



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 2 - Bergen
14:15 – 16:00



Best-ReMaP
Healthy Food for a Healthy Future

You(th) matter –
Co-creating policies to
prevent childhood obesity

Chair:
Dr. Hannah Brinsden
World Obesity, UK

#NCDPrevention22



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You(th) matter – Co-creating policies to prevent childhood obesity

Speaker:
Dejan Bojanic
Save the Children, Sweden

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Youth engagement in the CO-CREATE project

Knut-Inge Klepp
Project coordinator

Policy Symposium on NCD Prevention: Future directions for nutrition and physical activity policies to prevent NCDs across Europe; Brussels June 14-16, 2022



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Confronting obesity: Co-creating policy with youth (CO-CREATE)



Goal:

Investigate how policy changes can support healthy eating and a physically active lifestyle with the aim of halting the rise of adolescent obesity rates

- monitoring and benchmarking relevant policies
- collaborate with adolescents across Europe in developing novel policy options that will contribute to overweight prevention and reducing inequalities in overweight and obesity



→ Confronting obesity: Co-creating policy with youth

CO-CREATE – working with young people



"Adults often ask for our opinions on things that they think are important, but seldom on topics that we're engaged in" #youthmatter #CC4EU @EU_COCREATE @EU_H2020



Youth Conference Oslo 2019



European Youth Parliament, Nov Sad 2022

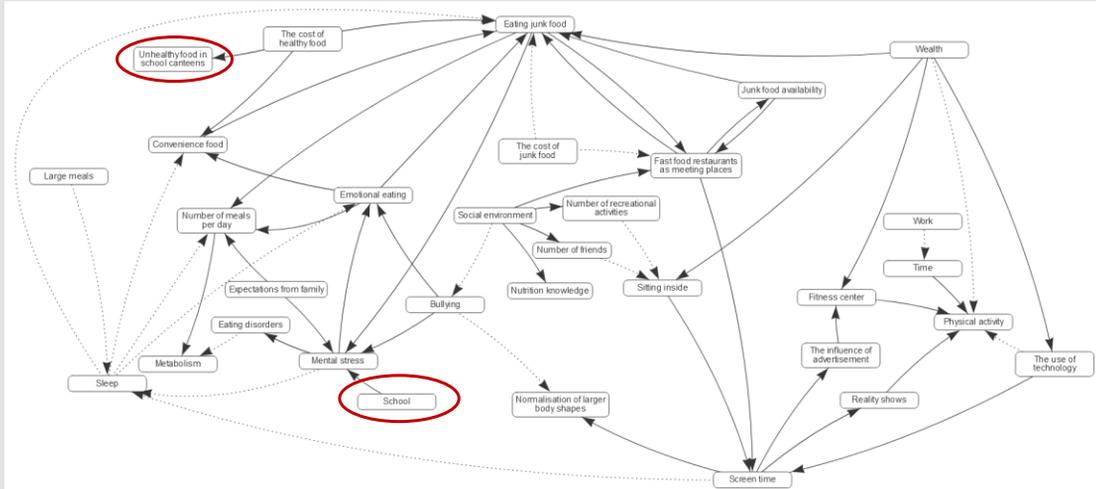


Youth Conference Sundvollen 2022

→ Confronting obesity: Co-creating policy with youth

Group model building (GMB) with adolescents

Research evidence and youth perspective



→ Confronting obesity: Co-creating policy with youth



Slide 8 → Confronting obesity: Co-creating policy with youth

From policy idea to concrete actions



→ Confronting obesity: Co-creating policy with youth

Dialogue forums

How to secure that youth are included and have equal representation?

→ Confronting obesity: Co-creating policy with youth

Policy proposals generated by CO-CREATE youth



→ Confronting obesity: Co-creating policy with youth



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



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What is meaningful youth engagement...

Panel Discussion

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Current policy actions and interventions targeting obesity prevention among young people

Arnfinn Helleve,
Norwegian Institute of Public Health

Brussel, 14th of June, 2022

Background

- ▶ Summarize evidence from up-to-date systematic reviews on the effectiveness of interventions aimed at preventing overweight and obesity in adolescents
- ▶ Populations: 10-19 years old
- ▶ Interventions: targeting physical activity and healthy diet
- ▶ Comparison: no intervention, treatment as usual
- ▶ Primary outcomes: BMI z-score, physical activity level, eating behaviours
- ▶ Study design: systematic reviews

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Methods

- ▶ Search in line with Cochrane Handbook for SRs published between 2008 and 2018
- ▶ Nine databases, references lists, contact with experts in the field
- ▶ AMSTAR2: rated methodological quality
- ▶ GRADE: grading the certainty of the evidence

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Results

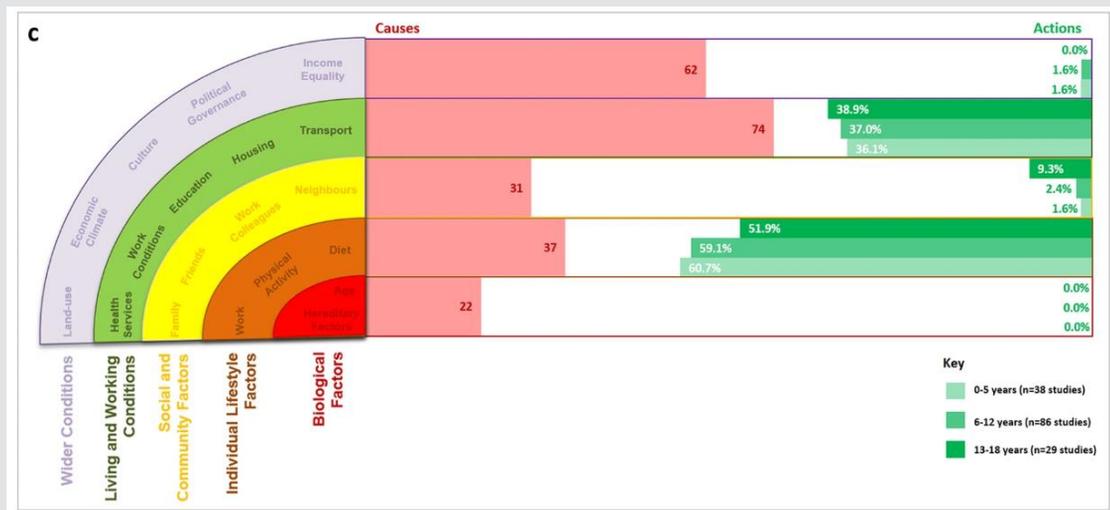
- ▶ 13 systematic reviews included, five targeted adolescents only
- ▶ Little or no effects on BMI/BMI z-scores (n=5)
- ▶ Effects on dietary behaviour (n=5): significant on SSB intake, possible beneficial effects of e.g. school policies on dietary behavior (F/V, fat intake, SSB)
- ▶ Little or no effects on physical activity (n=5)
- ▶ No involvement of adolescents
- ▶ Heterogeneity is a huge issue

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Discussion – what we found

- ▶ Weak evidence and certainty of evidence is low
- ▶ Equity issues: little focus on differences between socio-economic groups
- ▶ Dominance of individual/interpersonal interventions, also reflected in theoretical approach
- ▶ Majority of interventions are school-based
- ▶ Lack of evidence of the impact of population-level, structural interventions on adolescents

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Nobles, J., Summerbell, C., Brown, T. *et al.* A secondary analysis of the childhood obesity prevention Cochrane Review through a wider determinants of health lens: implications for research funders, researchers, policymakers and practitioners. *Int J Behav Nutr Phys Act* **18**, 22 (2021). <https://doi.org/10.1186/s12966-021-01082-2>

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Youth involvement

Research on obesity prevention and policy processes (in UK)

- ▶ Increased attention
- ▶ Involvement – different stages of research process
- ▶ Various degrees of participation in addition to mixed and limited feedback from young people on the benefits of participation in the policy-making process.

Macaulay T, Rolker HB, Scherer M, Brock J, Savona N, Helleve A, *et al.* Youth participation in policy-making processes in the United Kingdom: a scoping review of the literature. *Journal of Community Practice*. 2022: 1-22.

Mandoh M, Redfern J, Mirshahi S, Cheng HL, Phongsavan P, Partridge SR. Shifting From Tokenism to Meaningful Adolescent Participation in Research for Obesity Prevention: A Systematic Scoping Review. *Front Public Health*. 2021;9:789535. Published 2021 Dec 23. doi:10.3389/fpubh.2021.789535

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What do youth want? Outcomes of the Youth Alliances

Evelyne Baillergeau

14-06-2022 Policy Symposium on NCD Prevention

The Youth Alliances in a nutshell

Empowering youth and capacitating policy ideas



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Total number coded quotations with FN codes and the Total number of coded quotations.
 fieldnotes, due to the structured

Alliances' outcomes in a research perspective

Youth-led participatory action research and its meta-research component

	Netherlands	Norway	Poland	Portugal	United Kingdom	Totals
Number of fieldnotes	48	16	21	21	23	129
Total number coded quotations with FN codes	2055	688	903	903	989	5538
Total number of coded quotations	2494	981	1518	1233	1114	8257

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Outcome 1: policy ideas and proposals

	Total number ideas	Number of Alliances with these ideas	Number of Countries with these ideas	Number of Policy Proposals with these ideas
1. Environment supporting physical activity	31	10	5	7
2. Environment supporting healthy food	27	11	4	6
3. Environment supporting knowledge about health	18	12	5	8
4. Environment supporting learning how to cook	9	8	3	5
5. Environment reducing societal pressure and stress and improving mental health and social media use	15	8	4	3

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Other outcomes of the Youth Alliances

- ▶ **Capacitated adolescents**
- ▶ **Capacitated academics**

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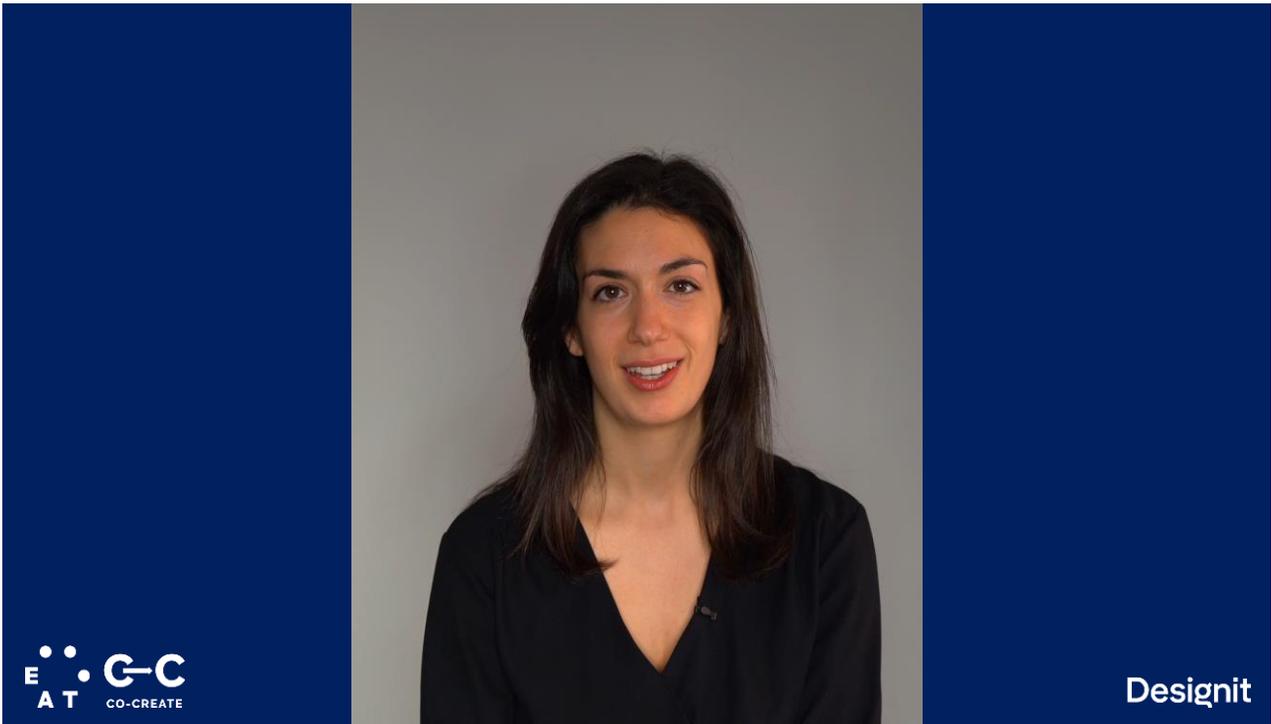


The CO-CREATE project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 774210. The products of the research are the responsibility of the authors; the European Commission is not responsible for any use that may be made of them.



CO-CREATE

DIALOGUE
FORUM



Designit

Objectives

What did we set out to do?

1. Develop a **model for youth-led multi-actor Dialogue Forums** that brings together adolescents, businesses and policymakers to action commitments and policies
2. Implement and evaluate **20 Dialogue Forums** at local, national and regional/international level
3. Develop a **set of recommendations** for how to establish successful multi-actor dialogue forums, including a section on conflicts of interest



What is a Dialogue Forum?

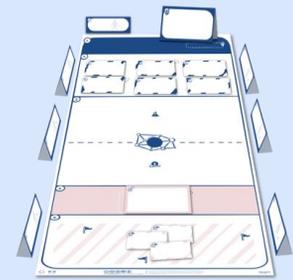
- Tool for intergenerational and multi-sectoral policy dialogue
- **Connect** with others, **discuss** an idea and **collaborate** on action
- Designed for and with youth
- Equal number of youth and adults at the table
- Facilitate action after dialogue



Key Features

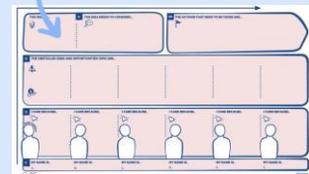
- Physical and digital
- Canvas and moderator cards that guide all activities
- Easily translatable
- Up to 2 hours
- 6 participants, emphasis on variety of voices & perspectives
- **Roles:**

Participants, moderator,
 Technical support & notetaker

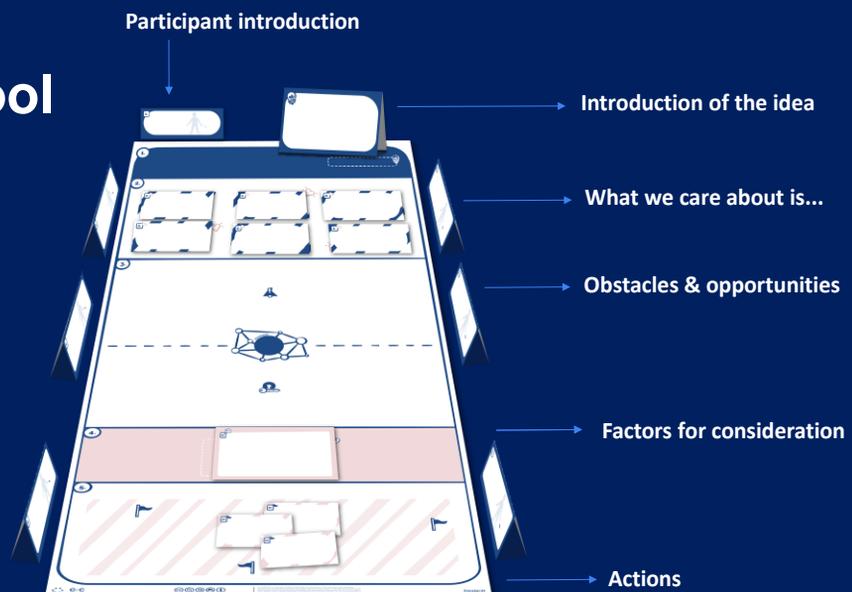


Physical tool

Digital tool



Dialogue tool Canvas



CO-CREATE experiences & outcomes



- Tools launched on World Health Day
 - Guidebook, instructional videos, digital & physical tool
- 3 UNICEF youth consultation
- Engagement in the Nutrition for Growth Summit, UN Food Systems Summit process, European Youth Parliament
- Currently being used in Food Trails, City Guide to the Planetary Health Diet, World Food Forum regional consultations
- Young people involved in the organisation, execution and follow-up of the Forums



The CO-CREATE Youth Declaration Task Force

Pedro Gonçalves and Zuzanna Burzynska

14th of June 2022



WORLD OBESITY **G-C CO-CREATE**

HEALTHY VOICES
youth driving change

• THE WHO CONSIDERS OBESITY a SERIOUS THREAT to PUBLIC HEALTH in the TWENTY-FIRST CENTURY!

• THE DECLARATION IS GIVING YOUTH a VOICE on a POLICY ISSUE that DIRECTLY AFFECTS THEM!

YOUTH DECLARATION ADOPTION MEETING

17th NOVEMBER 2020

CREATING SYSTEMIC CHANGE

- STOP ALL MARKETING OF UNHEALTHY FOODS OF CHILDREN AGED 18 OR YOUNGER.
- SECURE ALL CHILDREN HIGH QUALITY EDUCATION ON FOOD & NUTRITION & ACCESS to a HEALTHY SCHOOL CANTEEN
- SUGAR TAXES to MAKE UNHEALTHY FOOD and DRINK MORE EXPENSIVE.
- OFFER ALL CHILDREN & ADOLESCENTS FREE ORGANISED EXERCISE AT LEAST ONCE A WEEK.

• THERE IS NOT ONE FACTOR causing OBESITY...
• SO ONE INTERVENTION WON'T ADDRESS the PROBLEM on ITS OWN.

WHERE are YOU AIMING your ADVOCACY?
• LOCAL?
• NATIONAL?
• GLOBAL?

WHO can you PARTNER with?

WHO is your OPPOSITION?

IDENTIFY who YOUR KEY AUDIENCE IS.

IDENTIFY KEY MESSAGES

TAILOR your MESSAGING to your AUDIENCE

• THE EUROPEAN UNION

This project has received funding from the European Union's Horizon 2020 research and innovation programme (Work Programme 2016-2017: Food security, sustainable agriculture and forestry, marine and maritime and inland water research, and the bioeconomy) under grant agreement No 774210.

LIVEILLUSTRATION.CO.UK
GRAPHIC, LOGO DESIGN, EVENT VISUALISATION & COMMUNICATION

The declaration



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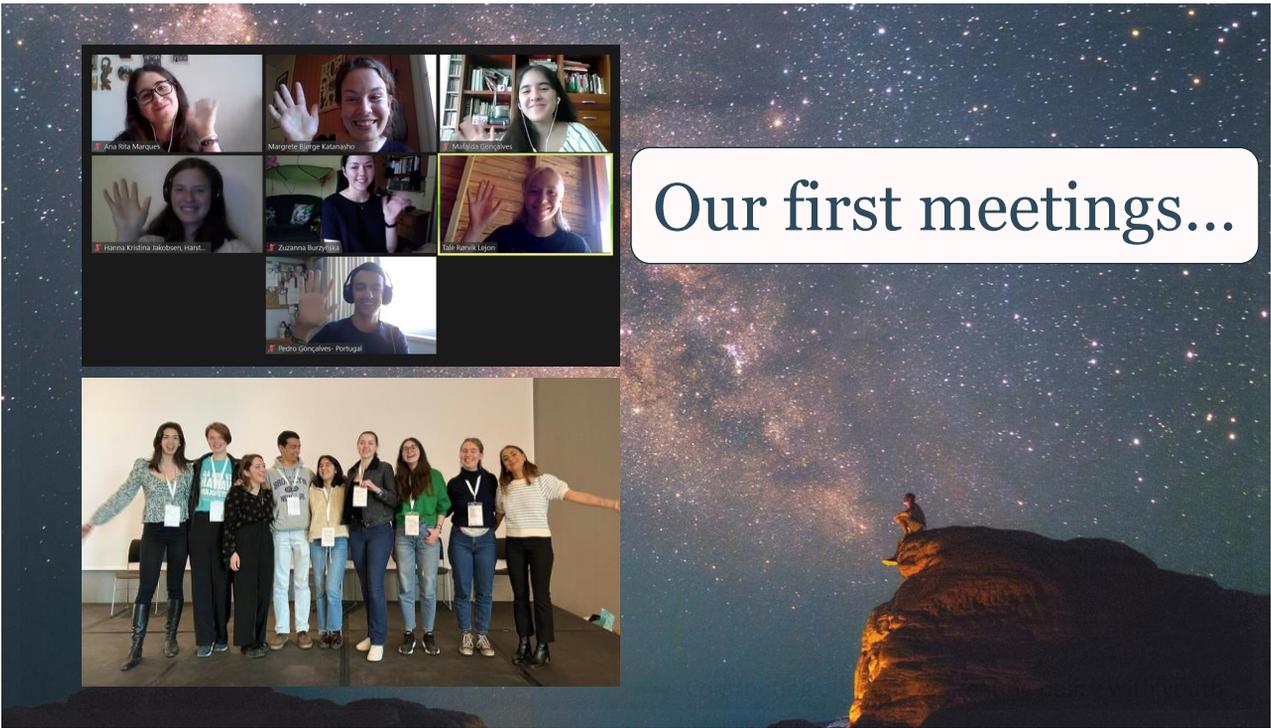
Our Demands

1. Stop all marketing of unhealthy food to children under the age of 18 years old;
2. Secure all children high-quality, practical based food and nutrition education in school and a healthy school cafeteria;
3. Implement a sugar-sweetened beverage tax to make unhealthy foods more expensive
4. Offer all children and adolescents free, organized physical activities at least once every week

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The CO-CREATE Youth Conference



Our first meetings...





Outcomes of the conference

PRESS
The European Union

G-C
CO-CREATE

The CO-CREATE Youth Declaration: Time to Act and Ensure Good Health for All

We need our politicians and stakeholders to act and bring the childhood and adolescent obesity epidemic to an end!

Did you know that the percentage of children and adolescents in the world who lives with overweight and obesity has doubled since the 1970s? The World Health Organization (WHO) actually lists childhood obesity as one of the most serious public health challenges of the 21st century.¹ Obesity often comes with severe consequences. Firstly, living with obesity as a child, makes one more likely to continue living with obesity in adulthood.² Secondly, overweight and obesity is associated with numerous health challenges and diseases, including diabetes, some types of cancer and cardiovascular diseases.³

The increased number of people living with obesity is a direct consequence of changes in our society's food systems. Foods high in refined carbohydrates, sugars, saturated fats and meat as well as processed, energy-dense foods have become more available and cheaper, making it more accessible, especially to the poorer part of the population.

But obesity is preventable! Individual based interventions have long been the main focus of overweight prevention. Yet, data shows that while the awareness of factors that can lead to obesity has increased, the number of people living with obesity has not decreased.⁴ It is time to stop framing obesity as a question regarding the individual, but rather a challenge that should be addressed at the system level. In other words we need a systematic change, where the healthiest choices become the preferred ones!

The time to act is now! COVID-19 has highlighted the importance and urgent need of including obesity in countries' national health guidelines. In responding to the pandemic, our state leaders now have the chance to build back better. This is in line with the UN Sustainable Development Goals, which as one of its targets aims to reduce one third of premature mortality from non-communicable diseases through prevention by 2030.⁵

By portraying overweight and obesity as something the individual is responsible for, one does not only promote interventions with limited success but could also inflict weight stigma. Weight stigma is considered to have psychological consequences, such as increased depression and decreased self-esteem. Such mental health problems might also negatively affect the health of individuals because they can make it harder to eat healthy and stay active.

Rather, a structural approach that addresses the root causes of overweight and obesity is needed.⁶ That is why we are urging governments to develop whole-of-society, sustained and coherent nutrition- and physical activity-related policies. That is also why this document does not address individuals but policy makers, who are the ones in position to change the structures that are affecting the lives of individuals.

This project has received funding from the European Union's Horizon 2020 research and innovation programme (Work Programme 2014-2017) - final activity: scientific applications and literacy, science and innovation related water research, and the Technology and innovation programme No. 774256.

version 1.

version 2.



Thank you for your attention!

worldobesity.org

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HEALTHY VOICES

youth driving change

Advocacy Tools

While no single definition exists for advocacy, all have a common basis: it is a call for change to improve people's lives. Advocacy is essential – it aims to address the root causes of challenges and issues that might arise and calls for the development of long-term, sustainable solutions. What do you need in order to become an advocate? Well, the most fundamental aspect of any advocacy work is a passion and commitment towards a cause! Here, we aim to share with you some advocacy tools to help you become a strong, committed and powerful advocate!

HEALTHY VOICES / ADVOCATE / ADVOCACY TOOLS

HCC WORLD OBESITY

Youth Voices in Health Advocacy Spaces:
A Guide for You(th) Advocates in the

 @EU_COCREATE

 www.co-create.eu

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Priorities for the EU Action Plan on Childhood Obesity

Panel Discussion

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