MOVING policy index

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

Main messages

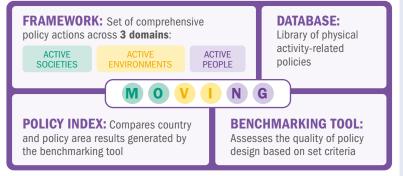
- 1 Latvia implements policy actions in four out of the six policy areas of the MOVING framework. The highest assessment received was fair and applied to three policy areas: initiatives that promote physical activity in schools, community, and recreation (M), physical activity opportunities in the workplace and training (O) and increasing physical activity through public communication which builds behaviour change skills (N). Thus, better policy design is needed throughout the policy areas of MOVING.
- 2 Weaknesses within policy areas were identified in physical activity in schools (M), training for those outside of healthcare in physical activity (O), walking and cycling infrastructure (V), in addition to public information campaigns increasing behaviour change (N). There was a lack of physical activity outside of school hours and financial incentives (M), physical activity in the workplace (O) and physical activity guidelines (N). Therefore, they should be prioritised for action by the national government.
- **3** No action was taken in two policy areas, transport infrastructures which promote active societies (I) and physical activity training within healthcare (G). Therefore, these policy areas should be prioritised. Much more needs to be done to improve existing policies on structures and surroundings which promote physical activity (V), where a poor assessment was achieved.

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		
Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					FAIR		
V Visualise and enact st	Visualise and enact structures and surroundings which promote physical activity					POOR	
Implement transport infrastructure and opportunities that support active societies					NO POLICIES IDENTIFIED		
	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					NO POLICIES IDENTIFIED		
This snapshot is based on national level po	olicies only. Policies issued by	provincial, region	al or local goverr	nments are outside	the scope of thi	s 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 Latvia.



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

Х

(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	
M	Physical activity in and outside of classrooms	
	Physical activity outside of school hours	×
	Community and mass participation initiatives	X
	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	×
V	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	×
RI	Mass media campaigns and social marketing promoting physical activity	
N	Develop and communicate physical activity guidelines	×
G	Pre- and in-service training within health care	×
	Primary care (assessment, counselling and PA prescriptions)	×
	Health care and outpatient settings	X

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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