



Success story

National Strategy to Promote Sport and Combat Sedentary Lifestyle and Physical Inactivity



Initiative type: National cross-sectoral strategy / alliance

Sector: Health | Education | Sport | Transport | Urban planning | Environment | Workplace | Social affairs | Children & Youth | Ageing | Civil society | Private sector

Target group: General population

Implementation stage: Early implementation

Transferability: Yes

About the initiative

Spain's National Strategy to Promote Sport and Combat Sedentary Lifestyle and Physical Inactivity aims to create a coordinated national approach to increasing physical activity and reducing sedentary behaviour.

Coordinated by the Ministry of Education, Vocational Training and Sport through the Higher Sports Council, the strategy brings together government agencies, professional associations, scientific societies, universities, businesses and NGOs through an Alliance for the Promotion of Physical Activity and Health.

It focuses on five strategic areas:

- School environments
- Health
- Environment and sustainable development
- Work environments
- Equality, inclusion and social integration

The strategy also uses a GAPPA systems approach to analyse actions for physical activity promotion.

What is making it successful?

A major strength is the creation of a National Alliance spanning five ministries, helping align government action around physical activity and health.

The participating ministries cover:

- Social Rights, Consumer Affairs and Agenda 2030
- Education, Vocational Training and Sport
- Health
- Transport and Sustainable Mobility
- Youth

What could other countries learn?

A key lesson is that implementation requires partnerships extending beyond government, including civil society, community organisations, professional associations, universities and other relevant stakeholders. The Spanish approach demonstrates the value of creating a shared platform through which different sectors can pursue both common physical activity objectives and their own policy goals.





Key challenges to promote HEPA

Spain's wider challenge for physical activity promotion

The main challenge identified is ensuring political prioritisation of physical activity together with sufficient funding for implementation. Maintaining political commitment and translating it into adequately funded action is therefore central to achieving the strategy's objectives.

Country-level barriers to advancing HEPA

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



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

What is needed?

Spain identified several priorities:

- Continued coordination between participating ministries
- A global alliance to address sedentary behaviour and promote physical activity
- Continued use of a GAPPA systems approach
- New policies that make the active choice the easy choice for everyone
- Sustained political commitment and funding



How can the HEPA Europe Network help?

Spain sees potential for HEPA Europe to contribute to a broader European alliance supporting coordinated action on physical activity and sedentary behaviour.



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