

## MOVING aspirational standards with scoring options

Policy area	Benchmark	Indicators	Aspirational standards ( <b>bold</b> ) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
<b>M</b> Physical activity in schools, the community and sport, and recreation	Physical activity in schools and PE	National government supports schools to include physical education in school curricula	Physical education included in the school curricula: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0
			Hours of physical education in school curricula: <b>4+ mandated hours per week – 50</b> 2–4 mandated hours per week – 33.34 0–2 mandated hours per week – 16.67 Hours not specified – 0
			Physical education included in the school curricula of primary and secondary schools: <b>In primary AND secondary schools – 50</b> In primary OR secondary school – 25 No – 0
	Physical activity in and outside of classrooms	National government supports policies to promote physical activity to children and adolescents during school hours	Physical activity during school hours: <b>Mandatory – 50</b> Voluntary – 25 None – 0
			Physical activity in the school curricula : <b>In primary AND secondary schools – 50</b> In primary OR secondary school – 25 None – 0
	Physical activity outside of school hours	National government supports policies to promote physical activity to children and adolescents outside of school hours	Physical activity outside school hours: <b>Mandatory – 50</b> Voluntary – 25 None – 0
			Physical activity promotion at school settings: <b>In primary AND secondary schools – 50</b> In primary OR secondary school – 25 None – 0
	Community and mass participation initiatives	National government supports community level and mass participation initiatives to promote physical activity	Focus of initiatives: Adolescents: <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 50</b> No – 0 Least active groups, vulnerable/marginalised people: <b>Yes – 50</b> No – 0
	Physical activity for people of all ages and abilities	National government supports policies to promote physical activity	Target groups of the mass participation campaigns: <b>Mass participation campaign to promote physical activity aimed at least active groups, including the vulnerable and marginalised – 50</b> Mass participation campaign to promote physical activity aimed at participants of all abilities – 37.5 Mass participation campaign to promote physical activity aimed at adolescents – 25 General mass participation campaign to promote physical activity aimed at entire population – 12.5 None – 0

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<b>M</b> Physical activity in schools, the community and sport, and recreation	Financial incentives	National government supports financial incentives for individuals to promote physical activity	Policies to promote physical activity: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0
			Focus of financial incentives: Adolescents: <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 50</b> No – 0 Least active groups, vulnerable/marginalised people: <b>Yes – 50</b> No – 0
<b>O</b> Physical activity in the workplace and training for multiple professions	Training for relevant professions outside of healthcare	National government supports the inclusion of physical activity promotion in the pre- and in-service training for non-healthcare professionals	Physical activity training for non-healthcare professionals: <b>Mandatory – 50</b> Voluntary – 25 No – 0
			Inclusion of physical activity in the training of non-healthcare professionals: <b>For more than one non-healthcare profession – 50</b> For one non-healthcare profession – 25 No – 0
	Physical activity in the workplace	National government supports the inclusion of physical activity in the workplace	Physical activity promotion in the workplace: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0
<b>V</b> Structures and surroundings which promote physical activity	Design guidelines and regulations for buildings	National government supports design guidelines and/or regulations for buildings that encourage physical activity	Policies for buildings that encourage physical activity: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0
			Focus of guidelines and/or regulations: Adolescents: <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 50</b> No – 0 Least active groups, vulnerable/marginalised people <b>Yes – 50</b> No – 0

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<b>V</b> Structures and surroundings which promote physical activity	Active design guidelines outside buildings	National government supports design guidelines and regulations for the outside of buildings that encourage physical activity	Policies for outside buildings that encourage physical activity: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0
			Focus of guidelines and/or regulations: Adolescents <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 0</b> No – 0 Least active groups, vulnerable/marginalised people: <b>Yes – 0</b> No – 0
	Active design guidelines for open/green spaces	National government supports the facilitation of open/green space that encourages physical activity	Policies for open/green spaces that encourage physical activity: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0
			Focus of policies: Adolescents: <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 50</b> No – 0 Least active groups, vulnerable/marginalised people: <b>Yes – 0</b> No – 0
	Walking and cycling infrastructure	National government supports the incorporation of walking and cycling infrastructure in urban and rural plans	Walking and cycling infrastructure policies: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0
			Focus of policies: Adolescents: <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 50</b> No – 0 Least active groups, vulnerable/marginalised people: <b>Yes – 0</b> No – 0

Policy area	Benchmark	Indicators	Aspirational standards ( <b>bold</b> ) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0	
<b>V</b> Structures and surroundings which promote physical activity	Urban design and land-use policies	National government supports prioritising integrated urban design and mixed land-use policies prioritising compact, mixed-land use in urban and rural plans	Urban design and land-use policies: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0 Focus of policies: Adolescents: <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 50</b> No – 0 Least active groups, vulnerable/marginalised people: <b>Yes – 0</b> No – 0	
	Access to quality public open space and green spaces	National government supports increasing access to public open space and green spaces in urban and rural plans	Open space and green spaces policies: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0 Focus of policies: Adolescents: <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 50</b> No – 0 Least active groups, vulnerable/marginalised people: <b>Yes – 0</b> No – 0	
	<b>I</b> Transport infrastructure and active societies	Policies to support public transport	National government supports the increased provision of public transport	Public transport policies: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0 Focus of policies: Adolescents: <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 50</b> No – 0 Least active groups, vulnerable/marginalised people: <b>Yes – 0</b> No – 0
		Road safety actions, including safety of pedestrians, cyclists etc	National government supports increasing road safety actions to protect pedestrians, cyclists etc	Road safety policies: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0 Focus of policies: Adolescents: <b>Yes – 50</b> No – 0 Participants of all abilities: <b>Yes – 50</b> No – 0 Least active groups, vulnerable/marginalised people: <b>Yes – 0</b> No – 0

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<b>I</b> Transport infrastructure and active societies	Mass communication campaigns to promote transport	National government supports a public information campaign that promotes transport	Aim of the campaign: Increase awareness about road safety: <b>Yes – 50</b> No – 0 Promote the use of public transport: <b>Yes – 50</b> No – 0 Promote active transport: <b>Yes – 50</b> No – 0
			Support of information campaign: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0
			Focus of the campaign : <b>Inactive population segments including vulnerable and marginalised – 50</b> All abilities – 37.5 Adolescents – 25 Entire population – 12.5 None – 0
			Campaign signposts to services or more information: <b>Yes – 50</b> No – 0
	Policies promoting active transport	National government supports active transport	Policies that promote active transport: To and from school: <b>Yes – 0</b> No – 0 To and from work: <b>Yes – 0</b> No – 0 Active transport in general: <b>Yes – 0</b> No – 0
			Active transport policies: <b>Legislation and regulations – 50</b> Standard – 33.34 Guidelines – 16.67 None – 0
Active transport to and from school: <b>In primary AND secondary schools – 50</b> In primary OR secondary school – 25 None – 0			
<b>N</b> Public communication	Public awareness, mass media and informational campaigns and social marketing promoting physical activity	National government supports public awareness, mass media and informational campaigns and social marketing promoting physical activity	<b>Mass communication campaign includes social marketing – 50</b> Mass communication campaign without social marketing – 25 No – 0
			Focus of the campaign: <b>Inactive population segments including vulnerable and marginalised – 50</b> All abilities – 37.5 Adolescents – 25 Entire population – 12.5 No – 0
			Campaign signposts to services or more information: <b>Yes – 50</b> No – 0

Policy area	Benchmark	Indicators	Aspirational standards ( <b>bold</b> ) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
<b>N</b> Public communication	Develop and communicate physical activity guidelines	National government develops and communicates physical activity guidelines	Target of physical activity guidelines: young children and adolescents: <b>Yes – 50</b> No – 0
			Dissemination of physical activity guidelines: <b>Through mass communication campaigns targeted at youth – 50</b> Through mass communication campaigns – 25 No dissemination through mass communication campaigns – 0
			Campaigns signpost to services or more information: <b>Yes, and has concurrent policy actions, programs or environmental changes to support the behaviours targeted – 50</b> Yes – 25 Campaign stands alone/ no signposting – 0
<b>G</b> Physical activity training, assessment and counselling in healthcare settings	Pre- and in-service training within healthcare	National government supports the inclusion physical activity promotion in the pre- and in-service training for health professionals	Physical activity training for healthcare professionals: <b>Mandatory – 50</b> Voluntary – 25 None – 0
			Inclusion of physical activity in the training of health professionals: <b>For one healthcare profession – 50</b> For more than one health profession – 25 None – 0
			Training based on standards: <b>Yes – 50</b> No – 0
	Primary care	National government supports the inclusion of physical activity counselling, assessment and physical activity prescriptions in primary care	Physical activity counselling, assessment and physical activity prescriptions: <b>Mandatory – 50</b> Voluntary – 25 None – 0
			Measures include advice and counselling for: <b>Children and adolescents with obesity-related issues – 50</b> Children and adolescents – 33.34 General public – 16.67 No measures – 0
	Policies that promote physical activity in healthcare and outpatient settings	National government supports the inclusion of physical activity counselling, assessment and physical activity prescriptions in healthcare and outpatient settings	Physical activity counselling, assessment and physical activity prescriptions: <b>Legislation and regulations – 50</b> Standards – 33.34 Guidelines – 16.67 None – 0
Measures include advice and counselling for: <b>Children and adolescents with obesity-related issues – 50</b> Children and adolescents – 33.34 General public – 16.67 No measures – 0			