## Physical activity policy status in Bulgaria

MOVING policy index

May 2023



This country snapshot presents detailed results of the **MOVING policy index** [1] for Bulgaria. It highlights strengths and weaknesses in the design of national government physical activity policies. This snapshot supplements the policy index results with an in-depth look at the quality of policy design in each country. Full policy index results are outlined in the MOVING policy brief, which compares Bulgaria to 29 other European countries.

## Main messages

- 1 Bulgaria implements policy actions in five out of the six policy areas of the MOVING framework. The highest assessment achieved was fair which was received for initiatives that promote physical activity in schools, community, and recreation (M), and increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Weaknesses were found throughout the framework but particularly in policies on access to open public spaces (V), road safety actions (I) and public information campaigns on physical activity (N). Gaps were identified with a lack of physical activity outside of the classroom and community initiatives (M) in addition to a lack of public awareness campaigns on physical activity guidelines (N).
- **3** No policy was identified on physical activity opportunities in the workplace and training (O) therefore, implementation in this policy area should be prioritised. Much more needs to be done to improve all areas of the active environments domain, such as active design guidelines (V) and the promotion of public and active transport (I).

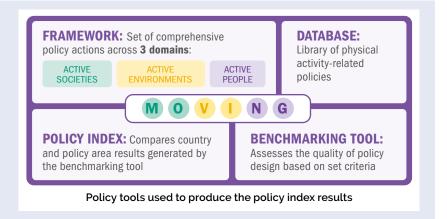
Overviev	w of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						FAIR	
0	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					NO POLICIES IDENTIFIED		
V	Visualise and enact st	ructures and surroundi	ngs which pro	omote physic	cal activity	PC	OOR	
	Implement transport in	nfrastructure and oppo	ortunities that	support acti	ive societies	PC	OOR	
N	Normalise and increas motivates and builds b		• .	mmunicatio	n that	F	AIR	
G	Give physical activity t	raining, assessment a	nd counselling	g in healthca	ıre settings	PC	OOR	

This snapshot is based on national level policies only. Policies issued by provincial, regional or local governments are outside the scope of this project.

## **Methods**

The MOVING policy index methods are fully explained in the associated **policy brief**. In short, the policy index combines values for a) policy presence, and b) policy design for 23 benchmarks.

The benchmarks are applied to policies in the **MOVING database** [2], collected through a comprehensive scan in 30 European countries, including Bulgaria.



No policy identified  Meets up to 75% of policy design criteria  Meets up to 25% of policy design criteria  Meets up to 99% of policy design criteria  Meets up to 50% of policy design criteria  Meets all aspirational standards	Breakdown of policy index results (For full	details on the policy design criteria, consult the policy brief)
	X No policy identified	Meets up to 75% of policy design criteria
Meets up to 50% of policy design criteria  Meets all aspirational standards	Meets up to 25% of policy design criteria	Meets up to 99% of policy design criteria
	Meets up to 50% of policy design criteria	Meets all aspirational standards

	Physical activity in schools and PE	
	Physical activity in and outside of classrooms	×
R/I	Physical activity outside of school hours	
M	Community and mass participation initiatives	
	Physical activity for people of all ages and abilities	
	Financial incentives to promote physical activity	×
	Training for professions outside of healthcare	×
U	Physical activity in the workplace	×
	Design guidelines and regulations for buildings	×
	Active design guidelines outside buildings	×
W	Active design guidelines for open/green spaces	
V	Walking and cycling infrastructure	
	Integrated urban design and land-use policies	
	Access to quality public open space and green spaces	
	Policies to support public transport	×
	Road safety actions including safety of pedestrians, cyclists etc	
	Mass communication campaigns to promote transport	
	Policies to promote active transport	×
NI	Mass media campaigns and social marketing promoting physical activity	
IN	Develop and communicate physical activity guidelines	×
	Pre- and in-service training within health care	×
G	Primary care (assessment, counselling and PA prescriptions)	
	Health care and outpatient settings	×
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Note: The policy landscape in any country evolves over time. These findings reflect our knowledge as of May 2023. To see latest results and for further technical information on the policy indexes, please consult our website: wcrf.org/our-policy-work.

For feedback or suggested updates, please email policy@wcrf.org. More info in the CO-CREATE project can be found at co-create.eu

[1] Policy index: wcrf.org/physical-activity-policy-index [2] Policy database: policydatabase.wcrf.org





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