

# Physical activity policy status in Greece

## MOVING policy index



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

### Main messages

- 1 Greece implements policy actions in five out of the six policy areas of the MOVING framework. Two policy areas achieved a good assessment: policy design in physical activity opportunities in the workplace and training (O) and physical activity guidelines and public communication campaigns promoting physical activity (N).
- 2 Weaknesses within policy areas were identified in physical activity training to those outside of healthcare (O), design guidelines and regulations (V) in addition to physical activity guidelines and public awareness campaigns (N). Gaps within policy areas were on physical activity outside of school hours and financial incentives to promote physical activity (M), in addition to active design guidelines (V).
- 3 No national government action was taken at all in the area of transport infrastructure to promoting active societies (I) therefore, this policy area should be prioritised. Much more needs to be done to improve design of the built environment to promote physical activity (V). Action and good policy design in both areas is key to improving overall environments that enable physical activity.

### Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

|          |   |                        |
|----------|---|------------------------|
| <b>M</b> | <b>Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation</b>           | MODERATE               |
| <b>O</b> | <b>Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions</b> | GOOD                   |
| <b>V</b> | <b>Visualise and enact structures and surroundings which promote physical activity</b>  | POOR                   |
| <b>I</b> | <b>Implement transport infrastructure and opportunities that support active societies</b>   | NO POLICIES IDENTIFIED |
| <b>N</b> | <b>Normalise and increase physical activity through public communication that motivates and builds behaviour change skills</b>        | GOOD                   |
| <b>G</b> | <b>Give physical activity training, assessment and counselling in healthcare settings</b>   | 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 **MOVING database** [2], collected through a comprehensive scan in 30 European countries, including Greece.

**FRAMEWORK:** Set of comprehensive policy actions across **3 domains**:

ACTIVE SOCIETIES

ACTIVE ENVIRONMENTS

ACTIVE PEOPLE

**DATABASE:**

Library of physical activity-related policies

**M O V I N G**

**POLICY INDEX:** Compares country and policy area results generated by the benchmarking tool







**BENCHMARKING TOOL:**






























Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

## Breakdown of policy index results

(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 50% of policy design |  Meets all aspirational standards |

|   |   |   |
|---|---|---|
|    | Physical activity in schools and PE                                   |    |
|   | Physical activity in and outside of classrooms                        |    |
|   | Physical activity outside of school hours                             |    |
|   | 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                            |    |
|   | 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                                  |  |
|  | Mass media campaigns and social marketing promoting physical activity |  |
|   | Develop and communicate physical activity guidelines                  |  |
|  | Pre- and in-service training within health care                       |  |
|   | 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](https://wcrf.org/our-policy-work).

For feedback or suggested updates, please email [policy@wcrf.org](mailto:policy@wcrf.org). More info in the CO-CREATE project can be found at [co-create.eu](https://co-create.eu)

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