

# Physical activity policy status in Portugal

MOVING policy index

May 2023



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

## Main messages

- 1 Portugal implements policy actions in all six policy areas of the MOVING framework. One policy area, physical activity counselling, assessment and prescription in health care (G), received a good assessment. Three other policy areas achieved a moderate assessment: initiatives that promote physical activity in schools, community, and recreation (M), increasing physical activity through public communication which builds behaviour change skills (N), and physical activity opportunities in the workplace and promotion across multiple professions (O).
- 2 Within policy areas, weaknesses were identified on road safety actions including safety of pedestrians and cyclists (I) in addition to developing and communicating physical activity guidelines and public awareness campaigns. Gaps were seen in financial incentives to promote physical activity (M), physical activity in the workplace (O) and campaigns to promote active transport (I).
- 3 A poor assessment was achieved on structures and surroundings which promote physical activity (V). Therefore, this policy area should be prioritised. Much more needs to be done to improve policies that promote public and active transport (I), where a fair assessment was achieved. Action and good policy design in both of these areas is key to improving overall environments that enable physical activity.

## Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

<b>M</b>	<b>Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation</b>	MODERATE
<b>O</b>	<b>Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions</b>	MODERATE
<b>V</b>	<b>Visualise and enact structures and surroundings which promote physical activity</b>	POOR
<b>I</b>	<b>Implement transport infrastructure and opportunities that support active societies</b>	FAIR
<b>N</b>	<b>Normalise and increase physical activity through public communication that motivates and builds behaviour change skills</b>	MODERATE
<b>G</b>	<b>Give physical activity training, assessment and counselling in healthcare settings</b>	GOOD

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 Portugal.

**FRAMEWORK:** Set of comprehensive policy actions across **3 domains**:

ACTIVE SOCIETIES

ACTIVE ENVIRONMENTS

ACTIVE PEOPLE

**DATABASE:**

Library of physical activity-related policies

**M O V I N G**

**POLICY INDEX:** Compares country and policy area results generated by the benchmarking tool

**BENCHMARKING TOOL:**






























Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

## 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 criteria
 Meets up to 25% of policy design criteria	 Meets up to 99% of policy design criteria
 Meets up to 50% of policy design criteria	 Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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](https://wcrf.org/our-policy-work).

For feedback or suggested updates, please email [policy@wcrf.org](mailto:policy@wcrf.org). More info in the CO-CREATE project can be found at [co-create.eu](https://co-create.eu)

[1] Policy index: [wcrf.org/physical-activity-policy-index](https://wcrf.org/physical-activity-policy-index) [2] Policy database: [policydatabase.wcrf.org](https://policydatabase.wcrf.org)