# 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.

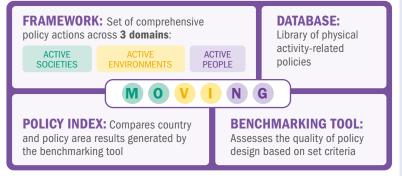
| Overview   | w of policy status   | NO POLICIES IDENTIFIED | POOR | FAIR | MODERATE | GOOD     | EXCELLENT |  |
|--|--|------------------------|------|------|----------|----------|-----------|--|
| Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation |  |                        |      |      |          | MODERATE |           |  |
|  | 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     |           |  |
|  | Implement transport infrastructure and opportunities that support active societies   |                        |      |      |          | POOR     |           |  |
|  | 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.



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

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- Meets up to 25% of policy design criteria
- Meets up to 50% of policy design criteria

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- 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                        |   |  |
| R/I | Physical activity outside of school hours                             |   |  |
| IVI | Community and mass participation initiatives                          | × |  |
|     | Physical activity for people of all ages and abilities                |   |  |
|     | Financial incentives to promote physical activity                     |   |  |
|     | Training for professions outside of healthcare                        |   |  |
|     | Physical activity in the workplace                                    |   |  |
|     | Design guidelines and regulations for buildings                       | × |  |
|     | Active design guidelines outside buildings                            |   |  |
| V   | Active design guidelines for open/green spaces                        | × |  |
|     | Walking and cycling infrastructure                                    | × |  |
|     | Integrated urban design and land-use policies                         |   |  |
|     | Access to quality public open space and green spaces                  | × |  |
|     | Policies to support public transport                                  | × |  |
|     | Road safety actions including safety of pedestrians, cyclists etc     | × |  |
|     | Mass communication campaigns to promote transport                     | × |  |
|     | Policies to promote active transport                                  |   |  |
| N   | Mass media campaigns and social marketing promoting physical activity | × |  |
|     | Develop and communicate physical activity guidelines                  |   |  |
|     | Pre- and in-service training within health care                       | × |  |
| G   | Primary care (assessment, counselling and PA prescriptions)           |   |  |
|     | Health care and outpatient settings                                   | × |  |

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

[1] Policy index: wcrf.org/physical-activity-policy-index [2] Policy database: policydatabase.wcrf.org





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