

Evaluation of policy measures to promote a healthy diet and physical activity



The PEN project

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JPI Management Board Meeting



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Policy Evaluation Network (PEN)
@PEN_EU1

Presentation outline

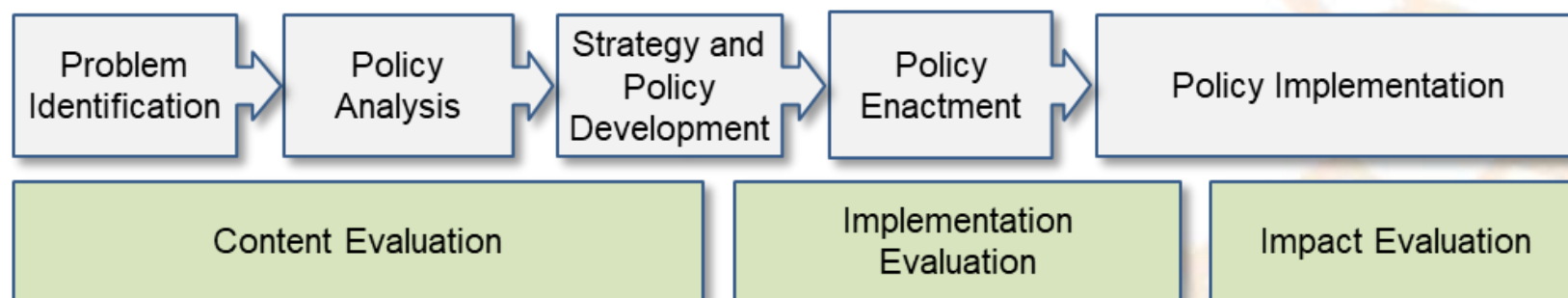
- Overview of PEN
- Results of PEN and future perspectives
- Final policy (dissemination) symposium – future research needs

Aims

- Establish a **multi-disciplinary research network** for the **monitoring, benchmarking and evaluation of policies** that affect dietary and physical activity as well as sedentary behavior with a **standardized approach across Europe** while accounting for existing **health inequalities**.
- Focus on public policies**
Public policy: a form of government action usually expressed in, e.g., a law, a regulation, guideline, or recommendation and reflecting the intent of the government or its representative entities

Countries (N=8)	Partners (N=28)
France	2
Germany	9
Ireland	3
Italy	2
Netherlands	5
Norway	2
Poland	4
New Zealand	1

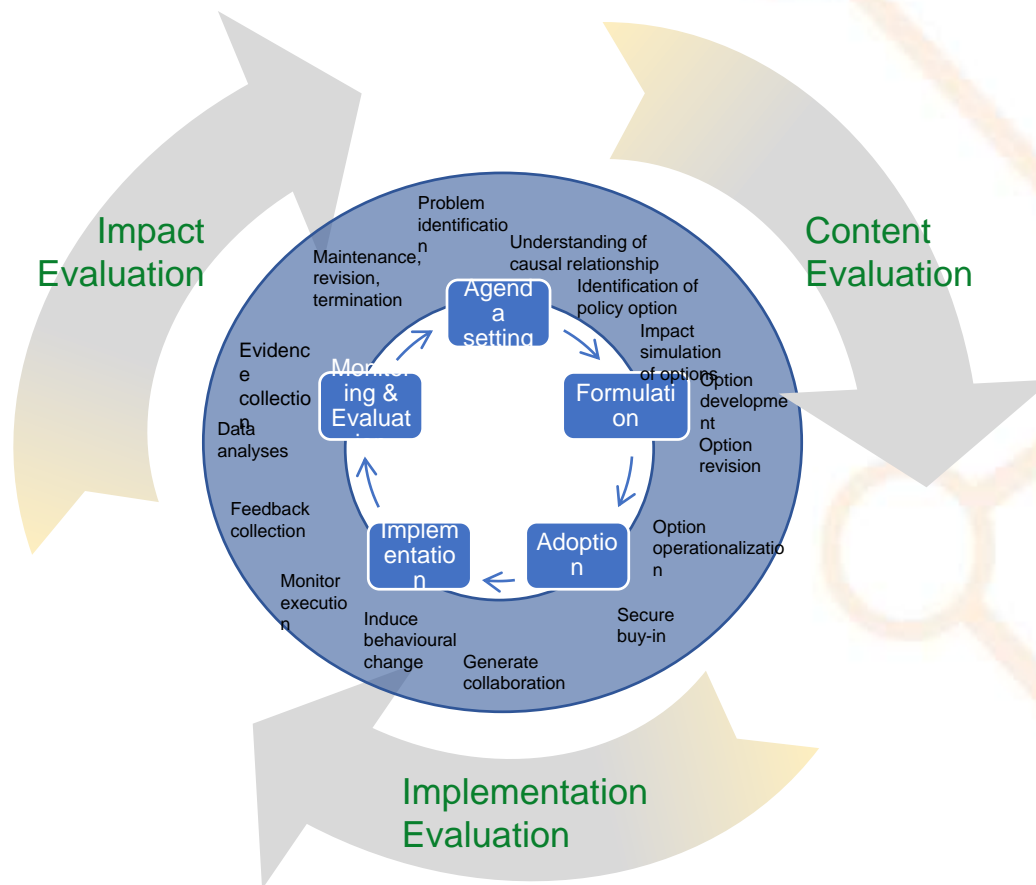
CDC logical model used by PEN as a “point-of-departure” framework*



* Reproduced according to CDC

Centers for Disease Control and Prevention. CDC’s Policy Analytical Framework. Atlanta, GA:
Centers for Disease Control and Prevention, US Department of Health and Human Services; 2013.

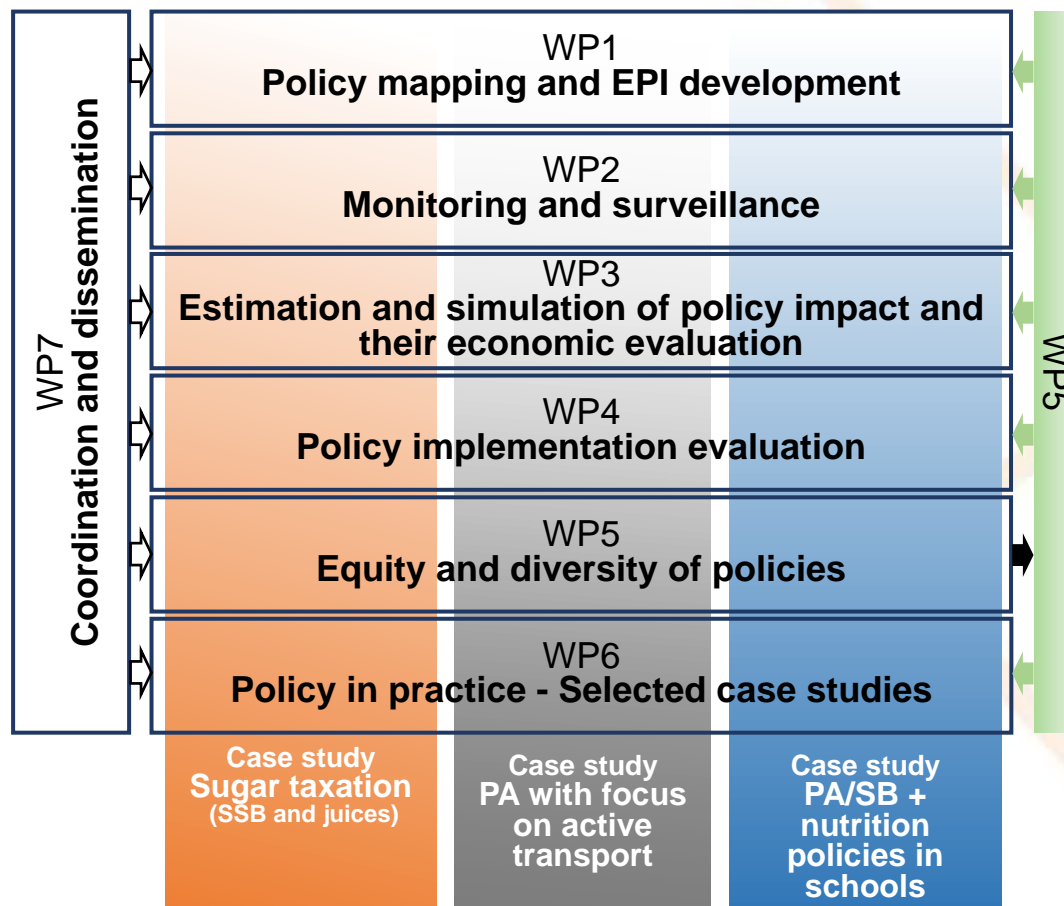
CDC logical model merged with the policy cycle heuristic



References

Armenia, S., Mureddu, F., Osmimo, D., Onori, R., & Misuraca, G. (2014). A Living Roadmap for Policymaking 2.0. In P. Sonntagbauer, K. Nazemi, S. Sonntagbauer, Prister, Giorgio, & D. Burkhardt (Eds.), Handbook of Research on Advanced ICT Integration for Governance and Policy Modeling (pp. 433-461). Hershey, PA: IGI Global.

Work packages



Main outputs

- **INFORMAS** approach: assess **accountability of governments** and **benchmark policies** regarding healthy food and PA environments.
- **Methods platform** to promote harmonisation of **surveillance systems** of obesity/ NCDs & related behaviours across Europe.
- Assess **evidence base for existing policy** actions and using simulation techniques to estimate future impact of new policies.
- Provide tools for **better implementation** of policies.
- Provide tools to assess **equity and diversity** in policies.
- Assess evidence from **existing policy interventions** (e.g. sugar tax, urban mobility plans, school food programmes) & **learn from other** public health **domains** (e.g. smoking ban, seat belts).

Selected PEN highlights

Tools

FOOD-EPI & PA-EPI
Key indicators for monitoring
Ready to use modules for surveillance



Checklists

Impact evaluation methods
Implementation evaluation
Good practice guidelines
Acceptability evaluation

Cooperations

Coordination with STOP,
Co-Create, Best ReMaP,
WHO, European surveillance systems

Network

Early career network + mentoring
Network of colleagues and friends

Factsheets!

63 Publications
Eur J Public Health (Suppl.)
Four projects statement on
NCD prevention policies

PEN results and future perspectives

Key developments and future needs and perspectives
as potential topics for future JPI-HDHL calls

WP1 Policy mapping and EPI development

Physical activity Environment Policy Index (PA-EPI)

Key developments

- PEN used learnings from DEDIPAC and INFORMAS to develop the PA-EPI
- The tool and the process for conducting the PA-EPI are now available

Future needs and perspectives

- To conduct the PA-EPI in as many European countries as possible
- A country undertaking to complete the PA-EPI will establish:
 1. Where the county is now in relation to the implementation of PA policies in domains known to be effective in changing PA behaviour
 2. What is possible to change for their own context
 3. Pathways on how to reach goals to address critical implementation gaps
 4. A mechanism for documenting progress.

WP1 Policy mapping and EPI development

Physical activity Environment Policy Index (PA-EPI)

Visit the PEN website:

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

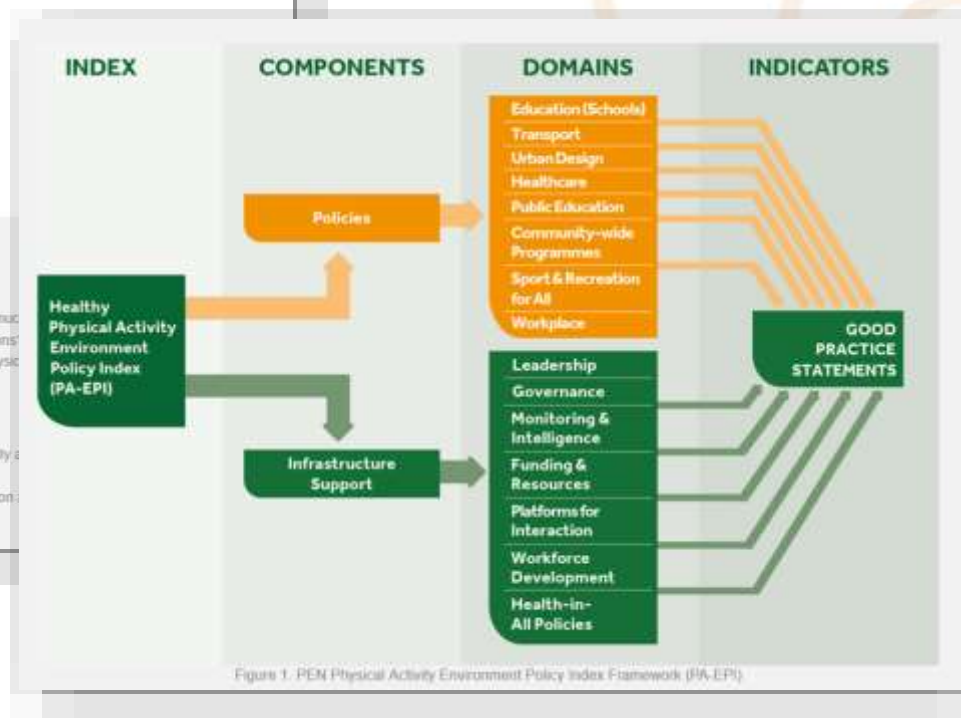
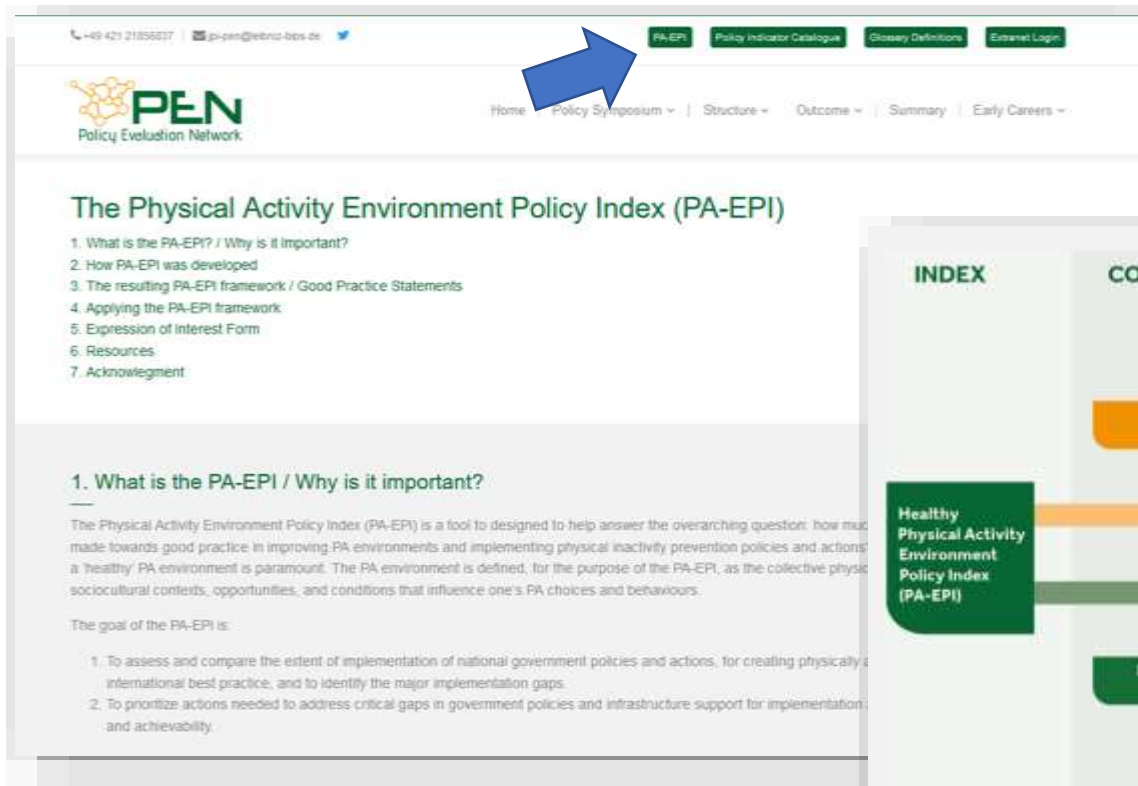
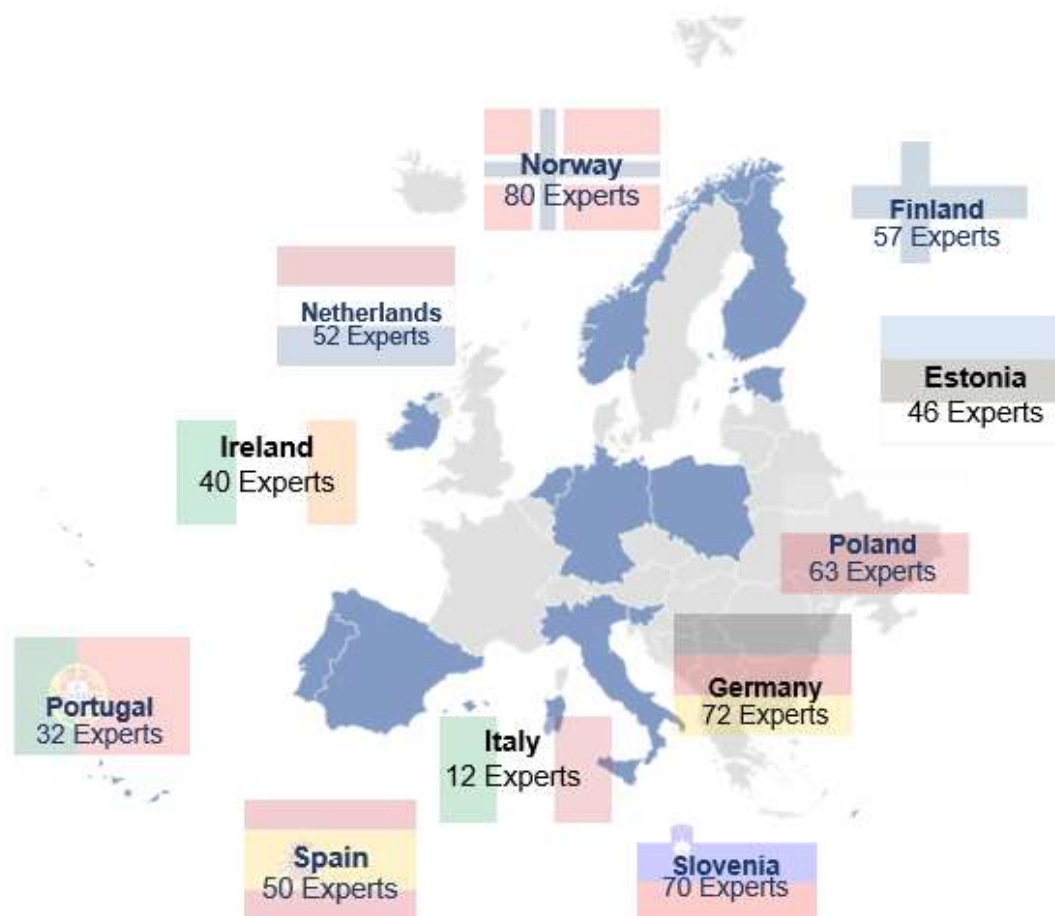


Figure 1. PEN Physical Activity Environment Policy Index Framework (PA-EPI)

WP1 Policy mapping and EPI development

Food Environment Policy Index (Food-EPI)



WP1 Policy mapping and EPI development

Food Environment Policy Index (Food-EPI)

Key developments

- In collaboration with the H2020 project Stops, **Food-EPI has been conducted in 11 EU countries**, and at the EU level

Future needs and perspectives

- To conduct Food-EPI in further European countries over the next few years to allow us to **monitor the progress** towards improving the food environments in Europe
- To support the further development of the Food-EPI tool to **incorporate sustainability** indicators

WP1 Policy mapping and EPI development

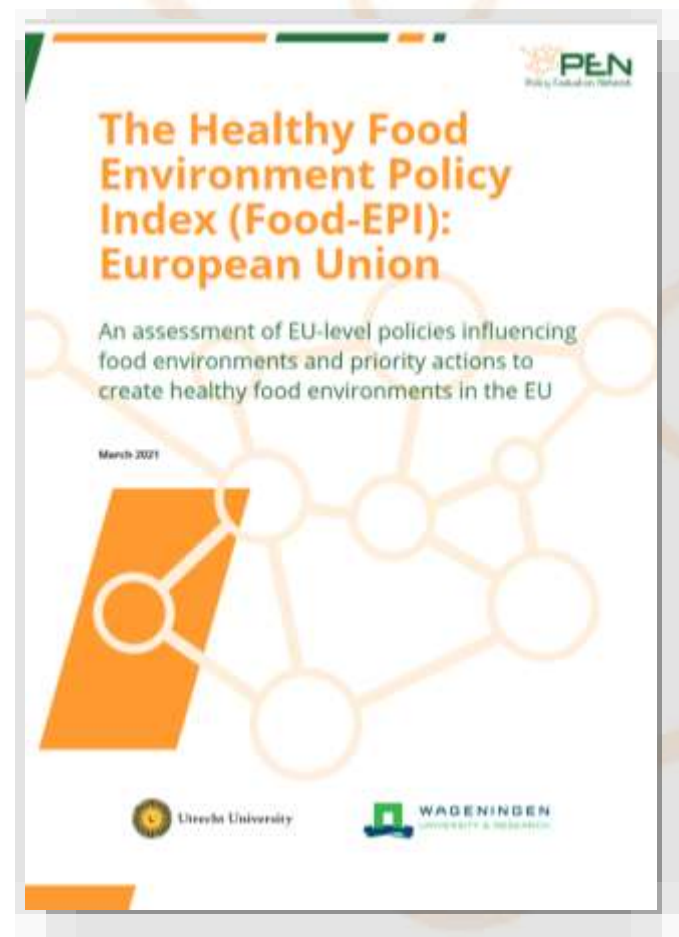
Food Environment Policy Index (Food-EPI)

Food-EPI reports on the PEN website:

<https://www.jpi-pen.eu/outcome/reports.html>

The PEN Healthy Food Environment Policy Index (Food-EPI)

- **Report: The Healthy Food Environment Policy Index (Food-EPI) - European Union**
 An overview of EU-level policies influencing food environments in EU Member States.
 Downloads: 1. EU Food-EPI report, 2. Evidence report, 3. Presentation 3 March 2021 (slides), 4. Summary EU Food-EPI report
- **Report: The Healthy Food Environment Policy Index (Food-EPI): The Netherlands**
 An overview of national government policies influencing the food environment in the Netherlands.
 Downloads: 1. Dutch Food-EPI report, 2. Evidence report, 3. Summary Dutch Food-EPI report (EN), 4. Summary Dutch Food-EPI report (NL)
- **Report: The Healthy Food Environment Policy Index (Food-EPI): Norway**
 Assessment of current policy and recommendations for further efforts in Norway.
 Downloads: 1. Norwegian Food-EPI report, 2. Evidence document, 3. Recommended measures and priorities
- **Report: The Healthy Food Environment Policy Index (Food-EPI): Ireland**
 Assessment of current policy and recommendations for Ireland.
 Downloads: 1. Irish Food-EPI report, 2. Executive Summary, 3. Ireland Evidence document, 4. Ireland Scorecard, 5. Ireland Scorecard (socio-economic inequalities) and 6. Ireland Priority Recommendations
- **Report: The Healthy Food Environment Policy Index (Food-EPI): Germany**
 Assessment of current policy and recommendations for Germany.
 Downloads: 1. German Food-EPI report, 2. German Food-EPI policy brief, 3. German Evidence document.
- **Report: The Healthy Food Environment Policy Index (Food-EPI): Poland**
 Assessment of current policy and recommendations for Poland.
 Downloads: 1. Polish Food-EPI report



WP2 Monitoring and surveillance

Harmonised pan-European surveillance for diet and physical activity behaviours

Key developments

- DEDIPAC → Inventory of / roadmap for European surveillance systems^{1,2}.
- PEN → Key indicators for policy monitoring & surveillance³; Available indicators in EU datasets⁴; Initiate harmonisation with short modules for surveillance⁵.

Future needs and perspectives

- Standardise methods for measuring key indicators across surveillance systems.
- Improve methods for indicator measurement (European Core Health Indicators).
- Fill indicator gaps, e.g.
 - upstream determinants of diet and PA behaviours
 - indicators of sustainable healthy diets and environmental sustainability.
- Align indicators with SDGs.
- Maintain surveillance methods platform → guide and foster harmonisation process

WP2 Monitoring and surveillance

Harmonised pan-European surveillance for diet and physical activity behaviours

Visit the PEN website:

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

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

PEN EU policy indicator catalogues

Catalogue of diet indicators

Policy	Determinants (Environment)	Determinants (Interpersonal)	Determinants (Individual)	Behaviour outcomes
	Indicator dimension	Core indicator		
Composition	COMP1	Food composition targets/standards/nutrition/labeling/mandatory levels have been established and a monitoring system is in place by the government for the content of the nutrients of concern (trans fats, free sugars, salt, saturated fat, fibres) in industrially processed foods, in particular for those food groups that are major contributors to population intakes of those nutrients of concern.		<p>Highlighted in green</p> <p>Highlighted in orange</p> <p>Which nutrition labels reformulation of foods</p> <p>Reduction of fats</p> <p>Reduction of sugars</p> <p>Reduction of salt</p> <p>Is a specific measure if "yes" is the main</p> <p>Voluntary</p> <p>Is there a national</p>
Education	EDUC2	Pre-registration education curricula for all Health Care Professionals include a minimum of one nutrition module of 5 ECTS or equivalent.		<p>Have health person</p> <p>Is MIPCN included</p> <p>Are school health a</p> <p>If "Nutrition educat</p>

Physical Activity and Diet SIMPLE Modules Overview

As part of the PEN project, a set of Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE) modules were developed for physical activity and diet. These modules intend to assist in standardising data collection on physical activity and diet indicators in existing surveillance systems. On the following pages, three infographics provide an overview of the SIMPLE modules in general (FAQs) and the indicators selected for the physical activity and diet modules. The Guidance Document contains the full versions of each SIMPLE module and a description of their methodological development.



Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE)

SIMPLE Modules FAQs
Purpose | Use | Contents

What is a SIMPLE module?

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE) modules are short sets of instruments allowing for the assessment of individual health indicators (behaviour and BAI) and its alignment with determinants of these behaviours (upstream indicators) from a policy, community and organisational level. Instruments that measure the individual impact of whether existing the indicators were selected based on important criteria, such as validity, reliability and consensus of indicators for a well-defined target and their established use in European monitoring and surveillance systems (Muller et al., 2016). They allow the influence of policies to be assessed at different levels of an individual, i.e. from national public policies down to health-related behaviours of individuals (Pellegrini, Steiner, & Wilson, 1998). Thus, SIMPLE modules collect instruments to measure the impact of national policy action and intervention support on a) individual health and/or personal and social determinants (upstream indicators).

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

Guidance document

Sven Messing¹, Karen Abu-Omar², Ingrid Starley³, Corine Murray⁴, Diet B. M. Mannix⁵, Stefania Di⁶, Maki Watanabe⁷, Agnieszka Neumann-Prokaszka⁸, Sakayana Thirachonwong-Tanai⁹, Catherine Wood¹⁰, Srinaga Ganita Srinivasan¹¹, Liem-Ky¹², Karen Voth¹³, Norma Lee¹⁴ & Anja Hebebrand¹⁵ on behalf of the PEN Consortium

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Summary
This document presents Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE) modules, which measure relevant indicators in the fields of physical activity and diet. These short sets of screening instruments were developed

WP3 Estimation and simulation of policy impact

Integrating QEM & simulation models

Future needs and perspectives

- To explore the integration of ex-post impact evaluation methods such as randomized experiments and quasi-experiments on observational data (especially scanner data) with long-term microsimulation models
 - There is no explicit application in the literature
 - This would also allow to incorporate elements of sustainability and distribution of impacts, that are often overlooked.

WP4 Policy implementation evaluation

Lessons learned and knowledge gaps

- Many hypothetical concepts on policy implementation processes.
- Empirical quantitative data are missing: most data used for meta-analyses in PEN come from non-European countries.
- Knowledge gained is descriptive (based on qualitative data) not mechanistic, e.g. types of determinants promoting and hindering implementation processes.
- Very limited empirical evidence of any type (descriptive or mechanistic) regarding processes of policy implementation: What is the strength/importance of factors operating during the implementation process?
- Lacking evidence for mechanisms linking characteristics of implementation processes with effectiveness of policies (e.g. in terms of obesity rates).
- We know much more about acceptability of policies than about other implementation outcomes: what is a reach of a policy? how does it fit the system of policies that already operate in the respective environment?

Future needs and perspectives

- **Policy implementation research** in the European context.

WP5 Equity and diversity of policies

Quantitative data collection and evaluation

Key developments

- WP5 showed that a good understanding of the impact of food environmental policies for different socioeconomic groups is still modest and mainly focused on fiscal policies.

Future needs and perspectives

- A key challenge is to integrate the methods applied in WP3 with our WP5 systems perspective; evidence from quasi-experiments may further benefit modelling long term and economic consequences.

Key messages from the Policy Symposium (June 2022): collective vision for future policy, research and funding

In June 2022, the European projects CO-CREATE, STOP, Best-ReMap and PEN – came together for a conference exploring future directions for nutrition and physical activity policy across Europe.

The projects are each exploring different considerations, emerging evidence and policy monitoring, for improving nutrition and physical activity to help prevent childhood obesity, other non-communicable diseases (NCDs), and improve the health of populations. These projects represent the largest, multi-country consortium projects focused on diet and physical activity in Europe.

→ A document compiling the key achievements to date in line with the symposium discussions, as well as a collective vision for future policy, research and funding is being disseminated



POLICY SYMPOSIUM ON NCD PREVENTION



POLICY, RESEARCH AND
FUNDING PRIORITIES TO
FACILITATE SYSTEMS CHANGE
TO PREVENT OBESITY ACROSS
EUROPE: A CALL TO ACTION

FINAL STATEMENT OF SYMPOSIUM *“FUTURE DIRECTIONS FOR
NUTRITION AND PHYSICAL ACTIVITY POLICIES TO PREVENT
NCDS ACROSS EUROPE”*

Key messages from the Policy Symposium (June 2022): collective vision for future policy, research and funding

RESEARCH PRIORITIES FOR EUROPE:

1. Investment in health research, including long-term funding and project continuation recognising that results and systems change takes time
2. Investment in research on understanding the determinants of health, lived experience, policy processes, policy evaluation and the collection of national and regional data systematically, at fixed intervals.

Key messages of the Policy Symposium (June 2022): collective vision for future policy, research and funding

RESEARCH PRIORITIES FOR EUROPE:

3. Investment in new and existing methodologies to advance our knowledge of policy implementation and impact

- Investigation into the value of implementation science and natural experiments to advance knowledge and understanding of policy impact and to support policy impact evaluations
- Build on the tools and frameworks developed for monitoring and auditing policies, investing in roll-out, updates, expansion and communication using the data collected to increase impact
- Expand and invest in the development of pan-European studies, surveillance and data collection, using novel and innovative methods, including digital tools which are currently underutilised
- Development of processes for pragmatic piloting and testing policy feasibility to support policy impact assessment and understanding of effectiveness in different contexts

Key messages of the Policy Symposium (June 2022): collective vision for future policy, research and funding

RESEARCH PRIORITIES FOR EUROPE:

4. Focus on and inclusion of high-risk communities in research

- Investment in the early determinants of childhood obesity and other diseases, from pre-conception through the rest of the life course
- Social inequalities prioritised, including research on the impact of different policies and how the implementation may be tailored to address high-risk and vulnerable communities
- Inclusion of young people and under-represented communities in research prioritisation, design and delivery

Key messages from the Policy Symposium (Brussels, June 2022): collective vision for future policy, research and funding

Available at

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

