



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).



Session 6 - Oslo
09:00 – 10:30



Best-ReMaP
Healthy Food for a Healthy Future

Expert Workshop:
Harmonised pan-European
surveillance for diet and
physical activity behaviours
PEN & STOP

Chairs:

Dr. Antje Hebestreit

Leibniz Institute for Prevention Research and
Epidemiology – BIPS

Dr. Celine Murrin

University College Dublin

#NCDPrevention22



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Agenda



Agenda Surveillance Workshop, (Day 2 final PEN symposium) Wednesday, June 15, 2022, Parallel session 6	
9:00-10:30	<ul style="list-style-type: none"> Opening Session (A. Hebestreit, C. Murrin) <ul style="list-style-type: none"> Welcome and introduction 'Towards a harmonised pan-European surveillance for dietary and physical activity indicators' (A. Hebestreit) 'A central role in the harmonisation process: The Methodological Competence Platform' (A. Hebestreit and C. Murrin) Forming the Methodological Competence Platform (K. Wickramasinghe) 'SIMPLE: Harmonising indicators for monitoring dietary behaviour in Europe' (C. Murrin) 'SIMPLE: Harmonising indicators for monitoring physical activity in Europe' (K. Abu-Omar)
10:30-11:00	Coffee Break Parallel session 8
11:00-12:30	<ul style="list-style-type: none"> EACEA project for harmonising physical activity/sport data (M. Semeels) 'Socio-economic position variables used in childhood obesity studies – challenges in harmonisation' (H. Tolonen) Panel discussion on the aims and priorities of the Methodological Competence Platform inviting: K. Wickramasinghe, I. Rakovac, K. Castetbon, and S. Fagt (W. Ahrens) Wrap up and good bye (A. Hebestreit, C. Murrin, W. Ahrens)
12:30-13:30	Lunch



Surveillance and monitoring



Expert workshop on harmonised
pan-European surveillance

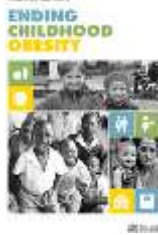
Towards a harmonised pan-European surveillance for dietary and physical activity indicators

Antje Hebestreit, Stefanie Do, Maike Wolters, Gert B.M. Mensink, Lina Garnica Rosas, Karim Abu-Omar, Sven Messing, Agnieszka Neumann-Podczaska, Katarzyna Wieczorowska-Tobis, Nanna Lien, Isobel Stanley, Wolfgang Ahrens, Celine Murrin

on behalf of the PEN Consortium

15th June 2022

Background



→ The EU member states committed themselves to support nutrition and health related actions and **surveillance systems across the life course**



→ „A process is needed to develop **internationally comparable core indicators** for national health surveillance systems”.

https://apps.who.int/iris/bitstream/handle/10665/204176/9789241510066_eng.pdf, https://www.euro.who.int/__data/assets/pdf_file/0006/96459/E90143.pdf

5

DEDIPAC Inventory



1. List of indicators common to member states but measured differently
“Indicators are specific and measurable characteristics of changes that demonstrate progress towards outcome or impact. Indicators may be observable or not observable”

2. Identification of international surveillance systems measuring health indicators

Bel-Serrat et al., Eur J Public Health, 2017; Centers for Disease Control and Prevention. Brief 5: Evaluating Policy Impact, Step by Step-Evaluating Violence and Injury Prevention Policies

6



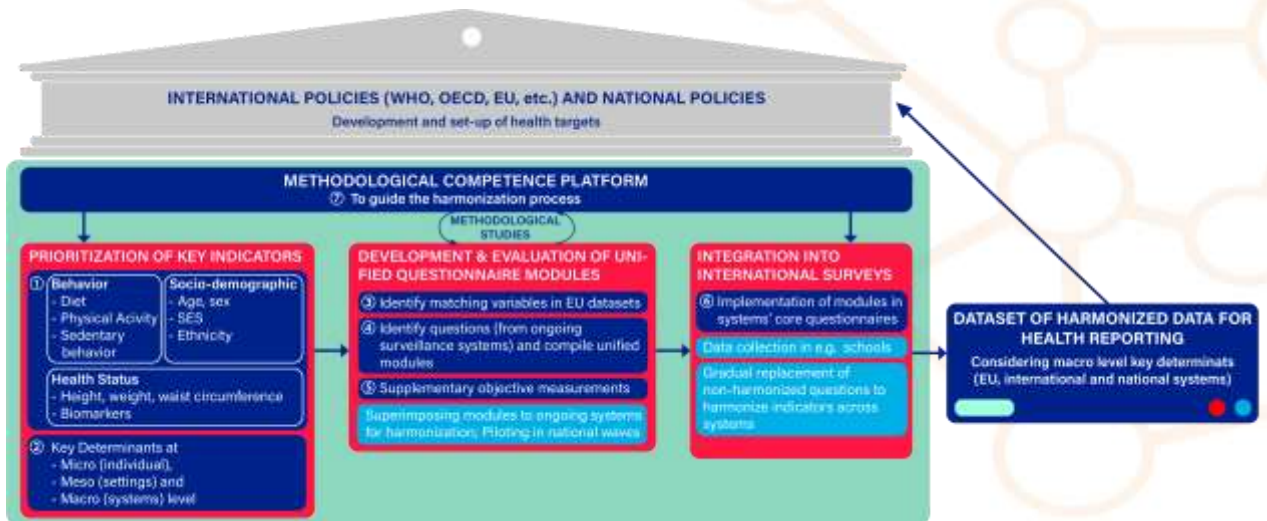
International Journal of Public Health (2019) 64:615–623
<https://doi.org/10.1007/s00038-019-01227-y>



ORIGINAL ARTICLE

Road map towards a harmonized pan-European surveillance of obesity-related lifestyle behaviours and their determinants in children and adolescents

Antje Hebestreit¹ · Barbara Thumann¹ · Maïke Wolters¹ · Jens Bucksch² · Inge Huybrechts³ · Joanna Inchley⁴ · Cornelia Lange⁵ · Nanna Lien⁶ · Kristin Manz⁵ · Nadia Slimani³ · Hidde P. van der Ploeg⁷ · Wolfgang Ahrens^{1,8} on behalf of DEDIPAC Consortium



(1+2) Identification and Prioritization of key indicators

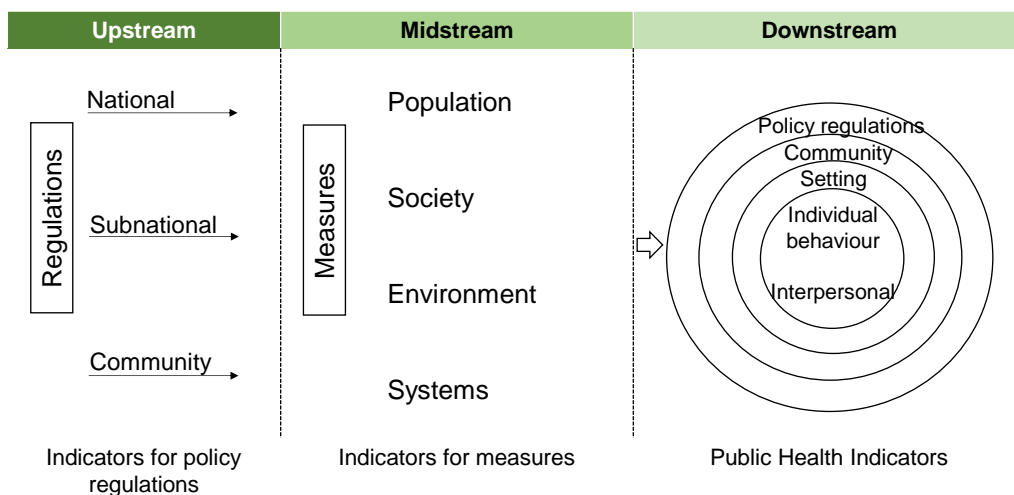
- Aim
 - To identify and prioritize key indicators for both diet and physical activity

- Methods
 - Based on:
 - Frameworks targeting obesity prevention
 - European Core Health Indicators
 - Literature research to complete missing indicators

 - Criteria for the selection of indicators, e.g.
 - Relevance
 - Feasibility
 - International comparability

9

(1+2) Identification of Indicators

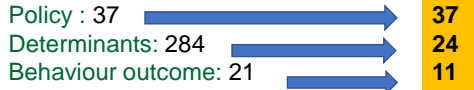


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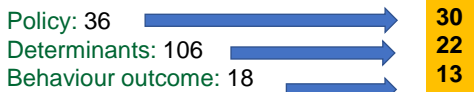
(1+2) Results

3 expert ranking rounds

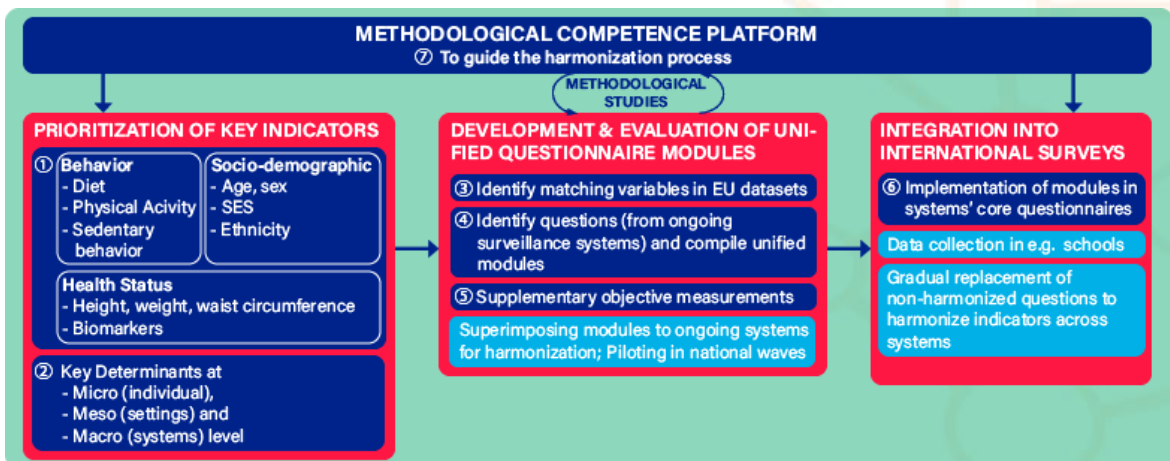
Diet



Physical Activity & Sedentary Behaviour



DEDIPAC Knowledge Hub



(3) Identify matching variables in EU data sets

- Aim
 - Mapping of key indicators against available European indicators in monitoring datasets
- Methods
 - Available European datasets
 - Identification of national contact points, data managers
 - Request for data dictionaries/variable lists and properties
 - Develop criteria for inclusion, e.g. degree of aggregation of data
 - Mapping
 - Checking data dictionaries for relevant variables
 - Agree on fit of indicators PEN/data sets (Likert scale)

13

(3) Existing surveillance and monitoring systems

- WHO Childhood Obesity Surveillance Initiative (**COSI**)
- WHO Health Behaviour in School Aged Children (**HBSC**)
- European Health Information Survey (**EHIS**)
- WHO Stepwise Approach to CVD risk monitoring (**STEPS**)
- Nordic Monitoring Survey (**NORMO**)
- Survey of Health, Ageing and Retirement in Europe (**SHARE**)
- EPHA policy mapping
- HEPA PAT
- Eurobarometer 88.4
- European Union Statistics on Income and Living Conditions (EU-SILC)
- European Social Survey (ESS)
- Eurostat Food Price Monitoring Tool
- EFSA Food composition database
- Global dietary database
- WHO Global Nutrition Policy Review, etc.

14

(3) Results

	Diet	Physical Activity and Sedentary Behaviour
Level	Mapped (n)	Mapped (n)
Policy regulation	26	27
Determinants: Environment	7	14
Determinants: Population	2	6
Determinants: Individual	8	0
Behaviour Outcome	9	11
Total	52	58

15

(3) Results

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17

(3) Online catalogue on indicators available in European data sets

European Journal of Public Health, 1–7

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<https://doi.org/10.1093/ejpub/ckaa043>

Health surveillance indicators for diet and physical activity: what is available in European data sets for policy evaluation?

Isobel Stanley¹, Agnieszka Neumann-Podczaska², Katarzyna Wieczorowska-Tobis², Gert B.M. Mensink³, Lina Garnica Rosas³, Stefanie Do³, Karim Abu Omar⁵, Catherine Woods⁶, Wolfgang Ahrens^{4,7}, Antje Hebestreit^{4,1}, Celine Murrin^{1,7}; on behalf of the PEN Consortium



<https://www.jpi-pen.eu/pen-eu-policy-indicator-catalogues.html>

18

(4) Identify instruments and compile unified questionnaire modules

- Aim
 - Short instruments for measuring comparable indicators in the ongoing surveillance surveys
- Methods
 - Identification of measurement instruments according to specific criteria, e.g.
 - Application in one/several existing system(s).
 - High validity
 - High reliability
 - Suitability to monitor adherence to WHO recommendations
 - Robustness in a cross-cultural context

19

(4) Identify instruments and compile unified questionnaire modules

- The questionnaire modules allow
 - The measurement of individual-level behavioral indicators in ongoing surveillance systems
 - The incorporation of policy and contextual indicators into downstream indicators (individual determinants and behavior) and weight status

SIMPLE Modules: "Selected Instruments for **Multilevel PoL**icy and Impact Evaluation"

20

(4) Results

7 unified questionnaire modules to measure indicators in dietary and physical activity behaviour



→ See also presentations of Celine Murrin and Sven Messing

<https://www.jpi-pen.eu/>

21

(6) Implementation of modules into systems' core questionnaires

- Aims
 - Explore barriers and facilitators for implementation of one or more questionnaire modules
 - Opportunities for (in-country) piloting
 - Discuss membership in a methodological competence platform
- Methods
 - Consultative process with main representatives of the surveillance systems
 - Recording and transcription of consultations to circulate and agree on the main aspects

22

(6) Expert consultation rounds – representatives of surveillance systems

- Children and adolescents:
 - WHO COSI: 6-9 years
 - WHO HBSC: 11, 13, 15 years
 - NORMO: 7-12 years
 - EHIS: 15+ years
- Adults
 - NORMO: 18-65 years
 - EHIS: 15+ years
 - WHO STEPS: 18+ years

23

(6) Results

Barriers

- Pressure of systems to present time trends
- Limited resources of EU member states (money, personnel)
 - Limitations on length of questionnaire/ duration of interview
 - Unsuitability to repeat very similar questions
 - Only a limited number of questions and variables can be added between waves
- EU member states may focus on different health policy targets
- Backwards- rather than forward-oriented view of systems

Facilitators

- Consensus on the need to harmonise surveillance data
- Need to update instruments or include measurement of new indicators

24

(6) Results

European Journal of Public Health, 1–12

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<https://doi.org/10.1093/eurpub/ckac061>

Towards a harmonized European surveillance for dietary and physical activity indicators in young and adult populations

Antje Hebestreit¹, Stefanie Do^{1,2}, Maike Wolters¹, Gert B.M. Mensink³, Lina Garnica-Rosas³, Karim Abu-Omar⁴, Sven Messing⁴, Agnieszka Neumann-Podczaska⁵, Katarzyna Wieczorowska-Tobis⁵, Nanna Lien⁶, Isobel Stanley⁷, Wolfgang Ahrens¹, Celine Murrin⁷ and on behalf of the PEN Consortium

25

(7) Establishment of a Methodological Competence Platform

- Aims:
 - To guide and sustain the harmonisation process
 - Goal Setting and strategic planning and methodological advancement of survey instruments, etc.



26

Thank you to all people involved in this work!



Antje Hebestreit,
Stefanie Do,
Maike Wolters,
Wolfgang Ahrens



Celine Murrin,
Isobel Stanley



Gert B. M. Mensink,
Lina Garnica Rosas



A. Neumann-Podczaska,
K. Wieczorowska-Tobis



Karim Abu-Omar,
Sven Messing

27

Surveillance and monitoring



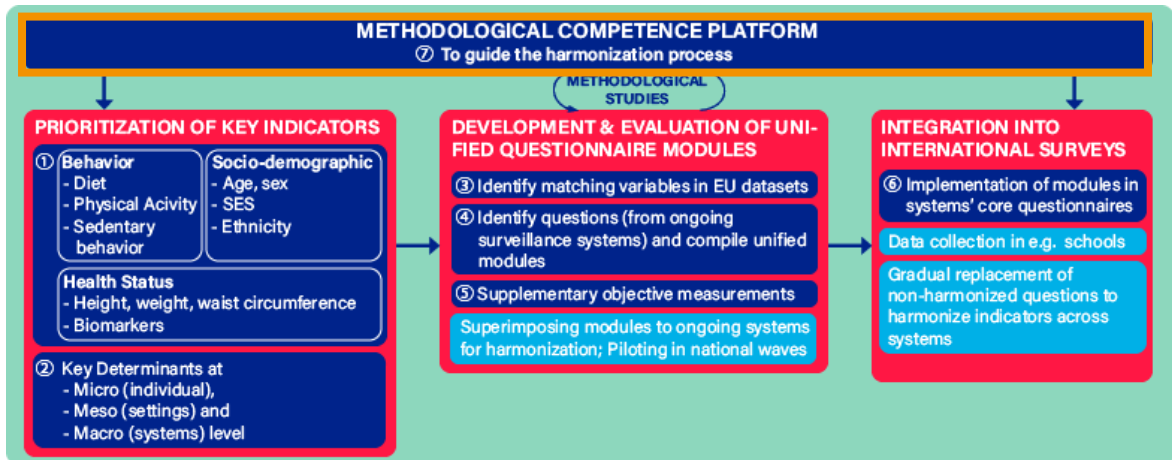
Expert workshop on harmonized
pan-European surveillance

A central role in the harmonization process: The Methodological Competence Platform

Antje Hebestreit, Stefanie Do, Maike Wolters, Gert B.M. Mensink, Lina Garnica Rosas, Karim Abu-Omar, Sven Messing, Agnieszka Neumann-Podczaska, Katarzyna Wieczorowska-Tobis, Nanna Lien, Isobel Stanley, Wolfgang Ahrens, **Celine Murrin**

on behalf of the PEN Consortium

15th June 2022



Similar structures proposed by....

Patton et al. *Lancet* (2012)

- 'The **UN and its agencies** need to have a **central role in aligning systems of data collection**, drawing in **expertise from academia** and [...] research institutes to develop strategies to fill the present gaps in knowledge.

Fehr et al. *Archives of Public Health* (2018)

- ,Establish an ECHI indicator platform, i.e. a single **point of access** for
 - ...existing **methodologies, expertise**, historical and current knowledge; [...]
 - Exchange of expertise and capacity building on **health indicators and their use in EU** [...]'

Snoek et al. *Trends in Food Science & Techn* (2018)

- 'Clearly, this requires not only a high degree of **alignment** and **standardization of tools**, but also requires a well-accepted **mechanism to determine the research agenda** with the Member States and the European Commission.'

Methodological Competence Platform

Members

Principal investigators of surveillance systems and monitoring systems,
e.g. WHO COSI, HBSC, STEPS, NORMO, EHIS, OECD, EUROSTAT, DG SANTE, EFSA

Functions:

- Goal setting (mid-term/ long-term)
- Strategic planning, e.g. on
 - Common quality standards;
 - Implementation of (novel) harmonized questionnaire/ examination modules;
 - Acquisition of grants (harmonization activities, methodological studies, calibration studies etc.)
- Initiation of **working groups** and appointment of WG members
- Propose plans and strategy to a decision making policy group (to be established with Member States in phase II)

31

Methodological Competence Platform

WHO Collaborating Centers

Functions:

- Management & admin support
- Statistical support

Working groups

- Investigators in monitoring and surveillance systems and/or external experts with knowledge on: Indicators, assessment methods, methodological research (reliability/ validity)
- Potential **working groups**:
 - Diet
 - PA/SB
 - Sustainability?
 - Others...

32



Evaluation of the first seven Joint Funding Actions of the JPI HDHL



In 2013 started the first Joint Funding Action (JFA) initiated by the JPI HDHL followed by six further funding activities until 2015. From these seven calls much can be learned for future activities. For this purpose, detailed evaluation reports were conducted to assess the monitoring data of the funded research projects in relation to the respective aim of the call and to analyse the output, outcomes and impact of JPI HDHL funding activities (both on call and project level). The results will feed into the continuous improvement and development of new funding activities to reach the expectations of all stakeholders and fulfil the JPI HDHL objectives.

Selected highlights of the first Joint Funding Actions

The DEDIPAC Knowledge Hub achieved great progress towards a **pan European surveillance system** by establishing an inventory of 50 existing surveillance systems and the generation of a four step-**roadmap** towards the development of a joint and standardised monitoring system for Europe.

<https://www.healthydietforhealthylife.eu/index.php/news-archive/672-evaluation-of-the-first-seven-joint-funding-actions-of-the-jpi-hdhl>

33



Methodological Competence Platform

- Role of platform members: discuss and agree on
 - Future-oriented measurement of European health indicators (data provider and user)
 - Strategic planning and methodological advancement of survey instruments
 - Integration of objective measurements in surveillance
 - Guiding and sustaining the harmonization process
- Platform members:
 - Principal investigators from national and international surveillance systems:
 - WHO COSI, WHO HBSC, WHO STEPS, EHS, NORMO
 - Principal investigators from monitoring systems
 - EFSA, DG Sante, Eurostat
 - Decision making policy group (to be established with Member States)
- Established by the WHO European Office for the Prevention and Control of NCD

34

Establishing the Methodological Competence Platform

Dr Kremlin Wickramasinghe

Acting Head,
WHO European Office for the Prevention and Control of NCDs

35

SIMPLE: Harmonising indicators for monitoring dietary behaviour in Europe



Policy Evaluation Network
Expert Workshop

Celine Murrin
Isobel Stanley
School of Public Health, Physiotherapy and Sport Science,
University College Dublin,
Ireland.

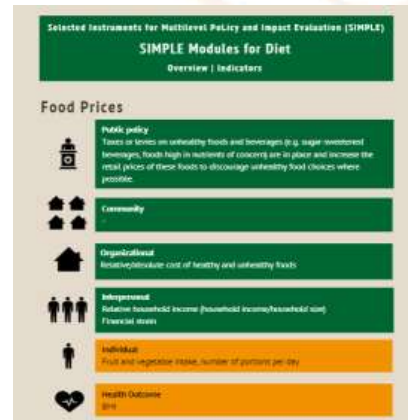
Antje Hebestreit
Stefanie Do
Leibniz Institute for Prevention Research and
Epidemiology
Germany

Joint Symposium, 15 June 2021

What is a SIMPLE module?

Selected Instruments for **Multilevel Policy** and impact **Evaluation**.

- Short sets of instruments
- Assessment of **individual** health indicators/behaviours
- Alignment with the **determinants** of these behaviours
- Indicators are interconnected on different levels of an ecological model.



37

What is the purpose of the SIMPLE modules?

Selection of minimal indicator set that:

1. Aims to **harmonize data collection** and assess **comparable health-related data** across European monitoring and surveillance systems.
2. Facilitate the evaluation of **temporal and regional changes** in physical activity, dietary behaviour and associated health outcomes.
3. Allows for measurement of the **impact of policy action** on individual health and the **proximal and distal determinants**.

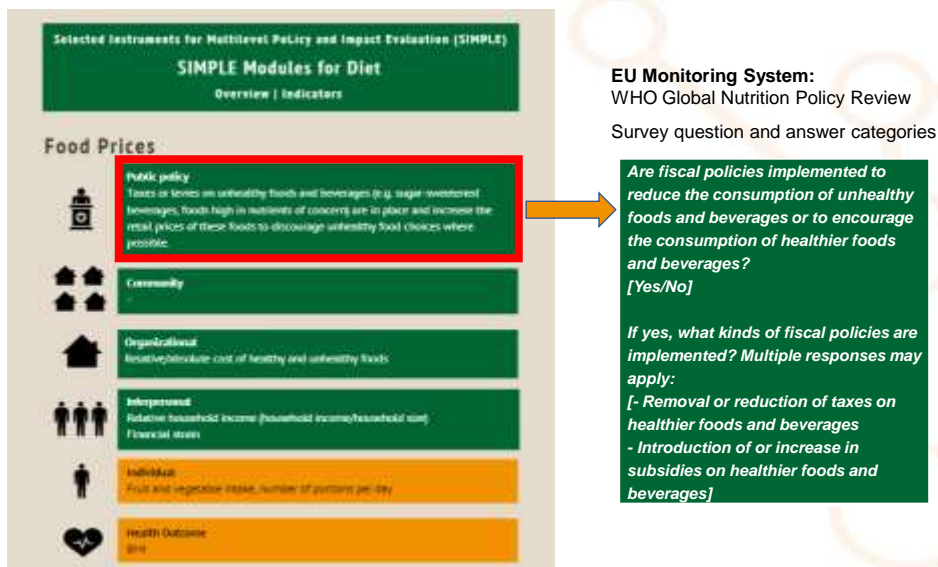
38

How can the SIMPLE modules be used?

1. **Individual level modules**
 - primary data collection by health-related surveillance systems for physical activity and diet.
 - surveillance systems can integrate one or more modules into their established instruments
 - comparable individual data.
2. **Multilevel modules**
 - existing surveillance systems measure variables that may determine health
 - thus providing routine monitoring data.
 - Can use these different data sources to evaluate outcomes related to policy actions and infrastructure support influencing individual and population behaviour at a national or pan-European level.

39

Example Simple Module 'Food Prices'



40

Example Simple Module 'Food Prices'

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules for Diet
Overview | Indicators

Food Prices

- Public policy**
Taxes or levies on unhealthy foods and beverages (e.g. sugar-sweetened beverages, foods high in nutrients of concern) are in place and increase the retail prices of these foods to discourage unhealthy food choices where possible.
- Community**
- Organisational**
Positive/negative cost of healthy and unhealthy foods
- Interpersonal**
Relative household income (household income/household size)
Financial stress
- Individual**
Fruit and vegetable intake, number of portions per day
- Health Outcome**
BMI

Eurostat:
Food Price Monitoring Tool

Harmonised Index of Consumer Prices

Example Simple Module 'Food Prices'

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules for Diet
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European Health Information Survey

Net monthly equivalised income of the household (Total net monthly income of the household/Equivalent Household Size)

EU Statistics on Income and Living Conditions (EU-SILC)

Thinking about your household income is your household able to make ends meet to pay for its usual necessary expenses?

European Social Survey

Which of the following descriptions [card shown] comes closest to how you feel about your household income nowadays?

Example Simple Module 'Food Prices'

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules for Diet
Overview | Indicators

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BMI

WHO STEPs

In a typical week, on how many days do you eat fruit? [__ Days per week]
How many servings of fruit do you eat on one of those days? [__Number of servings]

In a typical week, on how many days do you eat vegetables? [__ Days per week]
How many servings of vegetables do you eat on one of those days? [__Number of servings]

Example Simple Module 'Food Prices'

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules for Diet
Overview | Indicators

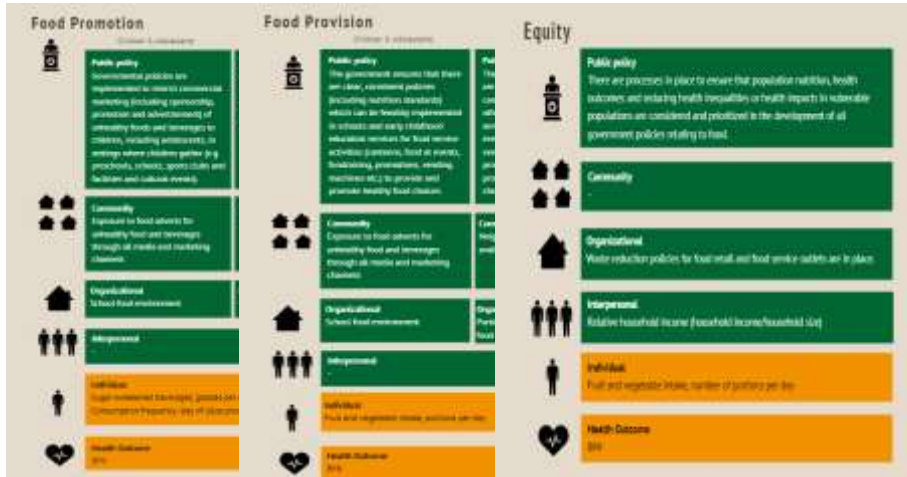
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Financial stress
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Fruit and vegetable intake, number of portions per day
- Health Outcome**
BMI

EHIS/HBSC

How tall are you without shoes? [__ cm]
How much do you weigh without clothes and shoes? [__ Kg]

Three additional Diet modules



Indicator Gaps

Current indicators at different levels

	Public policy	Community	Organisational	Interpersonal	Individual
Food prices	x		x	x	x
Promotion	x	x		x	x
Provision	x	x	x		x
Composition	x		x		
Labelling	x		x	x	x
Retail	x	x	x		
Education & Counselling	x			x	x
Monitoring & Evaluation	x	x	x		x
Governance	x				x
Platforms & Leadership	x			x	x
Resources & Funding	x	x	x		x

Develop further Modules; Prioritise indicators to fill the gaps in surveillance and monitoring systems

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE) Modules

Available on the PEN webpage



THANK YOU

<https://www.jpi-pen.eu/physical-activity-and-diet-simple-modules-overview.html>

Acknowledgements

Sven Messing and Karim Abu Omar
(Friedrich-Alexander University, GER)

Gert.B.M. Mensink (Robert Koch
Institute, GER)

Catherine Woods (University Limerick,
IRE)

Agnieszka Neumann-Podczaska and
Katarzyna Wieczorowska-Tobis (Poznan
University of Medical Sciences, POL)

Nanna Lien (University of Oslo, NOR)

Hidde P. van der Ploeg (VU University
Medical Center, The Netherlands)

Maïke Wolters, and Wolfgang Ahrens
(BIPS, GER)

Ina Alvarez Franco (BIPS, GER)

Eva Gahler (BIPS, GER)

47

PEN workshop: Harmonised pan-European surveillance for diet and physical activity behaviours

Forming the methodological competence platform

Dr Kremlin Wickramasinghe,

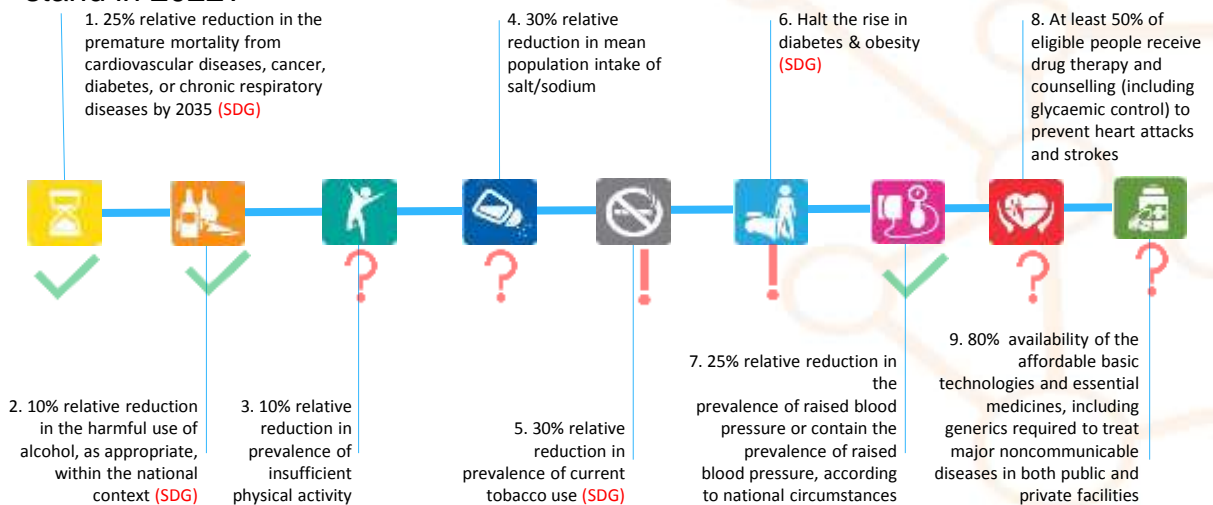
Head a.i. WHO European Office for the Prevention and Control of Noncommunicable Diseases (NCDs),
Regional Adviser, Nutrition Physical Activity and Obesity

15 June 2022

Surveillance of NCD Policy Implementation in



NCD Outcomes: NCD Global Monitoring Framework (GMF) / European Action Plan targets by 2025/2030 (SDGs by 2030) – where do we stand in 2022?

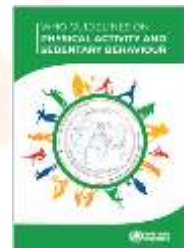


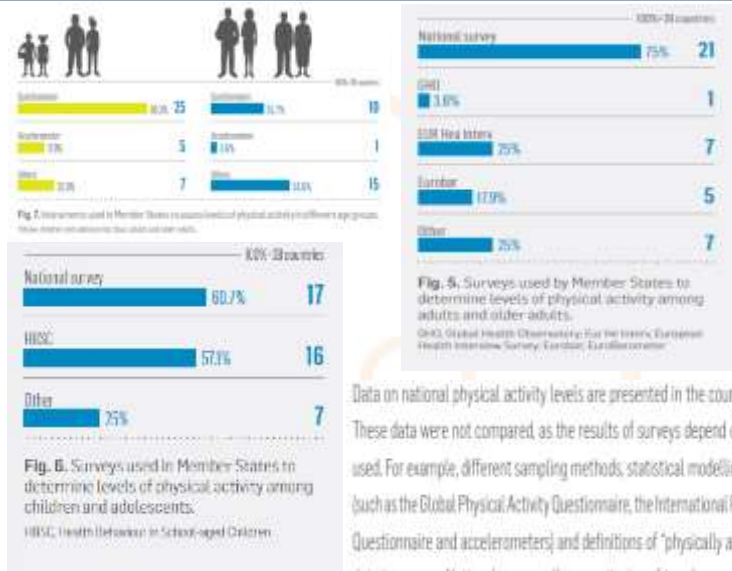
Progress Monitor Indicator: NCD risk factor surveys 2019



- This indicator is considered fully achieved if the country responds "Yes" to each of the following for adults: "Have surveys of risk factors (may be a single RF or multiple) been conducted in your country for all of the following:" "Harmful alcohol use" (optional for the 10 Member States where there is a total on alcohol), "Physical inactivity", "Tobacco use", "Raised blood glucose/diabetes", "Raised blood pressure/hypertension", "Overweight and obesity", and "Salt / Sodium intake". For risk factors "Raised blood glucose/diabetes", "Raised blood pressure/hypertension", and "Overweight and obesity", **the data must be measured, not self-reported. Additionally, for each risk factor, the country must indicate that the last survey was conducted in the past 5 years.**
- This indicator is considered partially achieved if the country responds that at least 3, but not all, of the above risk factors are covered, or the surveys were conducted more than 5 years ago but less than 10 years ago.

WHO Physical Activity Guidelines





Data on national physical activity levels are presented in the country factsheets. These data were not compared, as the results of surveys depend on the methods used. For example, different sampling methods, statistical modelling, instruments used (such as the Global Physical Activity Questionnaire, the International Physical Activity Questionnaire and accelerometers) and definitions of "physically active" influence data in surveys. National surveys allow monitoring of trends over time only if the same methods and instruments are used each time.

53

Challenges with breastfeeding surveillance

- *The indicator is measured in different ways across countries*
- *Some countries use "up to six months" and some use the indicator "at six months" or "at three months" for exclusive breastfeeding.*

There is no a harmonized study that measures breastfeeding and early childhood nutrition across the region. Results from national surveys are used for reporting.

54



Estimates of overweight in children younger than five years



Issues around adolescent overweight and obesity

Use of self-reported anthropometrics from the HBSC study for adolescent age group



Prone to measurement error, and not a reliable estimate



Probably there is underestimation of true levels of overweight and obesity among this age group

Challenge: adolescents are more likely to refuse being measured (as they are in COSI), so it is an ongoing problem



Towards a methodological competence platform for nutrition and physical activity data?

Why do we need it?

- Different surveys collect nutrition and physical activity data using methods and questionnaires which are not comparable to each other
- Not possible to compare data from different surveys:
 - Geographies
 - Over time
 - Life-course / age-groups
- Not always possible to evaluate (WHO) recommendations on nutrition and physical activity
- Lack of data to report on international commitments (SDGs, GMF), especially in the EU Member States
- Duplication of efforts and sub optimal use of resources
- Difficult to evaluate impact of policies

What are experiences from other areas?

- Common standards and classifications indispensable step towards more comparable data:
 - International Classification of Diseases (WHO)
 - System of Health Accounts (Eurostat, OECD, WHO)
 - Indicators for assessing infant and young child feeding practices (UNICEF/WHO)
 - Global Physical Activity Questionnaire (WHO)
- Joint data collections (Eurostat / OECD / WHO):
 - Health accounts
 - Non-monetary health care statistics (resources for health and health care activities)
 - Reduce reporting burden and while ensuring effective use of resources
- Can it be done?
 - YES
 - But requires considerable effort and resources (including time)

Why do differences exist?

- Each surveillance system: :
 - Started in different point in time
 - Has potentially different target group
 - Has different governance mechanism
 - Important to respect and comply with each governance mechanism
 - Was established with a different purpose
 - Changing methods can result in break in time series:
 - Comparative studies might provide estimates of differences between methods
- Communication between surveillance systems (and data users) can be improved



Methodological competence platform can be an important contribution towards improving communication, reducing inconsistencies and improving data quality.

Thank you!



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SIMPLE: Harmonising indicators for monitoring dietary behaviour in Europe



Policy Evaluation Network Expert Workshop

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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

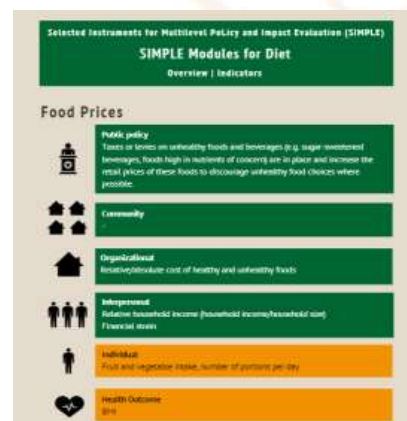
Joint Symposium, 15 June 2021

www.jpi-pen.eu
Policy Evaluation Network (PEN)
@PEN_EU1

What is a SIMPLE module?

Selected Instruments for **Multilevel Policy** and impact **Evaluation**.

- Short sets of instruments
- Assessment of **individual** health indicators/behaviours
- Alignment with the **determinants** of these behaviours
- Indicators are interconnected on different levels of an ecological model.



What is the purpose of the SIMPLE modules?

Selection of minimal indicator set that:

1. Aims to **harmonize data collection** and assess **comparable health-related data** across European monitoring and surveillance systems.
2. Facilitate the evaluation of **temporal and regional changes** in physical activity, dietary behaviour and associated health outcomes.
3. Allows for measurement of the **impact of policy action** on individual health and the **proximal** and **distal determinants**.

61

How can the SIMPLE modules be used?

1. **Individual level modules**
 - primary data collection by health-related surveillance systems for physical activity and diet.
 - surveillance systems can integrate one or more modules into their established instruments
 - comparable individual data.
2. **Multilevel modules**
 - existing surveillance systems measure variables that may determine health
 - thus providing routine monitoring data.
 - Can use these different data sources to evaluate outcomes related to policy actions and infrastructure support influencing individual and population behaviour at a national or pan-European level.

62

Example Simple Module 'Food Prices'

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules for Diet
Overview | Indicators

Food Prices

- Public policy**
Taxes or levies on unhealthy foods and beverages (e.g. sugar-sweetened beverages, foods high in nutrients of concern) are in place and increase the retail prices of these foods to discourage unhealthy food choices where possible.
- Community**
- Organizational**
Relative/absolute cost of healthy and unhealthy foods
- Interpersonal**
Relative household income (household income/household size)
Financial status
- Individual**
Fruit and vegetable intake, number of portions per day
- Health Outcome**
BMI

EU Monitoring System:
WHO Global Nutrition Policy Review
Survey question and answer categories

*Are fiscal policies implemented to reduce the consumption of unhealthy foods and beverages or to encourage the consumption of healthier foods and beverages?
[Yes/No]*

*If yes, what kinds of fiscal policies are implemented? Multiple responses may apply:
[- Removal or reduction of taxes on healthier foods and beverages
- Introduction of or increase in subsidies on healthier foods and beverages]*

Example Simple Module 'Food Prices'

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules for Diet
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Relative/absolute cost of healthy and unhealthy foods
- Interpersonal**
Relative household income (household income/household size)
Financial status
- Individual**
Fruit and vegetable intake, number of portions per day
- Health Outcome**
BMI

Eurostat:
Food Price Monitoring Tool

Harmonised Index of Consumer Prices

Example Simple Module 'Food Prices'

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules for Diet
Overview | Indicators

Food Prices

- Public policy**
Taxes or levies on unhealthy foods and beverages (e.g. sugar-sweetened beverages, foods high in nutrients of concern) are in place and increase the retail prices of these foods to discourage unhealthy food choices where possible.
- Community**
- Organizational**
Incentive/absolute cost of healthy and unhealthy foods
- Interpersonal**
Relative household income (household income/household size)
Financial strain
- Individual**
Fruit and vegetable intake, number of portions per day
- Health Outcome**
BMI

European Health Information Survey

Net monthly equivalised income of the household (Total net monthly income of the household/Equivalent Household Size)

EU Statistics on Income and Living Conditions (EU-SILC)

Thinking about your household income is your household able to make ends meet to pay for its usual necessary expenses?

European Social Survey

Which of the following descriptions [card shown] comes closest to how you feel about your household income nowadays?

Example Simple Module 'Food Prices'

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules for Diet
Overview | Indicators

Food Prices

- Public policy**
Taxes or levies on unhealthy foods and beverages (e.g. sugar-sweetened beverages, foods high in nutrients of concern) are in place and increase the retail prices of these foods to discourage unhealthy food choices where possible.
- Community**
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Incentive/absolute cost of healthy and unhealthy foods
- Interpersonal**
Relative household income (household income/household size)
Financial strain
- Individual**
Fruit and vegetable intake, number of portions per day
- Health Outcome**
BMI

WHO STEPS

*In a typical week, on how many days do you eat fruit? [__ Days per week]
How many servings of fruit do you eat on one of those days? [__ Number of servings]*

*In a typical week, on how many days do you eat vegetables? [__ Days per week]
How many servings of vegetables do you eat on one of those days? [__ Number of servings]*

Example Simple Module 'Food Prices'

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules for Diet

Overview | Indicators

Food Prices

- Public policy**
Taxes or levies on unhealthy foods and beverages (e.g. sugar sweetened beverages, foods high in nutrients of concern) are in place and increase the retail prices of these foods to discourage unhealthy food choices where possible.
- Community**
- Organizational**
Incentive/disincentive cost of healthy and unhealthy foods.
- Interpersonal**
Relative household income (household income/household size). Financial status.
- Individual**
Fruit and vegetable intake, number of portions per day.
- Health Outcome**
BMI

EHIS/HBSC

How tall are you without shoes?
[__ cm]
How much do you weigh without clothes and shoes?
[__ Kg]

Three additional Diet modules

Food Promotion <small>(Global & Community)</small>	Food Provision <small>(Global & Community)</small>	Equity
<p>Public policy Governmental policies are implemented to increase awareness, marketing (including sponsorship, promotion and advertisement) of unhealthy foods and beverages to children, including advertisements in settings where children gather (e.g. playgrounds, schools, sports clubs) and facilities and outdoor events.</p>	<p>Public policy The government ensures that there are safe, accessible public (including nutrition standards) school canteen facilities and programs in schools and early childhood education centres for food service activities (nutrition, food as events, fundraising, promotion, healthy facilities etc.) to provide and promote healthy food choices.</p>	<p>Public policy There are processes in place to ensure that population nutrition, health outcomes and reducing health inequalities or health impacts in vulnerable populations are considered and prioritized in the development of all government policies relating to food.</p>
<p>Community Efforts to food safety for unhealthy food and beverages through all media and marketing channels.</p>	<p>Community Efforts to food safety for unhealthy food and beverages through all media and marketing channels.</p>	<p>Community</p>
<p>Organizational To food food environment</p>	<p>Organizational School food environment</p>	<p>Organizational Waste reduction policies for food retail and food service outlets are in place</p>
<p>Interpersonal</p>	<p>Interpersonal</p>	<p>Interpersonal Relative household income (household income/household size)</p>
<p>Individual Sugar sweetened beverages, added fat, trans-fat frequency, use of vitamins</p>	<p>Individual Fruit and vegetable intake, sodium intake</p>	<p>Individual Fruit and vegetable intake, number of portions per day</p>
<p>Health Outcome BMI</p>	<p>Health Outcome BMI</p>	<p>Health Outcome BMI</p>

Indicator Gaps

Current indicators at different levels

	Public policy	Community	Organisational	Interpersonal	Individual
Food prices	x		x	x	x
Promotion	x	x		x	x
Provision	x	x	x		x
Composition	x		x		
Labelling	x		x	x	x
Retail	x	x	x		
Education & Counselling	x			x	x
Monitoring & Evaluation	x	x	x		x
Governance	x				x
Platforms & Leadership	x			x	x
Resources & Funding	x	x	x		x

Develop further Modules; Prioritise indicators to fill the gaps in surveillance and monitoring systems

69

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE) Modules

Available on the PEN webpage



THANK YOU

Acknowledgements

Sven Messing and Karim Abu Omar
(Friedrich-Alexander University, GER)

Gert.B.M. Mensink (Robert Koch
Institute, GER)

Catherine Woods (University Limerick,
IRE)

Agnieszka Neumann-Podczska and
Katarzyna Wieczorowska-Tobis (Poznan
University of Medical Sciences, POL)

Nanna Lien (University of Oslo, NOR)

Hidde P. van der Ploeg (VU University
Medical Center, The Netherlands)

Maike Wolters, and Wolfgang Ahrens
(BIPS, GER)

Ina Alvarez Franco (BIPS, GER)

Eva Gahler (BIPS, GER)

<https://www.jpi-pen.eu/physical-activity-and-diet-simple-modules-overview.html>

70



SIMPLE: Harmonising indicators for monitoring physical activity in Europe



Policy Symposium on NCD Prevention

Karim Abu-Omar, Sven Messing, Isobel Stanley, Celine Murrin, Gert Mensink, Stefanie Do, Maike Wolters, Agnieszka Neumann-Podczaska, Katarzyna Wieczorowska-Tobis, Catherine Woods, Enrique Garcia Bengoechea, Liam Kelly, Kevin Volf, Nanna Lien & Antje Hebestreit



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

15th June 2022



SIMPLE Modules for Physical Activity: Overview



Three **SIMPLE Modules for physical activity** have been developed:



Physical activity recommendations



Cycling and walking



Physical activity at schools

Additional indicators for future modules:

- General PA policies
- Active transport
- Schools
- Urban design
- Worksite
- Healthcare
- Kindergarten

Module 1



73

Module 1: Physical activity recommendations

Level	Nr.	Survey question	EU Monitoring System / Database	Data gathered from
Public policy	1	Are there any national guidelines which provide recommended levels of physical activity for the population or a specific segment of the population? If yes: Are there guidelines specifically addressing any of the following age groups?	WHO Country Capacity Survey	National level experts
Community	2	To what extent do you agree or disagree with the following statement about sport and physical activity? The area where you live offers you many opportunities to be physically active.	Eurobarometer	Population
Organizational	3	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.	HEPA PAT	National level experts
Interpersonal	4	Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this?	Eurobarometer	Population
Individual	5	In a typical week, on how many days do you carry out sports, fitness or recreational (leisure) activities for at least 10 minutes continuously?	EHIS	Population
	6	How much time in total do you spend on sports, fitness or recreational (leisure) physical activities in a typical week?	EHIS	Population

74

Module 1: Physical activity recommendations (Example)

Level	Nr.	Survey question	Germany
Public policy	1	Are there any national guidelines which provide recommended levels of physical activity for the population or a specific segment of the population?	Yes
Community	2	To what extent do you agree or disagree with the following statement about sport and physical activity? The area where you live offers you many opportunities to be physically active.	89%
Organizational	3	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.	13/14 settings
Interpersonal	4	Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this?	39% In a park, outdoors, etc. 41% At home 29% On the way between home and school, work or shops 14% At a health or fitness centre 21% At a sport club 18% At work 9% At a sport centre 4% At school or university 4% Elsewhere (spontaneous)
Individual	5	In a typical week, on how many days do you carry out sports, fitness or recreational (leisure) activities for at least 10 minutes continuously?	44,8 % of women fulfil the WHO physical activity recommendations
	6	How much time in total do you spend on sports, fitness or recreational (leisure) physical activities in a typical week?	51,2 % of men fulfil the WHO physical activity recommendations

75

Module 2



76

Module 2: Cycling and walking

Level	Nr.	Survey question	EU Monitoring System / Database	Data gathered from
Public policy	1	Are the European Guidelines for Improving Infrastructures for Leisure-Time Physical Activity applied systematically to develop leisure-time infrastructures in your country?	HEPA	National level experts
Community	2	OpenCycleMap	OpenStreetMap	Users of OpenStreetMap
Organizational	-	-	-	-
Interpersonal	-	-	-	-
Individual	3	In a typical week, on how many days do you walk for at least 10 minutes continuously in order to get to and from places?	EHIS	Population
	4	How much time do you spend walking in order to get to and from places on a typical day?	EHIS	Population
	5	In a typical week, on how many days do you bicycle for at least 10 minutes continuously to get to and from places?	EHIS	Population
	6	How much time do you spend bicycling to get to and from places on a typical day?	EHIS	Population

77

Module 3

Physical Activity at School



78

Module 3: Physical activity at school (primary schools)

Level	Nr.	Survey question	EU Monitoring System / Database	Data gathered from
Public policy	1	In your country, is physical education a compulsory school curriculum subject in primary school?	4th Worldwide Survey of Quality Physical Education	National level experts
Community	2	In your opinion, how safe are the routes to and from school for your child to walk or ride a bicycle, skateboard or non-motorized scooter?	COSI	Population
Organizational	3	Within the policy framework of the compulsory school programme, how much time is allocated to the physical education curriculum each week in primary schools?	4th Worldwide Survey of Quality Physical Education	National level experts
Interpersonal	4	Does your school organize any sport/physical activities at least once a week for primary school children outside school hours? Do children attend these organized sport/physical activities?	COSI	Population
Individual	5	Outside school hours, during a normal week, how many hours per day is your child usually playing actively/vigorously (e.g. running, jumping outside or moving and fitness games inside)?	COSI	Population

79

Module 3: Physical activity at school (secondary schools)

Level	Nr.	Survey question	EU Monitoring System / Database	Data gathered from
Public policy	1	In your country, is physical education a compulsory school curriculum subject in lower secondary school? In your country, is physical education a compulsory school curriculum subject in upper secondary school?	4th Worldwide Survey of Quality Physical Education	National level experts
Community	-	-	-	-
Organizational	2	Within the policy framework of the compulsory school programme, how much time is allocated to the physical education curriculum each week in lower secondary schools? Within the policy framework of the compulsory school programme, how much time is allocated to the physical education curriculum each week in upper secondary schools?	4th Worldwide Survey of Quality Physical Education	National level experts
Interpersonal	-	-	-	-
Individual	3	Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?	COSI	Population

80

SIMPLE Modules: Strengths and limitations

Strengths

1. **First step** towards a better harmonization of monitoring and surveillance systems in Europe
2. **Developed in a participative process** together with representatives of surveillance and monitoring frameworks.
3. **Comprehensive and brief approach** covering indicators from public policies to health behaviours of individuals.
4. **Additional screeners** can be developed in future based on the work of PEN.



Limitations

1. **Path-dependency** of existing monitoring and surveillance systems.
2. Data are gathered from **different sources** (national level experts / populations).
3. **Limited focus** of the screeners.
4. **Parts of validated instruments** are used.

81

Thank you!



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82


European Journal of Public Health, 3(2)
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 doi:10.1093/ejpub/ckab022

Inventory of surveillance systems assessing dietary, physical activity and sedentary behaviours in Europe: a DEDIPAC study

Silvia Bel-Serrat¹, Inge Huybrechts², Barbara F. Thumann³, Antje Hebestreit⁴, Peter M. Stefaan de Henaau⁵, Carine Dubuisson⁶, Thorsten Heuer⁷, Céline M. Murrin⁸, Giacomo Caroline van Rossum⁹, Lene F. Andersen¹⁰, Robert Szplikiński¹¹, Jesús Vioque¹², Rachel Hidde P. van der Ploeg¹³, Wolfgang Ahrens^{2,15}, Nadia Slimani¹; on behalf of the DED Consortium

European Journal of Public Health, 3(2) 18-19
 https://doi.org/10.1093/ejpub/ckab022

International Journal of Public Health, 67(1) 1-7
 https://doi.org/10.1007/s00038-019-01227-y




International Journal of Public Health (2019) 64:615-623
 https://doi.org/10.1007/s00038-019-01227-y

ORIGINAL ARTICLE

Road map towards a harmonized pan-European surveillance of obesity-related lifestyle behaviours and their determinants in children and adolescents

Antje Hebestreit¹ · Barbara Thumann¹ · Maïke Wolters¹ · Jens Bucksch² · Inge Huybrechts³ · Joanna Inchley⁴ · Cornelia Lange⁵ · Nanna Lien⁶ · Kristin Manz⁷ · Nadia Slimani⁸ · Hidde P. van der Ploeg⁹ · Wolfgang Ahrens¹⁰ on behalf of DEDIPAC Consortium

European Journal of Public Health, 3(2)
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METHODOLOGY Open Access

Selection of key indicators for European policy monitoring and surveillance for dietary behaviour, physical activity and sedentary behaviour

Lina Garnica-Rosas¹, Gert B.M. Mensink², Jonas D. Finger³, Anja Wiczkowska⁴, Stefanie Do⁵, Maïke Wolters⁶, Karim Abu-Omar⁷, Katarzyna Wiczkowska-Tobis⁸, Catherine B. Nessau⁹, Céline Murrin¹⁰, Wolfgang Ahrens¹¹, Antje Hebestreit¹² and on behalf of the PEN Consortium



European Journal of Public Health, 3(2)
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Health surveillance indicators for diet and physical activity: what is available in European data sets for policy evaluation?

Isobel Stanley¹, Agnieszka Neumann-Podczaska², Katarzyna Wiczkowska-Tobis³, Gert B.M. Mensink⁴, Lina Garnica-Rosas⁵, Stefanie Do⁶, Karim Abu Omar⁷, Cath Wolfgang Ahrens⁸, Antje Hebestreit⁹, Céline Murrin¹⁰; on behalf of the PEN Consortium



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Towards a harmonized European surveillance for dietary and physical activity indicators in young and adult populations

Antje Hebestreit¹, Stefanie Do^{1,2}, Maïke Wolters¹, Gert B.M. Mensink³, Lina Garnica-Rosas⁴, Karim Abu-Omar⁵, Sven Messing⁶, Agnieszka Neumann-Podczaska⁷, Katarzyna Wiczkowska-Tobis⁸, Nanna Lien⁹, Isobel Stanley¹⁰, Wolfgang Ahrens¹¹, Céline Murrin¹² and on behalf of the PEN Consortium

➔ Available upon request ☺





European Commission
 Directorate-General for Education,
 Youth, Sport & Culture / Sport Unit

Support to the development of harmonized sport statistics in the EU

Michael Serneels
 Policy Officer



Overview

- History
- Description
- Tender



History

- Art 165 of TFEU: *“EU should promote European sporting issues and develop the European dimension in sport”*
 - take **support, coordination** and **development** measures in the area of sport
 - increasing demands on European Commission by policy-makers, experts and sport stakeholders to support the development of a **sound knowledge base** for sport, including reliable information and comparable data





History

- 2006: informal EU Working Group "Sport & Economics"
 - harmonised statistical definition of sport ("Vilnius Definition of sport")
 - common methodology to measure the economic impact of sport, i.e. Sport Satellite Accounts (SSAs)
- EU Work Plan for Sport 2011-2014 & 2014-2017 & 2017-2020
 - Expert Group on Sport Statistics → Expert Group on the Economic Dimension → Cluster meeting on the economic dimension of sport



History

- Measuring physical activity levels
 - Eurostat data (European Health Interview Survey (**EHIS**))
 - Commission's **Eurobarometer** on sport and physical activity (2003, 2010, 2014, 2018, 2022) to support the developing policy framework for promoting sport and physical activity





History

• Measuring physical activity levels

- Council Recommendation on promoting **health-enhancing physical activity** (HEPA) across sectors (November 2013)
 - ❖ 23 indicators used to monitor progress in Member States on policies to promote HEPA and to evaluate physical activity levels
 - ❖ Country fact sheets (WHO + Commission – 2015, 2018, 2021)
- An increasing demand to **harmonise physical activity questionnaires** in the EU



Description

- Overall objective: building on **previous research**, support evidence-based policy-making at **national and EU level** by harmonising **existing** methodologies and definitions on sport statistics, paving the way towards a possible future **European Sport Satellite Account**





Description:

- set-up of a **task force** to elaborate, in collaboration with Eurostat, harmonised definitions and methodologies on sport statistics
- provide **technical support** to national efforts of developing national Sport Satellite Accounts
- contribute to the EU and national policy-making process by providing **background information and analysis on specific topics** using sport statistics on economic and **social** aspects
- results will **support policy process** (follow-up of Expert Groups on Economic Dimension and on Sport Statistics & implementation of the EU Work Plan for Sport 2021-2024)



Tender

- Contracting authority: European Education and Culture Executive Agency
- Call for tenders: 27/07/2021 – 13/09/2021
- Contractor: GOPA Luxembourg (28/12/2021)
- Duration: 3 years (final report January 2025)



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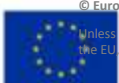
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Thank you



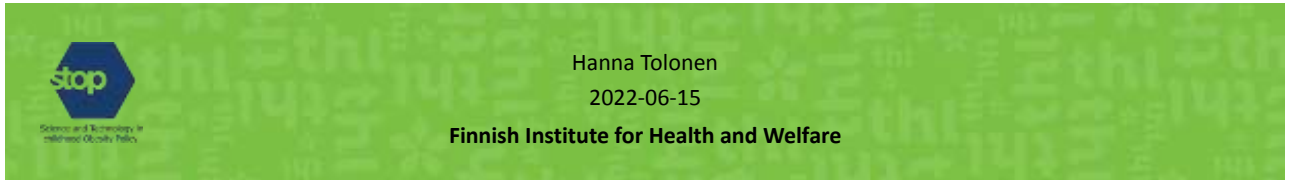
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Socio-economic position variables used in childhood obesity studies – challenges in harmonisation



SES indicators of childhood obesity

- Related activities under STOP project
 - To evaluate which SES indicators are used in different studies of childhood obesity
 - To examine how comparable data from different countries on SES indicators is available

A scoping review of family SES indicators and childhood adiposity in Europe

- Publications from 2000-2021 on European general population aged 0-17 years, published in English
- 53 articles included
- Generally SES information is based on self-reported data, only one study used register data

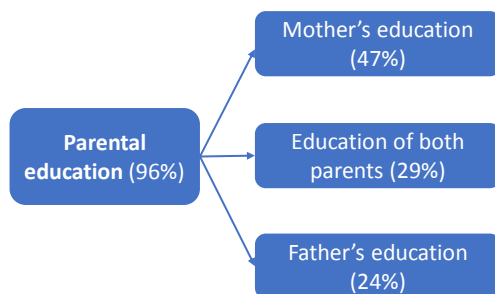


Hanna Tolonen Source: Säres-Jäske L et al. Preventive Medicine 2022. <https://doi.org/10.1016/j.ypmed.2022.107095>

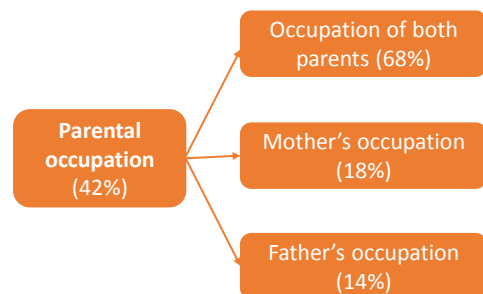
28/07/2022



Education and occupation as SES indicators



Educational level based on highest degree or years of school with varying number of categories (low/high, 2-5 categories)



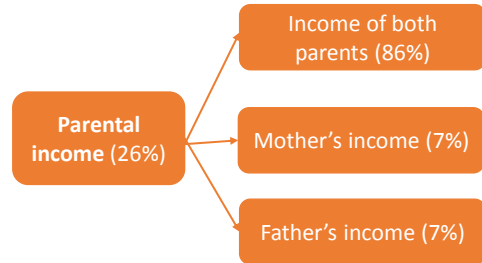
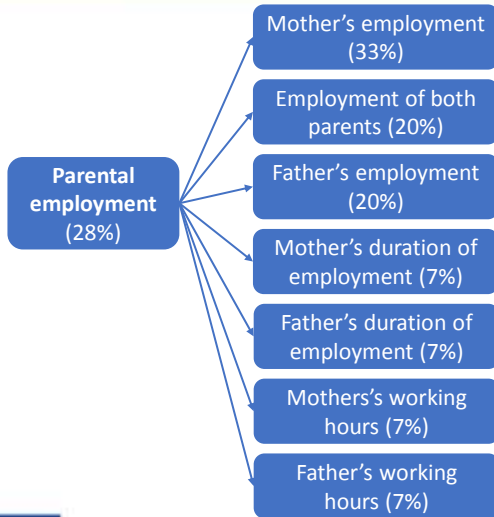
Occupational level based on occupational categories (2-6 categories), employment, manual or non-manual



Hanna Tolonen, 15 June 2022, Brussels
28/07/2022



Employment and income as SES indicators



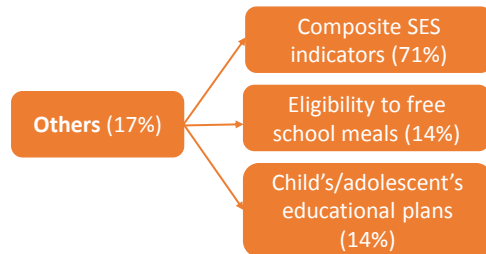
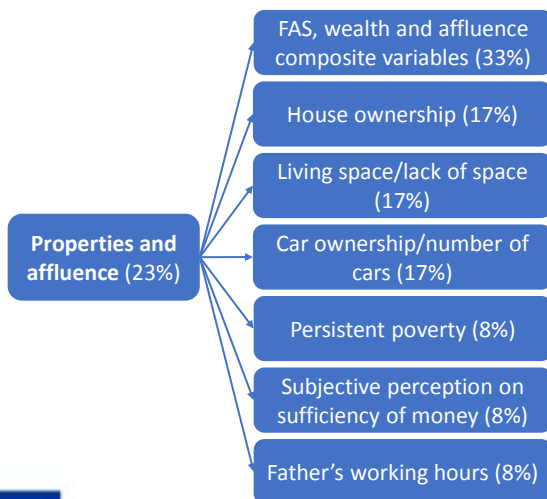
Yearly parental/household/family income, net household income (adjusted for household composition and size), disposable annual family income adjusted for family size, annual family income tax, family income per week



Hanna Tolonen, 15 June 2022, Brussels
28/07/2022



Properties and affluence and some other SES indicators



SES based on education, occupation and income; SES based on occupation and income; SES composite index incl. 8 indicators of wealth, occupation and education;



Hanna Tolonen, 15 June 2022, Brussels
28/07/2022



Availability of common indicators varies



SES indicator	Belgium (S)	Estonia(S)	Finland (R)	UK-England(S)
Ethnicity		Two groups		5 categories
Country of birth			x	
Marital status			4 categories	
Father's education		5 categories	7 categories	6 categories
Mother's education		5 categories	7 categories	6 categories
Educational level of household	4 categories			
Occupational status + occupation			x	
Equivalized income				5 categories
Monthly household income		x		
Total income + several other income variables			x	
Size of the household + age structure + family type			x	
Municipality and region of living			x	
Model of housing + living space			x	

28/07/2022

Conclusions



- Availability of SES indicators varies substantially between countries
- Even same/similar indicators are often collected using different methods/questionnaire wording
- Post-harmonization across the countries is challenging for most of the indicators
- Need for a common set of standardized indicator definitions and related survey questions




Hanna Tolonen, 15 June 2022, Brussels
28/07/2022





Thank you!



 Hanna Tolonen, 15 June 2022, Brussels
28/07/2022



SIMPLE: Harmonising indicators for monitoring physical activity in Europe



Policy Symposium on NCD Prevention

Karim Abu-Omar, Sven Messing, Isobel Stanley, Celine Murrin, Gert Mensink, Stefanie Do, Maike Wolters, Agnieszka Neumann-Podczaska, Katarzyna Wieczorowska-Tobis, Catherine Woods, Enrique Garcia Bengoechea, Liam Kelly, Kevin Volf, Nanna Lien & Antje Hebestreit

15th June 2022

SIMPLE Modules for Physical Activity: Overview

Three **SIMPLE Modules for physical activity** have been developed:



Physical activity recommendations



Cycling and walking



Physical activity at schools

Additional indicators for future modules:

- General PA policies
- Active transport
- Schools
- Urban design
- Worksite
- Healthcare
- Kindergarten

105

Module 1



106

Module 1: Physical activity recommendations

Level	Nr.	Survey question	EU Monitoring System / Database	Data gathered from
Public policy	1	Are there any national guidelines which provide recommended levels of physical activity for the population or a specific segment of the population? If yes: Are there guidelines specifically addressing any of the following age groups?	WHO Country Capacity Survey	National level experts
Community	2	To what extent do you agree or disagree with the following statement about sport and physical activity? The area where you live offers you many opportunities to be physically active.	Eurobarometer	Population
Organizational	3	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.	HEPA PAT	National level experts
Interpersonal	4	Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this?	Eurobarometer	Population
Individual	5	In a typical week, on how many days do you carry out sports, fitness or recreational (leisure) activities for at least 10 minutes continuously?	EHIS	Population
	6	How much time in total do you spend on sports, fitness or recreational (leisure) physical activities in a typical week?	EHIS	Population

107

Module 1: Physical activity recommendations (Example)

Level	Nr.	Survey question	Germany
Public policy	1	Are there any national guidelines which provide recommended levels of physical activity for the population or a specific segment of the population?	Yes
Community	2	To what extent do you agree or disagree with the following statement about sport and physical activity? The area where you live offers you many opportunities to be physically active.	89%
Organizational	3	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.	13/14 settings
Interpersonal	4	Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this?	39% In a park, outdoors, etc. 41% At home 29% On the way between home and school, work or shops 14% At a health or fitness centre 21% At a sport club 18% At work 9% At a sport centre 4% At school or university 4% Elsewhere (spontaneous)
Individual	5	In a typical week, on how many days do you carry out sports, fitness or recreational (leisure) activities for at least 10 minutes continuously?	44,8 % of women fulfil the WHO physical activity recommendations
	6	How much time in total do you spend on sports, fitness or recreational (leisure) physical activities in a typical week?	51,2 % of men fulfil the WHO physical activity recommendations

108

Module 2



109

Module 2: Cycling and walking

Level	Nr.	Survey question	EU Monitoring System / Database	Data gathered from
Public policy	1	Are the European Guidelines for Improving Infrastructures for Leisure-Time Physical Activity applied systematically to develop leisure-time infrastructures in your country?	HEPA	National level experts
Community	2	OpenCycleMap	OpenStreetMap	Users of OpenStreetMap
Organizational	-	-	-	-
Interpersonal	-	-	-	-
Individual	3	In a typical week, on how many days do you walk for at least 10 minutes continuously in order to get to and from places?	EHIS	Population
	4	How much time do you spend walking in order to get to and from places on a typical day?	EHIS	Population
	5	In a typical week, on how many days do you bicycle for at least 10 minutes continuously to get to and from places?	EHIS	Population
	6	How much time do you spend bicycling to get to and from places on a typical day?	EHIS	Population

110

Module 3



111

Module 3: Physical activity at school (primary schools)

Level	Nr.	Survey question	EU Monitoring System / Database	Data gathered from
Public policy	1	In your country, is physical education a compulsory school curriculum subject in primary school?	4th Worldwide Survey of Quality Physical Education	National level experts
Community	2	In your opinion, how safe are the routes to and from school for your child to walk or ride a bicycle, skateboard or non-motorized scooter?	COSI	Population
Organizational	3	Within the policy framework of the compulsory school programme, how much time is allocated to the physical education curriculum each week in primary schools?	4th Worldwide Survey of Quality Physical Education	National level experts
Interpersonal	4	Does your school organize any sport/physical activities at least once a week for primary school children outside school hours? Do children attend these organized sport/physical activities?	COSI	Population
Individual	5	Outside school hours, during a normal week, how many hours per day is your child usually playing actively/vigorously (e.g. running, jumping outside or moving and fitness games inside)?	COSI	Population

112

Module 3: Physical activity at school (secondary schools)

Level	Nr.	Survey question	EU Monitoring System / Database	Data gathered from
Public policy	1	In your country, is physical education a compulsory school curriculum subject in lower secondary school? In your country, is physical education a compulsory school curriculum subject in upper secondary school?	4th Worldwide Survey of Quality Physical Education	National level experts
Community	-	-	-	-
Organizational	2	Within the policy framework of the compulsory school programme, how much time is allocated to the physical education curriculum each week in lower secondary schools? Within the policy framework of the compulsory school programme, how much time is allocated to the physical education curriculum each week in upper secondary schools?	4th Worldwide Survey of Quality Physical Education	National level experts
Interpersonal	-	-	-	-
Individual	3	Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?	COSI	Population

113

SIMPLE Modules: Strengths and limitations

Strengths

- First step** towards a better harmonization of monitoring and surveillance systems in Europe
- Developed in a participative process** together with representatives of surveillance and monitoring frameworks.
- Comprehensive and brief approach** covering indicators from public policies to health behaviours of individuals.
- Additional screeners** can be developed in future based on the work of PEN.



Limitations

- Path-dependency** of existing monitoring and surveillance systems.
- Data are gathered from **different sources** (national level experts / populations).
- Limited focus** of the screeners.
- Parts of validated instruments** are used.

114



Thank you!



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115



Support to the development of harmonized sport statistics in the EU

European Commission

Directorate-General for Education,
Youth, Sport & Culture / Sport Unit

Michael Serneels
Policy Officer

Overview

- History
- Description
- Tender



History

- Art 165 of TFEU: “*EU should promote European sporting issues and develop the European dimension in sport*”
 - take **support, coordination** and **development** measures in the area of sport
 - increasing demands on European Commission by policy-makers, experts and sport stakeholders to support the development of a **sound knowledge base** for sport, including reliable information and comparable data

History

- 2006: informal EU Working Group "Sport & Economics"
 - harmonised statistical definition of sport ("Vilnius Definition of sport")
 - common methodology to measure the economic impact of sport, i.e. Sport Satellite Accounts (SSAs)
- EU Work Plan for Sport 2011-2014 & 2014-2017 & 2017-2020
 - Expert Group on Sport Statistics → Expert Group on the Economic Dimension
 -
 - Cluster meeting on the economic dimension of sport

History

- Measuring physical activity levels
 - Eurostat data (European Health Interview Survey (**EHIS**))
 - Commission's **Eurobarometer** on sport and physical activity (2003, 2010, 2014, 2018, 2022) to support the developing policy framework for promoting sport and physical activity

History

- Measuring physical activity levels
 - Council Recommendation on promoting **health-enhancing physical activity (HEPA)** across sectors (November 2013)
 - ❖ 23 indicators used to monitor progress in Member States on policies to promote HEPA and to evaluate physical activity levels
 - ❖ Country fact sheets (WHO + Commission – 2015, 2018, 2021)
 - An increasing demand to **harmonise physical activity questionnaires** in the EU

Description

- Overall objective: building on **previous research**, support evidence-based policy-making at **national and EU level** by harmonising **existing** methodologies and definitions on sport statistics, paving the way towards a possible future **European Sport Satellite Account**

Description

- Specific objectives:
 - set-up of a **task force** to elaborate, in collaboration with Eurostat, harmonised definitions and methodologies on sport statistics
 - provide **technical support** to national efforts of developing national Sport Satellite Accounts
 - contribute to the EU and national policy-making process by providing **background information and analysis on specific topics** using sport statistics on economic and **social** aspects
 - results will **support policy process** (follow-up of Expert Groups on Economic Dimension and on Sport Statistics & implementation of the EU Work Plan for Sport 2021-2024)

Tender

- Contracting authority: European Education and Culture Executive Agency
- Call for tenders: 27/07/2021 – 13/09/2021
- Contractor: GOPA Luxembourg (28/12/2021)
- Duration: 3 years (final report January 2025)

Keep in touch



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[@EUErasmusPlusProgramme](https://www.facebook.com/EUErasmusPlusProgramme)



Thank you



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Socio-economic position variables used in childhood obesity studies – challenges in harmonisation



Science and Technology in
Childhood Obesity Policy

Hanna Tolonen

2022-06-15

Finnish Institute for Health and Welfare

SES indicators of childhood obesity

- Related activities under STOP project
 - To evaluate which SES indicators are used in different studies of childhood obesity
 - To examine how comparable data from different countries on SES indicators is available



Science and Technology in
Childhood Obesity Policy

A scoping review of family SES indicators and childhood adiposity in Europe

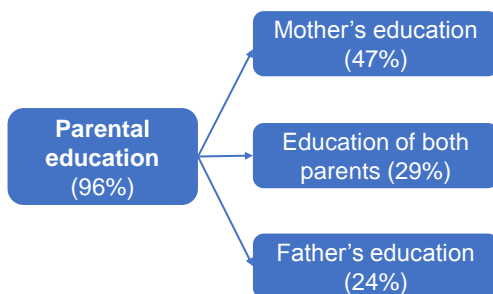
- Publications from 2000-2021 on European general population aged 0-17 years, published in English
- 53 articles included
- Generally SES information is based on self-reported data, only one study used register data



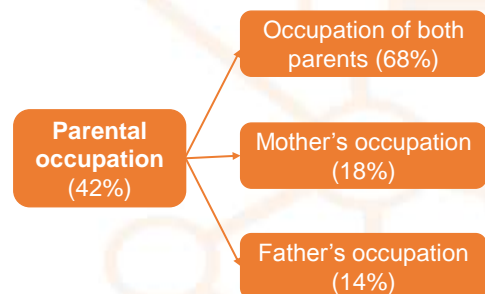
Source: Sares-Jäske L et al. Preventive Medicine 2022. <https://doi.org/10.1016/j.ypmed.2022.107095>



Education and occupation as SES indicators



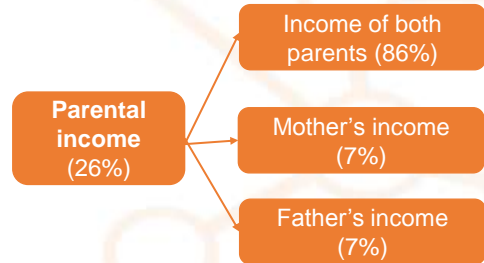
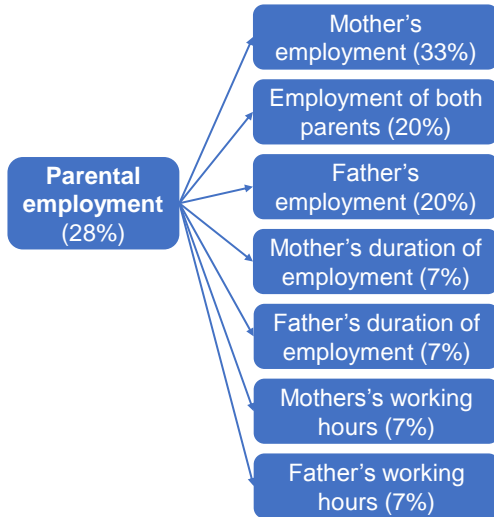
Educational level based on highest degree or years of school with varying number of categories (low/high, 2-5 categories)



Occupational level based on occupational categories (2-6 categories), employment, manual or non-manual



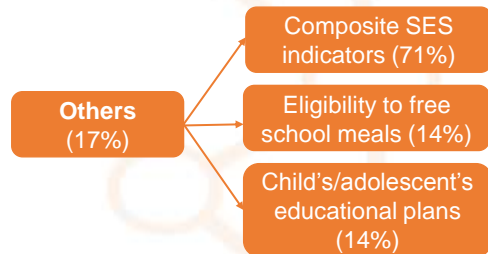
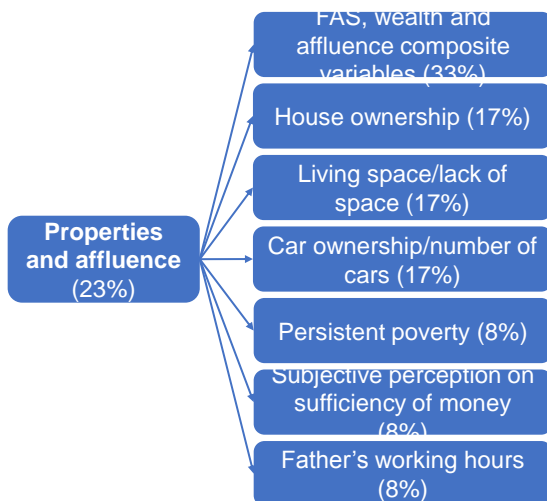
Employment and income as SES indicators



Yearly parental/household/family income, net household income (adjusted for household composition and size), disposable annual family income adjusted for family size, annual family income tax, family income per week



Properties and affluence and some other SES indicators



SES based on education, occupation and income; SES based on occupation and income; SES composite index incl. 8 indicators of wealth, occupation and education;



Availability of common indicators varies

SES indicator	Belgium (S)	Estonia(S)	Finland (R)	UK-England(S)
Ethnicity		Two groups		5 categories
Country of birth			x	
Marital status			4 categories	
Father's education		5 categories	7 categories	6 categories
Mother's education		5 categories	7 categories	6 categories
Educational level of household	4 categories			
Occupational status + occupation			x	
Equivalized income				5 categories
Monthly household income		x		
Total income + several other income variables			x	
Size of the household + age structure + family type			x	
Municipality and region of living			x	
Model of housing + living space			x	

Conclusions

- Availability of SES indicators varies substantially between countries
- Even same/similar indicators are often collected using different methods/questionnaire wording
- Post-harmonization across the countries is challenging for most of the indicators
- Need for a common set of standardized indicator definitions and related survey questions



Thank you!