Physical activity policy status in Scotland

MOVING policy index



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

Main messages

- 1 Scotland implements policy actions in all six policy areas of the MOVING framework. One policy area received a moderate assessment, which was the highest for Scotland: increasing physical activity through public communication which builds behaviour change skills (N).
- **2** Within policy areas, weaknesses were identified in road safety actions (I) and physical activity guidelines (N). Attention should also be given to policy areas where a poor assessment was achieved, specifically transport infrastructure to promote active societies (I).
- **3** Although action was taken in all areas of the MOVING framework, much more needs to be done to promote structures and surroundings which promote physical activity (V). National government action and good policy design in areas V and I is key to improving overall environments that enable physical activity.

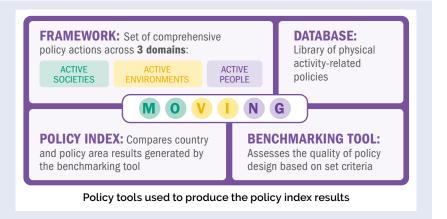
Overview	of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						FAIR	
	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					FAIR		
V	Visualise and enact structures and surroundings which promote physical activity					POOR		
	Implement transport infrastructure and opportunities that support active societies					FAIR		
	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills			n that	MODERATE			
G	Give physical activity training, assessment and counselling in healthcare settings					FAIR		

This snapshot is based on national level policies only, which include UK-wide and Scotland-only policies issued by the UK government. Policies issued by provincial, regional or local governments are outside the scope of this project. Page 2 highlights which policy areas assess UK-wide or home nation policies.

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 Scotland.



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	
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	×
O	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*	×
IN	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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