MOVING policy index

This country snapshot presents detailed results of the <u>MOVING policy index</u> [1] for Belgium. 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 Belgium to 29 other European countries.

## Main messages

- **1** Belgium implements policy actions in all six areas of the MOVING framework. The highest assessment received was good, for the areas of public communication which builds behaviour change skills (N) and initiatives that promote physical activity in schools, community, and recreation (M).
- 2 Weaknesses were seen in financial incentives to promote physical activity, physical activity for all ages and abilities and community initiatives to promote physical activity (M), alongside training for relevant professions outside of healthcare plus physical activity in the workplace (O) and physical activity guidelines (N). No national government policies were found on policies promoting public transport (I) and training on physical activity to those working in primary care and outpatient settings (G).
- **3** Much more national government policy action is needed on structures and surroundings which promote physical activity (V) as this is the weakest policy area achieving a poor assessment. Greater attention should be given to improve design in all policy areas, but specifically in transport infrastructure and opportunities that support active societies (I).

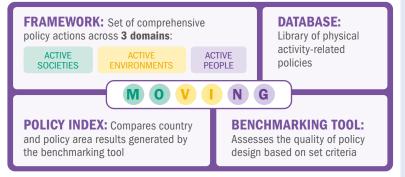
Overvie	ew of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						GOOD		
0	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions						MODERATE	
V	Visualise and enact structures and surroundings which promote physical activity						POOR	
	Implement transport infrastructure and opportunities that support active societies					FAIR		
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills					GOOD		
G	Give physical activity training, assessment and counselling in healthcare settings					FAIR		

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 <u>MOVING database</u> [2], collected through a comprehensive scan in 30 European countries, including Belgium.



Policy tools used to produce the policy index results

## Breakdown of policy index results

Meets up to 25% of policy design

Meets up to 50% of policy design

No policy identified

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## (For full details on the policy design criteria, consult the policy brief)

- Meets up to 75% of policy design
- Meets up to 99% of policy design
  - Meets all aspirational standards

	Physical activity in schools and PE		
	Physical activity in and outside of classrooms		
D.A	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		
0	Training for professions outside of healthcare		
	Physical activity in the workplace		
	Design guidelines and regulations for buildings	×	
	Active design guidelines outside buildings	×	
V	Active design guidelines for open/green spaces	×	
	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		
N	Mass media campaigns and social marketing promoting physical activity		
	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		

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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