## Physical activity policy status in Spain

MOVING policy index



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

## Main messages

- 1 Spain implements policy actions in all six areas of the MOVING framework. The highest assessment received was good, achieved in one policy area: public communication which builds behaviour change skills (N).
- 2 Within policy areas, weaknesses were identified in initiatives promoting physical activity in schools and for people of all ages and abilities (M), active design guidelines for open/green spaces (V), physical activity in the workplace (O), and policies promoting active transport and road safety actions (I). Gaps were found related to a lack of initiatives promoting physical activity outside of school hours (M), walking and cycling infrastructure, in addition to active design guidelines (V) and policies promoting public transport (I).
- **3** Much more needs to be done to improve the overall assessment of physical activity policies in Spain as only one policy area received a good assessment. All areas of structures and surroundings which promote physical activity (V) should be improved, alongside policies promoting active transport (I). National government action and good policy design in areas V and I are key to improving overall environments that enable physical activity.

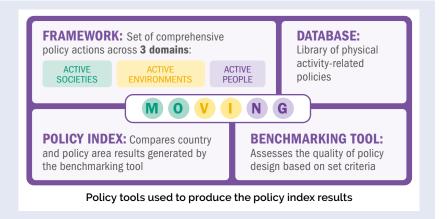
Overview of policy sta	NO POLICIES IDENTIF	IED POOR	FAIR	MODERATE	GOOD	EXCELLENT	
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation					MODERATE		
Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					MODERATE		
V Visualise and e	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				GOOD		
Give physical activity training, assessment and counselling in healthcare settings					FAIR		

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 <u>MOVING database</u> [2], collected through a comprehensive scan in 30 European countries, including Spain.



No policy identified  Meets up to 75% of policy design  Meets up to 25% of policy design  Meets up to 99% of policy design	Breakdown of policy index results (For	(For full details on the policy design criteria, consult the policy brief)			
Meets up to 25% of policy design  Meets up to 99% of policy design	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	Meets up to 50% of policy design	Meets all aspirational standards			

M	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	×
0	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	
N	Mass media campaigns and social marketing promoting physical activity	
	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	×

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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