

Physical activity policy status in Austria

MOVING policy index

May 2023



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

Main messages

- 1 Austria implements policy actions in all six areas of the MOVING framework. Three policy areas achieved a moderate assessment for national level policy action: initiatives that promote physical activity in schools, community, and recreation (M), physical activity in the workplace (O), and increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Weaknesses in policy design at national level were identified for policies on the built environment, such as active design guidelines for outside buildings or on open/green spaces (V) and transport infrastructure (I). There were also weaknesses in providing training for healthcare professionals on physical activity promotion and providing such services in outpatient settings (G).
- 3 Particular attention should be given to the policy area where a poor assessment was achieved: giving physical activity training, assessment and counselling in healthcare settings (G). National government action should also be prioritised to implement policy actions in all areas of physical activity, including structures and surroundings which promote physical activity (V) and transport infrastructure to promote active societies (I), thus improving overall environments that enable physical activity.

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

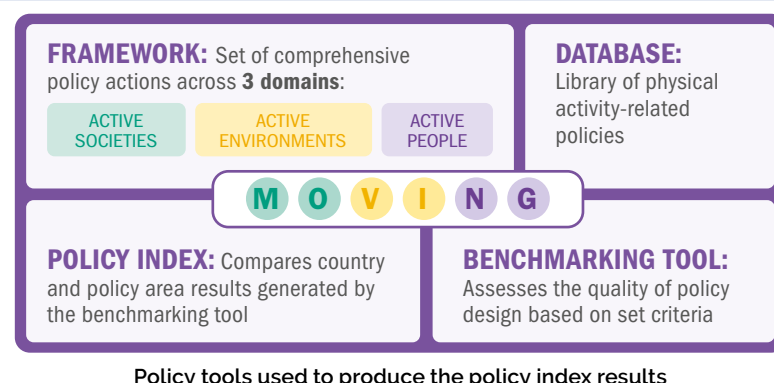
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	MODERATE
V	Visualise and enact structures and surroundings which promote physical activity	FAIR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	MODERATE
G	Give physical activity training, assessment and counselling in healthcare settings	POOR

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 Austria.



Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Belgium

MOVING policy index

May 2023



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

Main messages

- 1 Belgium implements policy actions in all six areas of the MOVING framework. The highest assessment received was good, for the areas of public communication which builds behaviour change skills (N) and initiatives that promote physical activity in schools, community, and recreation (M).
- 2 Weaknesses were seen in financial incentives to promote physical activity, physical activity for all ages and abilities and community initiatives to promote physical activity (M), alongside training for relevant professions outside of healthcare plus physical activity in the workplace (O) and physical activity guidelines (N). No national government policies were found on policies promoting public transport (I) and training on physical activity to those working in primary care and outpatient settings (G).
- 3 Much more national government policy action is needed on structures and surroundings which promote physical activity (V) as this is the weakest policy area achieving a poor assessment. Greater attention should be given to improve design in all policy areas, but specifically in transport infrastructure and opportunities that support active societies (I).

Overview 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	GOOD
O	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
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	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 Belgium.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Bulgaria

MOVING policy index

May 2023



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

Main messages

- 1** Bulgaria implements policy actions in five out of the six policy areas of the MOVING framework. The highest assessment achieved was fair which was received for initiatives that promote physical activity in schools, community, and recreation (M), and increasing physical activity through public communication which builds behaviour change skills (N).
- 2** Weaknesses were found throughout the framework but particularly in policies on access to open public spaces (V), road safety actions (I) and public information campaigns on physical activity (N). Gaps were identified with a lack of physical activity outside of the classroom and community initiatives (M) in addition to a lack of public awareness campaigns on physical activity guidelines (N).
- 3** No policy was identified on physical activity opportunities in the workplace and training (O) therefore, implementation in this policy area should be prioritised. Much more needs to be done to improve all areas of the active environments domain, such as active design guidelines (V) and the promotion of public and active transport (I).

Overview 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	FAIR
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	NO POLICIES IDENTIFIED
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	POOR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	POOR

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 Bulgaria.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Croatia

MOVING policy index

May 2023



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

Main messages

- 1 Croatia implements policy actions in four of the six policy areas of the MOVING framework. The highest assessment achieved was moderate on initiatives that promote physical activity in schools, community, and recreation (M). Croatia achieved fair on two policy areas: physical activity opportunities in the workplace and training (O) and increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Weaknesses are highlighted throughout the framework; therefore, action is needed to improve all policy areas. Improvements are needed in physical activity in schools and for all ages and abilities (M), physical activity in the workplace (O), public awareness campaigns (N) and providing physical activity training in primary care (G). Gaps were identified in a lack of physical activity in and outside the classroom and community initiatives (M), alongside an absence of physical activity guidelines (N).
- 3 No policy action was identified in all areas of the active environments domain (V, I) such as active design guidelines (V) and promoting physical activity in the built environment (I) therefore these policy areas should be an immediate priority. Greater attention should be given to the remainder of the framework where a poor and fair assessment was achieved.

Overview 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
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	FAIR
V	Visualise and enact structures and surroundings which promote physical activity	NO POLICIES IDENTIFIED
I	Implement transport infrastructure and opportunities that support active societies	NO POLICIES IDENTIFIED
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	POOR

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 Croatia.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE SOCIETIES

ACTIVE ENVIRONMENTS

ACTIVE PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	Pre- and in-service training within health care	
	Primary care (assessment, counselling and PA prescriptions)	
	Health care and outpatient settings	

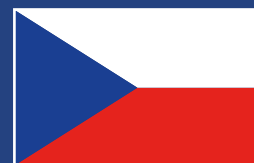
Note: The policy landscape in any country evolves over time. These findings reflect our knowledge as of May 2023. To see latest results and for further technical information on the policy indexes, please consult our website: wcrf.org/our-policy-work. For feedback or suggested updates, please email policy@wcrf.org. 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

Physical activity policy status in Czech Republic

MOVING policy index

May 2023



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

Main messages

- 1** The Czech Republic implements policy actions in just over half of the MOVING framework, with no policy area achieving higher than a fair assessment. Three policy areas achieved 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 are highlighted throughout the framework; therefore, action is needed to improve all policy areas. Improvements are needed in physical activity in schools and for all ages and abilities (M), physical activity in the workplace (O), public awareness campaigns (N) and providing physical activity training in primary care (G). Gaps were identified in a lack of physical activity in and outside the classroom and community initiatives (M), alongside an absence of physical activity guidelines (N).
- 3** No policy action was identified in two out of the six policy areas of MOVING therefore, implementation in policy areas V and G should be prioritised. This includes active design guidelines (V), and physical activity training in healthcare settings (G).

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

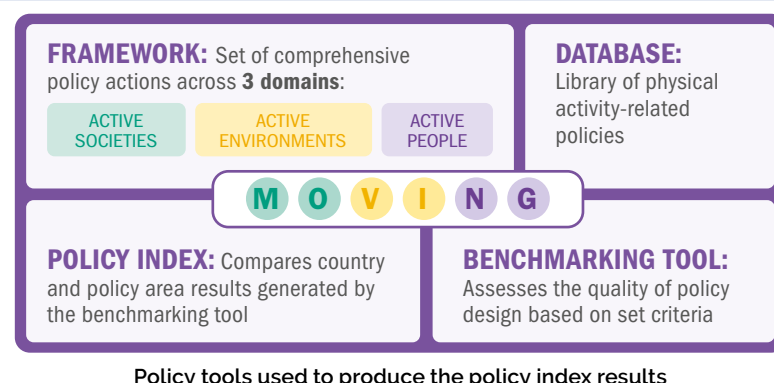
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	FAIR
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	FAIR
V	Visualise and enact structures and surroundings which promote physical activity	NO POLICIES IDENTIFIED
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	NO POLICIES 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 Czech Republic.



Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Denmark

MOVING policy index

May 2023



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

Main messages

- 1 Denmark implements policy actions in all six policy areas of the MOVING framework. Two policy areas achieved a good assessment, specifically action at national government level on increasing physical activity through public communication which builds behaviour change skills (N) and initiatives that promote physical activity in schools, community, and recreation (M).
- 2 Within policy areas, weaknesses were identified in physical activity outside of school hours, community and mass participation initiatives and financial incentives to promote physical activity, which affected otherwise well-designed policy actions on physical activity in schools (M). Similarly, well-designed policies to promote physical activity in primary care were impacted by a lack of focus on outpatient settings and lack of training for healthcare professionals in this area (G). Further weaknesses in policy design were found on training in physical activity for professionals outside of healthcare and physical activity in the workplace (O), walking and cycling infrastructure (V), and road safety actions (I). Notable gaps were found on active design guidelines within and outside buildings (V) and policies promoting public transport (I).
- 3 Greater attention should be given to all policy actions within the four areas that received a fair or moderate assessment: structures and surroundings which promote physical activity (V), improving transport infrastructure to promote active societies (I), physical activity in the workplace (O) and training across for those within healthcare (G).

Overview 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	GOOD
O	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	FAIR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	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 Denmark.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

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).

Overview 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
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	FAIR
V	Visualise and enact structures and surroundings which promote physical activity	FAIR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	Give physical activity training, assessment and counselling in healthcare settings	FAIR

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.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE SOCIETIES

ACTIVE ENVIRONMENTS

ACTIVE PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace*	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity*	
	Develop and communicate physical activity guidelines*	
	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

Physical activity policy status in Estonia

MOVING policy index

May 2023



This country snapshot presents detailed results of the **MOVING policy index** [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).

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

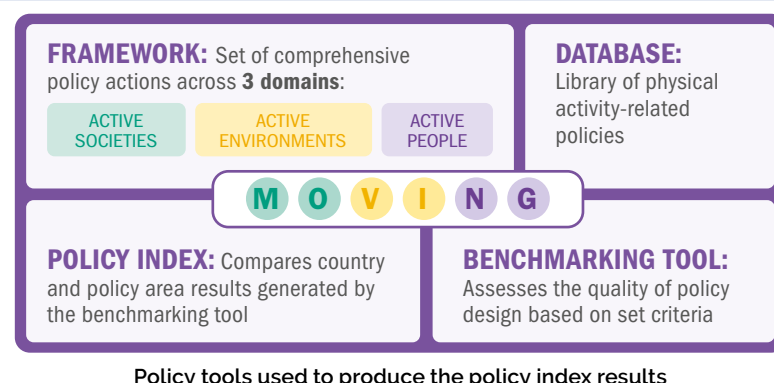
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	MODERATE
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	POOR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	MODERATE
G	Give physical activity training, assessment and counselling in healthcare settings	NO POLICIES 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 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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

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

M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	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	FAIR
I	Implement transport infrastructure and opportunities that support active societies	MODERATE
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	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.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in France

MOVING policy index

May 2023



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

Main messages

- 1 France implements policy actions in all six areas of the MOVING framework, with the highest rated policy area physical activity opportunities in the workplace and training (O) receiving an excellent assessment, for policies offering physical activity training for non-health professionals and physical activity opportunity in the workplace. This was followed by a moderate assessment for initiatives that promote physical activity in schools, community, and recreation (M), and increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Weaknesses were seen in policy areas targeting active environments, specifically design guidelines (V), transport infrastructure (I), active design guidelines outside of buildings, and walking and cycling infrastructure (V). No national government policy actions were identified on design guidelines for buildings or active design guidelines for open and green spaces, for example (V).
- 3 Much more needs to be done to improve healthcare and outpatient settings on physical activity (G), which received a poor assessment. National government action should be prioritised to implement policy actions in all areas of physical activity structures and surroundings which promote physical activity (V) and transport infrastructure to promote active societies (I), thus improving overall environments that enable physical activity.

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

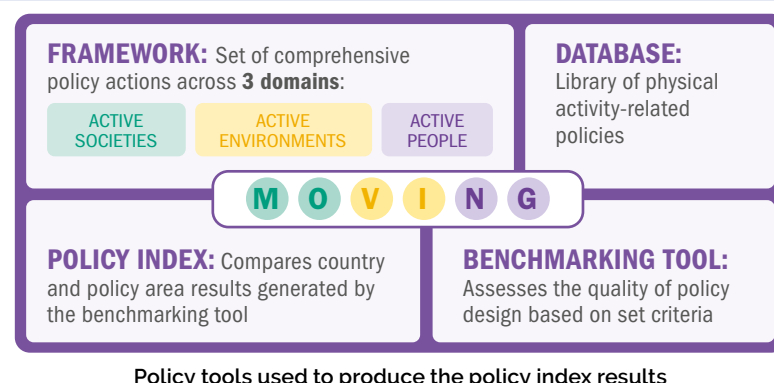
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	EXCELLENT
V	Visualise and enact structures and surroundings which promote physical activity	FAIR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	MODERATE
G	Give physical activity training, assessment and counselling in healthcare settings	POOR

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 France.



Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Germany

MOVING policy index

May 2023



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

Main messages

- 1 Germany implements policy actions at national level in all of the six policy areas of the MOVING framework. One policy area received a good assessment, specifically initiatives that promote physical activity in schools, community, and recreation (M). Three other policy areas achieved moderate assessments: physical activity opportunities in the workplace and training (O), actions to improve road safety (I), and increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Within these policy areas, weaknesses at national level were identified on policies supporting public transport and road safety actions, which affected otherwise well-designed policies to promote active transport (I). Other design weaknesses were seen on active design guidelines for buildings and on access to quality open spaces/green spaces, or integrated urban design and land use (V), as well as physical activity guidelines and communication campaigns (N).
- 3 Gaps were identified in the overall area of improving healthcare and outpatient settings on physical activity (G); therefore, this policy area should be prioritised. Greater implementation is needed in all areas of structures and surroundings which promote physical activity (V) where a fair assessment was achieved at national level, and is a key area within the domain that focuses on improving overall environments that enable physical activity.

Overview 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	GOOD
O	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	FAIR
I	Implement transport infrastructure and opportunities that support active societies	MODERATE
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	MODERATE
G	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 Germany.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE SOCIETIES

ACTIVE ENVIRONMENTS

ACTIVE PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Greece

MOVING policy index

May 2023



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

Main messages

- 1 Greece implements policy actions in five out of the six policy areas of the MOVING framework. Two policy areas achieved a good assessment: policy design in physical activity opportunities in the workplace and training (O) and physical activity guidelines and public communication campaigns promoting physical activity (N).
- 2 Weaknesses within policy areas were identified in physical activity training to those outside of healthcare (O), design guidelines and regulations (V) in addition to physical activity guidelines and public awareness campaigns (N). Gaps within policy areas were on physical activity outside of school hours and financial incentives to promote physical activity (M), in addition to active design guidelines (V).
- 3 No national government action was taken at all in the area of transport infrastructure to promote active societies (I) therefore, this policy area should be prioritised. Much more needs to be done to improve design of the built environment to promote physical activity (V). Action and good policy design in both areas is key to improving overall environments that enable physical activity.

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

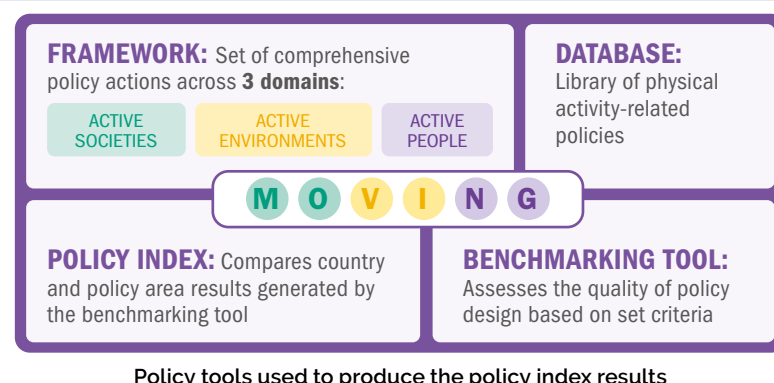
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	GOOD
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	NO POLICIES IDENTIFIED
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	Give physical activity training, assessment and counselling in healthcare settings	POOR

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 Greece.



Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

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

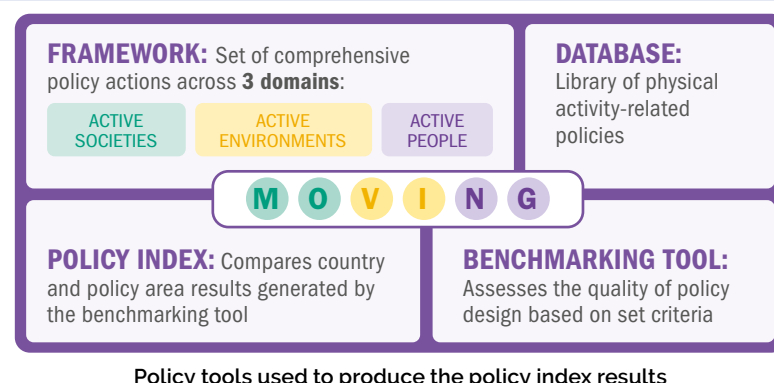
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	MODERATE
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	POOR

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.



Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Ireland

MOVING policy index

May 2023



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

Main messages

- 1 Ireland implements policy actions in all six areas of the MOVING framework. Three policy areas received a good 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 Although policy areas M, O and N received a good assessment, weaknesses were identified in physical activity in schools and outside of school hours (M), training for professions outside of healthcare (O), active design guidelines for open and green spaces (V), and physical activity guidelines and public awareness campaigns promoting physical activity (N).
- 3 Much more needs to be done to improve all areas of structures and surroundings which promote physical activity (V), transport infrastructures which promote active societies (I), in addition to strengthening physical activity training within healthcare and outpatient settings (G) where a fair assessment was achieved. National government action and good policy design in 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

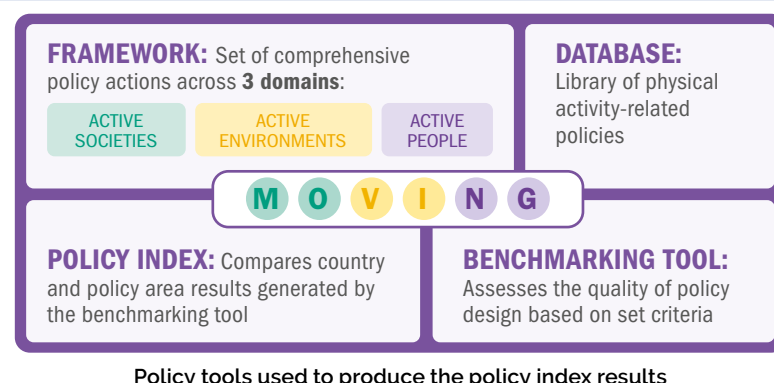
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	GOOD
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	GOOD
V	Visualise and enact structures and surroundings which promote physical activity	FAIR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	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 Ireland.



Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Italy

MOVING policy index

May 2023



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

Main messages

- 1 Italy implements policy actions in four out of the six policy areas of the MOVING framework. One policy area achieved a good assessment: increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Within policy areas, gaps were identified in a lack of physical activity policies outside of school hours and financial incentives to promote physical activity (M) alongside physical activity in the workplace (O). Weaknesses were seen in physical activity in schools and community initiatives promoting physical activity (M), physical activity in the workplace (O) in addition to physical activity guidelines and public awareness and information campaigns (N). Much more needs to be done to improve physical activity training in healthcare settings (G) as a poor assessment was achieved.
- 3 No policy actions were identified in two out of the six policy areas which included structures and surroundings which promote physical activity (V) and transport infrastructures which promote active societies (I). Therefore, these policy areas should be prioritised. National government action and good policy design in 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

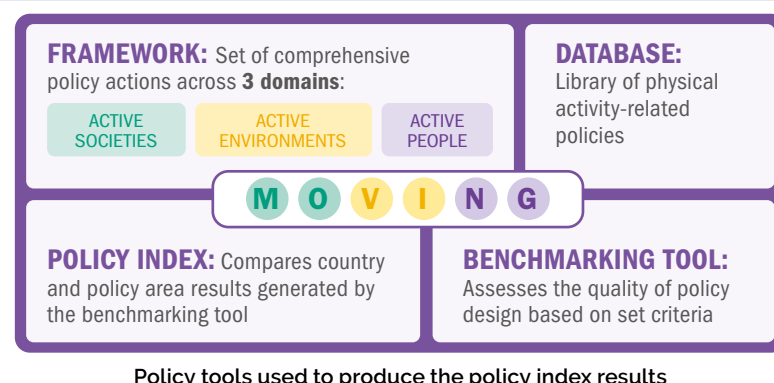
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	FAIR
V	Visualise and enact structures and surroundings which promote physical activity	NO POLICIES IDENTIFIED
I	Implement transport infrastructure and opportunities that support active societies	NO POLICIES IDENTIFIED
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	Give physical activity training, assessment and counselling in healthcare settings	POOR

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 Italy.



Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Latvia

MOVING policy index

May 2023



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

Main messages

- 1 Latvia implements policy actions in four out of the six policy areas of the MOVING framework. The highest assessment received was fair and applied to three policy areas: 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). Thus, better policy design is needed throughout the policy areas of MOVING.
- 2 Weaknesses within policy areas were identified in physical activity in schools (M), training for those outside of healthcare in physical activity (O), walking and cycling infrastructure (V), in addition to public information campaigns increasing behaviour change (N). There was a lack of physical activity outside of school hours and financial incentives (M), physical activity in the workplace (O) and physical activity guidelines (N). Therefore, they should be prioritised for action by the national government.
- 3 No action was taken in two policy areas, transport infrastructures which promote active societies (I) and physical activity training within healthcare (G). Therefore, these policy areas should be prioritised. Much more needs to be done to improve existing policies on structures and surroundings which promote physical activity (V), where a poor assessment was achieved.

Overview 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	FAIR
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	FAIR
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	NO POLICIES IDENTIFIED
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	NO POLICIES 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 Latvia.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

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.

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

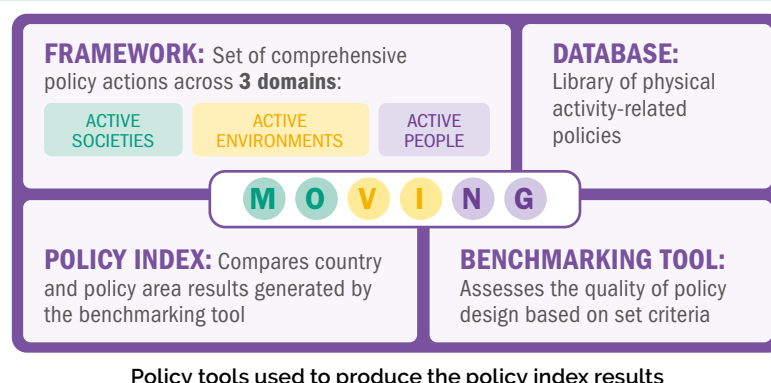
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	GOOD
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	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 Lithuania.



Breakdown of policy index results

(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

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	
O	Training for professions outside of healthcare	
	Physical activity in the workplace	
V	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
I	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	

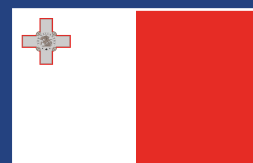
Note: The policy landscape in any country evolves over time. These findings reflect our knowledge as of May 2023. To see latest results and for further technical information on the policy indexes, please consult our website: wcrf.org/our-policy-work. For feedback or suggested updates, please email policy@wcrf.org. 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

Physical activity policy status in Malta

MOVING policy index

May 2023



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

Main messages

- 1 Malta only implements policy actions in two out of the six policy areas of the MOVING framework, which shows that greater national government policy action is needed. One policy area received a good assessment: initiatives that promote physical activity in schools, community, and recreation (M).
- 2 Weaknesses within policy areas are identified in community initiatives (M) and public awareness campaigns which promote physical activity (N). Gaps are seen throughout all policy areas, but particularly in a lack of physical activity guidelines (N) and physical activity outside of school hours (M).
- 3 No action was taken in a large majority of the MOVING framework, such as physical activity opportunities in the workplace and training (O), structures and surroundings which promote physical activity (V), improve road safety actions (I), and physical activity training within healthcare and outpatient settings (G). Therefore, greater action and strong policy design are needed throughout all policy areas to improve the physical activity policy status in the country.

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

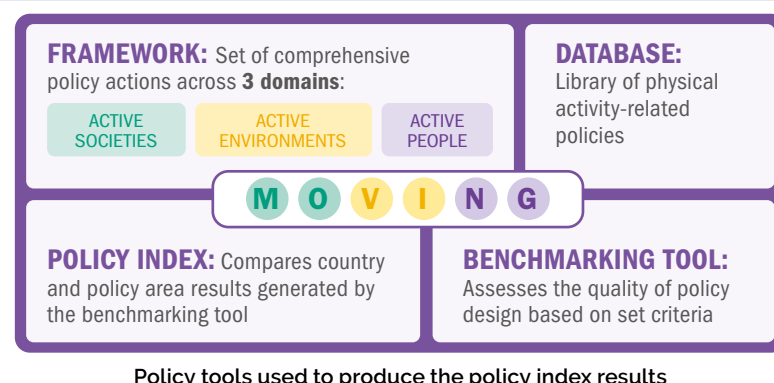
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	GOOD
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	NO POLICIES IDENTIFIED
V	Visualise and enact structures and surroundings which promote physical activity	NO POLICIES IDENTIFIED
I	Implement transport infrastructure and opportunities that support active societies	NO POLICIES IDENTIFIED
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	NO POLICIES 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 Malta.



Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Netherlands

MOVING policy index

May 2023



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

Main messages

- 1 The Netherlands implements policy actions in all six areas of the MOVING framework. The highest assessment received was good in physical activity opportunities in the workplace and training (O).
- 2 Weaknesses were identified in all existing policies that promote physical activity in schools, community, and recreation (M) where moderate policy design was achieved, in addition to active design guidelines outside of buildings (V) and physical activity guidelines (N). Gaps are seen in a lack of active design guidelines for open/green spaces (V) and policies which promote public transport alongside road safety actions (I).
- 3 National government actions are needed to improve policies on transport infrastructure to promote active societies (I) and training within healthcare and outpatient settings on physical activity (G), where a poor assessment was achieved. Attention should also be given to design guidelines alongside walking and cycling infrastructure (V) and increasing physical activity through public communication which builds behaviour change skills (N), where only fair policy design was achieved.

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

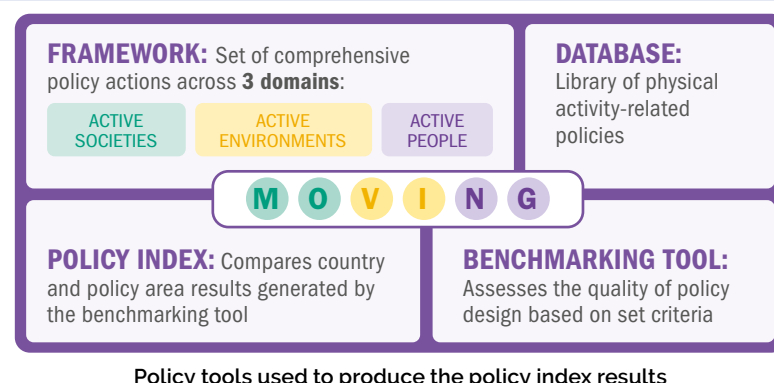
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	GOOD
V	Visualise and enact structures and surroundings which promote physical activity	FAIR
I	Implement transport infrastructure and opportunities that support active societies	POOR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	POOR

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 Netherlands.



Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Northern Ireland

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 Northern Ireland. 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 Northern Ireland to 29 other European countries.

Main messages

- 1 Northern Ireland implements policy actions in five out of the six policy areas of the MOVING framework. The highest assessment achieved was only moderate, for existing policies promoting physical activity in schools, community, and recreation (M), and for public awareness campaigns (N).
- 2 Weaknesses are identified in the following policy areas: physical activity for people of all ages and abilities (M), physical activity guidelines (N) public open space and green spaces (V), road safety actions (I). Gaps were seen in community initiatives promoting physical activity (M), and physical activity training for healthcare professionals (G).
- 3 No action was taken to promote physical activity opportunities in the workplace (O); therefore, this policy area should be prioritised. Much more needs to be done on structures and surroundings which promote physical activity (V), and on building a transport infrastructure which promotes active societies (I). The national government taking more action in policy 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
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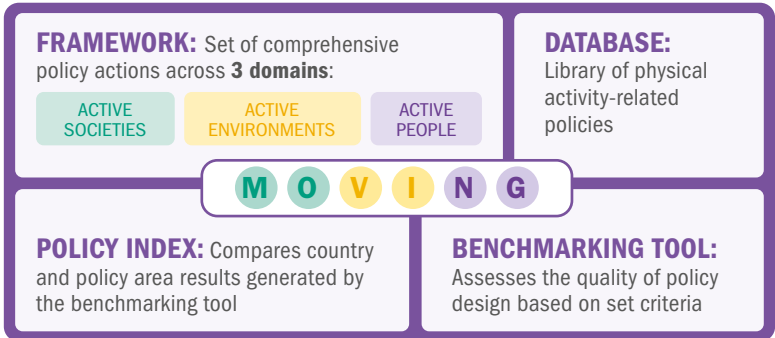
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	NO POLICIES IDENTIFIED
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	MODERATE
G	Give physical activity training, assessment and counselling in healthcare settings	FAIR

This snapshot is based on national level policies only, which include UK-wide and Northern Ireland-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 Northern Ireland.



Policy tools used to produce the policy index results

Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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*	
	Mass media campaigns and social marketing promoting physical activity*	
	Develop and communicate physical activity guidelines*	
	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

Physical activity policy status in Norway

MOVING policy index

May 2023



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

Main messages

- 1 Norway implements policy actions in all six areas of the MOVING framework. Only one policy area received a good assessment which was physical activity opportunities in the workplace and training (O). The remaining policy areas received a moderate or fair assessment.
- 2 Within policy areas, weaknesses were identified in physical activity in schools within and outside of school hours (M), walking and cycling infrastructure and active design guidelines outside of buildings (V) and road safety actions and public and active transport policies (I). Gaps were identified with a lack of policies for all ages and abilities (M), public information campaigns (N) and physical activity training in healthcare (G).
- 3 Although action was taken in all areas of the MOVING framework, much more needs to be done in increasing physical activity through public communication which builds behaviour change skills (N) and providing training within healthcare and outpatient settings (G), where a fair assessment was achieved. Although the active environments domains (V, I) scored moderately, many policy actions were of poor design. Therefore, action should be taken to improve these.

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

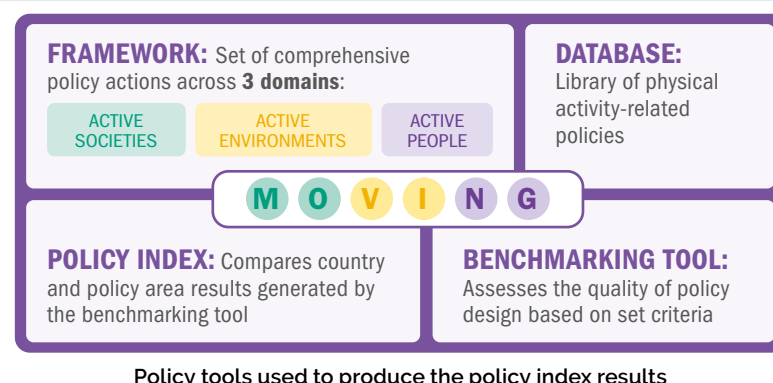
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	MODERATE
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	GOOD
V	Visualise and enact structures and surroundings which promote physical activity	MODERATE
I	Implement transport infrastructure and opportunities that support active societies	MODERATE
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	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 Norway.



Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Poland

MOVING policy index

May 2023



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

Main messages

- 1 Poland implements policy actions in four out of the six policy areas of the MOVING framework. One policy area received the highest assessment: promoting physical activity in schools, community, and recreation (M), whereas physical activity opportunities in the workplace (O) received a moderate assessment.
- 2 Greater attention should be given to these policy areas (M, O) as weaknesses were identified in community initiatives and financial incentives to promote physical activity (M) and all areas of physical activity promotion in the workplace and across multiple professions (O). Gaps were further identified in a lack of physical activity in schools (M) alongside public awareness campaigns (N).
- 3 No action was taken on transport infrastructure to promote active societies (I) and providing training within healthcare and outpatient settings (G). Therefore, these areas should be prioritised. Much more needs to be done to develop structures and surroundings which promote physical activity (V), an area where a poor assessment was achieved.

Overview 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	GOOD
O	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
I	Implement transport infrastructure and opportunities that support active societies	NO POLICIES IDENTIFIED
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	NO POLICIES 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 Poland.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Portugal

MOVING policy index

May 2023



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

Main messages

- 1 Portugal implements policy actions in all six policy areas of the MOVING framework. One policy area, physical activity counselling, assessment and prescription in health care (G), received a good assessment. Three other policy areas achieved a moderate assessment: initiatives that promote physical activity in schools, community, and recreation (M), increasing physical activity through public communication which builds behaviour change skills (N), and physical activity opportunities in the workplace and promotion across multiple professions (O).
- 2 Within policy areas, weaknesses were identified on road safety actions including safety of pedestrians and cyclists (I) in addition to developing and communicating physical activity guidelines and public awareness campaigns. Gaps were seen in financial incentives to promote physical activity (M), physical activity in the workplace (O) and campaigns to promote active transport (I).
- 3 A poor assessment was achieved on structures and surroundings which promote physical activity (V). Therefore, this policy area should be prioritised. Much more needs to be done to improve policies that promote public and active transport (I), where a fair assessment was achieved. Action and good policy design in both of these areas is key to improving overall environments that enable physical activity.

Overview 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
O	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
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	MODERATE
G	Give physical activity training, assessment and counselling in healthcare settings	GOOD

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 Portugal.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Romania

MOVING policy index

May 2023



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

Main messages

- 1 Romania implements policy actions in only two out of the six policy areas of the MOVING framework. The highest assessment received was fair for initiatives that promote physical activity in schools, community, and recreation (M) and increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Within policy areas, weaknesses are identified throughout, but particularly on policies in promoting physical activity for all ages and abilities (M) and public awareness campaigns promoting physical activity (N). Gaps in national government actions were seen in physical activity outside of school hours and financial incentives (M) and physical activity guidelines (N).
- 3 No action was taken in four out of the six policy areas, therefore urgent action needs to be taken in these policy areas to improve the overall environment enabling physical activity in Romania. All types of policies within physical activity opportunities in the workplace and training (O), structures and surroundings which promote physical activity (V), public and active transport (I), and training on physical activity within healthcare (G) need action by the national government.

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

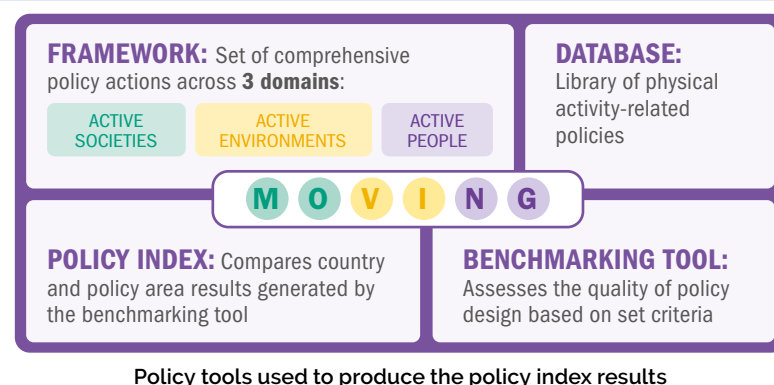
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	FAIR
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	NO POLICIES IDENTIFIED
V	Visualise and enact structures and surroundings which promote physical activity	NO POLICIES IDENTIFIED
I	Implement transport infrastructure and opportunities that support active societies	NO POLICIES IDENTIFIED
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	NO POLICIES 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 Romania.



Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Scotland

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 Scotland. 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 Scotland to 29 other European countries.

Main messages

- 1 Scotland implements policy actions in all six policy areas of the MOVING framework. One policy area received a moderate assessment, which was the highest for Scotland: increasing physical activity through public communication which builds behaviour change skills (N).
- 2 Within policy areas, weaknesses were identified in road safety actions (I) and physical activity guidelines (N). Attention should also be given to policy areas where fair assessments were achieved, including transport infrastructure to promote active societies (I).
- 3 Although action was taken in all areas of the MOVING framework, much more needs to be done to promote structures and surroundings which promote physical activity (V). National government action and good policy design in 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

M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	FAIR
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	FAIR
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	MODERATE
G	Give physical activity training, assessment and counselling in healthcare settings	FAIR

This snapshot is based on national level policies only, which include UK-wide and Scotland-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 Scotland.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace*	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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*	
	Mass media campaigns and social marketing promoting physical activity*	
	Develop and communicate physical activity guidelines*	
	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

Physical activity policy status in Slovakia

MOVING policy index

May 2023



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

Main messages

- 1 Slovakia implements policy actions in all six areas of the MOVING framework. The highest assessment received was good, and achieved in one policy area: public communication which builds behaviour change skills (N).
- 2 Within policy areas, weaknesses were identified in physical activity in and outside of the classroom alongside community initiatives (M), physical activity in the workplace (O), in addition to physical activity guidelines (N) and communication campaigns which promote physical activity (I).
- 3 Greater attention should be given to all areas of structures and surroundings which promote physical activity (V), where a poor assessment was achieved. Policy actions within transport infrastructure to promote active societies (I), public communication which builds behaviour change skills (N), and training on physical activity within healthcare (G) should also be strengthened. Within these areas, national government action and good policy design in 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

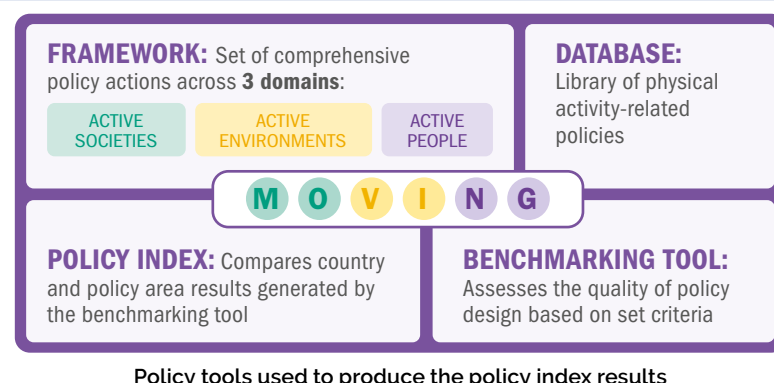
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	FAIR
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	MODERATE
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	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 Slovakia.



Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Slovenia

MOVING policy index

May 2023



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

Main messages

- 1 Slovenia implements policy actions in all six areas of the MOVING framework. The highest assessment received was moderate and was achieved for three policy areas: physical activity in schools, community, and recreation (M), physical activity opportunities in the workplace and training (O), and physical activity training, assessment and counselling in healthcare settings (G).
- 2 Within policy areas, weaknesses and gaps were identified across the area of transport infrastructure to promote active societies (I). For example active transport and road safety policies. Further, weaknesses were identified in public communication campaigns and physical activity guidelines (N) where a moderate assessment was achieved. Gaps were identified in actions on physical activity outside of school hours (M), implementation of physical activity in the workplace (O), policies supporting public transport (I), and training in physical activity to healthcare professionals (G).
- 3 Much more needs to be done in all areas of structures and surroundings which promote physical activity (V) and physical activity within healthcare (G) to improve their assessment as they received a poor result. Further, national government action and good policy design in 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

M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation	FAIR
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	FAIR
V	Visualise and enact structures and surroundings which promote physical activity	POOR
I	Implement transport infrastructure and opportunities that support active societies	MODERATE
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	MODERATE
G	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 Slovenia.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Spain

MOVING policy index

May 2023



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

Main messages

- 1 Spain implements policy actions in all six areas of the MOVING framework. The highest assessment received was good, achieved in one policy area: public communication which builds behaviour change skills (N).
- 2 Within policy areas, weaknesses were identified in initiatives promoting physical activity in schools and for people of all ages and abilities (M), active design guidelines for open/green spaces (V), physical activity in the workplace (O), and policies promoting active transport and road safety actions (I). Gaps were found related to a lack of initiatives promoting physical activity outside of school hours (M), walking and cycling infrastructure, in addition to active design guidelines (V) and policies promoting public transport (I).
- 3 Much more needs to be done to improve the overall assessment of physical activity policies in Spain as only one policy area received a good assessment. All areas of structures and surroundings which promote physical activity (V) should be improved, alongside policies promoting active transport (I). National government action and good policy design in areas V and I are key to improving overall environments that enable physical activity.

Overview 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
O	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
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	GOOD
G	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 Spain.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Sweden

MOVING policy index

May 2023



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

Main messages

- 1 Sweden implements policy actions in all six policy areas of the MOVING framework. The highest assessment received was moderate, for physical activity promotion in the workplace (O). Three other policy areas received a fair assessment: promote physical activity in schools, community, and recreation (M), structures and surroundings which promote physical activity (V) and public communication which builds behaviour change skills (N).
- 2 Within policy areas, gaps were identified in promoting physical activity outside of school hours or through community and mass participation initiatives, as well as financial incentives to promote physical activity. These could affect otherwise well-designed actions on physical activity in schools, including outside school hours (M). Further, there were mixed results with regards to actions at national level aimed at ensuring the built environment promotes physical activity, including by design guidelines for buildings or active design guidelines for open/green spaces (V), alongside road safety actions, or policies to support public and active transport (I). Further, policy actions on physical activity prescription at national level were not supported by physical activity promotion in outpatient settings or training in physical activity promotion for healthcare professionals (G).
- 3 Much more needs to be done to improve the overall assessment of physical activity policies as no policy area received a good assessment. Attention should be given to policy areas where a poor assessment was achieved, such as transport infrastructure to promote active societies (I) and training on physical activity within healthcare (G).

Overview 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	FAIR
O	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	FAIR
I	Implement transport infrastructure and opportunities that support active societies	POOR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	FAIR
G	Give physical activity training, assessment and counselling in healthcare settings	POOR

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 Sweden.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE SOCIETIES

ACTIVE ENVIRONMENTS

ACTIVE PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

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Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% of policy design criteria



Meets all aspirational standards

	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	Active design guidelines for open/green spaces	
	Walking and cycling infrastructure	
	Integrated urban design and land-use policies	
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	Road safety actions including safety of pedestrians, cyclists etc	
	Mass communication campaigns to promote transport	
	Policies to promote active transport	
	Mass media campaigns and social marketing promoting physical activity	
	Develop and communicate physical activity guidelines	
	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

Physical activity policy status in Wales

MOVING policy index

May 2023



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

Main messages

- 1 Wales implements policy actions in all six policy areas of the MOVING framework. The highest assessment received was moderate in only two policy areas, which were public communication to build behaviour change skills (N), and promoting physical activity in schools, community, and recreation (M).
- 2 Weaknesses were seen throughout the entire framework, but specifically in physical activity for all ages and abilities (M), road safety actions (I) and physical activity guidelines (N). Gaps were also highlighted in physical activity within and outside of school hours (M), active design guidelines (V), policies that promote active transport (I) and physical activity training for healthcare professionals (G).
- 3 Much more needs to be done to strengthen all policy areas of the MOVING framework beyond a fair or a moderate assessment. Greater attention should be given to developing active environments (policy areas V and I) as these are important areas to act in to encourage physical activity.

Overview 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
O	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	FAIR
V	Visualise and enact structures and surroundings which promote physical activity	FAIR
I	Implement transport infrastructure and opportunities that support active societies	FAIR
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	MODERATE
G	Give physical activity training, assessment and counselling in healthcare settings	FAIR

This snapshot is based on national level policies only, which include UK-wide and Wales-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 Wales.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

ACTIVE
SOCIETIES

ACTIVE
ENVIRONMENTS

ACTIVE
PEOPLE

DATABASE:

Library of physical activity-related policies

M O V I N G

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Breakdown of policy index results

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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	
	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	
	Training for professions outside of healthcare	
	Physical activity in the workplace*	
	Design guidelines and regulations for buildings	
	Active design guidelines outside buildings	
	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*	
	Mass media campaigns and social marketing promoting physical activity*	
	Develop and communicate physical activity guidelines*	
	Pre- and in-service training within health care*	
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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

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