Physical activity policy status in Portugal

MOVING policy index

May 2023



This country snapshot presents detailed results of the <u>MOVING policy index</u> [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

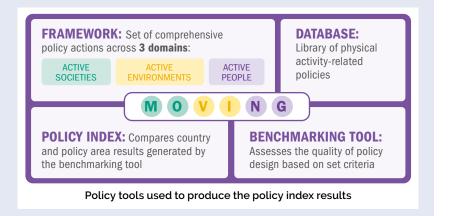
- 1 Portugal implements policy actions in all six policy areas of the MOVING framework. One policy area, physical activity counselling, assessment and prescription in health care (G), received a good assessment. Three other policy areas achieved a moderate assessment: initiatives that promote physical 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.

verview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLEN
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation					MODERATE	
Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					MODERATE	
V Visualise and enact s	Visualise and enact structures and surroundings which promote physical activity			POOR		
Implement transport	Implement transport infrastructure and opportunities that support active societies				FAIR	
	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills		on that	MODERATE		
G Give physical activity	training, assessment a	nd counselling	g in healthca	are settings	GC	OOD

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.



No policy identified Meets up to 75% of policy design criteria Meets up to 25% of policy design criteria Meets up to 99% of policy design criteria Meets up to 50% of policy design criteria Meets all aspirational standards	Breakdown of policy index results (For full details on the policy design criteria, consult the policy be					
	X No policy identified	Meets up to 75% of policy design criteria				
Meets up to 50% of policy design criteria Meets all aspirational standards	Meets up to 25% of policy design criteria	Meets up to 99% of policy design criteria				
	Meets up to 50% of policy design criteria	Meets all aspirational standards				

M	Physical activity in schools and PE	
	Physical activity in and outside of classrooms	
	Physical activity outside of school hours	
	Community and mass participation initiatives	
	Physical activity for people of all ages and abilities	×
	Financial incentives to promote physical activity	
0	Training for professions outside of healthcare	
	Physical activity in the workplace	×
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	×
	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





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