Physical activity policy status in England

MOVING policy index

Updated in May 2024 due to further relevant policies coming to our attention



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

Main messages

- 1 England implements physical activity policy actions in all six areas of the MOVING framework. The policy area which received a good assessment refers to increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Weak policy design was identified across policy areas, but specifically on physical activity for people of all ages and abilities (M), physical activity in the workplace (O), policies to promote safe active transport (I), active design guidelines for open/green spaces (V), and physical activity training in healthcare settings (G).
- 3 Greater action should be taken to improve the assessment in all areas of the MOVING framework. Particular attention should be given to structures and surroundings which promote physical activity, such as design guidelines and access to quality green space (V), in addition to policies which promote public transport (I).

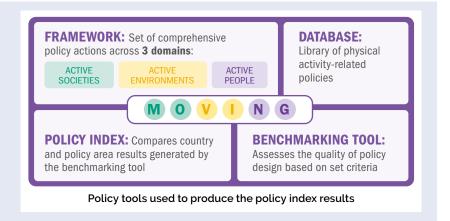
Overvie	ew of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						MODERATE	
0	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions				FAIR			
V	Visualise and enact st	ructures and surround	ngs which pro	omote physic	cal activity	F	AIR	
	Implement transport i	nfrastructure and oppo	ortunities that	support acti	ive societies	E	AIR	
N	Normalise and increase motivates and builds be		• .	mmunicatio	n that	GC	OOD	
G	Give physical activity t	raining, assessment a	nd counsellin	g in healthca	ire settings	F	AIR	

This snapshot is based on national level policies only, which include UK-wide and England-only policies issued by the UK government. Policies issued by provincial, regional or local governments are outside the scope of this project. Page 2 highlights which policy areas assess UK-wide or home nation policies.

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 England.



No policy identified Meets up to 75% of policy design criteria	M. M. C.P. Charles d		
	No policy identified	Meets up to 75% of policy design criteria	à
Meets up to 25% of policy design criteria Meets up to 99% of policy design criteria	Meets up to 25% of policy design criter	ria Meets up to 99% of policy design criteria	a
Meets up to 50% of policy design criteria Meets all aspirational standards	Meets up to 50% of policy design criter	ria Meets all aspirational standards	

	Physical activity in schools and PE		
	Physical activity in and outside of classrooms		
RA	Physical activity outside of school hours*		
IVI	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		
W	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		
N	Mass media campaigns and social marketing promoting physical activity*		
	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.

This document reflects only the authors' views and the European Commission is not responsible for any use that may be made of the information it contains.

