Physical activity policy status in Estonia

MOVING policy index

May 2023



This country snapshot presents detailed results of the <u>MOVING policy index</u> [1] for Estonia. 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 Estonia to 29 other European countries.

Main messages

- 1 Estonia implements policy actions in five out of the six policy areas of the MOVING framework, with no policy area achieving higher than a moderate assessment. Three areas received 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 in national government action were identified throughout the policy areas, but particularly in financial incentives to promote physical activity (M), physical activity in the workplace (O), walking and cycling infrastructure (V), in addition to public awareness campaigns and physical activity guidelines (N). Gaps were highlighted in physical activity outside of school hours and community initiatives (M).
- **3** No policy was identified in training within healthcare and outpatient settings on physical activity (G) therefore, this policy area should be prioritised. Greater action is needed to improve policy design in all areas of the active environments such as structures and surroundings which promote physical activity (V), and transport infrastructure (I).

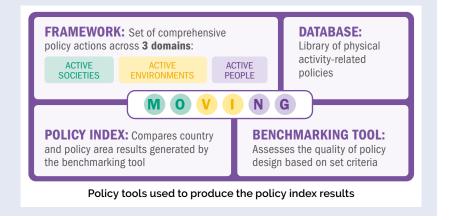
| Overvie | ew of policy status | NO POLICIES IDENTIFIED | POOR | FAIR | MODERATE | GOOD | EXCELLENT |
|---------|--|--|----------------|---------------|---------------|------------|--------------|
| M | Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation | | | | | MODERATE | |
| 0 | Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions | | | | | MODERATE | |
| V | Visualise and enact structures and surroundings which promote physical activity | | | | POOR | | |
| | Implement transport in | nfrastructure and oppo | rtunities that | support acti | ive societies | PC | OOR |
| N | | se physical activity thro behaviour change skills | • . | ommunicatio | n that | MOD | ERATE |
| G | Give physical activity t | raining, assessment ar | nd counselling | g in healthca | re settings | NO POLICIE | S 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 Estonia.



| Breakdown of policy index results (For full | 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 | | |
| 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) | X | |
| | 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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