# Physical activity policy status in Croatia

MOVING policy index May 2023



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

#### Main messages

- 1 Croatia implements policy actions in four of the six policy areas of the MOVING framework. The highest assessment achieved was moderate on initiatives that promote physical activity in schools, community, and recreation (M). Croatia achieved fair on two policy areas: physical activity opportunities in the workplace and training (O) and increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Weaknesses are highlighted throughout the framework; therefore, action is needed to improve all policy areas. Improvements are needed in physical activity in schools and for all ages and abilities (M), physical activity in the workplace (O), public awareness campaigns (N) and providing physical activity training in primary care (G). Gaps were identified in a lack of physical activity in and outside the classroom and community initiatives (M), alongside an absence of physical activity guidelines (N).
- **3** No policy action was identified in all areas of the active environments domain (V, I) such as active design guidelines (V) and promoting physical activity in the built environment (I) therefore these policy areas should be an immediate priority. Greater attention should be given to the remainder of the framework where a poor and fair assessment was achieved.

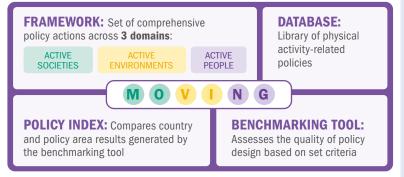
Overvie	ew of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						MODERATE	
0	Offer physical activity opportunities in the workplace and training in physical activity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

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 Croatia.



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

Х

- Meets up to 25% of policy design criteria
- Meets up to 50% of policy design criteria
- Meets up to 75% of policy design criteria
- Meets up to 99% of policy design criteria
  - Meets all aspirational standards

	Physical activity in schools and PE		
	Physical activity in and outside of classrooms		
D.A	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	×	
U	Physical activity in the workplace		
	Design guidelines and regulations for buildings	×	
	Active design guidelines outside buildings		
N	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	×	
NI	Mass media campaigns and social marketing promoting physical activity		
N	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





This project has received funding from the European Union's Horizon 2020 research and innovation programme under Grant Agreement No 774210.

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