## Physical activity policy status in Poland

MOVING policy index



## Main messages

- 1 Poland implements policy actions in four out of the six policy areas of the MOVING framework. One policy area received the highest initiatives that promote physical activity in schools, community, and recreation (M) with physical activity opportunities in the workplace and training (O) receiving a moderate assessment.
- 2 Greater attention should be given to these policy areas (M, O) as weaknesses were identified in community initiatives and financial incentives to promote physical activity (M) and all areas of physical activity promotion in the workplace and across multiple professions (O). Gaps were further identified in a lack of physical activity in schools (M) alongside public awareness campaigns (N).
- **3** No action was taken in transport infrastructure to promote active societies (I) and providing training within healthcare and outpatient settings (G). Therefore, these areas should be prioritised. Much more needs to be done to improve all areas of structures and surroundings which promote physical activity (V) where a poor assessment was achieved.

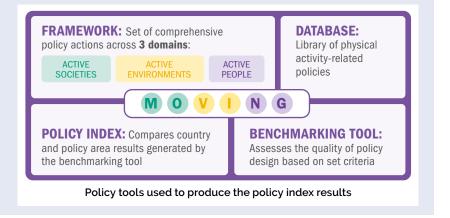
Overvie	ew of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						GOOD	
0	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					MODERATE		
V	Visualise and enact structures and surroundings which promote physical activity					POOR		
	Implement transport infrastructure and opportunities that support active societies					NO POLICIES IDENTIFIED		
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills				FAIR			
G	Give physical activity t	raining, assessment a	nd counsellin	g in healthca	re settings	NO POLICIES	SIDENTIFIED	

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 Poland.



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 <b>policy brief</b> )			
	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	
R/I	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	×
	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





This project has received funding from the European Union's Horizon 2020 research and innovation programme under Grant Agreement No 774210.

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