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

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Session 10 - Bergen
09:00 – 10:30

Policy implementation: frameworks, processes, and evaluation

Co-Chairs:
Prof. Hajo Zeeb
Leibniz Institute for Prevention Research & Epidemiology-BIPS, Germany
Dr. Jürgen M. Steinacker
Ulm University, Sports & Rehabilitation Medicine, Ulm, Germany

#NCDPrevention22

Policy Evaluation: frameworks, processes and evaluation

Introduction to the Workshop

Hajo Zeeb[1] and Jürgen Steinacker[2]
on behalf of the PEN Consortium (Work Package 4)

1. Leibniz-Institute for Prevention Research and Epidemiology - BIPS, Germany
2. University of Ulm, Germany

Funded by the Joint Programming Initiative "A Healthy Diet for a Healthy Life" (JPI HDHL) with contributions from national funding agencies of participating countries

Brussels, 15.06.2022

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Policy Evaluation Network (PEN)
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A Policy ...

.. will not change anything if not properly implemented …

- Better understanding conditions for and approaches to policy implementation and their evaluation

and

- Provide and recommend tools for assessment of policy implementation

>> the key goals of WP4 in PEN in a

Our programme

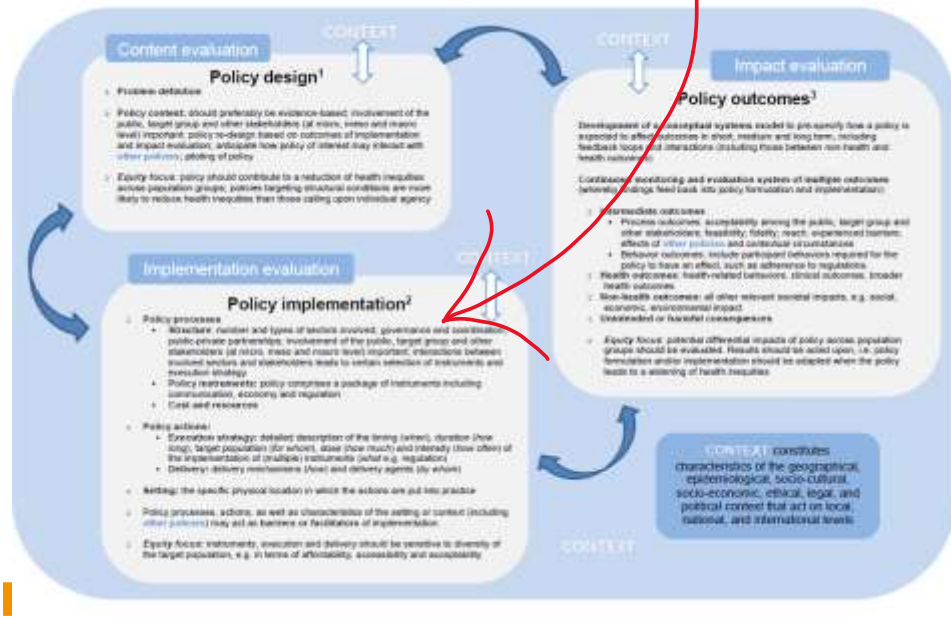
1. This intro – a few words on frameworks
2. Plan for the worst, hope for the best: barriers and facilitators of implementation of healthy diet and physical activity policies (Anna Banik)
3. Determinants associated with the adoption of physical activity policies in primary schools: a cross-sectional study in south-west Germany (Janine Wendt)
4. Comparing Public Policy Implementation and Intervention Implementation (Sarah Forberger)
5. Good practice recommendations on policy implementation evaluation for policies targeting diet, physical activity and sedentary behavior (Annabel Müller-Stierlin, Jürgen Steinacker)
6. General discussion

Frameworks – why needed?

- Huge number of individual policies
  - WCRF: some 700 national policies on healthy diets, 150 on physical activity
- Helpful to have a common reference framework (or several)

Nilsen P. Making sense of implementation theories, models and frameworks. Implement Sci. 2015;10(1):53

The system-based PEN framework

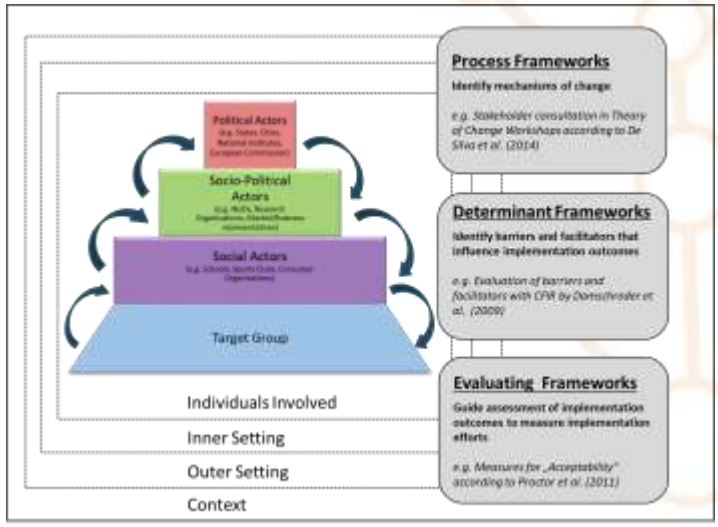


Frameworks – why needed?

- Huge number of individual policies
  - WCRF: some 700 national policies on healthy diets, 150 on physical activity
- Helpful to have a common reference framework (or several)
- Our focus: frameworks for policy implementation
  - Understood as graphical or narrative representations of the key constructs explaining the actual implementation
  - Contain processes, determinants, specific constructs, level of operation, relationships, broader context
- **Process** frameworks, **Determinants** frameworks, **Evaluation** frameworks (Nilsen 2015)

Nilsen P. Making sense of implementation theories, models and frameworks. Implement Sci. 2015;10(1):53

Overall Concept of Implementation Policy Frameworks



Steinacker, Wendt, Müller-Stierlin, 2022

Our overarching synthesis…

Lobczowska et al. Int J Behav Nutr Phys Act (2022) 19:16
https://doi.org/10.1186/s12966-021-01242-4

International Journal of Behavioral Nutrition and Physical Activity

REVIEW Open Access

Frameworks for implementation of policies promoting healthy nutrition and physically active lifestyle: systematic review

Karolina Lobczowska[1], Anna Banik[1], Piotr Romaniuk[2], Sarah Forberger[3], Thomas Kubiak[4], Biljana Meshkovska[5], Agnieszka Neumann-Podczaska[6], Krzysztof Kaczmarek[7], Marie Scheidmeir[4], Janine Wendt[7], Daniel A. Scheller[7], Katarzyna Wieczorowska-Tobis[6], Juergen M. Steinacker[7], Hajo Zeeb[3] and Aleksandra Luszczynska[1,8*]

Analysis of 38 frameworks

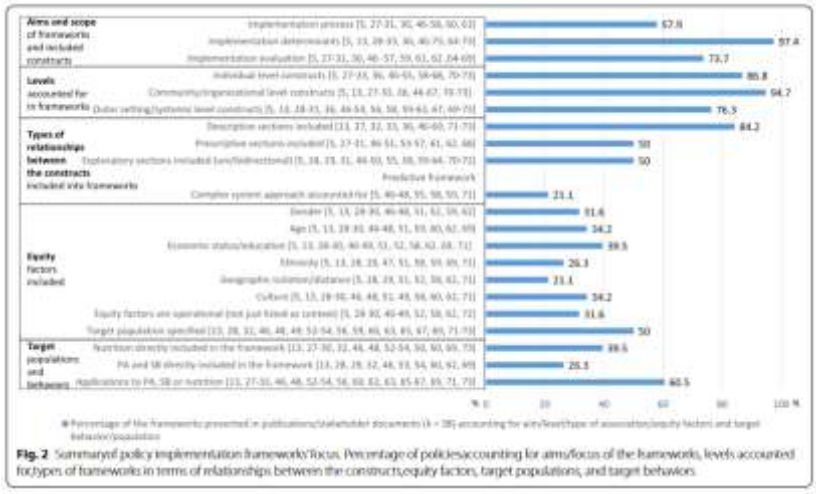


Fig. 2 Summary of policy implementation frameworks' focus. Percentage of policies accounting for aims/focus of the frameworks, levels accounted for, types of frameworks in terms of relationships between the constructs, equity factors, target populations, and target behaviors

Conclusion

- Many nutrition and PA policy implementation frameworks address all three: processes, determinants and evaluation (~50%)
- Individual, setting and systems constructs addressed in 2/3

- .. But very few are fully comprehensive in this regard
- .. Nevertheless: mostly more than aim/theme covered
- .. Equity-related constructs are left out in many instances
  - Sustainable development and SDG-orientation?

- For practical purposes:
  - Plenty frameworks to chose from
  - Align with specific implementation goals
  - Comprehensive frameworks may offer most insights

PEN WP4 Partners – thank you !

- Alimentation et Sciences Sociales (INRA ALISS), Ivry-Sur-Seine, France
  German Cancer Research Center (DKFZ), Heidelberg, Germany
  Helmholtz Zentrum München (T-HMGU), Munich, Germany
  Johannes Gutenberg University Mainz (JGU), Mainz, Germany
  Leibniz Institute for Prevention Research and Epidemiology – BIPS, Bremen, Germany (co-lead)
  Medical University of Silesia in Katowice (SILVeR), Katowice, Poland
  Poznan University of Medical Sciences (PUMS), Poznan, Poland
  SWPS University of Social Sciences and Humanities (SWPS), Warsaw, Poland (co-lead)
  University of Oslo, Institute of Basic Medical Sciences (UiO-PHN), Oslo, Norway
  University of Ulm, Division of Sport and Rehabilitation Medicine (UULM), Ulm, Germany (lead)
  Vrije Universiteit (VU-P&P), Amsterdam, the Netherlands

End

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Plan for the worst, hope for the best: barriers and facilitators of implementation of healthy diet and physical activity policies

Findings from meta-review of research reviews and stakeholder documents

Anna Banik[1], **Karolina Lobczowska**[1], Katarzyna Brukalo[2], Sarah Forberger[3], Thomas Kubiak[4], Piotr Romaniuk[2], Marie Scheidmeir[4], Daniel A. Scheller[5], Juergen M. Steinecker[5], Janine Wendt[5], Katarzyna Wieczorowska-Tobis[6], Marleen P. M. Bekker[7], Hajo Zeeb[3] & **Aleksandra Luszczynska**[1]
on behalf of the PEN Consortium

1 - SWPS University of Social Sciences and Humanities, Wroclaw, Poland; 2 - Medical University of Silesia in Katowice, Poland; 3 - Leibniz Institute for Prevention Research and Epidemiology – BIPS, Germany; 4 - Johannes Gutenberg University Mainz, Germany; 5 - University Hospital Ulm, Germany; 6. University of Medical Sciences, Poznan, Poland; 7 - Wageningen University and Research, Netherlands

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Lobczowska et al Implementation Science (2022) 17:2
https://doi.org/10.1186/s13012-021-01176-2

Implementation Science

SYSTEMATIC REVIEW Open Access

Meta-review of implementation determinants for policies promoting healthy diet and physically active lifestyle: application of the Consolidated Framework for Implementation Research

Karolina Lobczowska[1], Anna Banik[1], Katarzyna Brukalo[2], Sarah Forberger[3], Thomas Kubiak[4], Piotr Romaniuk[2], Marie Scheidmeir[4], Daniel A. Scheller[5], Juergen M. Steinacker[5], Janine Wendt[5], Katarzyna Wieczorowska-Tobis[6], Marleen P. M. Bekker[7], Hajo Zeeb[3] and Aleksandra Luszczynska[1]*

DETERMINATS OF POLICIES PROMOTING HEALTHY DIET AND PHYSICALLY ACTIVE LIFESTYLE

The next 10-minute plan:

1. **WHAT DO WE KNOW SO FAR?** Existing evidence and its limitations
2. **WHAT IS MISSING?** What do we want to know?
3. **WHAT WAS THE GOAL?** Main aims of this meta-review and the implementation framework (CFIR)
4. **HOW DID WE DO IT?** The method used
5. **WHAT WERE THE RESULTS?**
6. **WHAT IS NEXT?**

WHAT DO WE KNOW SO FAR?
Existing evidence and its limitations

☞ Assuming that **the same barriers/facilitators** operate in case of **healthy nutrition AND physically active lifestyle policies**

☞ Analyzing implementation determinants for **both policies AND interventions**

☞ Not using to a specific **implementation determinants framework**

WHAT IS MISSING?
What do we want to know

- A synthesis of **implementation determinants (+/-) for policies** (not interventions)
- A synthesis **applying a theoretical framework** capturing a broad range of implementation determinants
- **Common or different determinants** of implementation **healthy nutrition policies vs. physical activity policies**?

WHAT WAS THE GOAL?

Using the **Consolidated Framework for Implementation Research (CFIR)** and methods of **meta-synthesis** (research reviews and stakeholder documents) we investigated:

1) **Which determinants from CFIR are occurring** in implementation process of policies targeting ↑healthy diet, ↑physical activity (PA), and ↓sedentary behaviors (SB)?

2) Are there any **differences between determinants** of implementation of **healthy diet AND PA/SB policies**?

Figure source: https://cfirguide.org/

HOW DID WE DO IT?
The method used

PROSPERO #CRD42019133341

- ☑ **Meta-review** = systematic review of reviews of studies (n = 25) and stakeholder documents (k = 17)
- ☑ Systematic search of **9 databases** and **9 major stakeholders documentation** (e.g., the WHO, the NICE, the CDC) using **groups of keywords** (e.g., implementation, determinants, healthy diet)
- ☑ 72% of included reviews and 100% of stakeholder docs = qualitative data
- ☑ 28% of included reviews = some quantitative data
- ☑ Methods in accordance with PRISMA guidelines

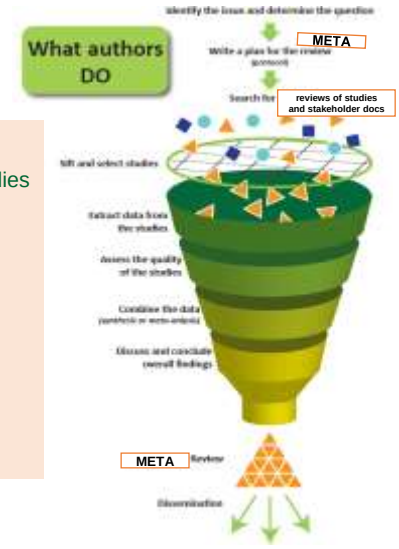
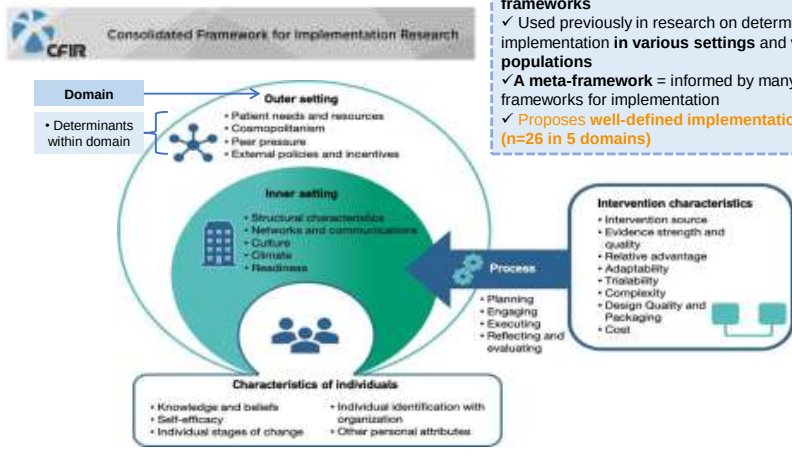


Figure source: https://cccrg.cochrane.org/infographics

WHY CFIR?

Not ideal, but:
- ✓ One of the **most often applied implementation frameworks**
- ✓ Used previously in research on determinants of implementation **in various settings** and **various target populations**
- ✓**A meta-framework** = informed by many other frameworks for implementation
- ✓ Proposes **well-defined implementation determinants (n=26 in 5 domains)**



Figures sources: https://thecenterforimplementation.com/implementation-in-action-bulletin/mar-2021; Khan, 2021; https://cfirguide.org/

WHAT WERE THE RESULTS?

1) **Which determinants from CFIR are occurring in implementation process** of policies targeting ↑healthy diet, ↑PA, and ↓SB?

Across all n = 42 documents **7 of the 26 CFIR determinants** received STRONG support (indicated in ≥ 60% of the reviews/stakeholder docs)

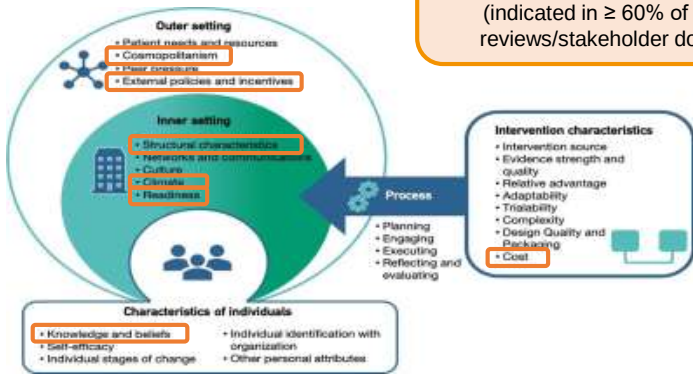


Figure source: https://thecenterforimplementation.com/implementation-in-action-bulletin/mar-2021; Khan, 2021

CFIR DOMAINS (n = no. of determinants with strong support)	Determinants (found across all n = 42 docs)	Short Desciption (https://cfirguide.org/)
POLICY CHARACTERISTICS (n = 1)	☑ **Cost**	Costs of the intervention/policy and **costs associated with implementing** the intervention/policy including investment, supply, and opportunity costs.
OUTER SETTING (n = 2)	☑ **Cosmopolitanism (Networking)**	The degree to which an **organization is networked with other external organizations**.
	☑ **External Policy & Incentives**	A broad construct that includes **external strategies to spread interventions/policies**, including existing policy and regulations (governmental or other central entity), external mandates, recommendations and guidelines, pay-for-performance, collaboratives, and public or benchmark reporting.
INNER SETTING (n = 3)	☑ **Structural Characteristics**	The **social architecture** (how large numbers of people are clustered into smaller groups and differentiated)**, age, maturity, and size** of an organization.
	☑ **Implementation Climate** *(sub-constructs: Tension for Change, Compatibility, Relative Priority, Organizational Incentives and Rewards, Goals and Feedback, and Learning Climate)*	The **absorptive capacity for change**, shared receptivity of involved individuals to an intervention/policy, and the extent to which use of that intervention/policy will be **rewarded, supported, and expected within their organization**.
	☑ **Readiness for Implementation** *(sub-constructs: Access to Knowledge, Available Resources, Leadership engagement)*	Tangible and immediate indicators of organizational **commitment to its decision to implement an intervention/policy**
CHARACTERISTICS OF INDIVIDUALS (n = 1)	☑ **Knowledge & Beliefs about the Policy**	Individuals' attitudes toward and **value placed on the intervention/policy** as well as **familiarity with facts, truths, and principles** related to the intervention/policy.

2) Are there any **differences between determinants** of implementation of **healthy diet (k = 12) AND PA/SB policies (k = 9)**?

Healthy diet strong support for n = 6

PA/SB strong support for n = 7

Determinants with strong support and common for healthy diet and PA/SB n = 3

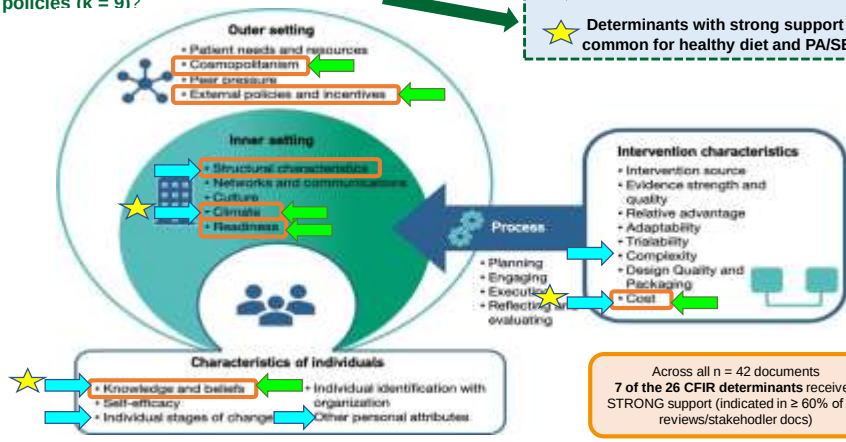


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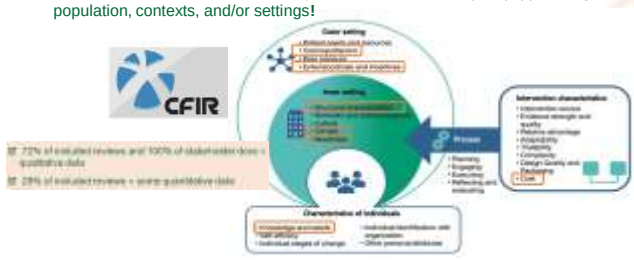
Figure source: https://thecenterforimplementation.com/implementation-in-action-bulletin/mar-2021; Khan, 2021

CFIR DOMAINS	TARGET BEH.	Determinants ☑ = FOUND ACROSS ALL n=42 DOCS	Short Desciption
POLICY CHARACTER.	COMMON FOR HEALTHY DIET AND PA/SB	Cost ☑	Costs of the intervention/policy and costs associated with implementing the intervention/policy including investment, supply, and opportunity costs.
INNER SETTING	COMMON FOR HEALTHY DIET AND PA/SB	Implementation Climate ☑	The absorptive capacity for change, shared receptivity of involved individuals to an intervention/policy, and the extent to which use of that intervention will be rewarded, supported, and expected within their organization.
CHARACTER. OF INDIVIDUALS	COMMON FOR HEALTHY DIET AND PA/SB	Knowledge & Beliefs about the Policy ☑	Individuals' attitudes toward and value placed on the intervention/policy as well as familiarity with facts, truths, and principles related to the intervention/policy.
CHARACTER. OF INDIVIDUALS	PA/SB	Individual Stage of Change	Characterization of the **phase an individual is in**, as he or she **progresses toward skilled, enthusiastic, and sustained use of the intervention/policy**.
CHARACTER. OF INDIVIDUALS	PA/SB	Other Personal Attributes	**A broad construct to include other personal traits** such as tolerance of ambiguity, intellectual ability, motivation, values, competence, capacity, and learning style.
POLICY CHARACTER.	PA/SB	Complexity	**Perceived difficulty of implementation**, reflected by duration, scope, radicalness, disruptiveness, centrality, and intricacy and number of steps required to implement.
INNER SETTING	PA/SB	Structural Characteristics ☑	The social architecture, age, maturity, and size of an organization.
INNER SETTING	HEALTHY DIET	Readiness for Implementation ☑	Tangible and immediate indicators of organizational commitment to its decision to implement an intervention/policy.
OUTER SETTING	HEALTHY DIET	Cosmopolitanism (networking) ☑	The degree to which an organization is networked with other external organizations.
OUTER SETTING	HEALTHY DIET	External Policy & Incentives ☑	A broad construct that includes external strategies to spread interventions/policy, including existing policy and regulations (governmental or other central entity), external mandates, recommendations and guidelines, pay-for-performance, collaboratives, and public or benchmark reporting.

WHAT IS NEXT?

- **The n=7 determinants from CFIR** may be considered the **top priority** when planning and monitoring the implementation **of policies targeting healthy diet and PA/SB**
- Policymakers, researchers, implementation actors, and other stakeholders should ***prepare strategies to address the respective determinants*** when planning for the implementation
- The data collected **allow only to conclude which determinants are indicated as present and operating** in the process of policy implementation
- The meaning and effects (*facilitating or hindering the implementation*) of the 7 determinants **should be further explored** across different policy types, target population, contexts, and/or settings**!**



Thank you for your attention

Lobczowska et al. Implementation Science (2022) 17:2
https://doi.org/10.1186/s13012-021-01176-2

Implementation Science

SYSTEMATIC REVIEW Open Access

Meta-review of implementation determinants for policies promoting healthy diet and physically active lifestyle: application of the Consolidated Framework for Implementation Research

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Determinants of the adoption of physical activity policies in primary schools from the perspective of headmasters

A cross-sectional study in south-west Germany

Janine Wendt[1], Daniel A Scheller[1], Marion Flechtner-Mors[1], Biljana Meshkovska[2], Aleksandra Luszczynska[3,4], Nanna Lien[2], Sarah Forberger[5], Anna Banik[3], Karolina Lobczowska[3], Jürgen M Steinacker[1]

[1]Division of Sports and Rehabilitation Medicine, Department of Internal Medicine, University Hospital Ulm, Ulm, Germany
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Funded by the Joint Programming Initiative "A Healthy Diet for a Healthy Life" (JPI HDHL) with contributions from national funding agencies of participating countries

PEN Final Symposium
June 2022

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Background & Study Aims

- Countries such as the United States and Canada have already developed and introduced school-based policies to promote physical activity (PA)

  → *the current evidence base underpins the effectiveness of such policies*

- Previous studies that have investigated possible determinants to the adoption of physical activity policies in schools have – if at all – used evaluation frameworks (e.g. RE-AIM Framework)

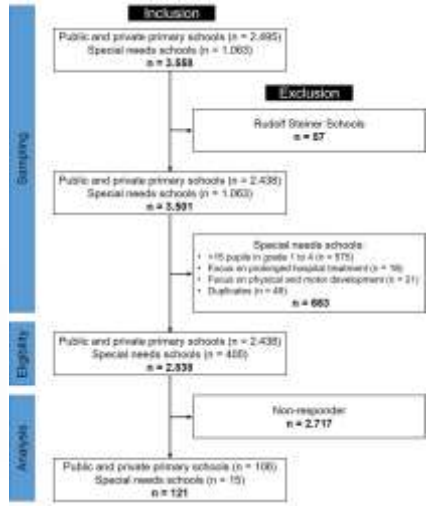
Aim:

To examine, which barriers and facilitators are associated with the adoption of physical activity policies in primary schools in Baden-Wuerttemberg from the perspective of headmasters

Gelius P, Messing S, Goodwin L, Schow D, Abu-Omar K. What are effective policies for promoting physical activity? A systematic review of reviews. Preventive Medicine Reports (2020) 18:101095. doi:10.1016/j.pmedr.2020.101095
Woods CB, Volf K, Kelly L, Casey B, Gelius P, Messing S, et al. The evidence for the impact of policy on physical activity outcomes within the school setting: A systematic review. Journal of Sport and Health Science (2021). doi:10.1016/j.jshs.2021.01.006

Methods – Study Design and Sample

- Cross-sectional study
- Primary schools and special needs schools in Baden-Wuerttemberg, south-west Germany
- Survey period: 4 May to 20 June 2021 (6.5 weeks)



Database: "Grund-, Haupt-/Werkrealschulen und Gemeinschaftsschulen, Schuljahr 2019/2020" provided by the Federal Statistical Office Baden-Wuerttemberg

Methods – Questionnaire and Measures

Definition

Policy: *"Policies are purposeful decisions, plans and actions made by voluntary or authoritative actors in a system designed to create system-level change to directly or indirectly achieve specific societal goals."*[1]

Policies in Baden-Wuerttemberg

1) National Recommendations for Physical Activity and Physical Activity Promotion
2) Primary school with a focus on sport and physical education
3) Sports and activity-friendly playground

Outcome variable: Policy adoption

"Does your school implement one or more of the following physical activity policies?"

Response categories: yes/no

Predictor variables: CFIR determinants

Selected CFIR domains/constructs:

- Inner Setting/Structural Characteristics
- Inner Setting/Readiness for Implementation
- Inner Setting/Implementation Climate
- Individual Characteristics/Knowledge & Beliefs
- Implementation Process/Engaging

Lobczowska, K., Banik, A., Brukalo, K. et al. Meta-review of implementation determinants for policies promoting healthy diet and physically active lifestyle: application of the Consolidated Framework for Implementation Research. Implementation Sci 17, 2 (2022). https://doi.org/10.1186/s13012-021-01176-2
[1]Derived from PEN Consensus with adaptions from Lakerveld J, Woods C, Hebestreit A, Brenner H, Flechtner-Mors M, Harrington JM, 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;96:101873. doi:10.1016/j.foodpol.2020.101873

Methods – Questionnaire and Measures

	CFIR domains/ constructs	Survey Item	CFIR domains/ constructs	Survey Item
Model 1	**Inner Setting/ Structural Characteristics**	1) Number of pupils 2) Number of pupils with migrant background 3) Numbers of employees 4) Type of school 5) Care concept	**Inner Setting/ Structural Characteristics**	6) Location of school (urban/rural area) 7) Size of playground 8) Number of sports facilities 9) Recess minutes
Model 2	**Inner Setting/ Readiness for Implementation***	1) Leadership Engagement 2) Available Resources 3) Access to Knowledge and Information	**Individual Characteristics/ Knowledge & Beliefs***	1) Knowledge and Beliefs about the Intervention
	Inner Setting/ Implementation Climate*	1) General Climate 2) Tension for Change 3) Compatibility 4) Relative Priority 5) Organizational Incentives and Rewards 6) Goals and Feedback 7) Learning Climate	**Implementation Process/ Engaging***	1) Engaging

"To what extent do you agree with the following statements regarding the implementation of physical activity policies in primary schools?"

*Measured on a five-point Likert scale ranging from 1 = "Do not agree at all" to 5 = " Totally agree"

Example implementation climate: *There is a general willingness within the teaching staff to adopt or implement physical activity policies.*

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Results - Description of Study Sample

- A total of 121 schools (4% of those eligible) took part in the survey
  - 102 headmasters (84 %) and 19 deputy headmasters
  - About half of them (56%) had more than five years of experience in their position
  - The majority were women (61%)
- Overall, 49 schools (40.5% of participating schools) reported implementing a policy
  - Primary school with a focus on sport and physical education (n = 38)
  - Sports and activity-friendly playground (n = 19)
  - National Recommendations for Physical Activity and Physical Activity Promotion (n = 1)

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Results – Structural Characteristics (Model 1)

- *For logistic regression analyses, the data of six schools had to be excluded in both models due to incomplete data*
- Model 1 on structural characteristics revealed that there were no associations with the adoption of a PA policy
- So, based on our data no associations could be found in regard to:
  - Number of pupils
  - Number of pupils with migration background
  - Number of employees
  - Type of school
  - Care concept
  - Location of school
  - Size of playground
  - Sport facilities
  - Recess minutes

Results – CFIR Determinants (Model 2)

- Model 2 showed that schools were more likely to adopt a policy if respondents indicated higher scores on the question about the ***general willingness within the teaching staff***
- Furthermore, higher agreements in terms of ***available resources*** as well as ***receiving sufficient information and materials*** made schools more likely to be adopters
- In addition, policies were more likely to be adopted if respondents expressed higher levels of agreement that the ***involvement of stakeholders during policy development*** is important
- On the other hand, the determinants tension for change, compatibility, relative priority, organizational incentives and rewards, goals and feedback, learning climate, leadership engagement, and knowledge and beliefs about the intervention might not have been associated with the adoption of a policy.

Discussion

Overlaps with findings from reviews on barriers and facilitators to the processes of implementation: Nathan et al. (2018) & Weatherson et al. (2017)

- "lack of time", "lack of funds", "lack of training" and "teachers' attitudes towards physical activity (intention)"

Strengths and limitations

- Strong theoretical background
- Framework based questionnaire development
- Low response rate
- Non-response bias may have occurred

Nathan N, Elton B, Babic M, McCarthy N, Sutherland R, Presseau J, et al. Barriers and facilitators to the implementation of physical activity policies in schools: A systematic review. Prev Med (2018) 107:45–53. doi:10.1016/j.ypmed.2017.11.012
Weatherson KA, Gainforth HL, Jung ME. A theoretical analysis of the barriers and facilitators to the implementation of school-based physical activity policies in Canada: a mixed methods scoping review. Implement Sci (2017) 12:41. doi:10.1186/s13012-017-0570-3

Conclusion

- Headmasters are more likely to adopt a physical activity policy if there is a general **willingness within the teaching staff, relevant stakeholders are involved, implementers have access to information and sufficient resources** are available.

- **Using the CFIR can provide good guidance** to assess determinants associated with the adoption of physical activity policies in the school setting

- Much in common and yet different - intervention and public policy implementation evaluation

Results from the PEN Project

using the example of physical activity and nutrition

Sarah Forberger, Lucia Reisch, Biljana Meshkovska, Karolina Lobczowska, Anna Banik, Janine Wendt, Annabel Mueller-Stierlin, Jürgen Steinacker, Aleksandra Luszczynska, Hajo Zeeb

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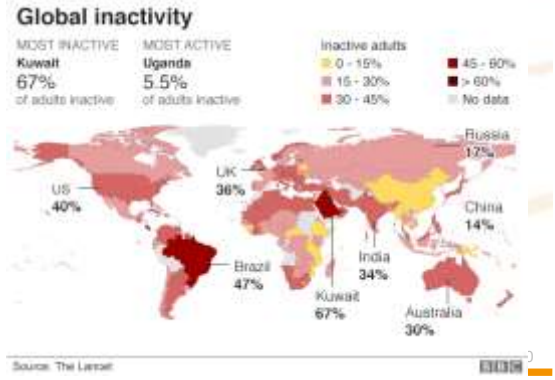
The Role of Public Policy

Despite effective intervention to promote physical activity

Physical inactivity levels remain low worldwide since 2001



Guthold et al, 2018, 2020

The Role of Public Policy

- top 10 health achievements of the 20th century in the United States influenced by the **"big P"**

⬇

- increasing awareness of the structural determinants of health, as people's behaviour is determined by the environment in which they live

⬇

- “Science can identify solutions to pressing public health problems, but only politics can turn most of those solutions into reality” (Oliver 2006)

Centers for Disease Control and Prevention (CDC) 1999, Nilsen, Ståhl et al. 2013; Oliver 2006

The Role of Public Policy

- Shifting awareness from individual to living environment/context
- Focus on public policies to change the living environment

But: How can we attribute the effect we see to the policy?

Question

How can public policy implementation be evaluated?

Methods

Approach from 2 angles:

a) Implementation Science

- Analysis of existing frameworks for the evaluation of the implementation
- Meta-review of implementation determinants

b) Public Policy

- Analysis of the theories regarding approaches to implementation
- Elaboration of variables that could play a role in the implementation process
- Testing the variables within scoping reviews for physical activity and sugar-sweetened beverage tax implementation

Results:

The results presented in the slides will be published soon.
For queries, please contact: Sarah Forberger, PhD
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Thanks to the team and colleagues

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- Janine Wendt, Daniel Scheller, Jürgen Steinacker
  - Department of Internal Medicine, Division of Sports and Rehabilitation Medicine, Ulm University Medical Center, Ulm

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JPI a healthy diet for a healthy life

Thank you!

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Determinants of diet and physical activity
Diet and food production
Diet-related chronic diseases

Good practice recommendations on Policy Implementation Evaluation for policies targeting diet, physical activity and sedentary behaviour

Division of Sports and Rehabilitation Medicine, Ulm University Hospital, Germany

Presenter: Steinacker Juergen Michael

Lead authors: **Janine Wendt,**

Annabel Sandra Mueller-Stierlin

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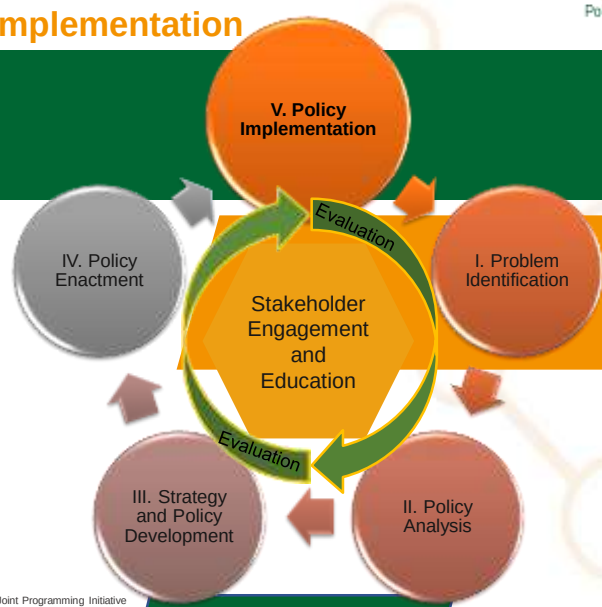
Final Symposium
June 16th 2022

Policy Implementation



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J. Wendt

Policy Cycle: Adapted from Centers for Disease Control and Prevention, Office of the Associate Director for Policy and Strategy; https://www.cdc.gov/policy/polaris/policyprocess/index.html

WP 4: Policy Implementation Evaluation

3) **tools to assess implementation** processes, facilitators, and barriers through several reviews and qualitative studies.

The **WP4 multidisciplinary working group** was comprised of 16 researchers with expertise in implementation science, health science and promotion as well as political science.

During the last three years, we have focused on central requirements of policy implementation, which include the appropriate use of **theoretical frameworks** and **stakeholder engagement**.

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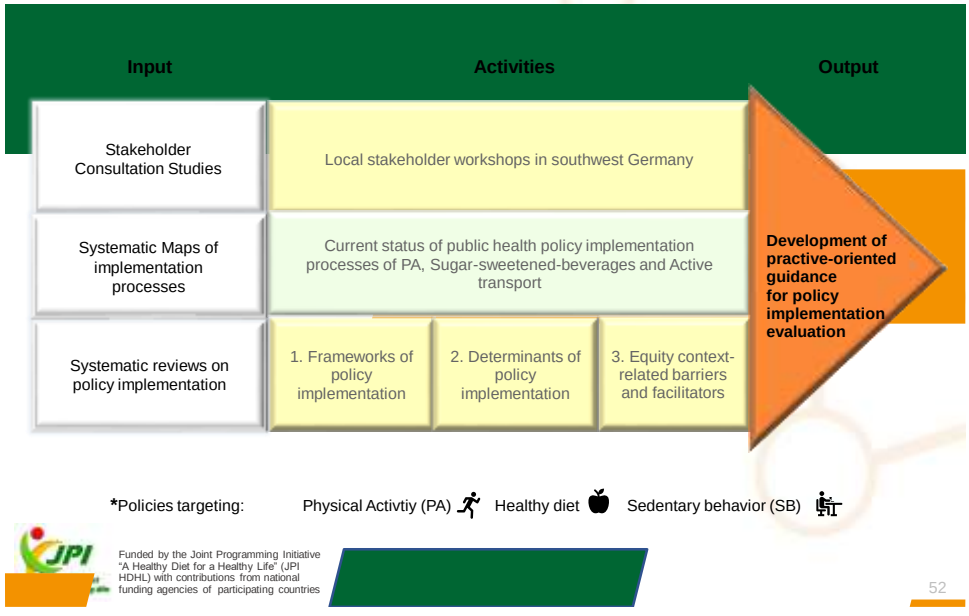
WP 4: Policy Implementation Evaluation



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Objective

group (work package 4) are summarized.

- We do not aim to provide an evidence-based guideline, but an outline of the approach that could be used to **further develop respective guidelines for the implementation evaluation** of healthy diet and physical activity policies.

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Method

2. **Successive feedback** and further input was gathered by an **online survey in November 2021**
3. **Two virtual workshops** were held in December 2021 and March 2022
4. **Revisions** include changes to provisional recommendations, addition of further recommendations and closing of gaps by further reading.

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Practice-oriented guidance

- **9 case reports** for policy implementation evaluation

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First key recommendation

interactions must be adequately covered in the evaluation design.

But: Anything is better than nothing!

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Second key recommendation

taking into account the interplay between contextual factors as well as equity factors.

But: The perfect framework doesn't exist!

Adaptations to specific requirements are always needed!

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Third key recommendation

levels should be made by considering
the nature of the policy (e.g. nutrition, physical activity) and
the context in which the policy is implemented.
Special attention should be paid to equity and diversity aspects.

But: Stakeholder engagement is a tough nut!

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Stakeholder engagement – a model to describe interactions in the policy process

SCAN ME

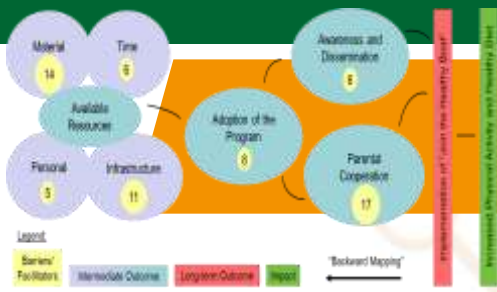
Find out more about our research

Macro: Political Actors

Meso: Socio-political actors

Micro: Social actors

Target Group: Individuals



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Ten steps for implementation evaluation of policies

1) Clarify what is to be evaluated
2) Engage stakeholders
3) Determine your evaluation questions
4) Develop an evaluation framework
5) Determine appropriate methods of measurement and procedures
6) Develop an evaluation plan
7) Collect data
8) Process and analyse data, and present results
9) Interpret and disseminate results
10) Apply evaluation findings

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Overview on case reports

1	**Barriers and facilitators to implementation of the EU School Fruit and Vegetables Scheme**: cross country study using the Consolidated Framework for Implementation Research	Qualitative study (Meshkovska et al. under review)
2	**Social, economic, political, and geographical context that counts:** Meta-review of implementation determinants for policies promoting healthy diet and physical activity	Meta-review (Lobczowska & Banik et al. 2022)
3	**Review on scoping maps of implementation** of sugar-sweetened beverage taxation, public physical activity policies and active transport policies	Scoping maps (Forberger et al. 2022)
4	**Frameworks for Implementation of Policies** Promoting Healthy Diet and Physically Active Lifestyle: Systematic Review	Systematic review (Lobczowska et al. 2022)
5	**Acceptability of policies** targeting dietary behaviours and physical activity: a systematic review of tools and outcomes	systematic review (Scheidmeir et al. Under review)

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Overview on case reports

6	**Meta-review of implementation determinants** for policies promoting healthy diet and physically active lifestyle: application of the Consolidated Framework for Implementation Research	Meta-review (Lobczowska et al. 2022)
7	Qualitative systematic review on **barriers and facilitators to implementation** of direct fruit and vegetables provision interventions in kindergartens and schools: applying the consolidated framework for implementation research (CFIR)	Systematic review (Meshkovska et al. 2022)
8	**Barriers and facilitators to implementation of physical activity policies in primary schools**: A cross-sectional study in south-west Germany	Cross-sectional study (Wendt et al. under review)
9	**Stakeholder-oriented inclusive approaches**. Pilot study involving stakeholders related to assess processes, barriers and facilitators for the implementation of health related policies	Stakeholder study / theory of change workshops (Wendt & Mueller-Stierlin, in process)

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Thank you!

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