MOVING policy index

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).

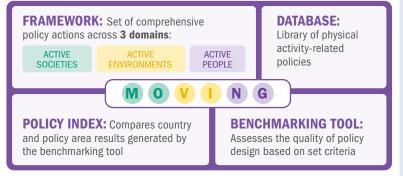
Overview of policy status		NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						FAIR		
0	Offer physical activity opportunities in the workplace and training in physical activity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

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 Bulgaria.



Policy tools used to produce the policy index results

Breakdown of policy index results

No policy identified

Х

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

Meets up to 75% of policy design

- Meets up to 25% of policy design
- Meets up to 50% 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		
RA	Physical activity outside of school hours		
IVI	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	×	
	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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