## Physical activity policy status in Romania

MOVING policy index

May 2023



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

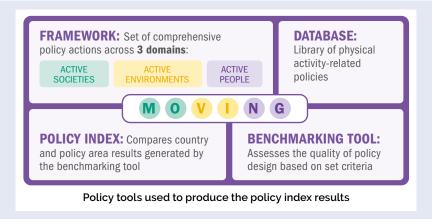
Overvie	ew of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						FAIR	
0	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					NO POLICIES IDENTIFIED		
V	Visualise and enact structures and surroundings which promote physical activity					NO POLICIES IDENTIFIED		
	Implement transport in	nfrastructure and oppo	ortunities that	support activ	ve societies	NO POLICIES	S IDENTIFIED	
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills		FAIR					
G	Give physical activity t	raining, assessment a	nd counsellin	g in healthca	re settings	NO POLICIES	S 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	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	
R/I	Physical activity outside of school hours	
M	Community and mass participation initiatives	×
	Physical activity for people of all ages and abilities	
	Financial incentives to promote physical activity	×
	Training for professions outside of healthcare	×
U	Physical activity in the workplace	×
	Design guidelines and regulations for buildings	×
	Active design guidelines outside buildings	×
1/	Active design guidelines for open/green spaces	×
V	Walking and cycling infrastructure	×
	Integrated urban design and land-use policies	×
	Access to quality public open space and green spaces	×
	Policies to support public transport	×
	Road safety actions including safety of pedestrians, cyclists etc	×
	Mass communication campaigns to promote transport	×
	Policies to promote active transport	×
N	Mass media campaigns and social marketing promoting physical activity	
N	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	×
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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

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

[2] Policy database: policydatabase.wcrf.org





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