Physical activity policy status in Hungary

MOVING policy index

May 2023



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

Main messages

- 1 Hungary implements policy actions in all six areas of the MOVING framework, but the highest assessment achieved was only moderate, for initiatives that promote physical activity in schools, community, and recreation (M) and physical activity opportunities in the workplace and training (O). Therefore, further action and policy design are needed throughout the policy areas of MOVING.
- **2** Gaps within specific policy areas were identified in physical activity outside of school hours (M), active design guidelines (V), and physical activity guidelines (N). Weaknesses within policy areas were seen in physical activity in the workplace (O), improving road safety actions and policies supporting public transport (I) and the inclusion of physical activity training beyond primary care (G).
- 3 Although action is taken in all areas of the MOVING framework, much more needs to be done to improve structures and surroundings that promote physical activity (V) and providing physical activity to those within healthcare (G), where a poor assessment was achieved. Improvements should be made to transport infrastructures promoting active societies (I). Action and good policy design in both areas V and I is key to improving overall environments that enable physical activity.

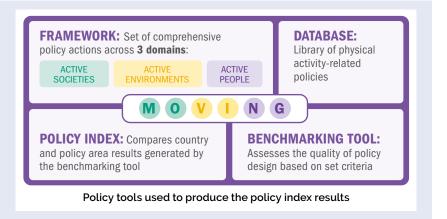
Overview	of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						MODERATE	
	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					MODERATE	
V	Visualise and enact structures and surroundings which promote physical activity					POOR	
	Implement transport infrastructure and opportunities that support active societies					FAIR	
	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills			FAIR			
G	Give physical activity t	raining, assessment a	nd counsellin	g in healthca	re settings	PC	OOR

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 Hungary.



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 br						
	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					

	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		
14	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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