



Best-ReMaP
Healthy Food for a Healthy Future

Policy Symposium on NCD Prevention:

Future directions for nutrition and physical activity policies to prevent NCDs across Europe

14th-16th June 2022
Thon Hotel Brussels City Centre



The four projects organising this event have received European funding as follows: CO-CREATE and STOP have received funding from the European Union's Horizon 2020 Research and Innovation Programme under the grant agreement No. 7744210 and No. 774548 respectively. JA Best-ReMaP has received funding from the European Union's Health Programme under the grant agreement No. 951202 and PEN has received funding from the Joint Programming Initiative 'A Healthy Diet for a Healthy Life' (JPI HDHL).



Plenary Session - Oslo
13:30 – 15:00

Welcome

Policy Symposium on NCD Prevention
Joint Plenary – *Live streamed*
PEN, STOP, Co-Create, Best-ReMaP

Prof Wolfgang Ahrens
BiPS

#NCDPrevention22

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Plenary Session - Oslo
13:30 – 15:00

Nutrition and physical activity policies - Benchmarking, best practice and potential

*Part I – Physical activity:
Advances in physical activity/
sedentary behaviour policy
research*

Chair:
Jeroen Lakerveld
Amsterdam UMC

#NCDPrevention22

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Best-ReMaP
Healthy Food for a Healthy Future

Plenary Session

Nutrition and physical activity policies - Benchmarking, best practice and potential

Part I – Physical Activity: Advances in physical activity / sedentary behaviour policy research

Presenting Authors

STOP - Gregor Starc, University of Ljubljana.

Co-Create - Ioana Vlad, World Cancer Research Fund International, London, United Kingdom.

PEN - Catherine Woods, Physical Activity for Health, Health Research Institute, University of Limerick, Limerick, Ireland.

Chair: Jeroen Lakerveld, Amsterdam Public Health Research Institute / Upstream Team, Amsterdam UMC, VU University Amsterdam.

Plenary Session Part I Overview – Physical Activity: Advances in PA / SB Policy Research



Day 2 • Wednesday 15th June

Time (CET)	Session details	
13:30-17:00	Plenary Session: Nutrition and physical activity policies - Benchmarking, best practice and potential	
13:30-14:40	Part I – Physical Activity: Advances in physical activity / sedentary behaviour policy research	
	What	Who
13:30	Welcome / Introduction	Chair - Jeroen Lakerveld
13:35	STOP The effects of COVID-19 mitigation measures on childhood obesity and physical fitness	STOP - Gregor Starc
13:50	Co-Create The MOVING policy database: Understanding how physical activity is promoted across Europe	Co-Create - Ioana Vlad
14:05	PEN The Official Launch of the Physical Activity Environment Policy Index (PA-EPI): A tool for evaluation and benchmarking of the implementation of public policies and actions to create a healthy PA environment.	PEN - Catherine Woods
14:25-14:40	Questions & Answers	ALL



Plenary Session

Part I - Physical Activity: Advances in physical activity / sedentary behaviour policy research

The effects of COVID-19 mitigation measures on childhood obesity and physical fitness

Presenting Author
STOP - Gregor Starc, University of Ljubljana.

When the kids stood still



The impact of COVID-19 mitigation measures on physical fitness and obesity in Slovenia

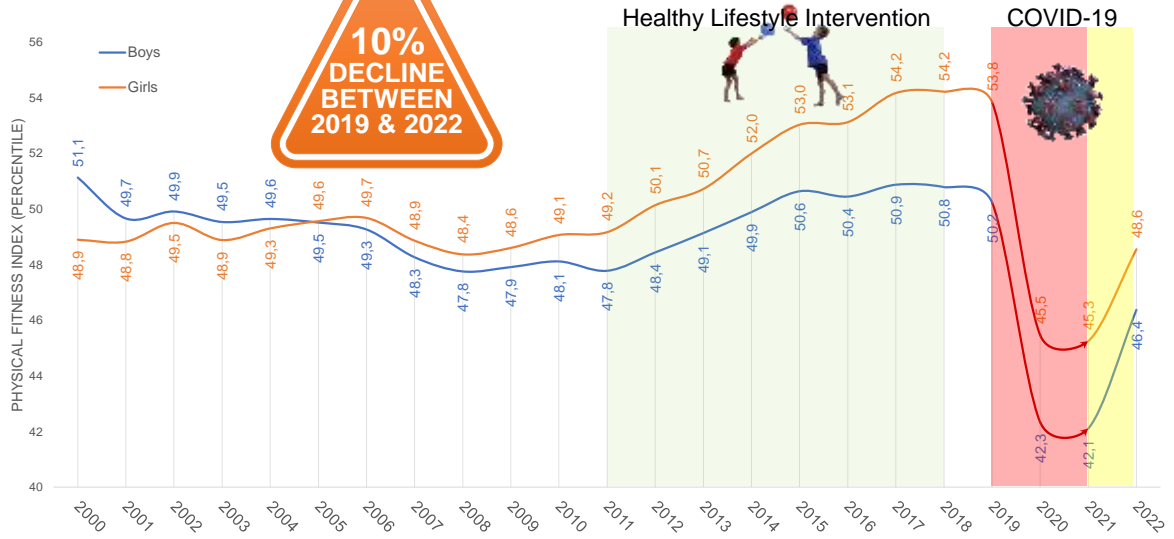
Gregor Starc
University of Ljubljana



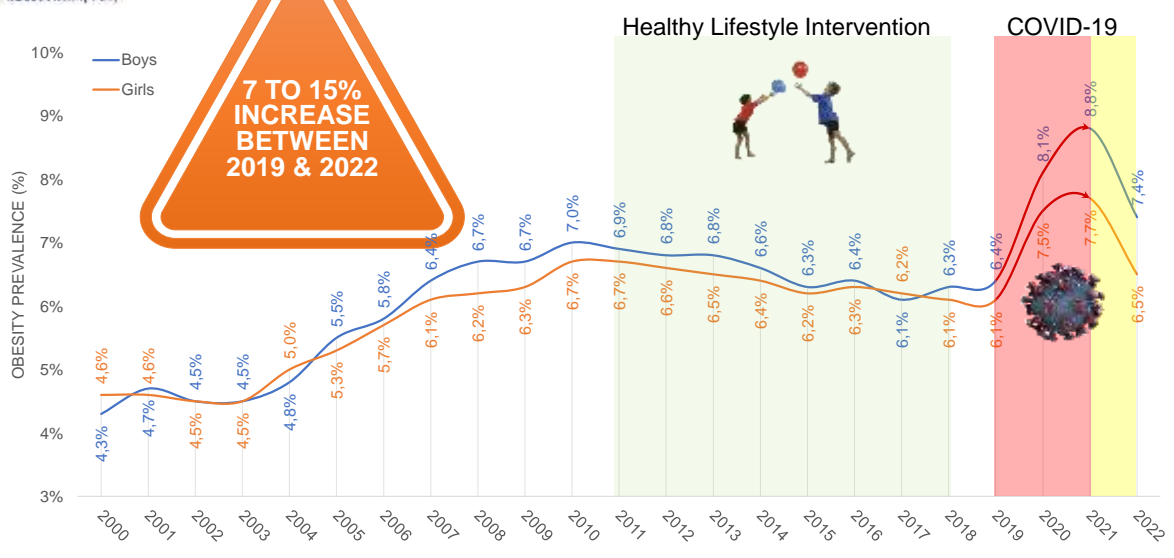
This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 774548. This presentation reflects only the author's view and the European Commission is not responsible for any use that may be made of the information it contains.



Population outcome in physical fitness...



Population outcome in obesity prevalence...





Same children living three scenarios...

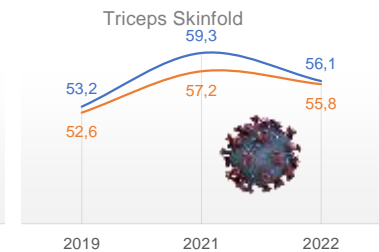
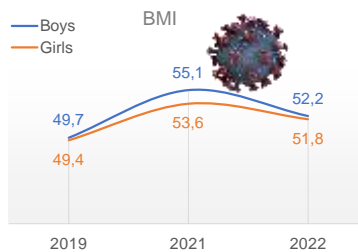
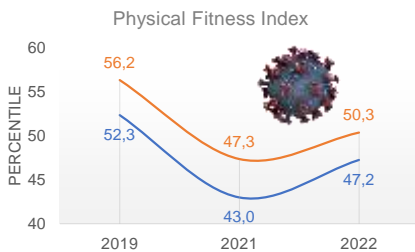
Normal school year

School lockdowns, quarantines & on-line classes

Quarantines with on-line classes



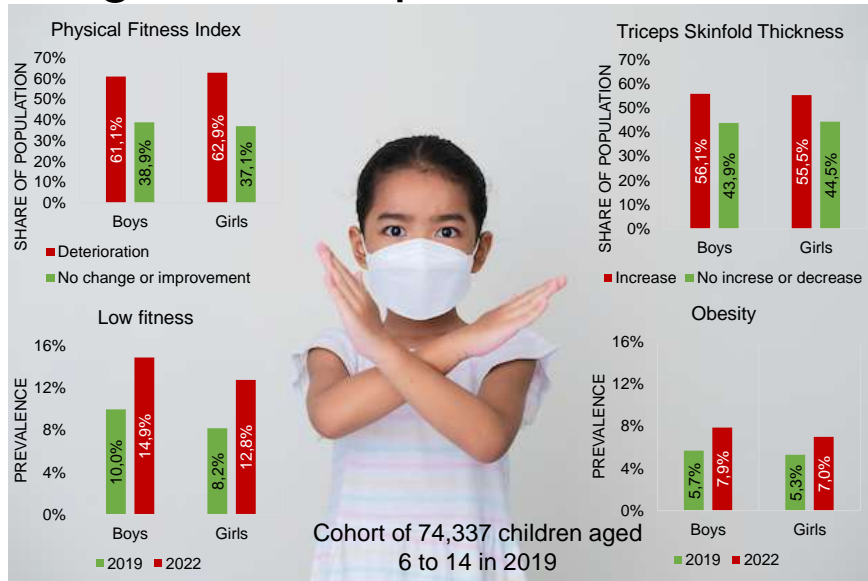
No activity – no gain (except in fat mass)...



Cohort of 74,337 children aged 6 to 14 in 2019



Things won't improve on its own...



In the aftermath of COVID-19...

- The COVID-19 **lock-down** affected children **more than the virus itself**. They became a **new vulnerable group** with possible **long-term developmental and health handicap**.
- Despite tremendous efforts of teachers and schools, **the on-line PE teaching produced no visible results**.
- The **intensity** of physical activity of children at home **does not reach** the intensities of physical activity in **school PE or sport training**.
- The **closure of schools** should be **avoided at all costs**.
- In the aftermath of COVID-19 **we will not be able to work as we did before**. Everything will have to be **intensified** (increase of time for PE, learning in movement, rise of quality of PE delivery, joint teaching of classroom and PE teachers, smaller groups...)
- Countries should aim to **implement national surveillance systems** to regularly follow children's somatic development and their physical fitness. The **physical activity surveys** alone can be **extremely misleading**.
- With **no investment in additional physical activity** of children the **losses** in health, quality of life and economy will be **enormous**.

gregor.starac@fsp.uni-lj.si



Science and Technology in
childhood Obesity Policy



Science and Technology in
childhood Obesity Policy



Plenary Session

Part I - Physical Activity: Advances in physical activity / sedentary behaviour policy research

The MOVING policy database: Understanding how physical activity is promoted across Europe

Presenting Author

Co-Create - Ioana Vlad, World Cancer Research Fund International, London, United Kingdom.



The MOVING policy database: Understanding how physical activity is promoted across Europe

Policy Symposium on NCD Prevention: Future directions for nutrition and physical activity policies to prevent NCDs across Europe

15 June 2022 Brussels

Dr. Ioana Vlad

World Cancer Research Fund International, London, United Kingdom



The MOVING framework

- ❌ Developed from an analysis of international global physical activity policy guidance, including the WHO Global Action Plan on Physical Activity
- ❌ Several rounds of consultation with physical activity policy experts
- Structured around four domains and six policy areas
- The six policy areas align with the four policy domains in the WHO Global Action Plan on Physical Activity
- The cross cutting Active Systems domain includes governance, leadership, surveillance, funding
- The framework is the organising structure of the MOVING database of physical activity policies
- READ MORE > Promoting Physical Activity Policy: The Development of the MOVING Framework; Oldridge-Turner et al. 2022



Policy area

➔ Confronting obesity: Co-creating policy with youth

MOVING database



<https://policydatabase.wcrf.org>

- ✓ Share results on Twitter, Facebook and by email
- ✓ Download search results and data in a csv file
- ✓ Glossary of definitions of commonly used terms
- ✓ Tips on how to search the database and interrogate the data
- ✓ Continuously updated

EU Comprehensive Scan

In-depth scan

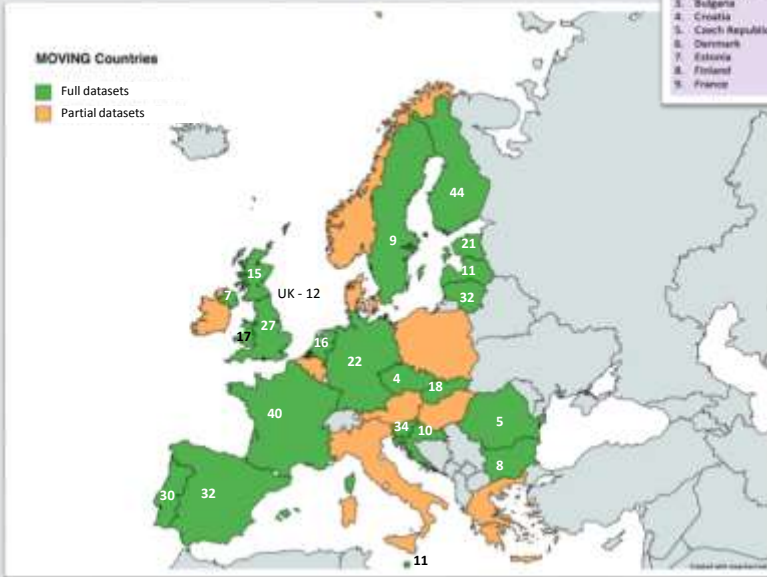
National level

27 European countries

- Supported by government
- In effect Related to a policy area in NOURISHING/ MOVING
- Relevant to reducing obesity and/or diet-related NCDs by promoting healthy diets or physical activity
- Verified by in country expert

➔ Confronting obesity: Co-creating policy with youth

Policies in Europe identified so far



- Countries included in the comprehensive European scan
1. Austria
 2. Belgium (includes French and Flemish)*
 3. Bulgaria
 4. Croatia
 5. Czech Republic
 6. Denmark
 7. Estonia
 8. Finland
 9. France
 10. Germany
 11. Greece
 12. Hungary
 13. Ireland
 14. Italy
 15. Latvia
 16. Lithuania
 17. Malta
 18. Netherlands
 19. Norway
 20. Poland
 21. Portugal
 22. Romania
 23. Slovakia
 24. Slovenia
 25. Spain
 26. Sweden
 27. UK (includes Scotland, England, Northern Ireland, and Wales)**

669 policy actions
 1 evaluation
 18 countries with full datasets
 9 countries with partial datasets

Confronting obesity: Co-creating policy with youth

M O V I N G

Bulgaria		2			2	3	1	8
Croatia		7	1			1	1	10
Czech Republic		3	1					4
Estonia		10	4	4	1	2		21
Finland		16	6	3	7	10	2	44
France		13	5	8	4	9	1	40
Germany		6	1	3	8	4		22
Latvia		6	2	1		2		11
Lithuania		10	4	6	2	7	3	32
Malta		9				2		11
Netherlands		7	3	1	2	1	2	16
Portugal		11	1	3	4	8	3	30
Romania		4				1		5
Slovakia		7	2	3	4	1	1	18
Slovenia		6	2	6	11	8	1	34
Spain		9	5	2	2	12	2	32
Sweden		2		3	2	1	1	9
UK	UK - wide	1	0	0	4	2	5	12
	England	8	1	7	4	4	3	27
	Northern Ireland	4	0	1	1	1	0	7
	Scotland Wales	3	1	4	3	1	3	15
Total		147	40	60	64	82	32	425

→ Confronting obesity: Co-creating policy with youth

Partial datasets

	On database	Awaiting verification
Austria	31	15
Belgium (Flemish and French)	42	26
Denmark		22
Greece	19	10
Hungary	20	5
Ireland	51	5
Italy	19	3
Norway	39	3
Poland	23	15
	244	104



→ Confronting obesity: Co-creating policy with youth

Discussion

- ▶ Most prevalent policy areas
 - ▶ M - Setting-based approaches promoting physical activity across different settings, mass participation events and programmes
- ▶ Least prevalent policies
 - ▶ G –Physical activity training, assessment and counselling in primary care, health care, outpatient and community-based settings
- ▶ Local policies



→ Confronting obesity: Co-creating policy with youth



 The CO-CREATE project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 774210. The products of the research are the responsibility of the authors; the European Commission is not responsible for any use that may be made of them.





Official Launch

Physical Activity
Environment Policy Index (PA-EPI)
Development

The PA-EPI: a tool for evaluation and benchmarking of the implementation of public policies to create a healthy physical activity environment

Authors: Catherine B. Woods¹; Liam Kelly¹; Kevin Volf¹; Aurelie van Hoye¹; Peter Gelius²; Sven Messing²; Sarah Forberger³; Jeroen Lakerveld^{4,5}; Nicole den Braver^{4,5}; Joanna Zukowska⁶; Enrique García Bengoechea¹ on behalf of the PEN consortium

1. Physical Activity for Health, Health Research Institute, University of Limerick, Limerick, Ireland. 2. Friedrich-Alexander-Universität Erlangen-Nürnberg, Erlangen, Germany. 3. Leibniz Institute for Prevention Research and Epidemiology – BIPS, Bremen, Germany. 4. Amsterdam Public Health Research Institute, The Netherlands. 5. Upstream Team, Amsterdam UMC, VU University Amsterdam, The Netherlands. 6. Faculty of Civil and Environmental Engineering, Gdansk University of Technology, Gdansk, Poland.

Brussels, June 14th-16th, 2022



Rationale



- WHO GAPP 2018-2030 target of a 15% relative reduction in the prevalence of populations physical inactivity by 2030, and linked the promotion of physical activity (PA) to achievement of the UN's SDGs¹.
- A multifaceted response, including **government action**, is essential to achieve this target.
- Documented **good progress at a country level** regarding the introduction of national policies for PA².
- **Minimal progress on addressing** population levels of physical **inactivity**².
- In part, due to a **lack of 'upstream' policy progress** in effective domains.
- In part, due to a **lack of effective infrastructure support** for policy **implementation**.
- We are unlikely to reach the WHO target, if the **'system'** or **'environment'** remains **unchanged** despite our best 'downstream' or programmatic efforts.

Effective Policy Intervention is Essential

¹ World Health Organisation, Global Action Plan on Physical Activity (2018). ²The 74th World Health Assembly in April 2021, a midpoint evaluation of the WHO NCD action plan.

Develop the Physical Activity Environment Policy Index (PA-EPI)



- The PA-EPI is a tool for evaluation and benchmarking of the implementation of public policies to promote PA and create a healthy PA environment.
- The PA-EPI can help policymakers determine:
 1. Where their county is now in relation to the implementation of PA policies.
 2. What is possible to change.
 3. Provides pathways on how to reach goals to address critical implementation gaps.
 4. Provides a mechanism for documenting progress.

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Methodology for PA-EPI development



1. Build on existing work
2. Scientific literature reviews
3. Review of relevant policy documents from international or supranational organisations and agencies (e.g., WHO, ISPAH, UNESCO)
4. Expert & Policymaker review



30

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Volf K, et al. **Policy Evaluation Network (PEN) Protocol for systematic literature review examining the evidence for impact of policies on physical activity** 2018 Open Res 2020;3(42). Woods CB, et al. on behalf of the PEN consortium. **The evidence for the impact of policy on physical activity outcomes within the school setting: A systematic review.** J Sport Health Sci. 2021. Gelman P, et al. **The added value of using the HERAPAT for physical activity policy monitoring: A four-country comparison.** Health Res Policy Law. 2021;19(2):1-23. Link

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Figure A. Policy areas and actions for physical activity in schools.

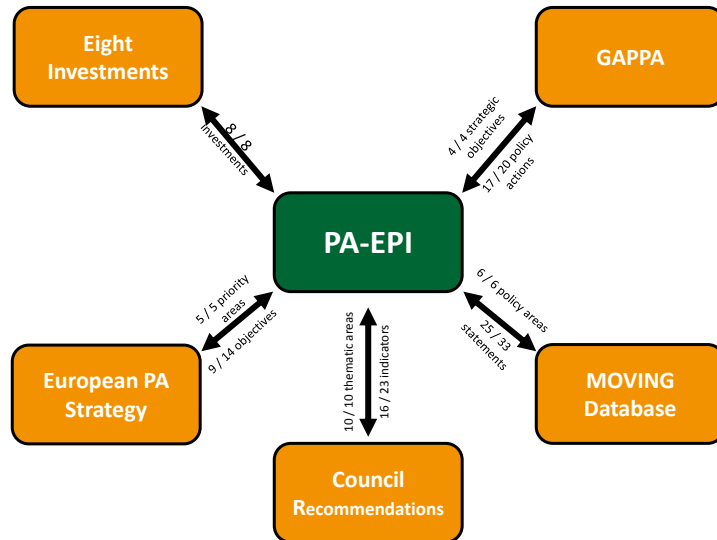
- Transport
 - (In review: Journal of Transport & Health)
- Sport
 - (In review: International Journal Sport Policy and Politics)
- Public Education & Mass Media
 - (In press, European Journal of Public Health)

Woods CB, Volf K, Kelly L, Casey B, Gelman P, Messing S, et al. on behalf of the PEN consortium. **The evidence for the impact of policy on physical activity outcomes within the school setting: A systematic review.** J Sport Health Sci. 2021. Link

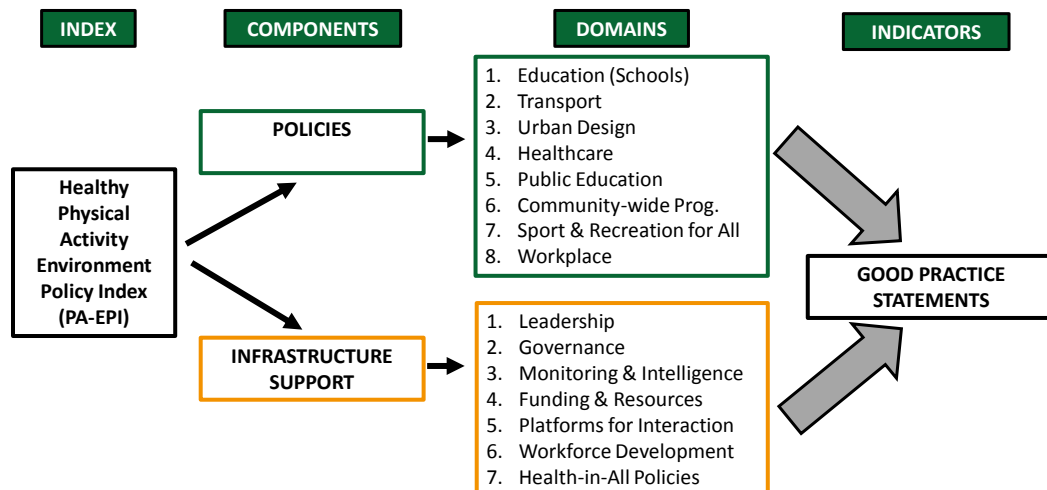
32

Methodology for PA-EPI development

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PA-EPI Prototype



Methodology for PA-EPI development

1. Build on existing work
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4. Expert and policy maker review.

Stage 1 (Academics) Development of Good Practice Statements (GPS)

101 Experts Invited to Partake

- 72% (n=73) Replied to Invite
- 71% (n=52) Fully Completed Review
- 19% (n=14) Partially Completed Review
- 10% (n=7) Declined
- Experts from 20 Countries with 885 Comments

35

Methodology for PA-EPI development

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Stage 2 (Phase 1) Academics Review GPS

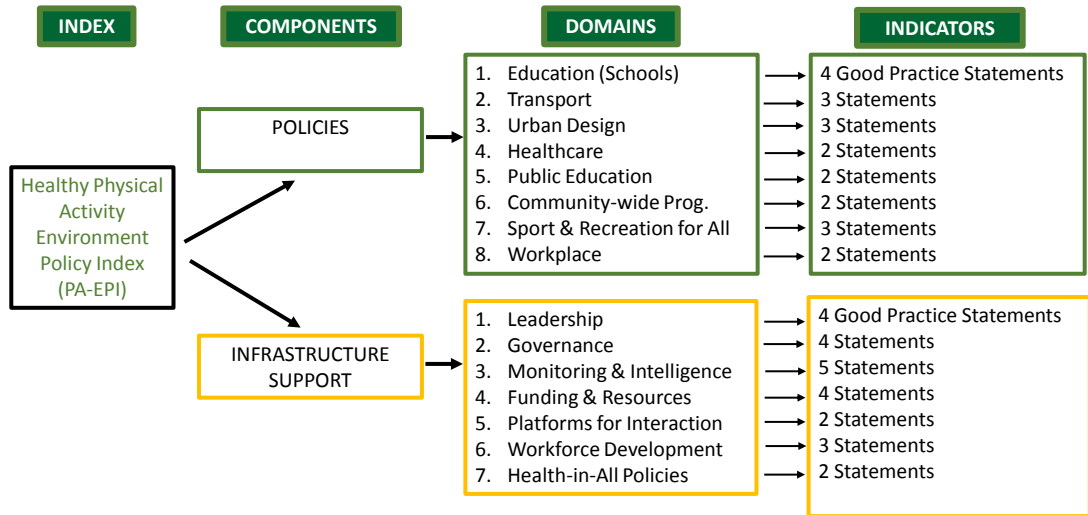
- 66 Experts from Stage 1 invited
- 75% (n=50) participated

Stage 2 (Phase 2) Policymakers Review GPS

- 40 Policymakers, 4 EU countries across all 8 policy domains

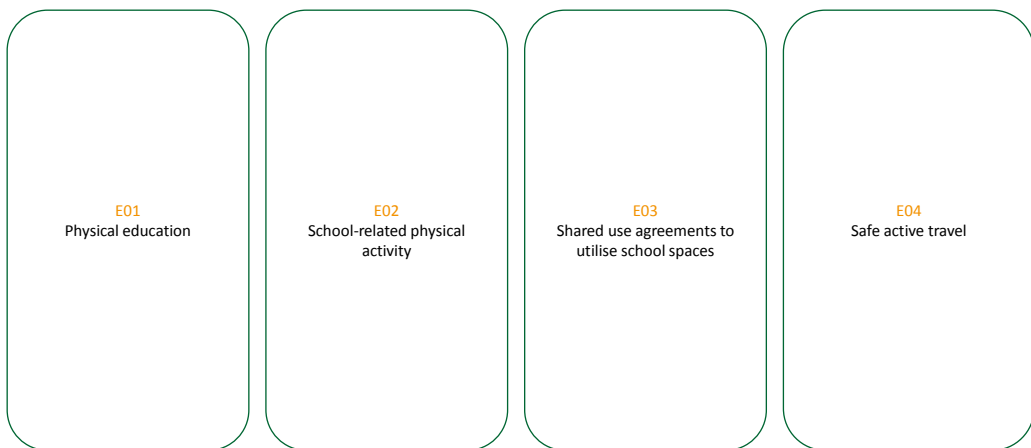
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PA-EPI Framework



Reference: Woods et al., (in Press) Eur. J. Public Health; Download PA-EPI from: <https://www.jpi-pen.eu/>

PA-EPI: Education Domain (Example)



Reference: Woods et al., (in Press) EJPH; Download PA-EPI from: <https://www.jpi-pen.eu/>

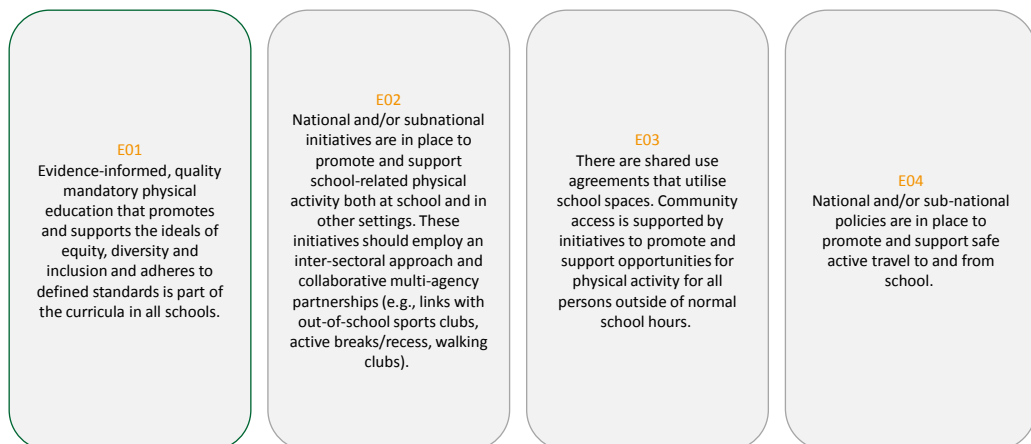
PA-EPI: Education Domain (Example)



Reference: Woods et al., (in Press) EPIH. Download PA-EPI from: <https://www.jpi-pen.eu/>

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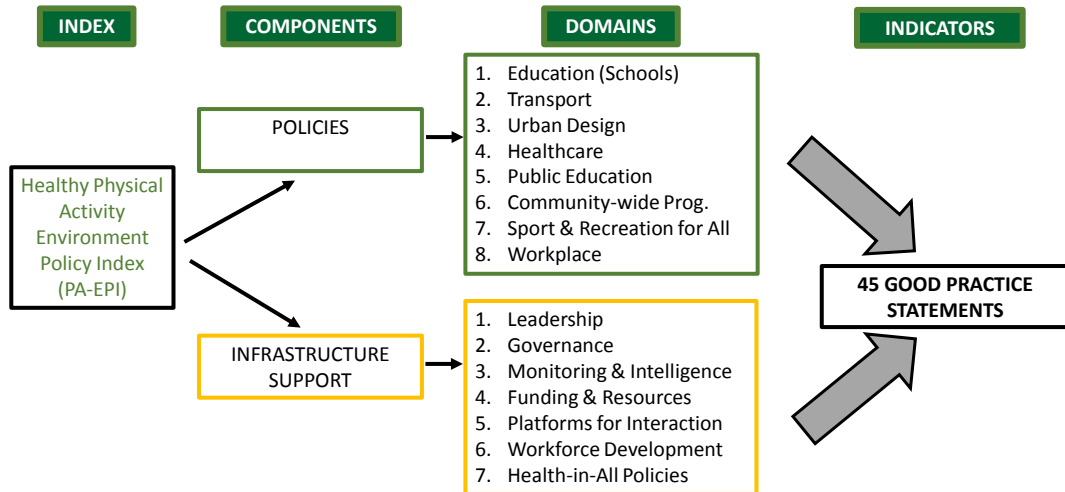
PA-EPI: Indicator E04



Reference: Woods et al., (in Press) EPIH. Download PA-EPI from: <https://www.jpi-pen.eu/>

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PA-EPI Framework

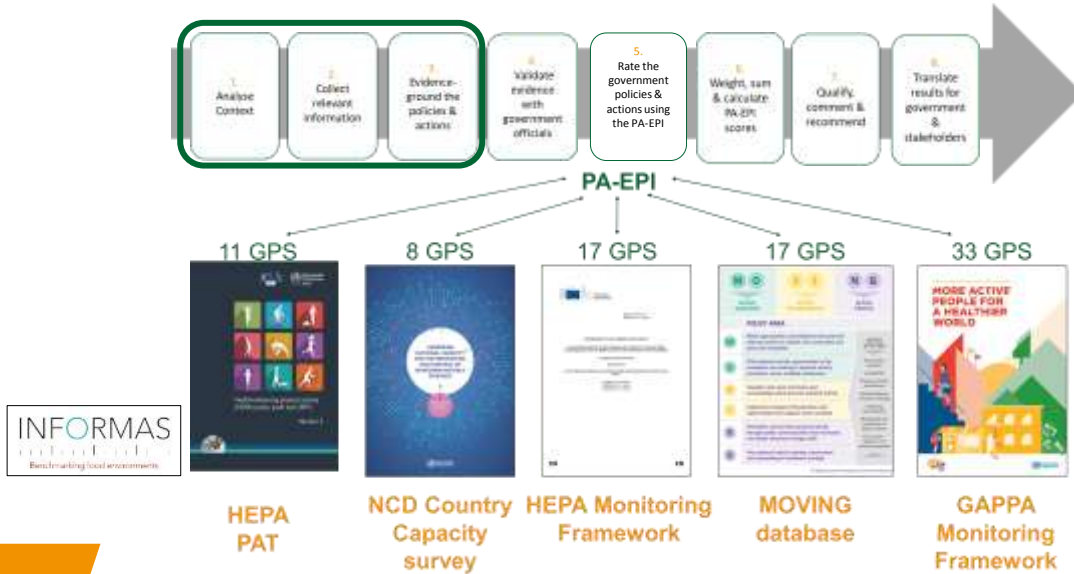


Reference: Woods et al., (in Press) Eur. J. Public Health; Download PA-EPI from: <https://www.jpi-pen.eu/>

PA-EPI Implementation: A multi-step process



PA-EPI Implementation: A multi-step process



PA-EPI & Policy Monitoring Tools

Overlap with indicators used in existing monitoring tools and systems:

- MOVING database (CO-CREATE)
- HEPA Monitoring Framework survey (EU/WHO)
- NCD Country Capacity Survey (WHO)
- HEPA PAT (WHO)
- GAPPAs Monitoring Framework (WHO)

39 out of 45 PA-EPI Good Practice Statements (87%)

Policy domains

Education (Schools)	E01*	E02	E03	E04
Transport	T01*	T02	T03	
Urban design	UD01	UD02	UD03	
Healthcare	H01	H03		
Mass media	MM01	MM02		
Community	C02	C03		
Sport	SP01	SP02	SP03	
Workplace	W01	W02		

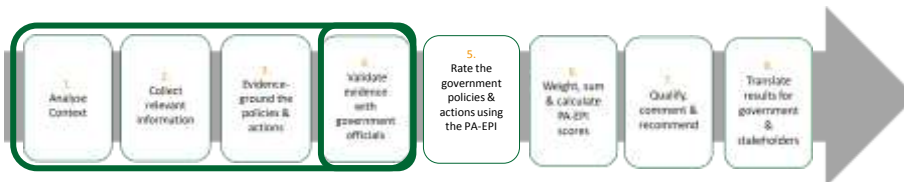
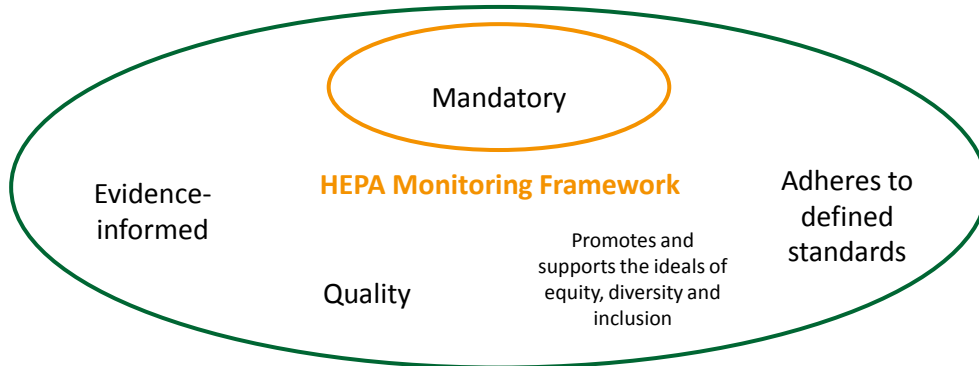
Infrastructure domains

Leadership	L01	L02	L03	L04*
Governance	G01	G02	G03	G04
Monitoring and intelligence	MI01	MI02	MI03	MI04
Funding and resources	FR01	FR02	FR03	FR04
Platforms for interaction	PI01	PI03		
Workforce development	WD01	WD02	WD03	
Health in all policies	HIAP01	HIAP02		

* SIMPLE modules developed

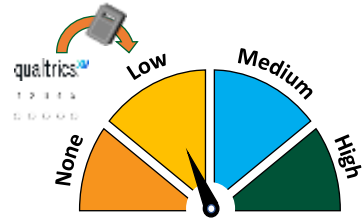
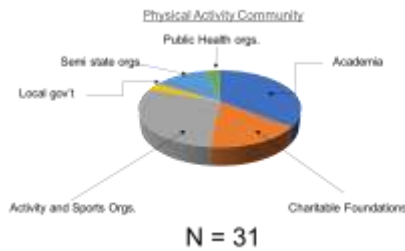
PA-EPI & Policy Monitoring Tools: Example

PA-EPI Good Practice Statement E01: Physical education in school curricula



The following video gives an overview of the purpose of this consultation and the methodology used in the development of the PA-EPI.



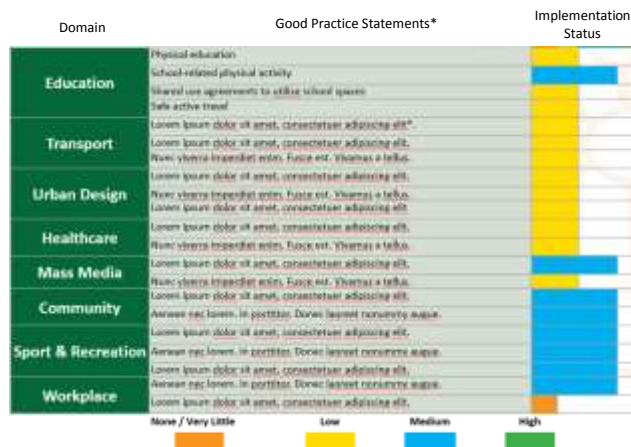


Response rate: 81% (n=25/31)

Fully completed survey: 64% (n=16/25)
Partially completed survey: 24% (n= 6/25)
Decline to participate 12% (n=3/25)



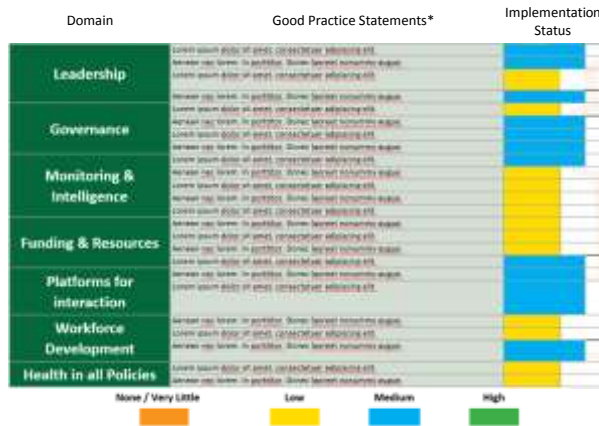
Policy Component
(Example of Ireland)
Preliminary Results



*The Good Practice Statements are in Press in the European Journal of Public Health



Infrastructure Support Component (Example of Ireland) Preliminary Results

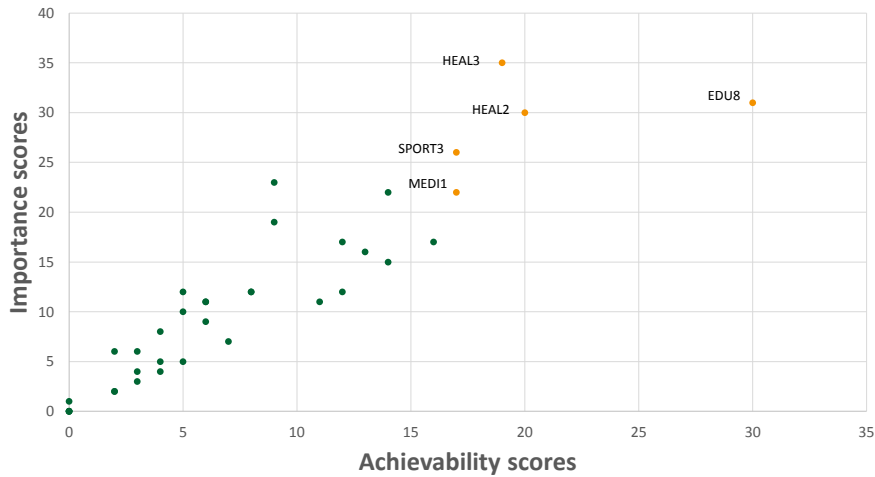


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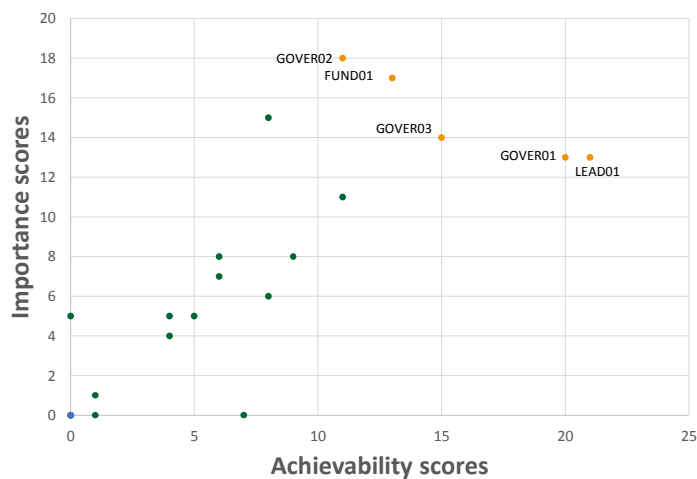
PA-EPI Workshop



Prioritisation of Implementation Recommendations: Policy Domain [Preliminary results]



Prioritisation of Implementation Recommendations: Infrastructure Support Domain [Preliminary results]

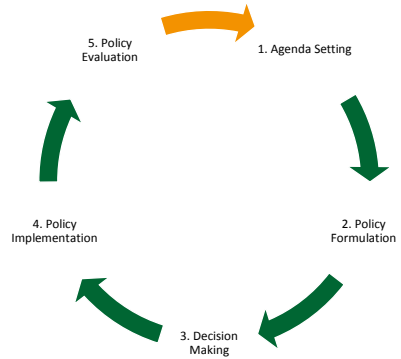


Benchmarking

Final Step

8. Translate results for government and others

“Too many studies focus on supplying scientific evidence to reduce uncertainty; focus instead on increasing demand for evidence”
(Cairney and Oliver, 2017)



Policy Cycle (adopted from Howlett et al., 2009)

To summarise: Key characteristics of the PA-EPI



Assess the extent of **implementation** of government policies and actions



Create a policy index to assess the healthiness of the physical activity environment

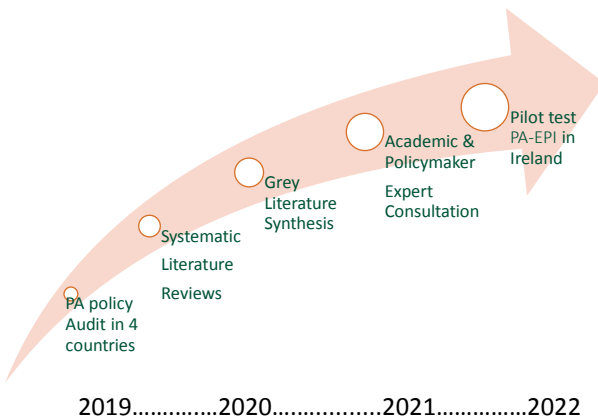


Provide countries with concrete examples of international best practice



Potential for country comparison and benchmarking of government policies

Current Status



Next Steps



- The PA-EPI can help governments determine:
 - Where they are now?
 - What is possible to change?
 - Provide pathways to reach goals
 - A mechanism for showing progress.
- Conduct the PA-EPI in multiple countries to identify and prioritise actions needed to address critical gaps in government policies and infrastructure support for implementation.

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PA-EPI: Next Steps

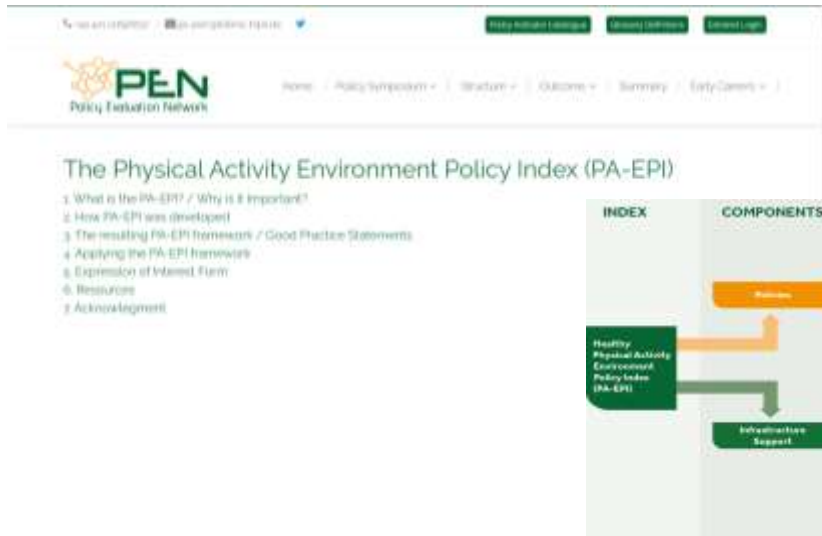
In time, the PA-EPI will evolve into benchmarks established by governments at the forefront of creating and implementing policies to address physical inactivity.

Country-specific adaptations might be necessary to account for differences in political culture, to achieve a maximum of stakeholder involvement to build policy capacity, and to ensure high-level political support for an adequate policy response.



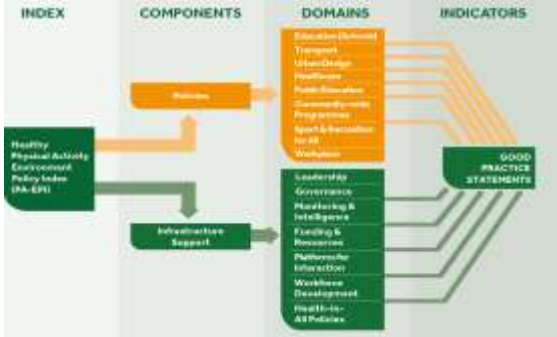
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PA-EPI Website / Expression of Interest



The Physical Activity Environment Policy Index (PA-EPI)

1. What is the PA-EPI? / Why is it important?
2. How PA-EPI was developed
3. The resulting PA-EPI framework / Good Practice Statements
4. Adapting the PA-EPI framework
5. Expression of Interest Form
6. Resources
7. Acknowledgment



<https://www.jpi-pen.eu/pa-epi.html>

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References

- Lakerveld J, Woods C, Hebestreit A, Brenner H, Flechtner-Moes M, Harrington J, et al. **Advancing the evidence base for public policies impacting on dietary behaviour, physical activity and sedentary behaviour in Europe: The Policy Evaluation Network promoting a multidisciplinary approach.** *Food Policy*. 2020; 96. [Link](#)
- Kelly L, Volf K, Garcia E, Woods C. **Systematic Review Examining the Evidence for Impact of School Policies on Physical Activity.** PROSPERO. 2020; CRD42020156630. [Link](#)
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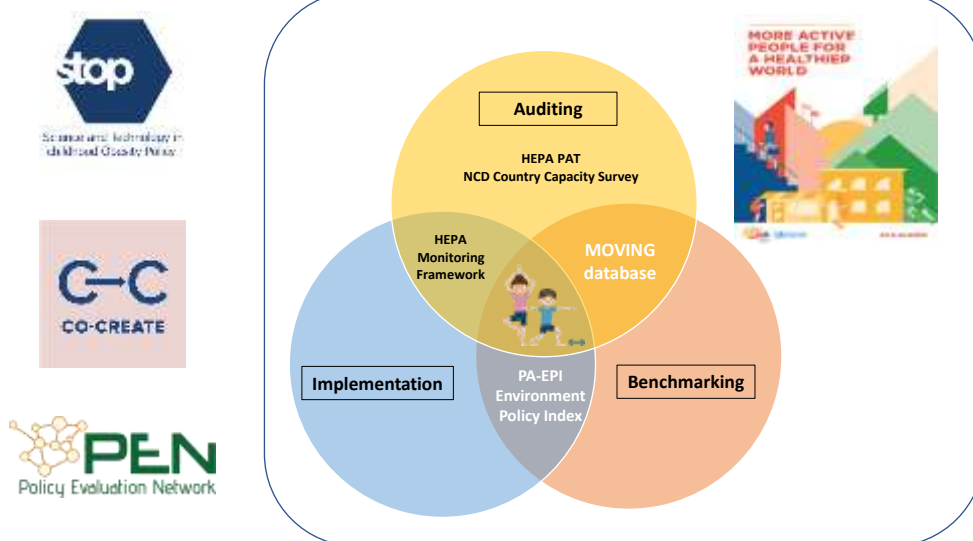
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<https://www.jpi-pen.eu/pa-epi.html>

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To Conclude: Physical Activity Policy Plenary Session



Take Home Messages



- Monitor and gather intelligence to understand patterns
- Utilise existing systems and resources if available
- Secure sustainability



- A multi-sectoral policy approach is needed across all areas of the MOVING framework
- Policy progress at country level is evident
- However, there are gaps – more action is needed
- Constant monitoring and updating of the MOVING database is vital to track progress



- The PA-EPI: a tool for evaluation and benchmarking of the implementation of public policies to create a healthy physical activity environment.
- The PA-EPI now needs to be conducted in multiple countries worldwide, this is a CALL-to-Action (Expressions of Interest: <https://www.jpi-pen.eu/pa-epi.html>)
- In time, the PA-EPI will evolve into benchmarks established by governments at the forefront of creating and implementing policies to address physical inactivity.