



Success story

Physical Activity Prescription



Initiative type: Health-system and physical activity prescription programme

Sectors: Health | Sport

Target group: Patients with chronic diseases

Implementation stage: Evaluation phase

Transferability: Yes

▶ About the initiative

Luxembourg is piloting a Physical Activity Prescription programme jointly supported by the Ministry of Sports and Ministry of Health.

The programme provides a specific curriculum for doctors, enabling them to prescribe physical activity to patients with chronic diseases as part of their care.

The initiative is supported financially by the Ministry of Health, with discussions underway regarding possible reimbursement through the social healthcare system.

▶ What is making it successful?

A key success factor is strong institutional and financial support, particularly from the Ministry of Health.

The possibility of integrating physical activity prescription into the healthcare reimbursement system could further strengthen its sustainability and integration into routine care.

▶ What could other countries learn?

The practice is considered transferable to other countries.

Successful transfer would require:

- Training for healthcare professionals in physical activity prescription
- Sustainable financial support
- Potential reimbursement through healthcare systems
- Strong political commitment to physical activity promotion
- Integration of physical activity into public health and healthcare policy





Key challenges to promote HEPA

► Luxembourg's wider challenge for physical activity promotion

The main challenge is achieving stronger recognition and political support for physical activity as a national priority within the wider social, economic and public health context.

A further challenge is the lack of a sufficiently intersectoral approach, which can result in initiatives being developed in isolation rather than as part of a coordinated national strategy.

► Country-level barriers to advancing HEPA

The following barriers are most persistent to advancing HEPA policy in the country.



BARRIER

IMPACT

Political prioritisation	EXTREME
Inequities in participation/access	EXTREME
Weak intersectoral coordination	MAJOR
Insufficient monitoring/data	MAJOR
Limited funding/resources	MODERATE
Lack of workforce capacity	MODERATE
Regional/local implementation gaps	MODERATE
Public engagement challenges	MODERATE
Limited research translation into policy	MINOR
Other	NO IMPACT

► What is needed?

Luxembourg identified the need to strengthen the role and visibility of HEPA Focal Points and establish a national network capable of bridging the gap between policymakers and professionals working on the ground.

This could help create stronger connections between policy development, implementation and practice.



► How can the HEPA Europe Network help?

The HEPA Europe Network could support Luxembourg through policy assessment and advice, helping to identify opportunities for strengthening national HEPA structures and political prioritisation.



Co-funded by
the European Union

This publication was funded by the European Union. Its contents are the sole responsibility of the WHO Regional Office for Europe and do not necessarily reflect the views of the European Union.