Physical activity policy status in Finland

MOVING policy index

May 2023



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

Main messages

- 1 Finland implements policy actions in all six areas of the MOVING framework. The highest assessment achieved was good and referred to policy actions on increasing physical activity through public communication which builds behaviour change skills (N).
- **2** Weaknesses were identified in community initiatives promoting physical activity (M), physical activity in the workplace (O), policies supporting public transport and road safety actions. Gaps were seen in physical activity outside of school hours (M) and active design guidelines (V) where a moderate assessment was achieved.
- **3** Greater action should be taken in healthcare and outpatient settings on physical activity (G) and physical activity environment in structures and surroundings which promote physical activity (V) where fair policy design was identified, as this was the weakest assessment achieved. Much more needs to be done throughout the entire framework to improve the status of national government policy actions beyond a moderate assessment.

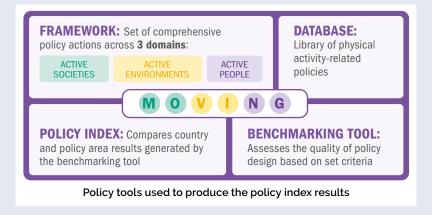
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation					MODERATE		
Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					MODERATE		
V Visualise and enact struc	Visualise and enact structures and surroundings which promote physical activity				FAIR		
Implement transport infr	Implement transport infrastructure and opportunities that support active societies				MODERATE		
	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills			GOOD			
G Give physical activity train	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 Finland.



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	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	×
V	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





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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