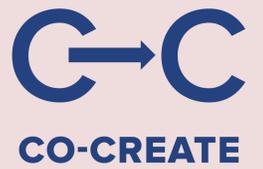


The development of the MOVING policy framework and database: monitoring and promoting action in physical activity policy



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Background and aim

- The **"Confronting Obesity: Co-creating policy with youth"** project, known as **CO-CREATE**, brings together World Cancer Research Fund (WCRF) International and 13 other research and advocacy organisations to work with young people to create, inform and disseminate evidence-based policies that help prevent obesity. The project investigates how policy changes can support healthy eating and a physically active lifestyle with the aim of halting the rise of adolescent obesity.
- Historically, there has been only limited action on physical activity policy development and implementation at national levels. However, whilst there have been significant efforts globally to drive action in recent years, more action and advocacy are needed to drive policy development and implementation.
- The project identified an opportunity for a policy framework to draw together all the key recommendations on physical activity policy action into a single overarching framework as a one-stop shop visual tool. Frameworks can outline a set of policies which relate to a particular area and can be used to drive action in public policy, including physical activity policy. Frameworks can positively contribute to the improvement of physical activity policy research and monitoring of policy progress.
- The MOVING framework was developed to present a consolidated overview of the recommended key policy areas where national governments should act. It provides an organising structure for the accompanying MOVING database of physical activity policy actions.

Methods

- The physical activity policy framework:** a literature review and thematic analysis was undertaken of the published literature on the evidence on various interventions and policy actions recommended by global peer-reviewed and grey literature. The results were distilled into policy categories on which academics and policy experts were consulted. An acronym was developed to communicate and conceptualise the policy framework.
- Testing and finalisation:** the MOVING Framework was used as the organising structure for the MOVING policy database. Testing of the framework highlighted the possibility for policy actions to be categorised in multiple areas of the framework at the same time through the type of policy action or policy area. The policy framework was then updated to improve its categorisation of policy actions.
- Policy scans:** a methodology was designed for an in-depth European level scan and a global scan to identify government implemented policy actions that promote healthy diets and physical activity. Relevant policies are verified with an in-country source to ensure the policy summaries are accurate and the policies are currently being implemented. Once verified, policies are uploaded to the database.

Results

- The **MOVING policy framework** (Figure 1) outlines a comprehensive range of policy actions designed to increase physical activity.
- The MOVING framework contains **6 policy areas** encompassing physical activity in **schools, the community and sport and recreation (M), training and the workplace (O), the built environment (V), transport (I), communication (N), healthcare settings (G)** and **3 policy domains** (Active Societies, Active Environments and Active People).
- The six MOVING policy areas are action-oriented categories, and refer to policy actions taken by governments (eg, cycling infrastructure), not broader types of policy (eg, government strategies).
- The framework details common elements of all policy areas outlined in the Active Systems policy domain, such as financing, surveillance, and good governance, which cut across the system and can support the promotion of physical activity.
- An article outlining the development of the MOVING framework was published in the *Journal of Physical Activity and Health* (Oldridge–Turner et al., 2022).
- A new database of physical activity policies – the MOVING database – was developed based on the MOVING policy framework. The **MOVING database** (Figure 2) joins the redesigned **NOURISHING database** of nutrition policy actions. The databases are populated through policy scans – an in depth search of 27 European countries and monitoring of policies from around the world. To date there are 520 European policy actions in the MOVING database.
- The databases organise similar actions into policy and sub-policy areas and thus assist users in searching for relevant implemented policy actions.
- Database functionalities include searching physical activity policies by country, searching by policy/sub-policy areas, downloading datasets for analysis and sharing content on social media.

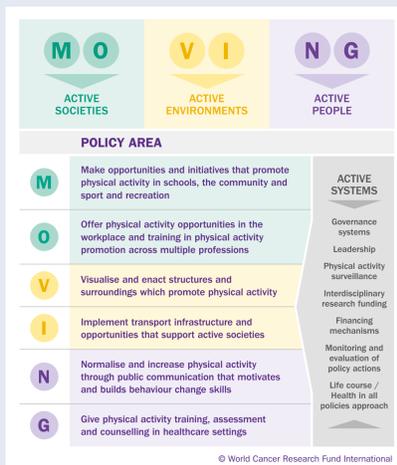


Figure 1: The MOVING framework

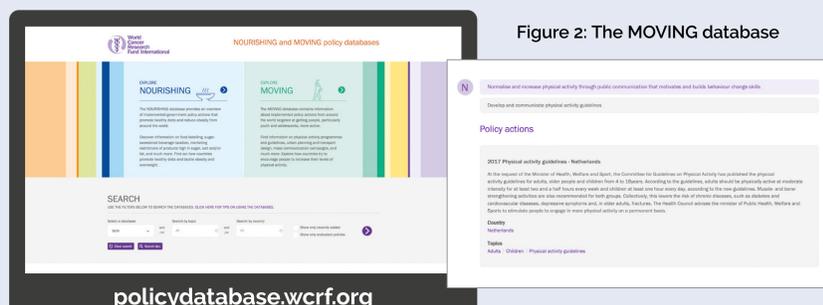


Figure 2: The MOVING database

Overview of the physical activity policy actions in Europe

- An overview of physical activity policy actions in Europe is captured in Figure 3, which highlights full country datasets currently available in the MOVING database. The figure highlights presence or absence of nationally implemented and verified physical activity policies across the policy areas of the MOVING framework.
- Countries such as Austria, Finland and France take a comprehensive approach and have implemented policies across all 6 areas.
- The policy area M contains the most nationally implemented policies across the entire framework whereas G contains the least.
- Total number of policies implemented varies considerably as 44 policy actions were identified in France but only 4 in the Czech Republic, displaying an imbalance in policy implementation across Europe.

Country	M	O	V	I	N	G	Total
Austria	8	2	11	7	6	1	20
Belgium	31	7	2	6	10	3	59
Bulgaria	2			2	3	1	8
Croatia	7	1			1	1	10
Czech Republic	3	1					4
Estonia	10	4	4	1	2		21
Finland	16	6	3	7	10	2	44
France	31	5	8	4	9	1	60
Germany	6	1	3	8	4		22
Latvia	6	2	1		2		11
Lithuania	10	4	6	2	7	3	32
Malta	9				2		11
Netherlands	7	3	1	2	1	2	16
Portugal	11	1	3	4	8	3	30
Romania	4				1		5
Slovakia	7	2	3	4	1	1	18
Slovenia	6	2	6	11	8	1	34
Spain	9	5	2	2	12	2	22
Sweden	2		3	2	1	1	9
UK - wide	1	0	0	4	2	5	12
England	8	1	7	4	4	3	27
Northern Ireland	4	0	1	1	1	0	7
Scotland	3	1	4	3	1	3	15
Wales	3	1	5	3	2	3	17
Total	186	49	74	77	98	36	520

Figure 3: Absence and presence of physical activity policies across 20 European countries in the MOVING database

Conclusions

WCRF International's innovative physical activity policy framework and database can be utilised to assist in the development and implementation of policies which promote physical activity.

- The MOVING policy framework** is a useful tool for reporting, categorising and monitoring policy actions around the world, and through which the policy evidence on physical activity can be systematically categorised, updated, interpreted and then communicated.
- The database of physical activity policies** allows users to easily identify where action is needed in these policy areas and assess whether existing approaches are sufficiently comprehensive. The MOVING database is a user-friendly tool that can be used by policy-makers, civil servants, civil society organisations, researchers as well as youth representatives within CO-CREATE and beyond.
- The MOVING policy framework and database** provides an opportunity for stakeholders such as researchers, civil society organisations and policy makers to identify gaps and strengths in government action as well as facilitate youth involvement and empowerment in identifying policies and promoting policy actions.

