Health-enhancing physical activity (HEPA)

policy audit tool (PAT)

Version 2

<Insert COUNTRY>

**Draft number:** <X>

**Date:**  <insert date>

**Completed by:**

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Glossary

The following definitions are proposed in order to support the collection of relevant information for the PAT (based partly on Report of the global survey on the progress in national chronic diseases prevention and control (1)). However, it is not unusual for terms to be used interchangeably; for example, in one country a document may be called a policy, while in others a similar document could be labelled as action plan or strategy.

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| Action plan | An action plan should identify **who does what** (type of activities and people responsible for implementation), **when** (time frame), **how** (approaches, activities and interventions) and for **how much** (resources). It should ideally also have an inherent mechanism for monitoring and evaluation. An action plan can be part of a policy (see below) or be an independent document. |
| (Health-enhancing) physical activity (HEPA) | This is any form of physical activity that benefits health and functional capacity, without undue harm or risk. |
| Policy | A policy is a written document that contains priorities, defines goals and objectives, and is usually issued by (part of) the public administration. It can contain or be accompanied by an action plan (see above). |
| Programme | A programme is a set of measures or a single (but large-scale) long-term activity, which may or may not be related to a policy document. A programme can contain different types of activities, such as social marketing campaigns, promotional events, specific interventions or initiatives in different settings, and can be time limited or open ended. |
| Strategy | A strategy is defined by a long-term plan designed to achieve national goals (in this case, to promote health and prevent diseases). |
| Surveillance / monitoring system | A health surveillance/monitoring system is the continuous, systematic collection, analysis and interpretation of the health-related data needed for the planning, implementation, and evaluation of public health practice. |
| Sedentary behaviour | Sedentary behaviour is any waking behaviour involving very low energy expenditure and a sitting or reclining posture. |

**Disclaimer**

The responses to the audit tool questions, as well as the conclusions and views resulting from the use of the tool, are the responsibility of its users and do not reflect the views of the WHO.

The questions and explanatory text in this unprotected version may not be changed in any way.

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SECTION 1

Background information and country context

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| 1a. Please provide a brief overview of the **government structure** in your country (about 200-400 words). For example, briefly outline whether your country has a centralized or federal system and on which government level the main responsibility lies for issues such as health, sport, education, transport, environment and urban planning policy. *For examples relating to this and the other PAT questions, refer to the WHO website* ([www.euro.who.int/hepapat](http://www.euro.who.int/hepapat)). |
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| 1b. Please briefly describe the governance at sub-national level (about 200-400 words) (e.g. at regional/provincial/cantonal/municipality level). |
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| 1c. Please provide a list of the **main government ministries** (e.g. health, sport, education, transport, environment and urban planning) in your national government that have a role in the promotion of HEPA (see Glossary for definition).  Please also include a brief description of the role(s) of these key HEPA-related government departments.  **Please note:** This question and Question 1d refer to the national level; please include information on the subnational level only where relevant, e.g. for countries with a strongly decentralized, federal system.  Example: list the ministries and their role(s).  The Ministry of Health, Welfare and Sport is responsible for sport, physical activity and health policy, initiation and delivery of frameworks for action plans/programmes, guidelines and subsidies. In addition, creating and maintaining links with other ministries and sectors concerning physical activity promotion is one of their tasks. |
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| 1d. Please list any **other important national organizations**, outside of government, which are **actively engaged** in HEPA promotion. This could include national sporting organizations, NGOs, charities, advocacy groups, the academic or scientific community, among others.  Please provide a brief description of the role of these organizations (about 50–100 words).  Please add/remove rows as needed. | |
| Organization (please specify) | Description |
| Organization (please specify) | Description |
| Organization (please specify) | Description |

SECTION 2

Leadership and partnerships

Questions 2 and 3 are about the situation relating to **leadership** and **coordination** of efforts to promote physical activity. In this context, the terms are used as follows.

**•** Leadership refers to the provision of overall direction for HEPA; e.g. responsibility for defining, supervising and managing the national physical activity agenda.

**•** Coordination means communication on, and alignment of actions and developments relating to HEPA, and could include facilitation of regular exchange between relevant stakeholders.

Leadership and coordination can be provided by one or more agencies within or outside of government. The same or different agencies may be involved in both activities, and different agencies might be involved at national and subnational levels. Mechanisms for leadership and coordination can take the form of a multisectoral committee, working group, alliance or task force, or might be led by a government agency or NGO

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| 2**.** Please state any agency(ies) providing **leadership for HEPA promotion** at the **national level** in your country. |
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| 3. Please state any agency(ies) providing **leadership for HEPA promotion at the subnational level** (e.g. at regional/ provincial/cantonal/municipal level) in your country. |
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| 4. Are any mechanisms or agencies in place in your country to ensure **cross-sectoral collaboration** on the delivery of HEPA policy, **at the national level**?  **If yes,** briefly describe. Please provide information on who is involved, who is leading these efforts, and how these collaborations function in practice. Please also mention (to the extent possible) any positive or more difficult experiences. This may also include examples of collaboration with the private and voluntary sectors. |
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| 5. Are any mechanisms or bodies in place in your country to ensure **cross-sectoral collaboration** on the delivery of HEPA policy **at the subnational level**?  **If yes,** briefly describe. Please provide information on who is involved, who is leading these efforts, how these collaborations function in practice. Please also mention (to the extent possible) any positive or more difficult experiences. This may also include examples of collaboration with the private and voluntary sectors. |
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SECTION 3

Policy documents

Question 6 is about **any relevant past policy documents or past events** that were influential in shaping the HEPA agenda in your country. This will provide background context about HEPA in your country. **Current policy documents** are described in Question 7.

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| 6. Please describe any **key past policy documents** and **past events** that have led to the current context of HEPA promotion in your country. This might include legislation or recent policy documents that are now technically out of date (e.g. a previous national HEPA policy that may or may not have been extended), previous landmark legislation, or other documents such as scientific reports. Key events might include political changes, position statements or scientific events that have shaped the HEPA agenda.  Please list the documents/events, provide a web link (where available), and indicate if an English version or summary is available in each case.  Please add/remove rows as needed. |
| **Key past documents** (please repeat as needed)  Title and date:  Issuing body:  Web-link (English version available?):  Brief description (about 50-100 words): |
| **Key past events**  Brief description (about 50-100 words): |

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| 7. Please provide details (title, timeframe, issuing body) of the **current key policy documents, legislation, strategies or action plans** in your country, which outline government (and, where applicable, NGO) intention to increase national levels of physical activity (see Glossary for definitions of these terms).  Please list the documents according to sector and, where available, provide a web link, indicating whether an English version or summary is available. Please provide a brief description of the general content of each policy (about 100–250 words).  Please mark in the right-hand column **which are the most important documents** for the HEPA agenda in your country and briefly explain why these documents are deemed important.  Please add/remove rows as needed. |

| **Sector** | **Policy** | **Indicate (X) the most important documents** |
| --- | --- | --- |
| *Example: Health* | **Policy title:** **Resolution on the development of health enhancing physical activity and diet** (Valtioneuvoston periaatepäätös terveyttä edistävän liikunnan ja ravinnon kehittämislinjoista)  Publication date: 2008  Time frame covered (if specified): 2008–2011  Issuing body: Ministry of Health and Social Affairs  Web link: English version available at:  [https://julkaisut.valtioneuvosto.fi/](https://julkaisut.valtioneuvosto.fi/bitstream/handle/10024/74117/Es200810eng.pdf?sequence=1)  Description: The statement is the main current political document on HEPA, providing the political and government strategy for physical activity in Finland. This resolution is multisectoral in nature, and was developed mainly by the Finnish Ministry of Health and Social Affairs in collaboration with the Ministry Education and Culture. It contains specific population targets and proposes principal methods for enhancing HEPA and healthy diet:  - within different populations (children, young people, families, students, workers, older people);  - through the local environment (including equal access)  - through political decisions at the local level  - through education (doctors, nurses, teachers, etc.)  - through national surveys and follow-up.  The last chapter emphasizes how the resolution is translated into action, and how it will be followed up. | *X* |
| Health | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
|  | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Health  (continued) | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Sport and recreation | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
|  | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
|  | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Education | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Education (continued) | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
|  | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Transport | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
|  | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Environment | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Environment (continued) | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
|  | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Urban design and planning | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
|  | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
|  | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Other sector (please specify) | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?)  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |
| Other sector (please specify) | **Policy title:**  Publication date:  Time frame covered (if specified):  Issuing body:  Web link (English version available?):  Brief description of the content (and, if ticked, explanation of why it is deemed to be among the most important documents): |  |

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| 8. During the development of the most important policies/action plans listed in Question 7, was a **consultative process** used, involving relevant stakeholders?  **If yes**, please briefly outline the steps of this consultation processes and which organizations were involved. Please also mention any challenges in recent years in engaging government ministries or other agencies through such processes. |
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| 9. In your appraisal of the policy documents listed in Question 7, is there evidence of **cross-referencing and alignment within and between policies, with genuine connections between different policy areas**, or do the policies present separate, sector-specific strategies without evidence of links and consistency across sectors and documents with relevant policy?  For example: in the health sector, does a national obesity prevention strategy refer to an existing physical activity promotion plan, thus demonstrating an integrated overarching national approach to addressing physical activity? Does a transport policy recognize links with other policies that promote walking and cycling in the health sector (or sport field)? Does a sport promotion policy cross-reference HEPA promotion activities contained in a health promotion policy?  **If yes**, please briefly explain and give examples of such cross-referencing. Please state which of the policy documents presented in Question 7 you are referring to. |
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| 10. In your country, are any mechanisms in place to ensure that the key policy documents listed in Question 7 are **based on the best-available scientific evidence on HEPA**?  For example, are specific mechanisms or agencies dedicated to reviewing evidence and ensuring that the latest evidence is used to inform national policy development? Do any formal committees or institutions exist that are responsible for reviewing evidence and providing guidance to national policy-making bodies, or any formal links between government and academic institutions for this purpose?  **If yes**, please briefly describe these. |
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| 11. Please indicate **how useful the following international documents have been** in the development of physical activity- related policy in your country, e.g. by serving as a basis, input or inspiration (whether having been specifically quoted or not in a policy document). Please rate the documents below on the scale from 1 (= “not at all useful”) to 5 (= “very useful”). Please add any other international documents which have been important in the development of physical activity-related policy in your country, as necessary. | | | | | | |
| Not at all useful Very useful | | | | | | |
|  | 1 | 2 | 3 | 4 | 5 | Don’t know |
| Global strategy on diet, physical activity and health (2) |  |  |  |  |  |  |
| Global recommendations on physical activity for health (3) |  |  |  |  |  |  |
| 2008–2013 action plan for the global strategy for the prevention and control of noncommunicable diseases (4) |  |  |  |  |  |  |
| Global status report on noncommunicable diseases 2010 (5) |  |  |  |  |  |  |
| Global action plan for the prevention and control of noncommunicable diseases 2013–2020 (6) |  |  |  |  |  |  |
| Steps to health. A European framework to promote physical activity for health (7) |  |  |  |  |  |  |
| Action plan for implementation of the European strategy for the prevention and control of noncommunicable diseases 2012−2016 (8) |  |  |  |  |  |  |
| The Toronto Charter for physical activity: a global call for action (9) |  |  |  |  |  |  |
| Noncommunicable disease prevention: investments that work for physical activity (10) |  |  |  |  |  |  |
| Lancet series on Physical Activity (11) |  |  |  |  |  |  |
| Other document (please specify): |  |  |  |  |  |  |
| Other document (please specify): |  |  |  |  |  |  |
| Other document (please specify): |  |  |  |  |  |  |

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| 12. Do any **national documents or guidelines** exist that **support implementation of HEPA activities at the subnational level**? For example, does national policy determine what is delivered at the subnational level and, if so, is this national guidance strongly adhered to? Such guidance could include programmes, structures or funding. Or is subnational policy and activity developed and implemented largely independently from the national government?  **Please note:** please be brief here (about 300–500 words) and include cross-references to other questions (e.g. Question 7) where relevant, to avoid repetition. |
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SECTION 4

Policy scope, content and implementation

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| 13. Considering all the key physical activity policy documents listed in Question 7, please indicate which **settings are included for the delivery of specific HEPA actions**.  Please only tick those settings in which dedicated programmes or interventions are foreseen or already under way. | | | |
| Preschools/kindergarten |  | Sport and recreation |  |
| Primary schools |  | Transport |  |
| Secondary/high schools |  | Tourism |  |
| Colleges/universities |  | Environment |  |
| Primary health care |  | Urban design and planning |  |
| Clinical health care (e.g. hospitals) |  | Community |  |
| Workplace |  | Other (please specify): | |
| Older adult/senior services |  |

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| 14. Considering all the key physical activity policy documents listed in Question 7, please indicate which **population groups are targeted by specific HEPA actions**.  Please only tick those groups for which dedicated programmes or interventions are foreseen or already under way. | | | |
| Early years |  | Sedentary/the least active |  |
| Children/young people |  | People from low socio-economic status |  |
| Older adults |  | Families |  |
| Workforce/employees |  | Indigenous people |  |
| Women |  | Migrant populations |  |
| People with disabilities |  | General population |  |
| Clinical populations/chronic disease patients |  | Other (please specify): |  |

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| 15. Does your country have a current **national communication strategy (using mass media)** aimed at raising awareness and promoting physical activity?  **If yes**, please provide details of the communication activities (e.g. posters, website, television or radio advertising, etc.) and whether these activities have a common branding or slogan (e.g. “Agita Sao Paulo” or “Find 30”).  **If no**, has your country conducted any national communication activities in the past? |
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| 16. To illustrate the types of policy actions in your country, please provide one or two **examples** (if available) of large-scale (preferably national) programmes or interventions in each of the settings listed.  Please provide a brief description of each programme or intervention (about 100 words, including, for example: name, lead organization, approach, participants, results.) and a source where further information can be obtained.  Suggestion: You could also consider developing these examples into more detailed case studies to complement your national PAT assessment. | |
| *Example: sport/recreation* | Youth and Sports is the Swiss national sports promotion programme for people aged 5–20 years. It offers courses in more than 70 disciplines and reaches more than half a million children and adolescents every year. More recently, it also offers sports promotion activities for children aged 5–10 years. Youth and Sports is based on the Federal Law on the Promotion of Gymnastics and Sport (described above).  More information: Federal Office of Sport website (German, French, Italian) (<http://www.jugendundsport.ch/>) (12) and Kelly P, Cavill N, Foster C. An analysis of national approaches to promoting physical activity and sports in children and adolescents. Full report. Oxford: University of Oxford British Heart Foundation Health Promotion Research Group: 2009 ([www.euro.who.int/\_\_data/assets/pdf\_file/0009/119295/HEPA\_children\_analysis\_report.pdf](http://www.euro.who.int/__data/assets/pdf_file/0009/119295/HEPA_children_analysis_report.pdf)). |
| Health |  |
| Health |  |
| Sport/recreation |  |
| Sport/recreation |  |
| Education |  |
| Education |  |
| Transport |  |
| Transport |  |
| Environment |  |
| Urban design/ planning |  |
| Other (please specify): |  |

SECTION 5

Recommendations, goals and targets

This section contains questions referring to national recommendations on physical activity (Question 17a) and sedentary behaviour (Question 17b).

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| 17a. Does your country have any **national recommendations on physical activity and health**? National recommendations refer to a consensus statement on how much activity is required for health benefits.  **If recommendations exist for any of the target groups listed,** please provide details for the population subgroups (where applicable), including issuing body, year of publication, title of the document, and provide a web link if available (please also specify whether the document is available in English).  **If no recommendations exist, please mark the “no” column for the respective target group.** If your country has officially adopted or endorsed international recommendations (e.g. of WHO or the United States Department of Health), this should be mentioned as part of the description of the respective recommendations. | | |
|  |  | **No** |
| Early years  (pre-school age) | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| Children and young people (school-age) | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| Adults | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| Older adults/seniors | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| People with disabilities | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| Other (please specify): | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |

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| 17b. Does your country have any **national recommendations on reducing sedentary behaviour**?  **If recommendations exist for any of the target groups listed,** please provide details for each of the population subgroups (where applicable), including the issuing body, year of publication, title of the document, and provide a web link if available (please also specify whether the document is available in English).  **If no recommendations exist, please mark the “no” column for the respective target group**. | | |
|  |  | **No** |
| Early years  (pre-school age) | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| Children and young people (school-age) | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| Adults | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| Older adults/seniors | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| People with disabilities | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |
| Other (please specify): | Document/policy title and date:  Issuing body:  Web link (English version available?):  Briefly state the recommendations and specify age range: |  |

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| 18. Does your country have any **national goals (or national targets) for population prevalence of physical activity? If yes,** please provide details of each target and the time frame. Please specify in which policy document(s) listed in Question 7 these goals are stated.  Please start with the most specific and measurable targets, followed by a listing or summary statement of any more general targets and goals for physical activity-related behaviours. |
| Examples:  “By 2010, 65% (2004: 60%) of the adult population will meet the international exercise standard.”  “An increase in the number of children and youth who are physically active for at least 60 minutes per day.” |
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| 19. Aside from any national goals and targets for population prevalence of physical activity or sedentary behaviour (already provided in previous questions), does your country have **any other goals and targets that directly or indirectly relate to physical activity promotion?**  For example, a goal for health professionals to screen more patients for physical activity, or a target to replace a percentage of car trips by cycling and walking.  **If so,** please give examples, indicate the time period for the desired change, if available, and state in which of the policy documents presented in Question 7 these appear. |
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SECTION 6

Surveillance

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| 20. Does your country have a **health surveillance or monitoring system** that includes measures of physical activity or sedentary behaviour?  **If yes,** please provide details according to age group (you may copy and paste as many response sections as needed). Please describe long-term general population surveys in: Question 20a (children and young people); Question 20b (adults) and Question 20c (older adults/seniors).  Please add more boxes if needed. | | | | | | | | | |
| **20a. Children and young people** | | | | | | | | | |
| **Name of survey 1**: | | | | | | | | | |
| Methods used  *(please tick as relevant)* | | Survey | | Interview | | | Objective  measures\* | | Other method (please state) |
| Paper | Online | Phone | Personal | |
|  |  |  |  | |  | |  |
| Please complete either row A or row B below, as relevant | | | | | | | | | |
| A | Part of repeated surveillance system | | | Start year | | Frequency | | Latest year of data collection | |
|  | |  | |  | |
| B | Single survey(s) | | | Year(s) | | Meant as start of repeated surveillance system (yes/no or add comment) | | | |
|  | |  | | | |
| **Name of survey 2**: | | | | | | | | | |
| Methods used  *(please tick as relevant)* | | Survey | | Interview | | | Objective  measures\* | | Other method (please state) |
| Paper | Online | Phone | Personal | |
|  |  |  |  | |  | |  |
| Please complete either row A or row B below, as relevant | | | | | | | | | |
| A | Part of repeated surveillance system | | | Start year | | Frequency | | Latest year of data collection | |
|  | |  | |  | |
| B | Single survey(s) | | | Year(s) | | Meant as start of repeated surveillance system (yes/no or add comment) | | | |
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\* E.g. fitness, accelerometers

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **20b. Adults** | | | | | | | | | | |
| **Name of survey 1**: | | | | | | | | | | |
| Methods used  *(please tick as relevant)* | | Survey | | Interview | | | | Objective  measures\* | | Other method (please state) |
| Paper | Online | Phone | | Personal | |
|  |  |  | |  | |  | |  |
| Please complete either row A or row B below, as relevant | | | | | | | | | | |
| A | Part of repeated surveillance system | | | | Start year | | Frequency | | Latest year of data collection | |
|  | |  | |  | |
| B | Single survey(s) | | | | Year(s) | | Meant as start of repeated surveillance system (yes/no or add comment) | | | |
|  | |  | | | |
| **Name of survey 2**: | | | | | | | | | | |
| Methods used  *(please tick as relevant)*) | | Survey | | Interview | | | | Objective  measures\* | | Other method (please state) |
| Paper | Online | Phone | | Personal | |
|  |  |  | |  | |  | |  |
| Please complete either row A or row B below, as relevant | | | | | | | | | | |
| A | Part of repeated surveillance system | | | | Start year | | Frequency | | Latest year of data collection | |
|  | |  | |  | |
| B | Single survey(s) | | | | Year(s) | | Meant as start of repeated surveillance system (yes/no or add comment) | | | |
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\* E.g. fitness, accelerometers

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **20c. Older adults** | | | | | | | | | |
| **Name of survey 1**: | | | | | | | | | |
| Method used  *(please tick as relevant)* | | Survey | | Interview | | | Objective  measures\* | | Other method (please state) |
| Paper | Online | Phone | Personal | |
|  |  |  |  | |  | |  |
| Please complete either row A or row B below, as relevant | | | | | | | | | |
| A | Part of repeated surveillance system | | | Start year | | Frequency | | Latest year of data collection | |
|  | |  | |  | |
| B | Single survey(s) | | | Year(s) | | Meant as start of repeated surveillance system (yes/no or add comment) | | | |
|  | |  | | | |
| **Name of survey 2**: | | | | | | | | | |
| Method used  *(please tick as relevant)* | | Survey | | Interview | | | Objective  measures\* | | Other method (please state) |
| Paper | Online | Phone | Personal | |
|  |  |  |  | |  | |  |
| Please complete either row A or row B below, as relevant | | | | | | | | | |
| A | Part of repeated surveillance system | | | Start year | | Frequency | | Latest year of data collection | |
|  | |  | |  | |
| B | Single survey(s) | | | Year(s) | | Meant as start of repeated surveillance system (yes/no or add comment) | | | |
|  | |  | | | |

\* E.g. fitness, accelerometers

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| 21a. Have **data on the prevalence of physical activity or sedentary behaviour** or other related factors **influenced policy development** in your country?  For example, have surveillance data been used to define national goals and targets, or to assess progress towards achieving national goals and targets? **If yes,** please explain briefly and give examples.  **If no**, please briefly explain why. For example, is the frequency of data collection not in line with the timeline of formulated policy goals, or do the questions asked in the survey not provide information on the effectiveness of national policy implementation? |
|  |
| 21b. In your opinion, have **surveillance data helped to progress the national promotion of** physical activity in your country in any other ways?  For example, has a decline of physical activity levels helped to increase political attention, or created media attention?  **If yes,** please explain briefly, giving examples. |
|  |

SECTION 7

Evaluation

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| 22a. Has your country undertaken **evaluation of any of the national policies or action plans listed in Question 7**?  **If yes,** please state the title of the report, publisher and year published. Where available, please also provide a web link and indicate whether an English version/summary is available. Please provide brief details of the evaluation undertaken, what has been evaluated, the data collection methods, a summary of the results and how these were used (or not) to define new policy. |
| Title:  Publisher and date:  Web link (English version available?):  Brief description of the approaches, results and their use:  (please repeat as needed) |
| 22b. Has any **evaluation** of physical activity projects or interventions taken place **at the subnational level** (coordinated with or independent from the national level)?  **If yes**, please give a brief general overview of relevant processes. It is not expected to cover the whole range of activities but rather to give an indication and overview of the general approach taken at the subnational level. |
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| 23. Has any **economic evaluation** of interventions or **physical inactivity** (i.e. not reaching the minimum recommended level of physical activity) at national level been undertaken in your country?  **If yes,** please state the title of the report, publisher and year published. Where available, please also provide a web link and indicate whether an English version/summary is available. Please provide a brief description of the results of the assessment (about 50–100 words). |
| Title:  Publisher and date:  Web link (English version available?):  Brief description of the approaches, results and their use:  (please repeat as needed) |

SECTION 8

Funding and commitments

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 24a. Within each of the sectors listed, is **funding** specifically allocated or “ring-fenced” for the delivery of physical activity- related policy or action plans **at the national level**?  Please tick yes/no, and provide the amount (and currency), if known. Please also indicate whether this funding is recurrent; that is, provided on a regular basis (e.g. annually). | | | | | | | | |
|  | **National** | | | | | | | |
|  |  | | | | | **Recurrent** | | |
| **Sector** | **Yes** | | **Amount** | **No** | **Don’t know** | **Yes** | **No** | **Don’t know** |
| Health |  | |  |  |  |  |  |  |
| Sport/recreation |  | |  |  |  |  |  |  |
| Education |  | |  |  |  |  |  |  |
| Transport |  | |  |  |  |  |  |  |
| Environment |  | |  |  |  |  |  |  |
| Urban design/planning |  | |  |  |  |  |  |  |
| Other (please specify) |  | |  |  |  |  |  |  |
| Other (please specify) |  | |  |  |  |  |  |  |
| Remarks or comments | |  | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 24b. Within each of the sectors listed, is **funding** specifically allocated or “ring-fenced” for the delivery of physical activity- related policy or action plans **at the subnational level?**  Please tick yes/no, and provide the amount (and currency), if known. Please also indicate whether this funding is recurrent; that is, provided on a regular basis (e.g. annually). | | | | | | | |
|  | **Sub-national** | | | | | | |
|  |  | | | | **Recurrent** | | |
| **Sector** | **Yes** | **Amount** | **No** | **Don’t know** | **Yes** | **No** | **Don’t know** |
| Health |  |  |  |  |  |  |  |
| Sport /recreation |  |  |  |  |  |  |  |
| Education |  |  |  |  |  |  |  |
| Transport |  |  |  |  |  |  |  |
| Environment |  |  |  |  |  |  |  |
| Urban design / planning |  |  |  |  |  |  |  |
| Other (please specify) |  |  |  |  |  |  |  |
| Other (please specify) |  |  |  |  |  |  |  |
| Remarks or comments |  | | | | | | |

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| 25. In your opinion, does evidence exist of **political commitment** to the national agenda to promote physical activity? This might include, for example: recognition of physical activity as an important policy topic; increased funding; inclusion of physical activity in official speeches; political discussions about physical activity promotion in parliament; visible engagement by politicians in HEPA-related events, or their personal participation in HEPA.  **If yes**, please describe, giving examples, and also comment on whether you think there is greater or less political commitment to physical activity promotion in your country than in the recent past. |
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SECTION 9

Capacity-building through a national network

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| 26. Does any professional **network or system exist in your country that links and/or supports professionals** interested or currently working in physical activity or related areas?  **If yes**, please describe, providing a web link and contact person, where available. |
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SECTION 10

Experience of policy implementation, progress and remaining challenges

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| 27a. What do you think are the areas of **greatest progress** in national HEPA promotion in your country in recent years? |
| 1. |
| 2. |
| 3. |
| 27b. What do you think have been the **biggest challenges** faced by your country in the commencement or continuation of national-level approaches to HEPA promotion in recent years? |
| 1. |
| 2. |
| 3. |

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| 28. Based on your experience, please identify up to three **suggestions** you would offer to another country that is setting up a national HEPA policy. |
| 1. |
| 2. |
| 3. |

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| 29. Please use this space to provide **any further details or comments** you were not able to provide in other sections of the tool. |
|  |

SECTION 11

Summary of how the HEPA PAT was completed

It will be of interest to those who read this audit of HEPA policy to know how this review was undertaken and who was involved in the process. Please briefly outline the process used. This should include details of:

**•** who initiated the process

**•** who led the process

**•** who was involved

**•** how stakeholders were identified or selected

**•** the main steps of the consultation process.

In addition, please include a list of individuals and organizations that were contacted to provide feedback and indicate who responded. Please add/remove rows as needed.

|  |
| --- |
| **Lead of PAT completion process** |
| Name:  Institution:  Contact details: |
| Name:  Institution:  Contact details: |
| Name:  Institution:  Contact details: |
| **PAT completion team members** |
| Name:  Institution: |
| Name:  Institution: |
| Name:  Institution: |

|  |  |
| --- | --- |
| **Overview of process and timelines** | |
| **Month/year** | **Main steps** |
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| --- | --- |
| **List of experts who were consulted for input** | |
| **Institution/organization** | **Contact person** |
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