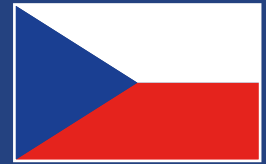


Physical activity policy status in Czech Republic

MOVING policy index



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

Main messages

- 1** The Czech Republic implements policy actions in just over half of the MOVING framework, with no policy area achieving higher than a fair assessment. Three policy areas achieved this assessment: initiatives that promote physical activity in schools, community, and recreation (M), 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 two out of the six policy areas of MOVING therefore, implementation in policy areas V and G should be prioritised. This includes active design guidelines (V), and physical activity training in healthcare settings (G).

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

| | | |
|----------|---|------------------------|
| M | Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation | FAIR |
| O | 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 |
| I | Implement transport infrastructure and opportunities that support active societies | FAIR |
| 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 | NO POLICIES IDENTIFIED |

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 Czech Republic.

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 |
|  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 |

| | | |
|---|---|---|
|  | 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.

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