

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





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