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.

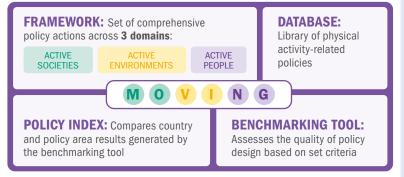
Overvie	ew of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						MODERATE		
0	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					MODERATE		
V	Visualise and enact structures and surroundings which promote physical activity					POOR		
	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.



Policy tools used to produce the policy index results

Breakdown of policy index results

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(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		
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		
NI	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	×	

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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