Physical activity policy status in Sweden
MOVING policy index

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

Main messages

1. Sweden implements policy actions in all six policy areas of the MOVING framework. The highest assessment received was moderate, for physical activity promotion in the workplace (O). Three other policy areas received a fair assessment: promote physical activity in schools, community, and recreation (M), structures and surroundings which promote physical activity (V) and public communication which builds behaviour change skills (N).

2. Within policy areas, gaps were identified in promoting physical activity outside of school hours or through community and mass participation initiatives, as well as financial incentives to promote physical activity. These could otherwise affect well-designed actions on physical activity in schools, including outside school hours (M). Further, there were mixed results with regards to actions at national level aimed at ensuring the built environment promotes physical activity, including by design guidelines for buildings or active design guidelines for open/green spaces (V), alongside road safety actions, or policies to support public and active transport (I). Further, policy actions on physical activity prescription at national level, was not supported by physical activity promotion in outpatient settings or training in physical activity promotion for healthcare professionals (G).

3. Much more needs to be done to improve the overall assessment of physical activity policies as no policy area received a good assessment. Attention should be given to policy areas were a poor assessment was achieved, such as transport infrastructure, to promote active societies (I) and training on physical activity within healthcare (G).

Overview of policy status

<table>
<thead>
<tr>
<th>Policy Area</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>FAIR</td>
</tr>
<tr>
<td>O</td>
<td>MODERATE</td>
</tr>
<tr>
<td>V</td>
<td>FAIR</td>
</tr>
<tr>
<td>I</td>
<td>POOR</td>
</tr>
<tr>
<td>N</td>
<td>FAIR</td>
</tr>
<tr>
<td>G</td>
<td>POOR</td>
</tr>
</tbody>
</table>

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 Sweden.
Physical activity policy status in Sweden

<table>
<thead>
<tr>
<th>Breakdown of policy index results</th>
<th>(For full details on the policy design criteria, consult the policy brief)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No policy identified</td>
<td>Meets up to 75% of policy design</td>
</tr>
<tr>
<td>Meets up to 25% of policy design</td>
<td>Meets up to 99% of policy design</td>
</tr>
<tr>
<td>Meets up to 50% of policy design</td>
<td>Meets all aspirational standards</td>
</tr>
</tbody>
</table>

**Physical activity in schools and PE**
- **Meets up to 99% of policy design**

**Physical activity in and outside of classrooms**
- **Meets up to 75% of policy design**

**Physical activity outside of school hours**
- **Meets up to 75% of policy design**

**Community and mass participation initiatives**
- **Meets up to 75% of policy design**

**Physical activity for people of all ages and abilities**
- **Meets up to 99% of policy design**

**Financial incentives to promote physical activity**
- **Meets up to 75% of policy design**

**Training for professions outside of healthcare**
- **Meets up to 75% of policy design**

**Physical activity in the workplace**
- **Meets up to 50% of policy design**

**Design guidelines and regulations for buildings**
- **Meets up to 25% of policy design**

**Active design guidelines outside buildings**
- **Meets up to 75% of policy design**

**Active design guidelines for open/green spaces**
- **Meets up to 75% of policy design**

**Walking and cycling infrastructure**
- **Meets up to 99% of policy design**

**Integrated urban design and land-use policies**
- **Meets up to 75% of policy design**

**Access to quality public open space and green spaces**
- **Meets up to 75% of policy design**

**Policies to support public transport**
- **Meets up to 25% of policy design**

**Road safety actions including safety of pedestrians, cyclists etc**
- **Meets up to 25% of policy design**

**Mass communication campaigns to promote transport**
- **Meets up to 25% of policy design**

**Policies to promote active transport**
- **Meets up to 25% of policy design**

**Mass media campaigns and social marketing promoting physical activity**
- **Meets up to 25% of policy design**

**Develop and communicate physical activity guidelines**
- **Meets up to 75% of policy design**

**Pre- and in-service training within health care**
- **No policy identified**

**Primary care (assessment, counselling and PA prescriptions)**
- **Meets up to 25% of policy design**

**Healthcare and outpatient settings**
- **No policy identified**

**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  