



15th European Public Health Conference 2022

Strengthening health systems: improving population health and being prepared for the unexpected

hub27, Berlin, Germany, 9-12 November 2022

Preconference Workshop

Evaluating implementation of public policy for the promotion of physical activity and healthy nutrition: Why, how and what should this involve.





Location: Gamma 6-7

Time: 9:00-12:30

Room set-up: Classroom format, all have a projector and a laptop. You may bring your own laptop.

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Facilitators:

Alphabetical Order	
<p>Professor Wolfgang Ahrens, Leibniz-Institute for Prevention Research and Epidemiology – BIPS, Germany.</p> <p>Prof. Dr. Wolfgang Ahrens is professor of epidemiological methods at the faculty of mathematics and computer science of the University of Bremen, Germany. He is Deputy Director of the Leibniz Institute for Prevention Research and Epidemiology - BIPS in Bremen and head of the department Epidemiological Methods and Etiological Research.</p> <p>Wolfgang was the Principal Investigator and Co-ordinator of the Policy Evaluation Network.</p>	<p style="text-align: center;">ahrens@leibniz-bips.de</p> 
<p>Dr. Marleen Bekker, Wageningen University, The Netherlands, and EUPHA.</p> <p>Marleen Bekker is an assistant professor in the Health and Society group of the Center for Space, Place and Society in Wageningen University, The Netherlands. She investigates the politics and policies of public health ranging from intersectoral and multilevel health governance and comparative health systems research to transformative collaborative platforms for a whole of society approach to health. Marleen chairs the Public Health Policy and Politics (PHPP) section of EUPHA, with almost 4500 members across the Eurasian continent. She acted as advisor to the Implementation work package of the PEN.</p>	<p style="text-align: center;">marleen.bekker@wur.nl @bekker_mpm</p> 
<p>Dr. Sarah Forberger, Leibniz-Institute for Prevention Research and Epidemiology – BIPS, Germany</p> <p><i>Sarah</i> is a senior researcher in the <i>Department of Prevention and Evaluation</i>. Her main research interests are in the field of evidence-based Public Health and Public Policy. Her focus is on implementation research with particular attention to the interaction between setting/system and intervention and the role of contextual factors, as well as the application of findings from behavioural science (nudging) for public health and public policymaking in the field of physical activity promotion and nutrition.</p>	<p style="text-align: center;">sarah.forberger@leibniz-bips.de @forberger_sarah</p> 
<p>Dr. Janas Harrington, University College Cork, Ireland.</p> <p>Dr Harrington is a Senior Lecturer in Public Health Nutrition with a track record in research focusing on determinants of dietary patterns. Cliona Twohig is working as a Research Assistant on WP1. Her work is focussed on the analysis write up and dissemination of the Irish Food EPI. Prof Perry, Head of the School of Public Health, University College Cork, is a member of the Special Advisory Group on Obesity (SAGO) which reports directly to the Minister of Health and Diet Research (CHDR). The CHDR has had a significant policy focused research agenda over the past in the food environment to promote healthier food choices.</p>	<p style="text-align: center;">J.Harrington@ucc.ie @janasharrington</p> 
<p>Dr. Antje Hebestreit, Leibniz-Institute for Prevention Research and Epidemiology – BIPS, Germany.</p>	<p style="text-align: center;">hebestr@leibniz-bips.de</p>

Dr. Antje Hebestreit is head of the Unit Lifestyle-Related Disorders at the Leibniz Institute for Prevention Research and Epidemiology – BIPS, Department Epidemiological Methods and Etiological Research. Dr. Hebestreit was member of the JPI-HDHL DEDIPAC management team (2013-2016) and chaired work package 2 "Monitoring and surveillance" of the JPI-HDHL Policy Evaluation Network (2018-2021); she is also member of the PEN Steering Group. In 2021 she qualified as professor for Public Health at the University Bremen.



Prof. Catherine Woods, University of Limerick, Ireland

Catherine is deputy co-ordinator of a *Joint Programme Initiative, Healthy Diet for a Healthy Life*; the **Policy Evaluation Network** (<https://www.jpi-pen.eu/>). This network of 28 research groups across Europe is examining the impact of public policy on improving healthy eating, physical activity and reducing sedentary behaviour. Catherine is leading on the development of the Physical Activity Environment Policy Index (PA-EPI).

The **I-PARC project** (Irish Physical Activity Research Collaboration) jointly led by Catherine and Dr. Fiona Mansergh (Department of Health, Healthy Ireland), has been designed to bring together researchers, policy makers and practitioners from PA in order to develop a systematic method for identifying examples of effective PA interventions and effective implementation strategies (<https://i-parc.ie/>).

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Workshop Description:

Evaluating implementation of public policy for the promotion of physical activity and healthy nutrition: Why, how and what should this involve.

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Urban cities host over half the world's population and their growth is projected to increase in the foreseeable future. Within these urbanised food and physical activity (PA) systems, promoting health enhancing behaviours and sustainability is challenging. Indeed, the UN Sustainable Development Goals blueprint highlights the need to 'make cities and human settlements inclusive, safe, resilient and sustainable'. A need to move beyond the individual behaviour change to broader policy or systems-based approaches is needed. For Governments, the concept of a 'best buy' in public health interventions is associated with evidence of effectiveness, rationale for need and applicability to the target population. Yet, in public sector policy the concept of a 'best buy' is far from clear. Indeed, the 'best buy' indicators (from a scientific perspective) may not be politically relevant (due to context) and/or difficult to obtain.

The aim of this workshop is to share the learnings from the Policy Evaluation Network on examining public policy development, implementation and evaluation in food and PA and present strategies for improved policy evaluation. This workshop will explore the tensions that exist in identifying policy 'best buys', the impact of different stakeholder perspectives' on agreeing 'best buys', and the associated issues of implementation and monitoring for accountability at city and national levels.

To begin the workshop our experts will give presentations from the EU Policy Evaluation Network (<https://www.jpi-pen.eu/>), INFORMAS (<https://www.informas.org/>) and others designed to advance our understanding of the potential for policy intervention to change environments and behaviour. Next, we will present strategies by which we can obtain better data for policy evaluation and how we can provide actionable knowledge for policy makers to create healthier physical activity and food environments. We will focus on policies that are good for the planet, publically acceptable and good for the economy. The team of experts will provide tailored feedback to the small groups as their ideas are flourishing, and drawing on examples from physical activity and food policy, participants:

- Explore recent rapid developments in physical activity national and local policy development, and learn from the successes and challenges of the globally relevant food policy examples;
- Explore the tensions that exist in developing and implementing physical activity/Food policy.
- Review indicators and methods for monitoring implementation of policy and discuss the challenges in obtaining the data needed for outcome evaluation.
- Participants will discuss opportunities to influence local food and physical activity policy to follow best practice in developing a healthy, sustainable, and resilient system which underpins national and international policies.

Programme: 09:00 a.m. – 12:30 p.m. (3.5 hours)

09:05 a.m. - Welcome/overview of agenda introduction (Prof. Marleen Bekker, The Netherlands)

09:10 a.m. – Icebreaker (Prof. Catherine Woods, Ireland/ Dr. Sarah Forberger, Germany)

09.20 a.m. – Aims and Achievements of the European Policy Evaluation Network (Prof. Wolfgang Ahrens, Germany; see www.jpi-pen.eu)

09:30 a.m. – Policies Influencing Food Environments in EU Member States – Assessment by the Food Environment Policy Index (EPI) (Dr. Janas Harrington, Ireland / Dr. Maartje Poelman, The Netherlands)

09.50 a.m. – Benchmarking of Policies and Infrastructure Support for Creating Physically Active Environments – Development and Implementation of a Novel Physical Activity EPI (Prof. Catherine Woods, Ireland / Dr. Sarah Forberger, Germany)

10:10 a.m. – Interactive Session: Discussing Barriers and Facilitators to Conducting Both Food and Physical Activity EPIs

10:40 a.m. – Coffee Break (15 Min)

11:00 a.m. Feedback from interactive session: Groups will report back on each topic.

11.15 a.m. – Better Data to Assess Policy Impact – Obtaining Harmonized Indicators of Diet- and Physical Activity-Behaviours and their Determinants by Pan-European Surveillance (Dr. Antje Hebestreit, Germany / Prof. Wolfgang Ahrens, Germany)

Presentation followed by a plenary discussion on barriers and facilitators for including SIMPLE indicators into national surveillance systems)

12:00 p.m.— Plenary Discussion and Conclusion (Facilitated by Prof. Marleen Bekker; next steps and future directions)

12:30 p.m. – Network Lunch (60 Min)

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Reading (see below a selection of papers from the PEN project).

To have read these in advance of the workshop is not a requirement, but if you have time when travelling, for example, aim to read 1-2 papers of interest.

- Djojoseparto SK, Kamphuis CBM, Vandevijvere S, Murrin C, Stanley I, Romaniuk P, et al. on behalf of the PEN Consortium. **Strength of EU-level food environment policies and priority recommendations to create healthy food environments.** Eur J Public Health. 2022. [Link](#).
- Gelius P, Messing S, Forberger S, Lakerveld J, Mansergh F, Wendel-Vos W, et al. **The added value of using the HEPA PAT for physical activity policy monitoring: a four-country comparison.** Health Res Policy Sy. 2021;19(1):22. [Link](#).
- Lakerveld J, Woods C, Hebestreit A, Brenner H, Flechtner-Mors M, Harrington J, et al. **Advancing the evidence base for public policies impacting on dietary behaviour, physical activity and sedentary behaviour in Europe: The Policy Evaluation Network promoting a multidisciplinary approach.** Food Policy. 2020; 96. [Link](#)
- Stanley I, Neumann-Podczaska A, Wieczorowska-Tobis K, Mensink G, Garnica Rosas L, Do S, et al., on behalf of the PEN Consortium. **Health surveillance indicators for diet and physical activity: what is available in European data sets for policy evaluation?** Eur J Public Health. 2022. [Link](#)
- Volf K, Kelly L, García Bengoechea E, Casey B, Gelius P, Messing S, et al. on behalf of the PEN consortium. **Evidence of the impact of sport policies on physical activity and sport participation: a systematic mixed studies review.** Int J Sport Policy Politics. 2022:1-16. [Link](#).
- Woods CB, Volf K, Kelly L, Casey B, Gelius P, Messing S, et al. **The evidence for the impact of policy on physical activity outcomes within the school setting: A systematic review.** J Sport Health Sci. 2021;10(3):263-76. [Link](#).
- Zukowska J, Gobis A, Krajewski P, Morawiak A, Okraszewska R, Woods CB, et al. **Which transport policies increase physical activity of the whole of society? A systematic review.** J Transp Health. 2022;27. [Link](#).

Forthcoming publications [for full list see: www.jpi-pen.eu]

- Forberger S, Reisch L, Meshkovska B, Lobczowska K, Scheller D, Wendt J, et al. on behalf of the PEN Consortium. **What do we know about the actual implementation process of public physical activity policies: Results from a scoping review.** Eur J Public Health. 2022.
- Hebestreit A, Thumann B, Wolters M, Bucksch J, Huybrechts I, Inchley J, Lange C, Lien N, Manz K, Slimani N, van der Ploeg H, Ahrens W, on behalf of the DEDIPAC consortium. **Road map towards a harmonized pan-European surveillance of obesity-related lifestyle behaviours and their determinants in children and adolescents.** Int J Public Health. 2019;64(4):615-623.
- Bel-Serrat S, Huybrechts I, Thumann B, Hebestreit A, Abuja PM, De Henauw S, Dubuisson C, Heuer T, Murrin CM, Lazzeri G, van Rossum C, Andersen LF, Szeklicki R, Vioque J, Berry R, van der Ploeg H, Ahrens W, Slimani N, on behalf of the DEDIPAC consortium. **Inventory of surveillance systems assessing dietary, physical activity and sedentary behaviours in Europe: A DEDIPAC study.** Eur J Public Health. 2017;27(4):747-755.
- Hebestreit A, Do S, Wolters M, Mensink G, Garnicas Rosas L, Abu Omar K, et al. & on behalf of the PEN consortium. **Towards a harmonised European surveillance for dietary and physical activity indicators in young and adult populations.** Eur J Public Health. 2022. Forthcoming.
- Kamphuis C, Forberger S, Lien S, Rehfuess E, Luszczynska A. & on behalf of the PEN consortium. **Development of a framework to guide research into policies promoting physical activity and healthy diets in the European context: The system-based Policy Evaluation Network (PEN) framework.** Eur J Public Health. 2022. Forthcoming.
- Woods C, Kelly L, Volf K, Gelius P, Messing S, Forberger S, et al. **The Physical Activity Environment Policy Index for monitoring government policies & actions to improve physical activity.** Eur J Public Health. 2022. Forthcoming.