Physical activity policy status in Belgium

MOVING policy index

May 2023



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

Main messages

- 1 Belgium implements policy actions in all six areas of the MOVING framework. The highest assessment received was good, for the areas of public communication which builds behaviour change skills (N) and initiatives that promote physical activity in schools, community, and recreation (M).
- 2 Weaknesses were seen in financial incentives to promote physical activity, physical activity for all ages and abilities and community initiatives to promote physical activity (M), alongside training for relevant professions outside of healthcare plus physical activity in the workplace (O) and physical activity guidelines (N). No national government policies were found on policies promoting public transport (I) and training on physical activity to those working in primary care and outpatient settings (G).
- **3** Much more national government policy action is needed on structures and surroundings which promote physical activity (V) as this is the weakest policy area achieving a poor assessment. Greater attention should be given to improve design in all policy areas, but specifically in transport infrastructure and opportunities that support active societies (I).

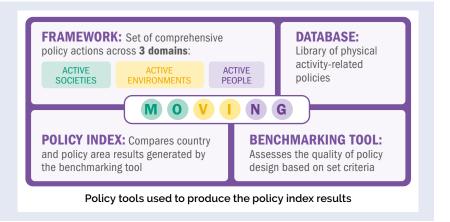
Overview of policy status NO POLICIES IDENTIFIED POOR FAIR MODERATE	GOOD EXCELLENT	
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	GOOD	
Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	MODERATE	
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 **MOVING database** [2], collected through a comprehensive scan in 30 European countries, including Belgium.



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

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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