## Physical activity policy status in Lithuania

**MOVING** policy index

May 2023



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

## Main messages

- 1 Lithuania implements policy actions in all six areas of the MOVING framework. Two policy areas achieved a good assessment: physical activity opportunities in the workplace and training (O) and increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Weaknesses within policy areas were identified for physical activity for all ages and abilities and financial incentives which promote physical activity (M), physical activity in the workplace and design guidelines for buildings (O), active transport policies (V) and physical activity guidelines (N). Gaps arose where there was a lack of physical activity outside of school hours and community initiatives promoting physical activity (M), active design guidelines (V) and communication campaigns to promote transport (I).
- 3 National government policy action should be taken to strengthen policies on structure and surroundings which promote physical activity (V) as this policy area received the worst assessment of poor policy design. Greater attention should also be given to transport structures which promote active societies (I) and physical activity training in healthcare settings (G) as fair policy design was achieved.

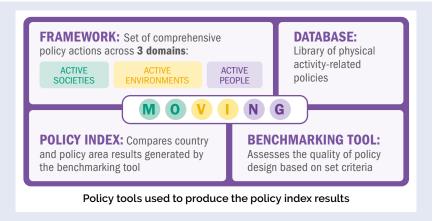
Overvie	w of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						MODERATE	
0	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					GOOD	
V	Visualise and enact structures and surroundings which promote physical activity				POOR		
	Implement transport in	nfrastructure and oppo	ortunities that	support acti	ve societies	F/	AIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills			GOOD			
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. 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 Lithuania.



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 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	×	
V	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





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