



## 15<sup>th</sup> 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.*



EUPHA, Berlin, Germany

## Workshop Aims:

- 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.

## Workshop Programme

- **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](http://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)
- **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)**

## Programme continued...

- **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)
- **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)**







Introduce yourself (name, country)  
What brought you to EUPHA this year?



Physical Activity  
Environment Policy Index (PA-EPI)  
Development

# The PA-EPI: a tool for evaluation and benchmarking of the implementation of public policies to create a healthy physical activity environment

**Authors:** Catherine B. Woods<sup>1</sup>; Liam Kelly<sup>1</sup>; Kevin Volf<sup>1</sup>; Aurelie van Hoyer<sup>1</sup>; Peter Gelius<sup>2</sup>; Sven Messing<sup>2</sup>; Sarah Forberger<sup>3</sup>; Jeroen Lakerveld<sup>4,5</sup>; Nicole den Braver<sup>4,5</sup>; Joanna Zukowska<sup>6</sup>; Enrique García Bengoechea<sup>1</sup> **on behalf of the PEN consortium**

1. Physical Activity for Health, Health Research Institute, University of Limerick, Limerick, Ireland. 2. Friedrich-Alexander-Universität Erlangen-Nürnberg, Erlangen, Germany. 3. Leibniz Institute for Prevention Research and Epidemiology – BIPS, Bremen, Germany. 4. Amsterdam Public Health Research institute, The Netherlands. 5. Upstream Team, Amsterdam UMC, VU University Amsterdam, The Netherlands. 6. Faculty of Civil and Environmental Engineering, Gdansk University of Technology, Gdansk, Poland.

Berlin, Germany. November 2022





# Rationale

- WHO GAPPA 2018-2030 target of a 15% relative reduction in the prevalence of populations physical inactivity by 2030, and linked the promotion of physical activity (PA) to achievement of the UN's SDGs<sup>1</sup>.
- A multifaceted response, including **government action**, is essential to achieve this target.
- Documented **good progress at a country level** regarding the introduction of national policies for PA<sup>2</sup>.
- **Minimal progress on addressing** population levels of physical **inactivity**<sup>2</sup>.
- In part, due to a **lack of 'upstream' policy progress** in effective domains.
- In part, due to a **lack of effective infrastructure support** for policy **implementation**.
- We are unlikely to reach the WHO target, if the '**system**' or '**environment**' remains **unchanged** despite our best 'downstream' or programmatic efforts.

## Effective Policy Intervention is Essential

# Develop the Physical Activity Environment Policy Index (PA-EPI)

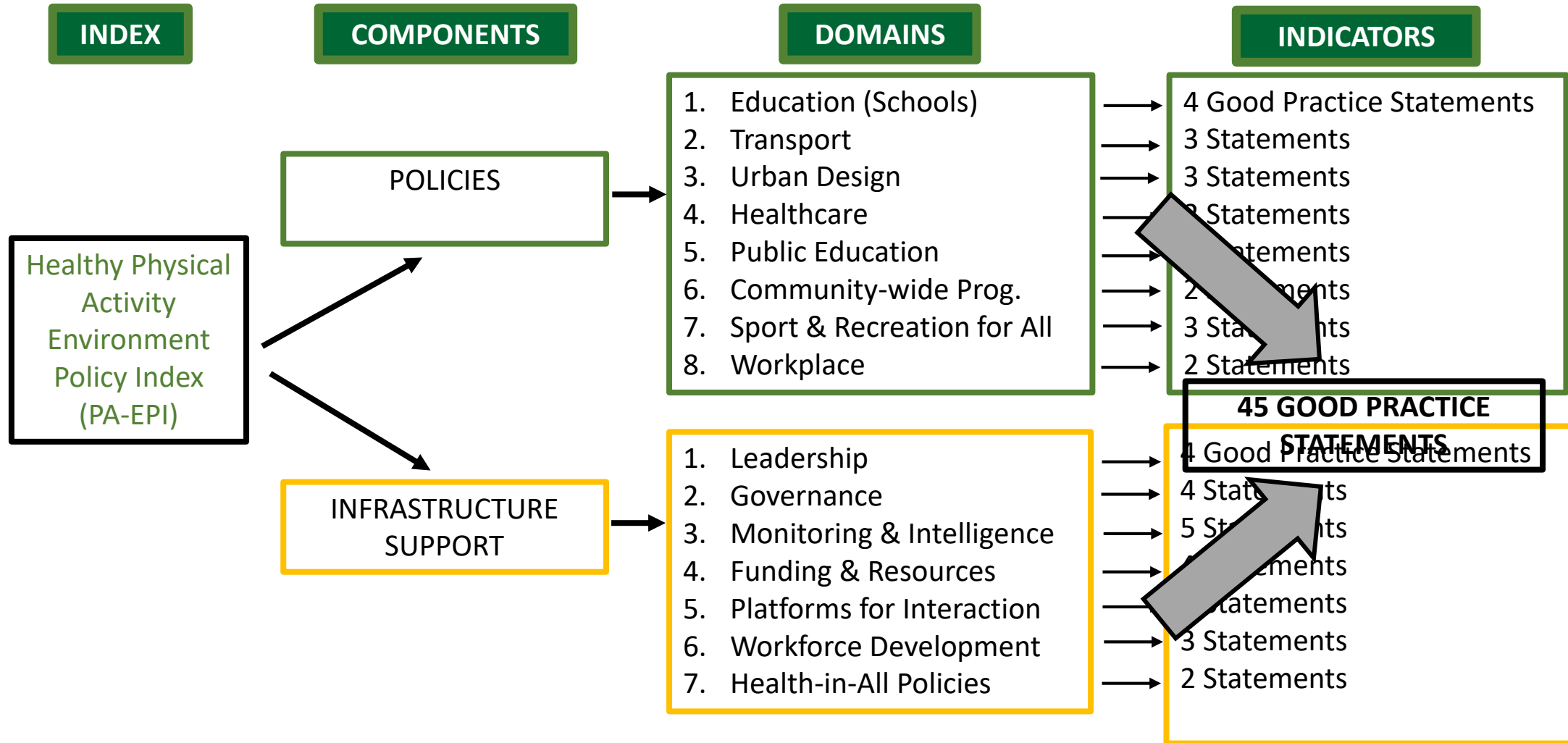
- The PA-EPI is a tool for evaluation and benchmarking of the implementation of public policies to promote PA and create a healthy PA environment.
- The PA-EPI can help policymakers determine:
  1. Where their county is now in relation to the implementation of PA policies.
  2. What is possible to change.
  3. Provides pathways on how to reach goals to address critical implementation gaps.
  4. Provides a mechanism for documenting progress.

## Methodology: Development of the PA-EPI

[https://youtu.be/A\\_YUx74IHfc](https://youtu.be/A_YUx74IHfc)



# PA-EPI Framework





# PA-EPI: Education Domain (Example)

E01  
Physical education

E02  
School-related physical  
activity

E03  
Shared use agreements to  
utilise school spaces

E04  
Safe active travel

## PA-EPI: Education Domain (Example)

**E01**

Evidence-informed, quality mandatory physical education that promotes and supports the ideals of equity, diversity and inclusion and adheres to defined standards is part of the curricula in all schools.

E02

School-related physical activity

E03

Shared use agreements to utilise school spaces

E04

Safe active travel

## PA-EPI: Indicator E04

### E01

Evidence-informed, quality mandatory physical education that promotes and supports the ideals of equity, diversity and inclusion and adheres to defined standards is part of the curricula in all schools.

### E02

National and/or subnational initiatives are in place to promote and support school-related physical activity both at school and in other settings. These initiatives should employ an inter-sectoral approach and collaborative multi-agency partnerships (e.g., links with out-of-school sports clubs, active breaks/recess, walking clubs).

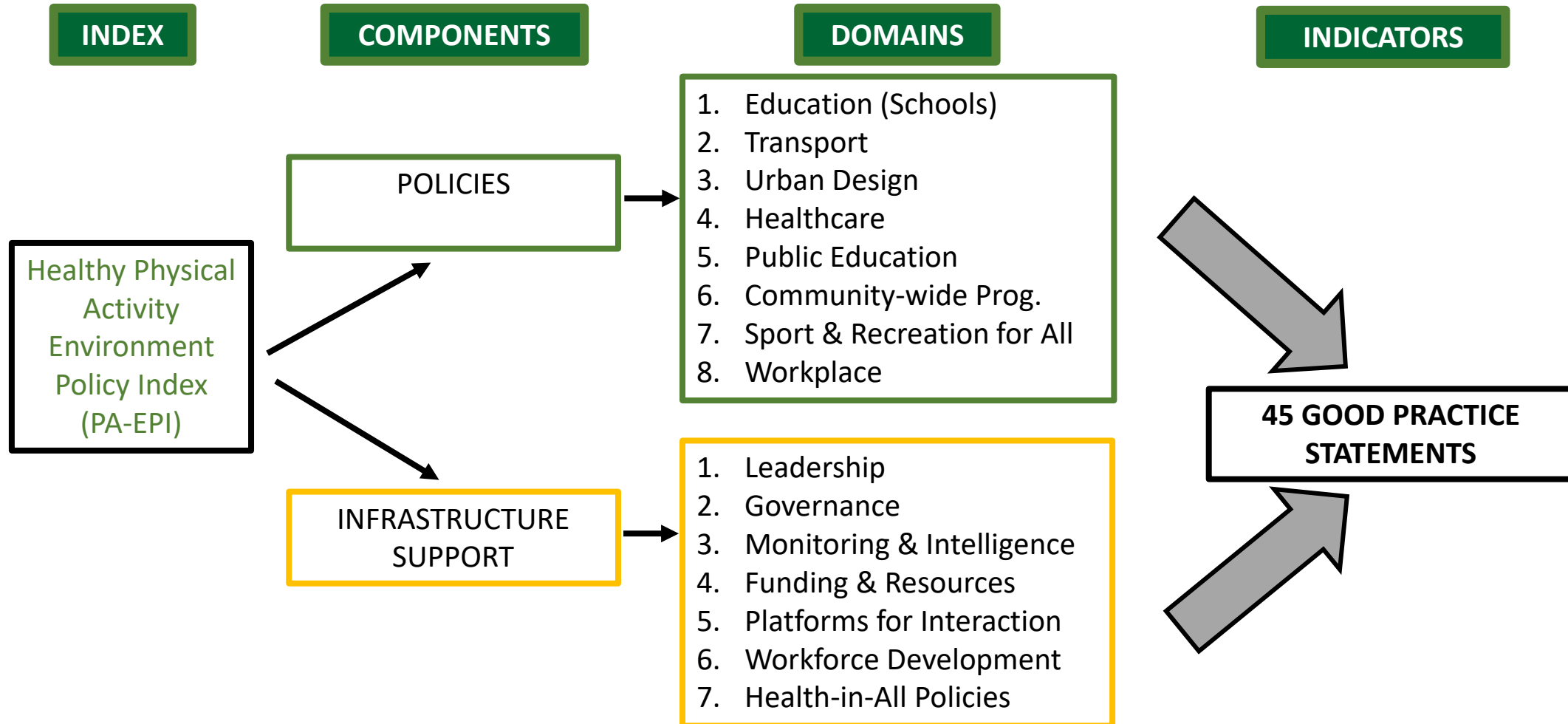
### E03

There are shared use agreements that utilise school spaces. Community access is supported by initiatives to promote and support opportunities for physical activity for all persons outside of normal school hours.

### E04

National and/or sub-national policies are in place to promote and support safe active travel to and from school.

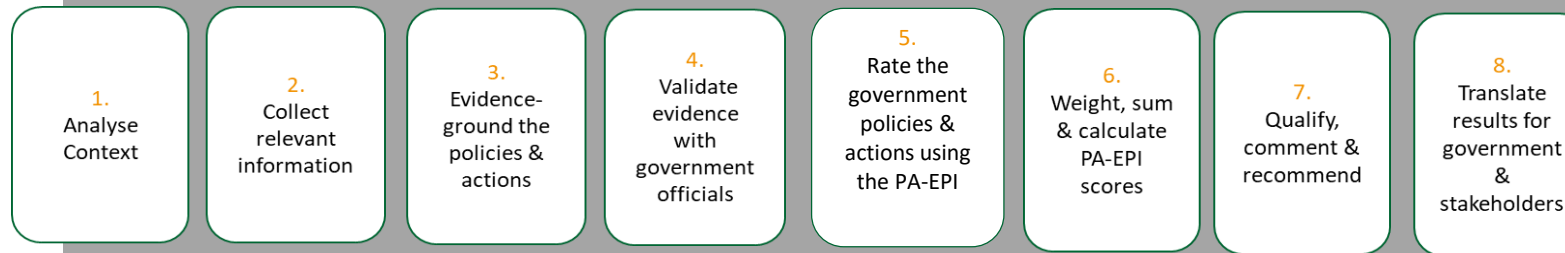
# PA-EPI Framework





# PA-EPI Implementation: A multi-step process

Process driven by existing or formed 'national coalition' of informed public health non-government organisations and researchers



# PA-EPI & Policy Monitoring Tools

## Overlap with indicators used in existing monitoring tools and systems:

- MOVING database (CO-CREATE)
- HEPA Monitoring Framework survey (EU/WHO)
- NCD Country Capacity Survey (WHO)
- HEPA PAT (WHO)
- GAPPA Monitoring Framework (WHO)

**39 out of 45 PA-EPI Good Practice Statements (87%)**

## Policy domains

Education (Schools)	E01*	E02	E03	E04
Transport	T01*	T02	T03	
Urban design	UD01	UD02	UD03	
Healthcare	H01	H03		
Mass media	MM01	MM02		
Community	C02	C03		
Sport	SP01	SP02	SP03	
Workplace	W01	W02		

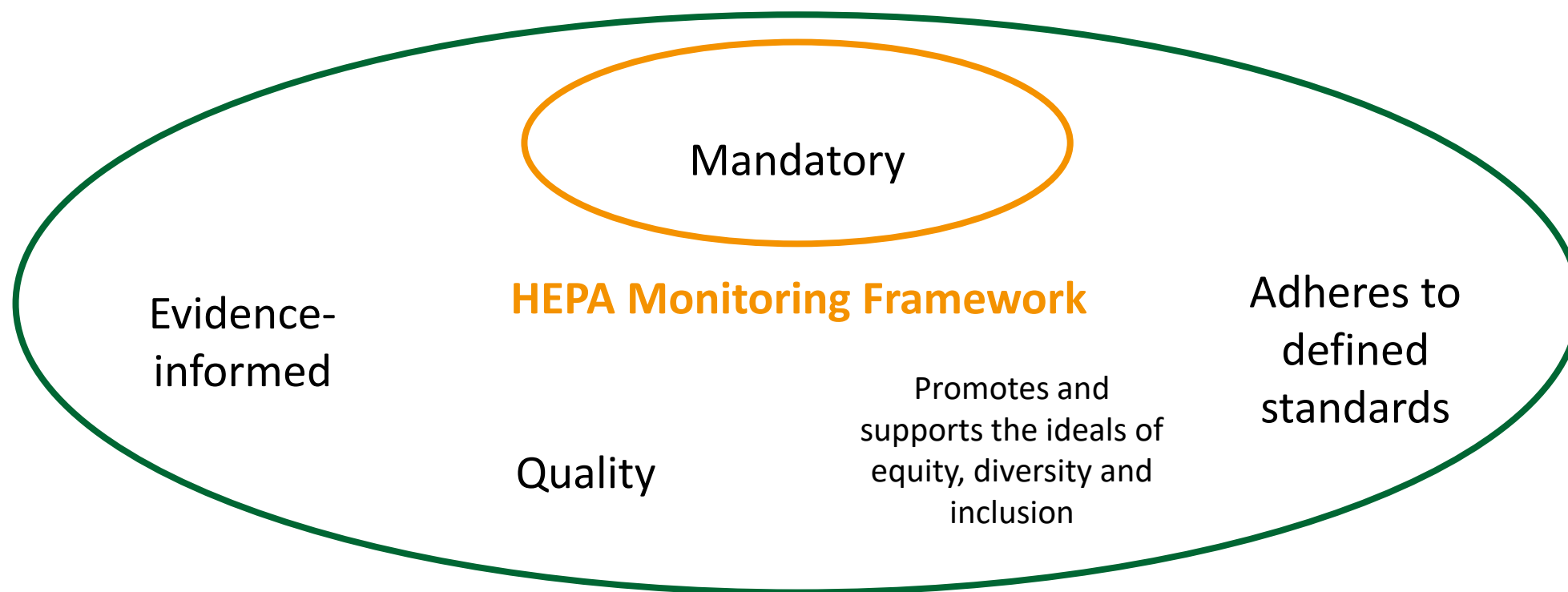
## Infrastructure domains

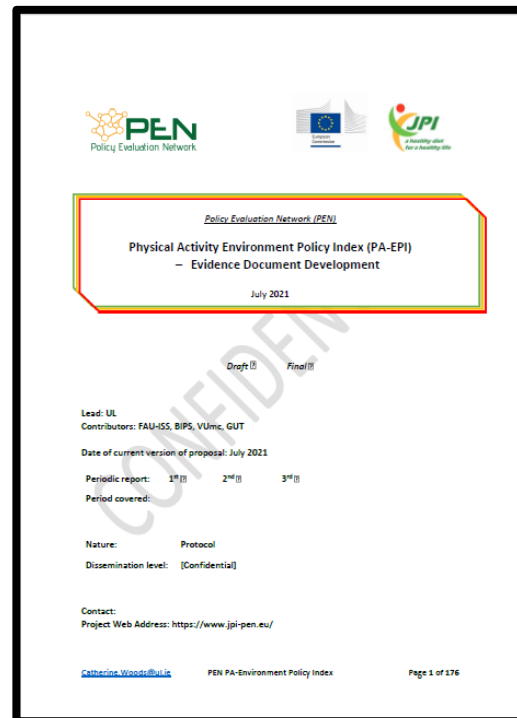
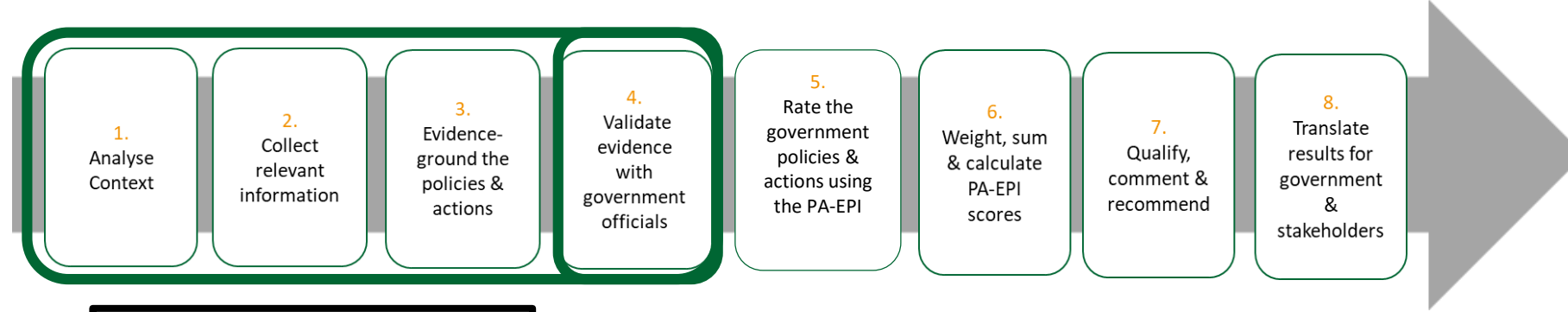
Leadership	L01	L02	L03	L04*
Governance	G01	G02	G03	G04
Monitoring and intelligence	MI01	MI02	MI03	MI04
Funding and resources	FR01	FR02	FR03	FR04
Platforms for interaction	PI01	PI03		
Workforce development	WD01	WD02	WD03	
Health in all policies	HIAP01	HIAP02		

\* SIMPLE modules developed

# PA-EPI & Policy Monitoring Tools: Example

## PA-EPI Good Practice Statement E01: Physical education in school curricula

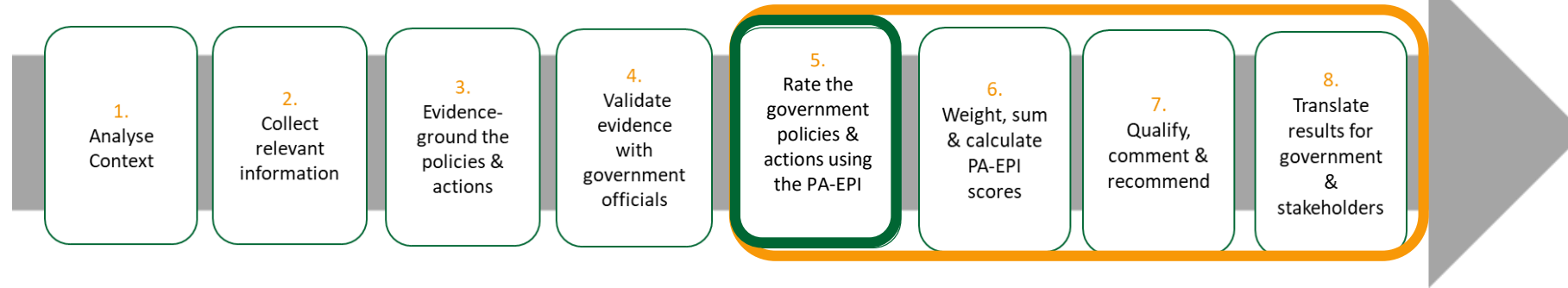




The following video gives an overview of the purpose of this consultation and the methodology used in the development of the PA-EPI.

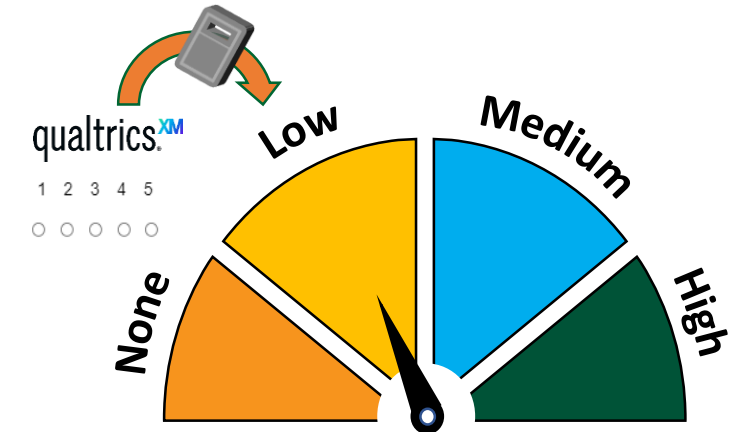
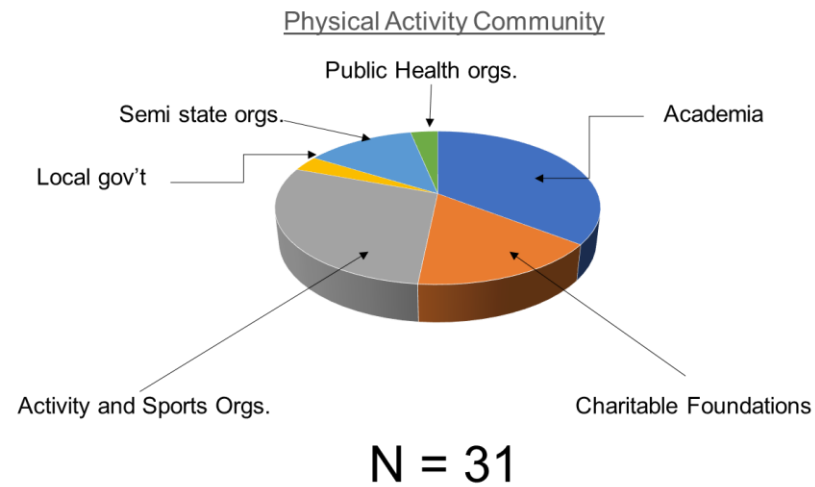






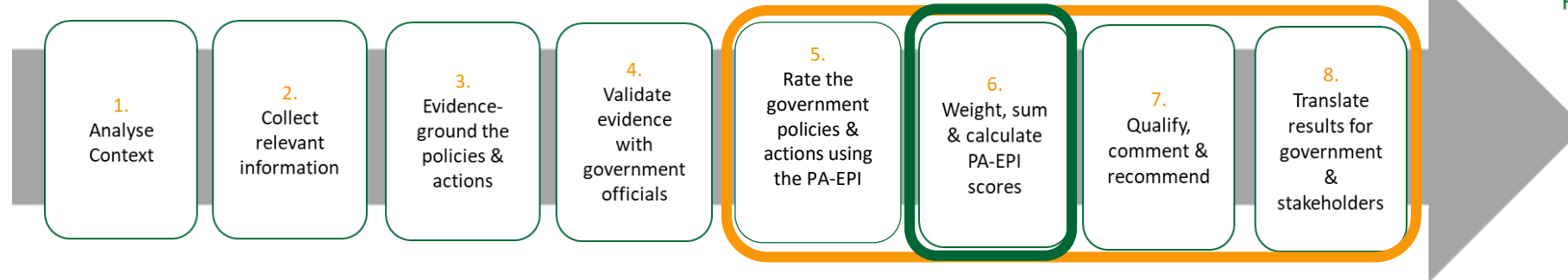
Physical Activity Community  
“A Mobilization of Bias”

National Coalition

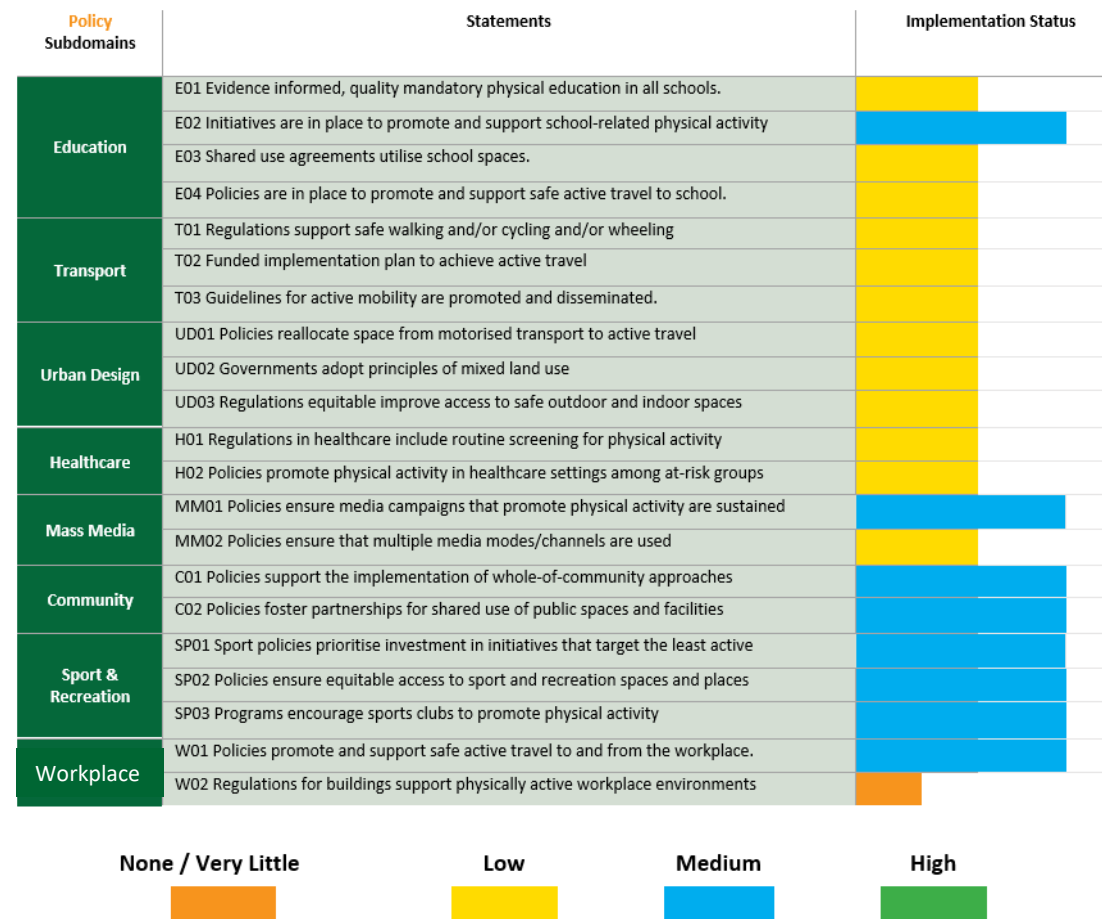


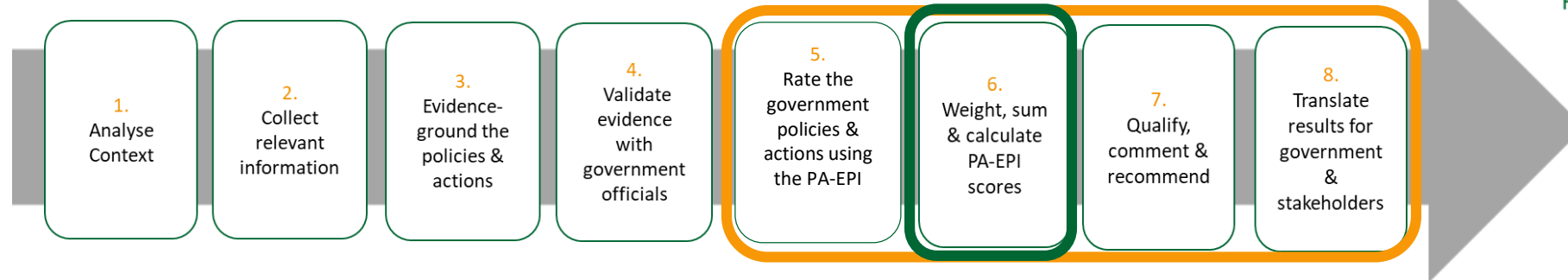
Response rate: 81% (n=25/31)

Fully completed survey: 64% (n=16/25)  
Partially completed survey: 24% (n= 6/25)  
Decline to participate 12% (n=3/25)

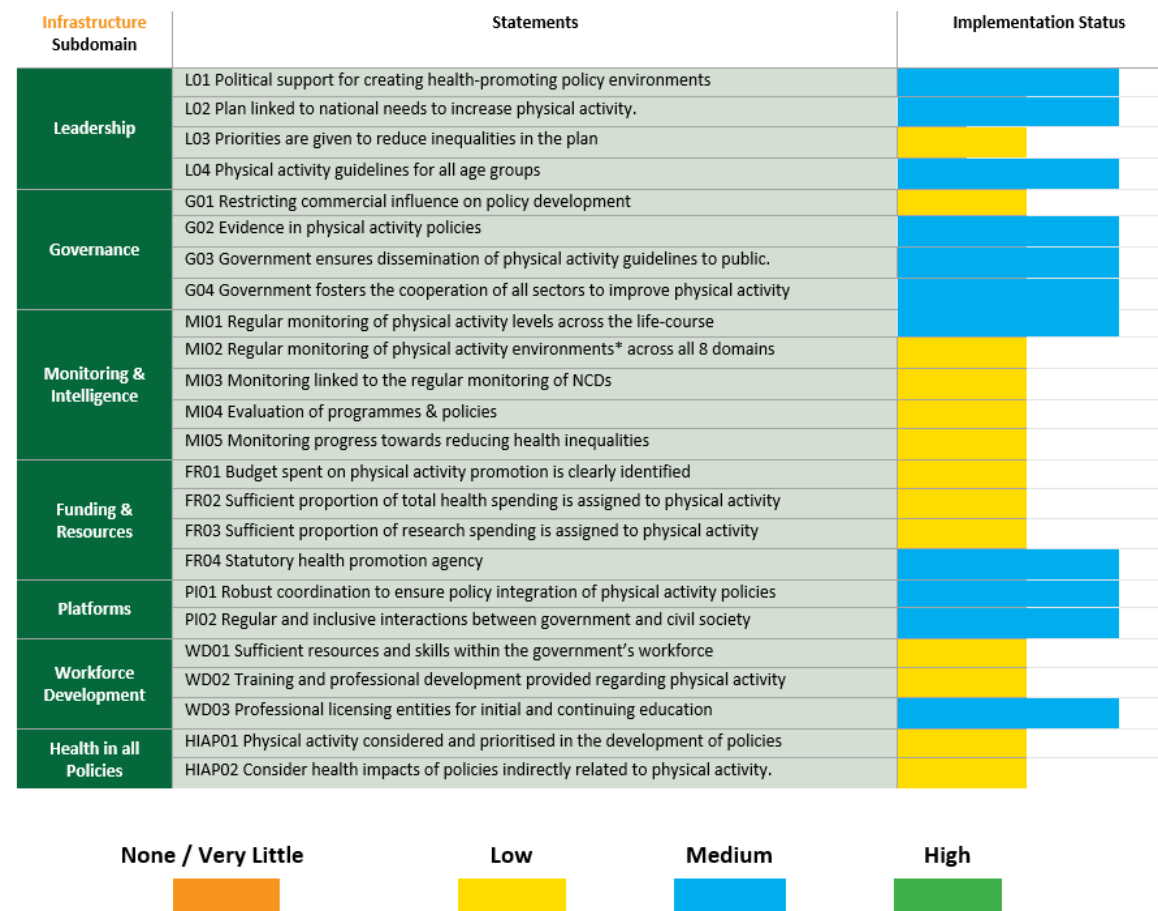


## Policy Component (Example of Ireland)

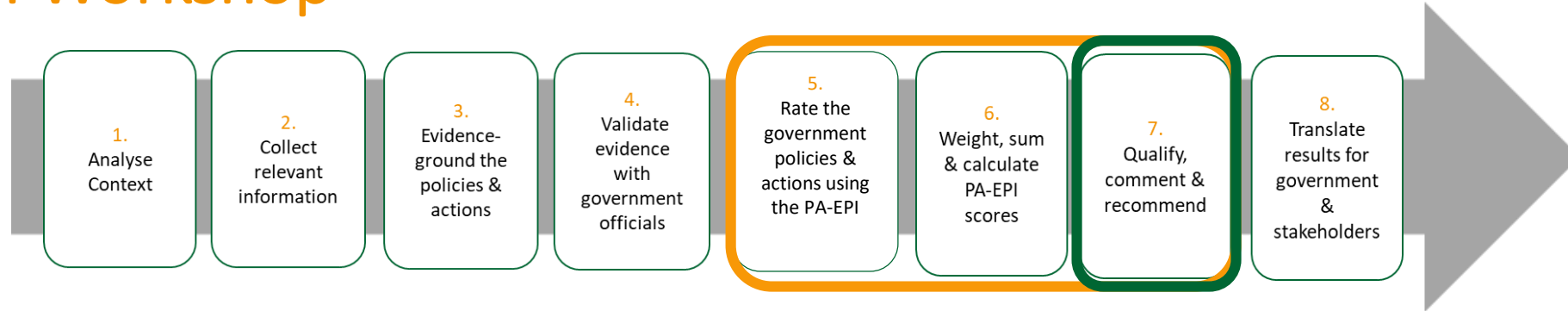




## Infrastructure Support Component (Example of Ireland)

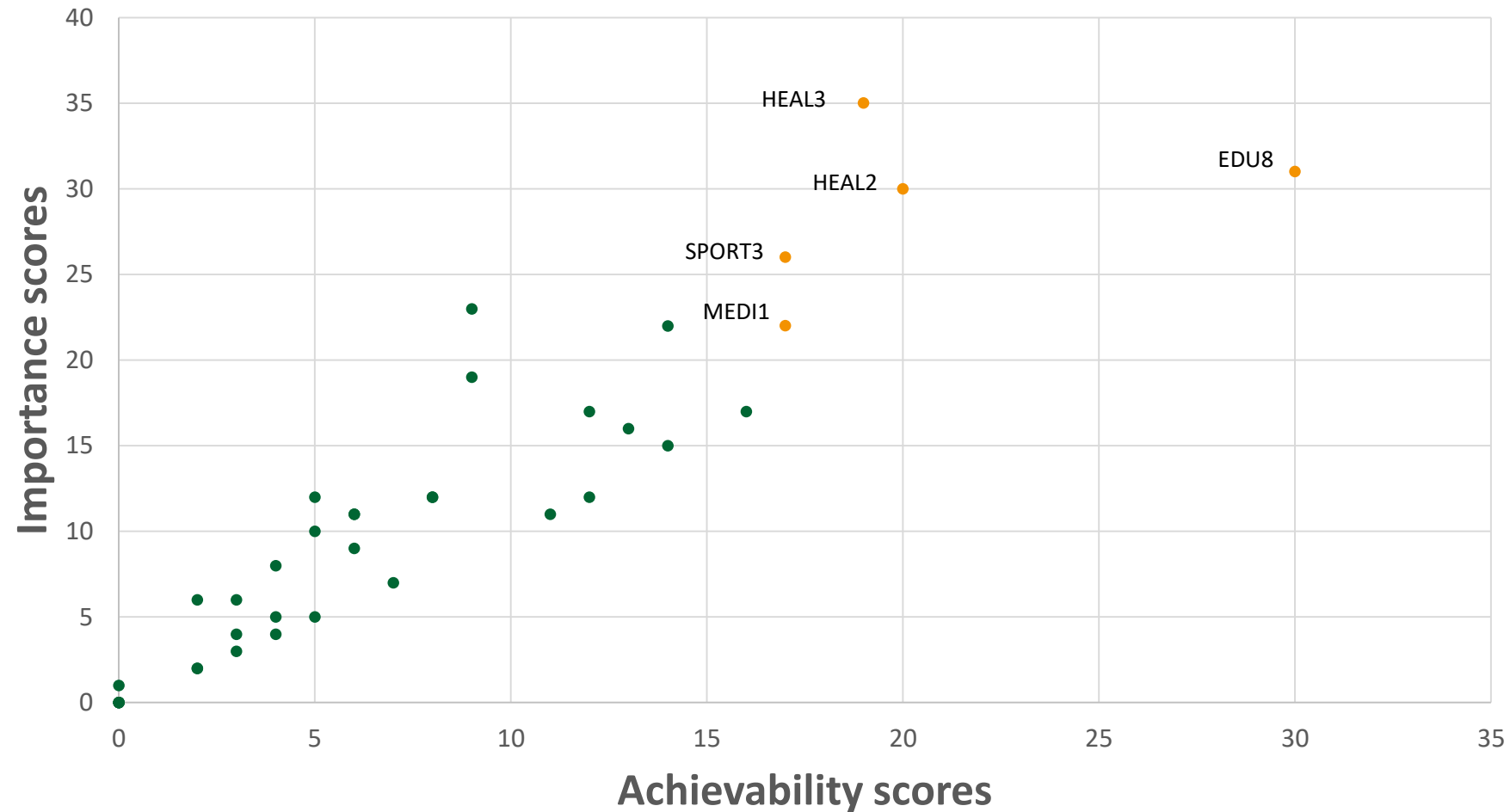


# PA-EPI Workshop

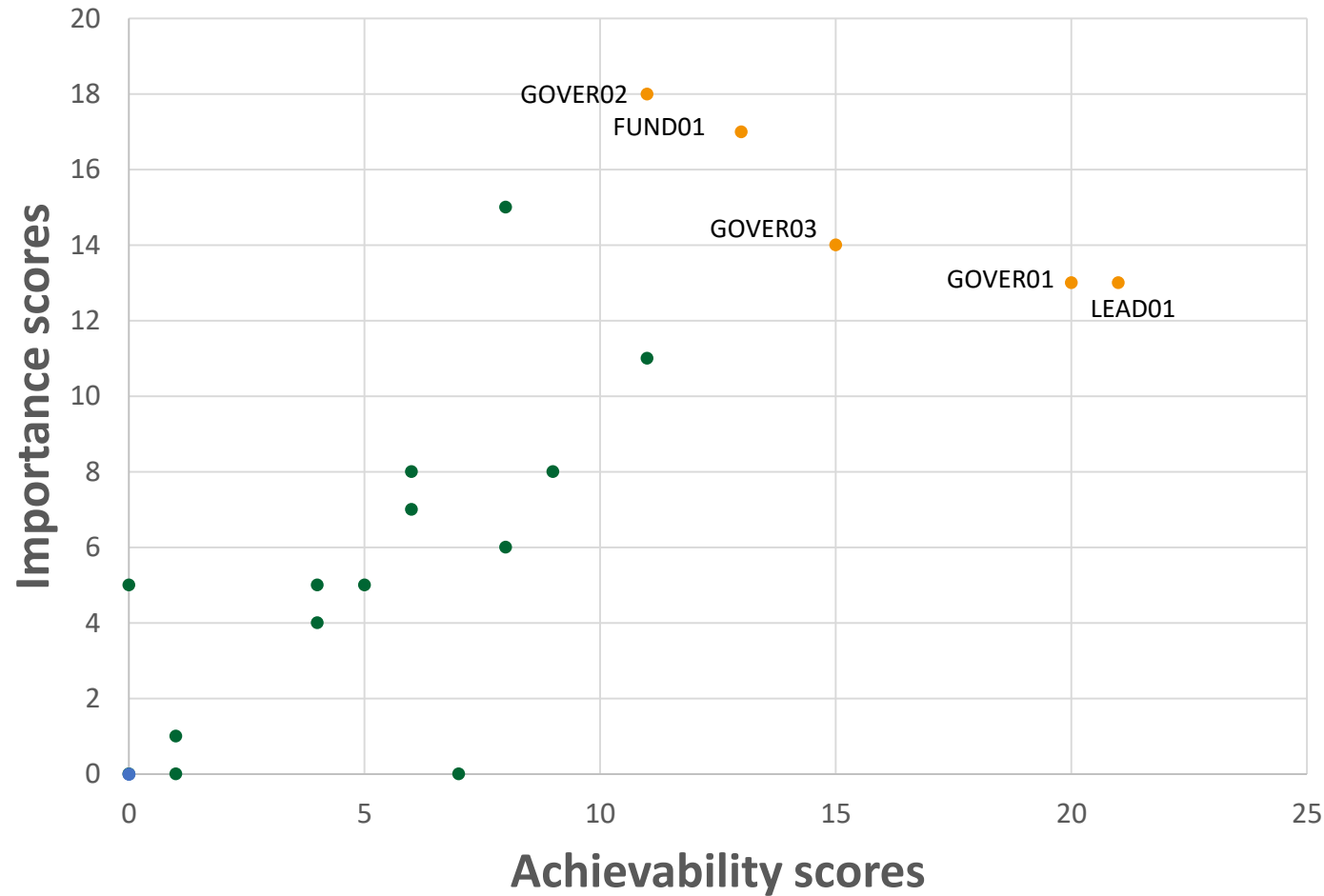




# Prioritisation of Implementation Recommendations: Policy Domain



# Prioritisation of Implementation Recommendations: Infrastructure Support Domain



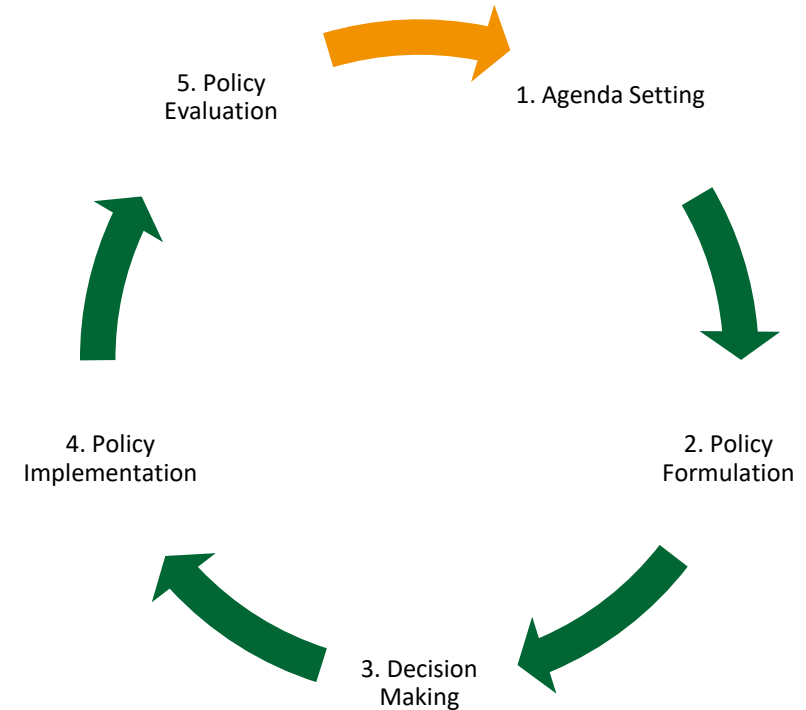
# Benchmarking

Final Step

8. Translate  
results for  
government  
and others

“Too many studies focus on supplying scientific evidence to reduce uncertainty; focus instead on increasing demand for evidence”

(Cairney and Oliver, 2017)



Policy Cycle (adopted from Howlett et al., 2009)

## To summarise: Key characteristics of the PA-EPI



Assess the extent  
of  
**implementation**  
of government  
policies and  
actions



Create a policy  
index to assess  
the healthiness  
of the physical  
activity  
environment

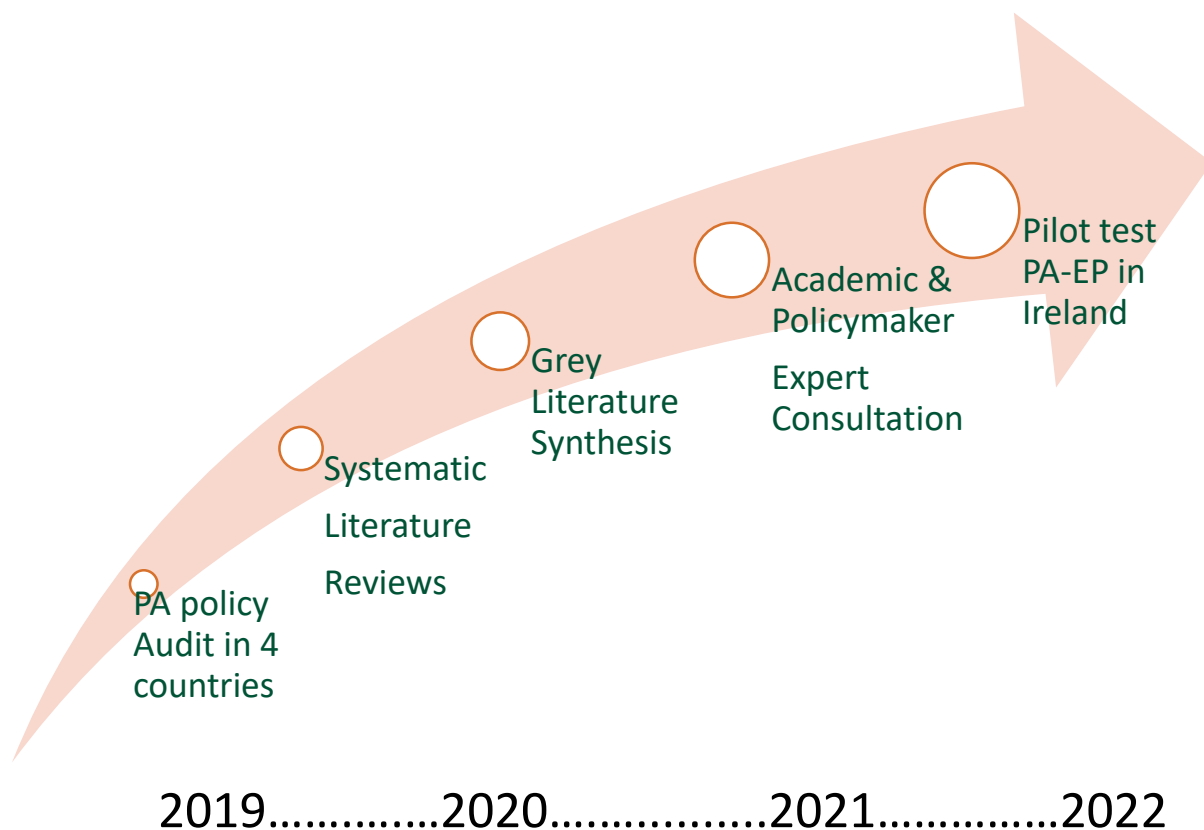


Provide  
countries with  
concrete  
examples of  
international  
best practice



Potential for  
country  
comparison  
and  
benchmarking  
of government  
policies

## Current Status



## Next Steps

- The PA-EPI can help governments determine:
  - Where they are now?
  - What is possible to change?
  - Provide pathways to reach goals
  - A mechanism for showing progress.
- Conduct the PA-EPI in multiple countries to identify and prioritise actions needed to address critical gaps in government policies and infrastructure support for implementation.

## PA-EPI: Next Steps

In time, the PA-EPI will evolve into benchmarks established by governments at the forefront of creating and implementing policies to address physical inactivity.

Country-specific adaptations might be necessary to account for differences in political culture, to achieve a maximum of stakeholder involvement to build policy capacity, and to ensure high-level political support for an adequate policy response.



## PA-EPI Website / Expression of Interest



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



# References

- 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](#)
- Kelly L, Volf K, Garcia E, Woods C. **Systematic Review Examining the Evidence for Impact of School Policies on Physical Activity.** PROSPERO. 2020; CRD42020156630. [Link](#)
- Forberger S, Luszczynska A, Nanna L, Meshkovska B, Łobczowska K, Scheller D, et al. **Analyzing Public Health Policy Implementation Processes - a Systematic Map.** OSF. 2020. [Link](#)
- Volf K, Kelly L, García Bengoechea E, Casey B, Gobis A, Lakerveld J, et al. **Policy Evaluation Network (PEN): Protocol for systematic literature review examining the evidence for impact of policies on physical activity.** HRB Open Res. 2020; 3:62. [Link](#)
- Woods CB, Volf K, Kelly L, Casey B, Gelius P, Messing S, et al. on behalf of the PEN consortium. **The evidence for the impact of policy on physical activity outcomes within the school setting: A systematic review.** J Sport Health Sci. 2021. [Link](#)
- Messing S, Forberger S, Woods C, Abu-Omar K and Gelius P. **Politik zur Bewegungsförderung in Deutschland (Policies to promote physical activity in Germany).** Bundesgesundheitsblatt. 2021. [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 Sys. 2021; 19:22. [Link](#)
- Garnica Rosas L, Mensink GBM, Finger J, Schienkiewitz A, Lange C, Do S, et al. on behalf of the PEN consortium. **Selection of key indicators for European policy monitoring and surveillance for dietary behaviour, physical activity and sedentary behaviour.** Int J Behav Nutr Phys Act. 2021; 18:48. [Link](#)
- Łobczowska K, Banik A, Romaniuk P, Forberger S, Kubiak T, Meshkovska B, et al. **Frameworks for implementation of policies promoting healthy nutrition and physically active lifestyle: systematic review.** Int J Behav Nutr Phys Act. 2022; 19:16. [Link](#)
- Łobczowska K, Banik A, Brukalo K, Forberger S, Kubiak T, Romaniuk P, et al. **Meta-review of implementation determinants for policies promoting healthy diet and physically active lifestyle: application of the Consolidated Framework for Implementation Research.** Implementation Science. 2022; 17:2. [Link](#)
- Woods, CB, Kelly, L., Volf, K., Gellius, P, Messing S. et al. on behalf of the PEN consortium. **The first steps to benchmarking PA policy: The development of a comprehensive physical activity environment policy index (PA-EPI)** European Journal of Public Health (In Press).
- Den Braver, N., Froberger, Sl., et al. on behalf of the PEN consortium. **The impact of mass media on physical activity: a review of reviews with a policy perspective** European Journal of Public Health (In Press).
- Volf, K., Kelly, L., Lakerveld, J., denBraver, N., 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** Social Science & Medicine (In review)
- Zukowska, J., Gobis, A., Krajewski, P. et al.. on behalf of the PEN consortium. **Which transport policies increase physical activity of the whole of society? A systematic review** Journal of Transport and Health (in review).

# Acknowledgements

We would like to thank our Policy Evaluation Network (PEN colleagues), in particular, **Dr. Janas Harrington, Dr. Maartje Poleman, Dr. Anna Gobis**. We would also like to acknowledge the support of the **INFORMAS research group**, especially **Prof. Boyd Swinburn and Dr. Stefanie Vandevijvere**. We would also like to thank the academic experts and the policymaker experts who took part in our online consultation.

The PEN project is funded by the Joint Programming Initiative (JPI) “A Healthy Diet for a Healthy Life”, a research and innovation initiative of EU member states and associated countries. The funding agencies supporting this work are (in alphabetical order) Germany: Federal Ministry of Education and Research (BMBF); Ireland: Health Research Board (HRB); Italy: Ministry of Education, University and Research (MIUR); The Netherlands: The Netherlands Organisation for Health Research and Development (ZonMw); New Zealand: University of Auckland, School of Population Health; Norway: Research Council of Norway (RCN); and Poland: National Centre for Research and Development (NCBR). Additionally, the French partners acknowledge support through the Institute National de la Recherche Agronomique (INRA).



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

## Interactive Session: World Cafe

1. Table 1: How would we expand the number of countries involved and tool dissemination for food and PA EPIs?
2. Table 2: Potential training and capacity building: How could this be done?
3. Table 3: What avenues can we pursue to develop research grant applications, securing funding to conduct future EPIs (where to apply, grant writing workshops) etc.



