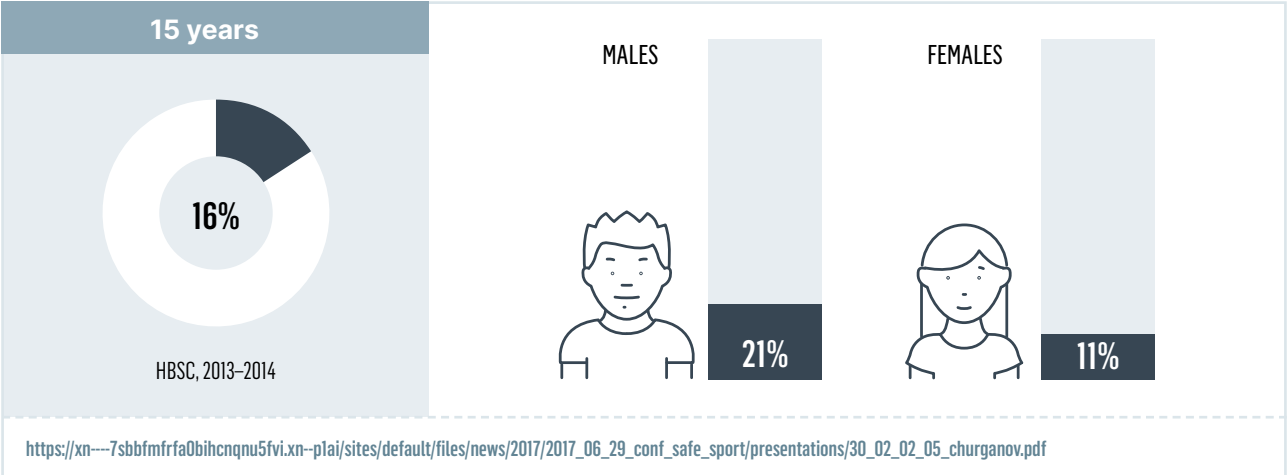


FEMALES



[https://xn---7sbbfmfrfa0bihcnqu5fvi.xn--plai/sites/default/files/news/2017/2017\\_06\\_29\\_conf\\_safe\\_sport/presentations/30\\_02\\_02\\_05\\_churganov.pdf](https://xn---7sbbfmfrfa0bihcnqu5fvi.xn--plai/sites/default/files/news/2017/2017_06_29_conf_safe_sport/presentations/30_02_02_05_churganov.pdf)

**Estimated prevalence of sufficient physical activity (contd.)**





## National government coordination mechanism and leadership in the promotion of physical activity

Two Federal projects, "Strengthening public health" and "Sport is the norm of life", have been implemented in the Russian Federation since 2019. The goal is to encourage citizens to adopt a healthy lifestyle, including healthy eating, increasing physical activity and reducing the use of alcohol, tobacco and nicotine-containing products. This will be done by creating the conditions for all categories and groups of the population to engage in physical culture and sports and mass sports, which will require increasing the number of sport facilities and preparing a sports reserve. Both Federal projects are managed and financed by the Government. The institutions that are participating in the projects include the ministries of Sports, Labour, Health, Finance, Economic Development and Education, nongovernmental organizations and the Russian Union of Industrialists and Entrepreneurs.

[https://xn--80aapampemcchfmo7a3c9ehj.xn--plai/projects/demografiya/zdorove\\_natsii](https://xn--80aapampemcchfmo7a3c9ehj.xn--plai/projects/demografiya/zdorove_natsii)  
[https://xn--80aapampemcchfmo7a3c9ehj.xn--plai/projects/demografiya/sport\\_norma\\_zhizni](https://xn--80aapampemcchfmo7a3c9ehj.xn--plai/projects/demografiya/sport_norma_zhizni)  
<https://mintrud.gov.ru/ministry/programms/demography/4>  
<https://mintrud.gov.ru/ministry/programms/demography/5>

## Funding for the promotion of physical activity for health

### Sectors for which funding is allocated specifically for promotion of physical activity



✓ SPORTS



### SUCCESS STORY

The Government has provided funds to the Ministry of Sports to support construction of several sports facilities for children and adults within the programme "Sport is the Norm of Life". About 77 sports facilities will start operating, including three large sports complexes in the Kaluga, Samara and Saratov regions; 22 sports and recreation centres; 8 swimming pools; 4 indoor training ice rinks; and 40 outdoor sports grounds within walking distance. There are 73 sports facilities under construction.

[https://xn--80aapampemcchfmo7a3c9ehj.xn--plai/projects/demografiya/sport\\_norma\\_zhizni](https://xn--80aapampemcchfmo7a3c9ehj.xn--plai/projects/demografiya/sport_norma_zhizni)  
<https://mintrud.gov.ru/ministry/programms/demography/5>

## Policy highlights

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



### 1 | Federal Law on Physical Culture and Sport in the Russian Federation

The Federal Law provides the legal framework for the organization, economic and social basis for implementing activities in the field of physical activity and sport and also the basic concept of physical activity in the Russian Federation.

<http://www.kremlin.ru/acts/bank/26631>

### 2 | Strategy for the Development of Physical Culture and Sport in the Russian Federation until 2030

The aim of the Strategy is to develop and implement a coordinated State policy on physical activity and sport at Federal, regional and municipal levels. It also seeks to foster a culture and values of a healthy lifestyle as a basis for the sustainable development of society and the quality of life of the population. It will be implemented by creating the necessary conditions for progressive development of physical activity and sport; enhancing the economic attractiveness and productivity of physical activity and the sports industry; ensuring transparency and fairness in competition and strengthening international cooperation. The Strategy is based on intersectoral and cross-sectoral cooperation, coordination and consolidation of activities among Federal and regional executive authorities, local authorities, civil society, scientific and educational expert organizations and nongovernmental organizations throughout the Russian Federation.

<http://static.government.ru/media/files/Rr4JTrK0Q5nANTR10j29BM7zJBHXM05d.pdf>

### 3 | Federal project "Sport is the Norm of Life"







The aim of the project is to create the conditions for specific population groups to engage in physical activity and sports by providing new sports facilities and training individuals to become specialists in physical activity and sports. The target indicators include systematic engagement of specific groups in practising physical activity and sports regularly, as follows: 86% of children and young people (ages 3–29), 52% of middle-aged citizens (women, 30–54 years; men, 30–59 years) and 22% of senior citizens (women, 55–79 years; men, 60–79 years), which will provide access to 60% of all citizens.

[https://xn--80aapampemcchfmo7a3c9ehj.xn--plai/projects/demografiya/sport\\_norma\\_zhizni](https://xn--80aapampemcchfmo7a3c9ehj.xn--plai/projects/demografiya/sport_norma_zhizni) <https://mintrud.gov.ru/ministry/programms/demography/5>

### 4 | Federal project "Sport is the Norm of Life" State programme of the Russian Federation "Development of Physical Culture and Sport"

The aim of the programme is to achieve the national development goals of the Russian Federation, which include strengthening the health and well-being of the population by 2030, as established by Presidential Decree No. 474 (21 July 2020). Further, the aim is to increase regular practice of physical culture and sports by 70% of the population by 2030. The priorities include increasing engagement in physical activity and sports among children, adolescents and people with disabilities, improving access to sports facilities in both urban and rural areas and improving the quality of physical education and sport.

<http://static.government.ru/media/acts/files/1202110060017.pdf> <https://docs.cntd.ru/document/499091777>

Sectors involved in the design of the policy/action plan*											
		1	2	3	4			1	2	3	4
	HEALTH	✓	✓	✓	✓		ENVIRONMENT	✓	✓	✓	✓
	EDUCATION	✓	✓	✓	✓		URBAN PLANNING	✓	✓	✓	✓
	SPORTS	✓	✓	✓	✓		TRANSPORT	✓	✓	✓	–

Target groups included											
		1	2	3	4			1	2	3	4
GENERAL POPULATION		✓	✓	✓	✓	PREGNANT AND POSTPARTUM WOMEN		○	○	○	○
CHILDREN UNDER 5		○	○	○	○	LOW SOCIO-ECONOMIC GROUPS		○	○	○	○
CHILDREN OVER 5 YEARS OLD AND ADOLESCENTS		○	○	✓	✓	ETHNIC MINORITIES		○	○	○	○
ADULTS		○	○	○	✓	DEPRIVED OF LIBERTY		○	○	○	○
OLDER ADULTS (≥ 65)		○	○	✓	○	MIGRANTS		○	○	○	○
FRAIL/ELDERLY (≥ 85)		○	○	○	○	UNEMPLOYED PEOPLE		○	○	○	○
PEOPLE WITH DISABILITIES		○	○	○	✓						
PEOPLE WITH CHRONIC DISEASES		○	○	○	✓						



Plan for evaluation of this specific policy			
1	✓	2	✓
3	✓	4	✓

\* Policy highlights 1-4, see page 6.

## Sports clubs for health

The Federal law “On Physical Culture and Sports in the Russian Federation”, Article 30.1, applies to all sports organizations, including sports fitness clubs and sports centres. The basic guiding principles are:



- 1) ensuring the right of free access to everyone for physical culture and sports as necessary conditions for development of the physical, intellectual and moral abilities of the individual, the right to physical culture and sports for all categories of citizens and all groups of the population;
- 2) combination of State regulation of relations in the field of physical culture and sports with self-regulation of such relations by those involved in physical culture and sports;
- 3) establishing State guarantees of the rights of citizens to physical culture and sports;
- 4) prohibition of discrimination and violence in physical culture and sports and illegal influence on the results of official sports competitions (manipulation of official sports competitions);
- 5) ensuring the safety of life and health of persons involved in physical culture and sports, as well as participants and spectators of physical culture and sports events;
- 6) promoting the development of physical culture and sports for people with disabilities and other groups of the population who require increased social protection;
- 7) continuity of physical education of citizens in different age groups;
- 8) promoting the development of all types and components of sports, including youth sports, school sports and university sports, taking into account the uniqueness of sports, its social and educational functions, as well as the specifics of its structure, based on voluntary activity.

Specific examples are establishment of sports clubs in the workplace to encourage employees to lead a healthy lifestyle and providing advanced training to retain specialists in the field of physical education and sports.

<https://normasport.ru/>  
<https://fssp.gov.ru/4618/>  
<http://static.government.ru/media/files/Rr4JTrKDDQ5nANTR10j29BM7zJBHXM05d.pdf>

### SUCCESS STORY

National Standard GOST R 56644-2015 sets the general standards and requirements for fitness services for the general population (Approved by Order of the Federal Agency for Technical Regulation and Metrology dated 14 October 2015 N 1564-st). This document governs the requirements for businesses that provide fitness services in terms of scope, safety and ethics with regard to physical activity, which is defined as an extension of sports and wellness activities and actions to develop, maintain and strengthen human health, physical rehabilitation and the organization and management of physical health promotion, as well as achieving sports results.

<https://base.garant.ru/71314770/#ixzz71m4AmgSy>  
<https://meganorm.ru/Data2/1/4293758/4293758958.pdf>



## Increasing access to exercise facilities for socially disadvantaged groups

### Older people with a lower socioeconomic status

Financial incentives are provided to increase access to and use of sports facilities, free services and curricular activities for older people with a lower socioeconomic status. The funds allocated to these activities are deducted through taxes from the income earned by legal entities and individuals from entrepreneurial activities and are then used to establish and maintain physical education for children, adolescents and young people, workers, pensioners and persons with disabilities. Some of the activities have included: 1. Involvement of individuals from lower socio-economic backgrounds in regular physical activity and sports; 2. Organizing street workout, equipping yards and neighbourhoods with sports facilities (gyms, sports complexes, bike lanes, etc.); 3. Social advertising campaign to encourage healthy lifestyles, physical activity, preventing diseases, prolonging active longevity, fighting against drug addiction, smoking, alcoholism and other negative substances; 4. Establishment of a State-guaranteed social standard for physical activity (accessible, free services for physical activity and sports institutions at national and municipal level); 5. Development of regional physical activity and fitness programmes for different age groups; 6. Organizing mass sports events and competitions; 7. Organizing free sports activities in city parks by professional fitness trainers or yoga or dance instructors; 8. Organizing walks on hiking trails, camping at sites in parks and forest areas and other recreational activities.

<https://www.mos.ru/city/projects/dolgoletie/>

<https://mintrud.gov.ru/uploads/magic/ru-RU/Ministry-0-1173-src-1631197511.7038.pdf>

### SUCCESS STORY





































In Saint Petersburg, the Manezh sports school provides physical education classes weekly to children in the Centre for Social Assistance to Families and Children. The purpose of these classes is to develop children's interest in sports and involve them in activities to improve their health and well-being. In 2019, an Active Longevity Club was opened in every district of Moscow. Currently, more than 60 clubs provide leisure activities (Nordic walking, dancing, breathing exercises, singing, yoga, drawing, learning the basics of computer literacy, swimming and various excursions), which are guided by experienced teachers and instructors. The Active Longevity Club is the largest recreational, educational and leisure project for senior citizens in Moscow. More than 30 activities are available in each district and online.

<http://manezh-spb.ru/informatsiya/methodical/moseeva-metod> <https://dolgoletie.mosreg.ru/> <https://www.mos.ru/city/projects/dolgoletie/>

## Counselling on physical activity and exercise prescription

General practitioners use the guidelines for increasing physical activity to counsel their patients. Patients receive advice on increasing their level of physical activity and addressing other risk factors for noncommunicable diseases. Such counselling is one of the functional responsibilities of health professionals working in public health facilities, and patients therefore do not pay for it. In private health and sports centres, patients pay for all services, including advice on physical activity for health.


<https://gnicpm.ru/wp-content/uploads/2020/07/metodicheskie-rekomendaczii-po-povysheniyu-fizicheskoy-aktivnosti-a5-ispr.pdf>

Physical activity and health in the curriculum of health professionals				
Health professionals who are trained in physical activity and health	PART OF UNDERGRADUATE STUDIES	PART OF POSTGRADUATE STUDIES	MANDATORY	
  MEDICAL DOCTORS		 		
  PHYSIOTHERAPISTS		 		
  NURSES		 		
  NUTRITIONISTS/ DIETICIANS		 		
  PSYCHOLOGISTS		 		
  PUBLIC HEALTH PROFESSIONALS		 		

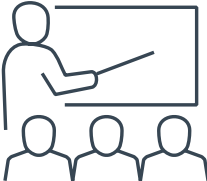
The discipline is included in the professional training of doctors. The programme of the discipline (module) "Public health and health care" includes prevention of cardiovascular disease and inadequate physical activity. It is a central part of residency and is mandatory.

[https://education.gnicpm.ru/wp-content/uploads/2020/02/B1.B.3.1-0Z-i-ZO\\_ochnoe\\_2019\\_kardiologiya-SHepel\\_AN.pdf](https://education.gnicpm.ru/wp-content/uploads/2020/02/B1.B.3.1-0Z-i-ZO_ochnoe_2019_kardiologiya-SHepel_AN.pdf)

## Physical education in schools

Physical activity in schools		
 <p>Average number of h/week (mandatory)</p>	<p><b>3</b></p> <p>PRIMARY SCHOOLS</p>	<p><b>3</b></p> <p>SECONDARY SCHOOLS</p>

In accordance with Ordinance No. IK-1494/19 of the Ministry of Education and Science, 8 October 2010, "On introducing a third hour of physical education" (with the "Methodological recommendations for introducing a third hour of physical education into the weekly volume of the curriculum of students at general education institutions of the Russian Federation"), the current primary schools curriculum added a third lesson on physical education in October 2010 (10.5. Ref. 1).

Physical activity and health in the curriculum of physical education teachers			
 <p><b>✓</b></p> <p>TEACHERS</p>	<p>PART OF UNDERGRADUATE STUDIES</p> <p><b>✓</b></p>	<p>PART OF POSTGRADUATE STUDIES</p> <p><b>✓</b></p>	<p>MANDATORY</p> <p><b>—</b></p>

## The quality of physical education classes is being evaluated

The quality of lessons is evaluated in accordance with the provisions of the main normative documents issued by Federal Law No. 329-FZ of 04.12.2007 "On Physical Activity and Sports in the Russian Federation"

<https://normativ.kontur.ru/document?documentId=424374&moduleId=1>

Further, Order No. 2715/227/166/19 "On improvement of physical education in educational institutions of the Russian Federation" has involved the Ministry of Education, the Ministry of Health, the State Committee of Sport and the Russian Academy of Education since 16 July 2002. The aim is to exercise continuous control over compliance with the provisions of Federal Law of 29.04.1999 N 80-FZ "On Physical Education and Sport in the Russian Federation" and normative acts of the Ministry of Education, the Ministry of Health and the State Sports Committee (regarding organization of physical education for students and medical studies) in general primary and secondary education institutions

<https://normativ.kontur.ru/document?documentId=61743&moduleId=1>

<https://classinform.ru/fgos/49.02.01-fizicheskaia-kultura.html>

In addition, Ordinance No. 13-51-263/123 of 31.10.2003 of the Ministry of Education "On the assessment and evidence of pupils classified by health condition into a special medical group for physical education" establishes a system for assessing students' abilities to choose the appropriate level of physical activity for developing their physical capabilities and health, and it includes provisions for final certification.

<https://nsportal.ru/shkola/fizkultura-i-sport/library/2015/01/19/pismo-minobrazovaniya-rf-ot-31-10-2003-n-13-51-263123>

<https://legalacts.ru/doc/pismo-minobrnavki-rf-ot-08102010-n-ik-149419/>

<https://normativ.kontur.ru/document?moduleId=1&documentId=1637214>

### Sectors involved in designing physical education curricula



EDUCATION



SPORTS



HEALTH

Federal Law No. 273-FZ ( 29 December 2012) "On Education in the Russian Federation"

<https://base.garant.ru/70291362/>

Order of the Ministry of Education and Science of the Russian Federation No. 1089 (of 05.03.2004) "On Approval of the Federal Component of State Educational Standards for Primary and Secondary (Complete) Education".

<https://base.garant.ru/6150599/>

### School-based physical activity promotion



DURING  
SCHOOL BREAKS



DURING  
LESSONS



PROGRAMMES  
AFTER SCHOOL



ACTIVE TRAVEL TO  
AND FROM SCHOOL

Physical activity during lessons: No normative documents on this issue were found, but active breaks are provided in several schools in the Moscow region and other regions of the Russian Federation..

### Description of school-based physical activity promotion

A number of regulatory and legal documents govern the organization of extracurricular physical and recreational activities for students, including breaks between classes. For instance, the Letter of the Ministry of Education and Science No. 09-3564 (14.12. 2015) "About extracurricular activity and realization of additional educational programs" (includes "Methodical recommendations on the organization of extracurricular activity and realization of additional education programs"), and Federal law No. 273-FZ (14.07.2022) "About education in the Russian Federation" Chapter 10. Supplementary education: Article 75. In addition, the Regulations on the organization of extracurricular activities of the Department of Education of Moscow (2019) and Methodology for the organization of physical education and recreational activities.

## Physical activity programmes after school

Physical education and recreational activities are provided for students out of school time: Order No. 718 (25.09.2020) of the Ministry of Sport of Russia "On approval of Methodological recommendations on organization of physical activity, leisure activities and sports at the place of residency and workplace across different organizations" (<https://legalacts.ru/doc/metodicheskie-rekomendatsii-organizatsii-fizkulturno-sportivnoi-raboty-po-mestu-zhitelstva-otdykha/>); Ordinance N 09-3564 (14.12.2015) "About extracurricular activities and implementation of additional educational programs" (together with "Methodological recommendations on the organization of extracurricular activities and implementation of additional educational programs") of the Ministry of Education and Science (<https://legalacts.ru/doc/pismo-minobrnauki-rossii-ot-14122015-n-09-3564/>). Federal law N 273-FZ (Amended 14.07.2022) "About education in the Russian Federation", Chapter 10, provides information on supplementary education for children and includes the promotion of physical activity and sports according to Article 75 ([https://legalacts.ru/doc/273\\_FZ-ob-obrazovanii/glava-10/statja-75/#100997](https://legalacts.ru/doc/273_FZ-ob-obrazovanii/glava-10/statja-75/#100997)).

Further, Federal law No. 273-FZ (December 29, 2012) "About education in the Russian Federation" clause 7, part 1, article 34 guarantees students' academic right to change the organization of academic subjects, courses, disciplines (modules) and additional educational programmes across educational institutions. For example, if a child studies at an Olympic reserve school, the classes attended in this organization can be counted as hours of extracurricular activities in sport and health according to general education norms (<https://base.garant.ru/70291362/>).

One of the main documents that provides parameters for increasing the level of physical activity in municipalities, including children and young people, is the "Methodological recommendations for organizing physical education and sport at the place of residence, workplace and work activities of citizens in organizations of various forms of ownership". The aim is to ensure creation of a comfortable environment that promotes comprehensive, sustainable programmes to promote physical activity, sport and active, healthy lifestyles in municipalities, with involvement of all population groups, by developing sports infrastructure and playgrounds indoors and outdoors. (<https://legalacts.ru/doc/metodicheskie-rekomendatsii-organizatsii-fizkulturno-sportivnoi-raboty-po-mestu-zhitelstva-otdykha/>).



### SUCCESS STORY

#### Survey in Novgorod high schools

Three high schools participated in the survey, with 76 high-school students taking part (48 girls and 28 boys). One of the schools has a large space for parking bikes, the second has a small bike parking space, and the third has no biking parking. Students cited lack of infrastructure, particularly bike lanes and parking spaces, as a barrier to biking to school. They also cited other constraints that could easily be addressed by the local government and through awareness and promotion campaigns on active transport to encourage students to walk and bike to and from school.

<https://gpvn.ru/1648>

#### Novosibirsk schools

Urban cycling activists and students from one of the Novosibirsk schools assessed popular routes taken by pupils to bike to school from the point of view of safety and convenience. The students and activists aim to improve the route to the school with signs and guidance to encourage more students to bike to and from school.

<https://nsknews.info/materials/v-shkolu-na-velosipede-ucheniki-i-obshchestvenniki-vybirayut-bezopasnye-marshruty-164941/>

## National travel survey

Although there is no national population mobility survey that covers walking and/or cycling in the Russian Federation, there are individual evaluations of transport mobility in the general population. There has been a widespread increase in the number of cycle paths, places for walking and parking for bicycles and scooters.

The "Mobility Analysis of Muscovites", 7 July 2021 is an example of this type of survey.

[https://genplanmos.ru/publication/2021\\_07\\_07\\_analiz-mobilnosti-moskvichey/](https://genplanmos.ru/publication/2021_07_07_analiz-mobilnosti-moskvichey/)

## Infrastructure for leisure-time physical activity

### "European Guidelines for Improving Infrastructure for Leisure-time Physical Activity" applied systematically

In order to improve the methodological support for organization of physical activity and sports, the Ministry of Sport issued Order No. 718 on 25 September 2020, "Methodological Recommendations on Organisational and Methodological Basis of Physical Activity and Sports", covering the place of residence, recreation and workplaces of both citizens and organizations, whatever their form of ownership. The aim of the recommendations is to ensure an environment that contributes to integrated, sustainable strategies and activities that encourage individuals to engage in physical activity and sport and active healthy lifestyles. Methodical recommendations determine the main parameters for developing physical activity and sports in municipalities according to the projected number of settlements, the category of settlement, the numbers of available and required sports infrastructure and facilities to guarantee easy access to physical activity and sports for all residents.

<https://nalogcodex.ru/zakonodatelstvo/prikaz-minsporta-rossii-ot-25.09.2020-n-718>

### SUCCESS STORY

Research on "Development and testing of an assessment tool for municipal infrastructure influencing behavioural risk factors for cardiovascular and other noncommunicable diseases" assessed the state of the municipal infrastructure in Sverdlovsk region with specialized software, as part of a comprehensive analysis of the living environment that affects the health of the population. The results show that the provision and accessibility of sports infrastructure for the population of the pilot municipalities is insufficient and is a significant barrier to increasing the level of physical activity of the population living in these areas.

<https://cardiovascular.elpub.ru/jour/article/view/3268>

## Promotion of physical activity in the workplace

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

"Corporate Model Programmes for Workers' Health Improvement" provide activities for prevention of risk factors for noncommunicable diseases and promotion of health at the workplace. In 2019, the Ministry of Health approved the development of methodological materials for "Improving the health of workers". This type of guidance is intended for practical use by specialists in developing programmes for the prevention of noncommunicable diseases and for healthy lifestyles for employees as part of implementation of the Federal project "Strengthening Public Health". It also facilitates evaluation of programmes with a scientific approach. According to the evaluation, the most successful programmes are included in the library of best practices of corporate programmes in various areas for further replication across the Russian Federation. In 2021, according to Federal Law No. 88-FZ dated 5 April, 2021, which amended Article 219 of Part Two of the Tax Code of the Russian Federation, a tax deduction was introduced for expenses related to physical education and sports services provided by sports organizations. Starting in 2023, individuals can claim a social tax deduction for expenses incurred in 2022 and later for sports activities, including gym memberships, fitness classes, and other sports and wellness activities. As per the new paragraph 7 of Part 1, Article 219 of the Tax Code of the Russian Federation, this deduction applies to expenses paid by taxpayers for sports and recreation services provided by sports organizations or individual entrepreneurs primarily engaged in physical culture and sports. The deduction is available for both taxpayers and their children (including adopted children) under the age of 18, provided that the services and organizations meet specific requirements.

<http://publication.pravo.gov.ru/Document/View/>

[https://static-0.minzdrav.gov.ru/system/attachments/attaches/000/046/785/original/Корпоративные\\_модельные\\_программы\\_Укрепление\\_общественного\\_здоровья.pdf?1565881637](https://static-0.minzdrav.gov.ru/system/attachments/attaches/000/046/785/original/Корпоративные_модельные_программы_Укрепление_общественного_здоровья.pdf?1565881637)

## National guidance or programme to promote physical activity at the workplace

<p>Corporate Model Programmes for Workers' Health Improvement provide practices for corporate programmes to "Increase physical activity". They include:</p>	<ul style="list-style-type: none"> <li>✓ ASSESSMENT OF EMPLOYEES' PHYSICAL ACTIVITY AND FITNESS LEVELS</li> </ul>	<ul style="list-style-type: none"> <li>✓ ORGANIZATION OF TEAM SPORTS</li> </ul>
<ul style="list-style-type: none"> <li>✓ ORGANIZATION OF PHYSICAL ACTIVITY BREAKS</li> </ul>	<ul style="list-style-type: none"> <li>✓ A "PHYSICAL ACTIVITY WEEK"</li> </ul>	<ul style="list-style-type: none"> <li>✓ MOBILE APPLICATIONS, "GLOBAL WALKING COMPETITION" AND "TREE OF LIFE"</li> </ul>

[https://static-0.minzdrav.gov.ru/system/attachments/attaches/000/046/785/original/Корпоративные\\_модельные\\_программы\\_Укрепление\\_общественного\\_здоровья.pdf?1565881637](https://static-0.minzdrav.gov.ru/system/attachments/attaches/000/046/785/original/Корпоративные_модельные_программы_Укрепление_общественного_здоровья.pdf?1565881637)

### SUCCESS STORY

#### The library of Health Promotion Corporate Programmes

The Ministry of Health has developed a library of corporate programmes to improve the health of workers, with the National Medical Research Centre for Therapy and Preventive Medicine, the Russian Union of Industrialists and Entrepreneurs and the expert and business community, as part of the Federal project "Strengthening Public Health" which is part of the national project "Demography". The library of corporate programmes includes workplace health promotion practices already used by Russian and foreign companies. The library is constantly updated.

[https://static-0.minzdrav.gov.ru/system/attachments/attaches/000/046/753/original/Библиотека\\_корпоративных\\_программ.pdf?1565693486](https://static-0.minzdrav.gov.ru/system/attachments/attaches/000/046/753/original/Библиотека_корпоративных_программ.pdf?1565693486)

## Community-based interventions for older adults

### National guidance or programme for community-based interventions to promote physical activity among older adults

The Federal project "Development and implementation of systematic support and improvement of the quality of life of senior citizens" is of an inter-agency programme to create the conditions for active longevity, quality of life for senior citizens and motivating citizens to lead healthy lifestyles.

Federal project: "Development and implementation of a programme of comprehensive support and improvement of the quality of life of senior citizens"

<https://mintrud.gov.ru/uploads/magic/ru-RU/Ministry-0-1173-src-1631197511.7038.pdf>

The Walking Humans project is implemented by the Charitable Foundation of the Health League of the Nation with the support of the Ministry of Sport as part of the Federal project "Sport is the norm of life". The aim of the project is to motivate middle-aged and elderly people to increase their daily physical activity.

<https://xn--blaebpbhgeg4a4dxb9a.xn--plai/>

#### Walk suburbs

<https://mosreg.ru/sobytiya/novosti/news-submoscow/aktivnoe-dolgoletie-kak-rabotaet-proekt-dlya-pozhilykh-zhitelei-podmoskovya>

#### Moscow Longevity

<https://www.mos.ru/city/projects/dolgoletie/>

"Active ageing in the Novgorod municipal district" "Active ageing" has been implemented in Novgorodsky District to attract the older population to systematic engagement in physical activity, development of social activity and improvement of the quality of life of this category of the population.

<https://xn--8sbeefyhce0ajccahxgn.xn--plai/regional-nye-proekty-aktivnoe-dolgoletie.html>

#### Active ageing in the Chuvash Republic

<https://sport.cap.ru/sport/fizicheskaya-kuljtura-i-massovij-sport/aktivnoe-dolgoletie>

## National awareness-raising campaign on physical activity

The National Medical Research Centre for Therapy and Preventive Medicine of the Ministry of Health Care conducts media campaigns to raise awareness about prevention and to increase physical activity. Video and audio clips on television and radio, articles in print media and social networks are included in the Federal projects "Strengthening public health" and "Sport is the norm of life".

Healthy Lifestyle Portal: official resource of the Ministry of Health

<https://www.takzdorovo.ru/dvizhenie/> <https://xn--blaebpbhgeg4a4dxb9a.xn--plai/>

### Media used in national campaigns



TELEVISION



RADIO



NEWSPAPERS



SOCIAL MEDIA



PUBLIC EVENTS



PUBLIC FIGURES



### SUCCESS STORY

The aim of "You are in the Game" is to identify and support creative sport projects to encourage the population to participate more in physical activity (leisure) and mass sports to improve their lifestyle, particularly by implementing the Federal project "Sport is the norm of life", which is a vital part of the National project "Demography".

<https://xn--80aapamcavoccigmpc9ab4d0fkj.xn--plai/projects/specnac/ty-v-igre/>