Physical activity policy status in Germany

MOVING policy index



This country snapshot presents detailed results of the **MOVING policy index** [1] for Germany. 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 Germany to 29 other European countries.

Main messages

- 1 Germany implements policy actions at national level in all of the six policy areas of the MOVING framework. One policy area received a good assessment, specifically initiatives that promote physical activity in schools, community, and recreation (M). Three other policy areas achieved moderate assessments: physical activity opportunities in the workplace and training (O), actions to improve road safety (I), and increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Within these policy areas, weaknesses at national level were identified on policies supporting public transport and road safety actions, which affected otherwise well-designed policies to promote active transport (I). Other design weaknesses were seen on active design guidelines for buildings and on access to quality open spaces/green spaces, or integrated urban design and land use (V), as well as physical activity guidelines and communication campaigns (N).
- **3** Gaps were identified in the overall area of improving healthcare and outpatient settings on physical activity (G); therefore, this policy area should be prioritised. Greater implementation is needed in all areas of structures and surroundings which promote physical activity (V) where a fair assessment was achieved at national level, and is a key area within the domain that focuses on improving overall environments that enable physical activity.

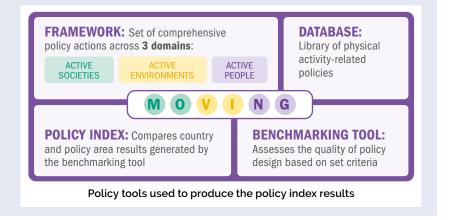
Overview of policy status		NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						GOOD	
0	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					MODERATE		
V	Visualise and enact structures and surroundings which promote physical activity					FAIR		
	Implement transport infrastructure and opportunities that support active societies				MODERATE			
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills		MODERATE					
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 **MOVING database** [2], collected through a comprehensive scan in 30 European countries, including Germany.



No policy identified Meets up to 75% of policy design	Breakdown of policy index results (For	(For full details on the policy design criteria, consult the policy brief)			
	No policy identified	Meets up to 75% of policy design			
Meets up to 25% of policy design Meets up to 99% of policy design	Meets up to 25% of policy design	Meets up to 99% of policy design			
Meets up to 50% of policy design Meets all aspirational standards	Meets up to 50% 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		
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		
N	Mass media campaigns and social marketing promoting physical activity		
14	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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