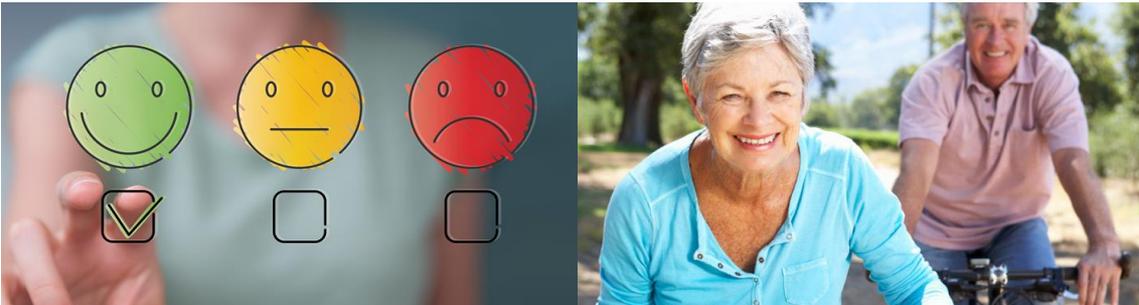


# *Evaluating implementation of public policy for the promotion of physical activity and healthy nutrition: Why, how and what should this involve*



## Introduction to the Policy Evaluation Network

Wolfgang Ahrens<sup>1</sup> on behalf of the PEN Consortium

1. Leibniz Institute for Prevention Research and Epidemiology – BIPS, Bremen, Germany

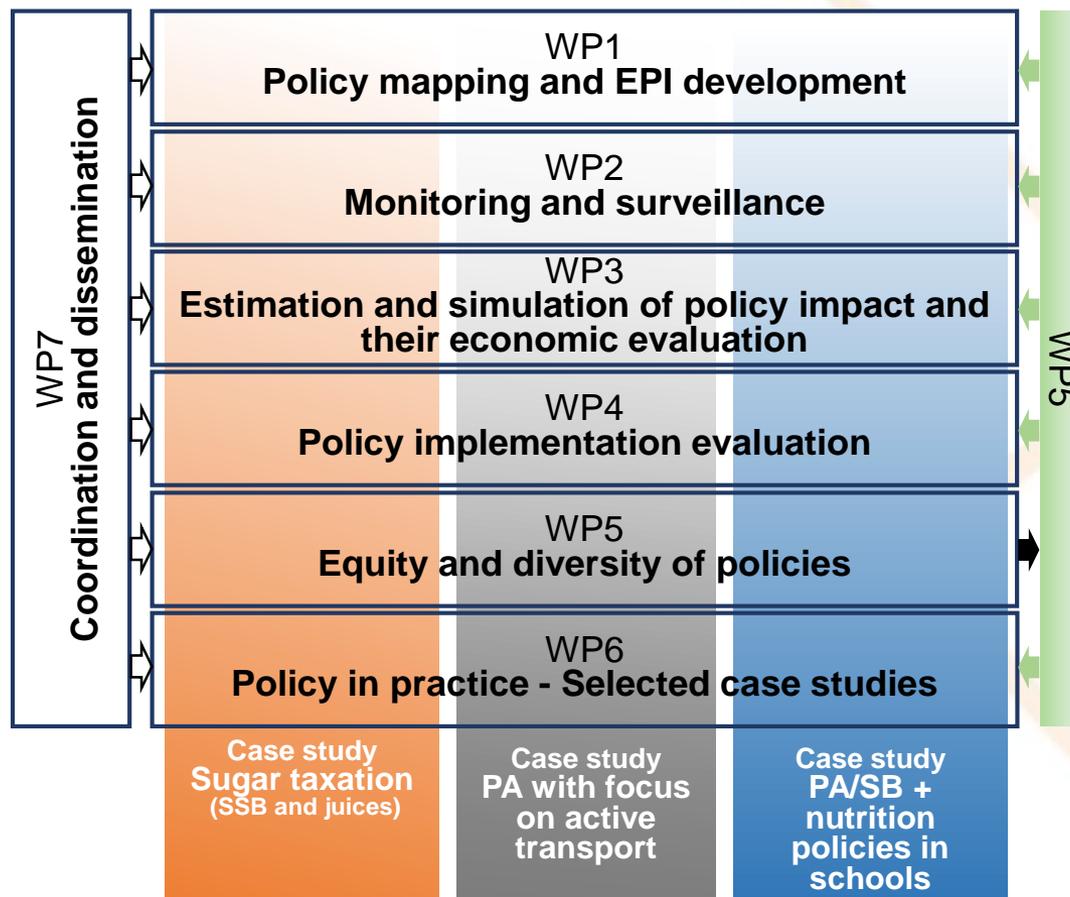
EUPHA Preconference, Berlin

# 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

# Work packages

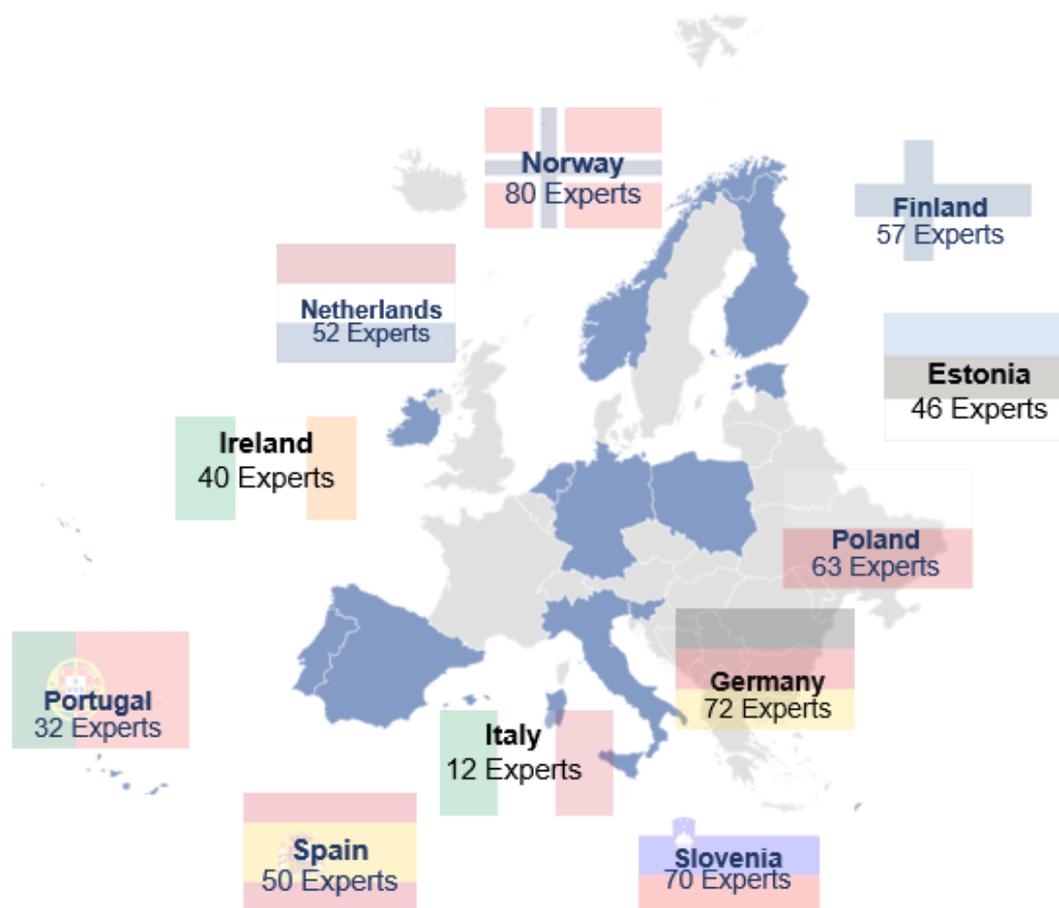


## Main outputs

- **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).

# WP1 Policy mapping and EPI development

## Food Environment Policy Index (Food-EPI): 11 EU countries



# 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



# 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>

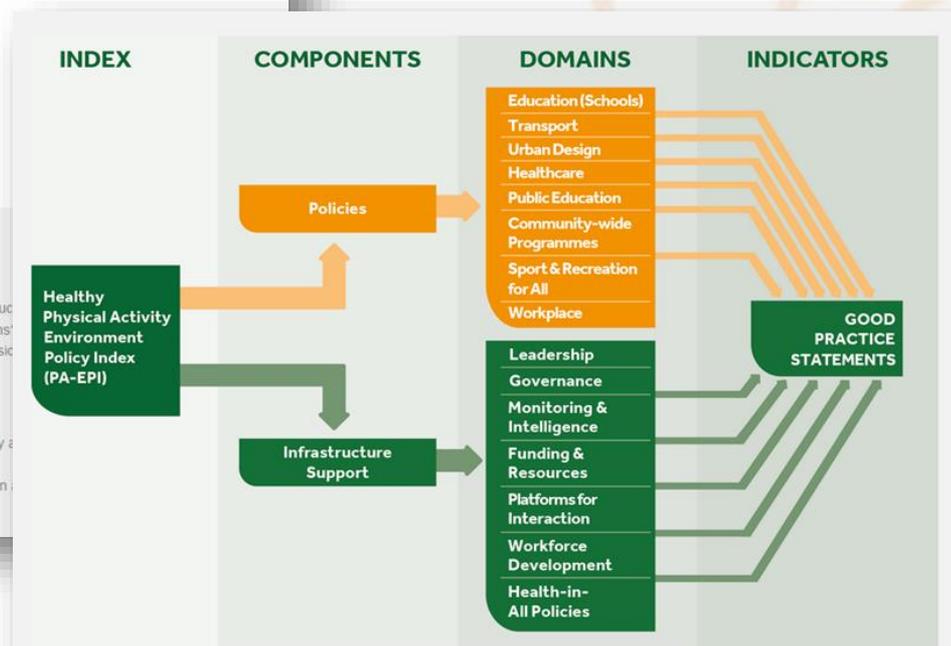
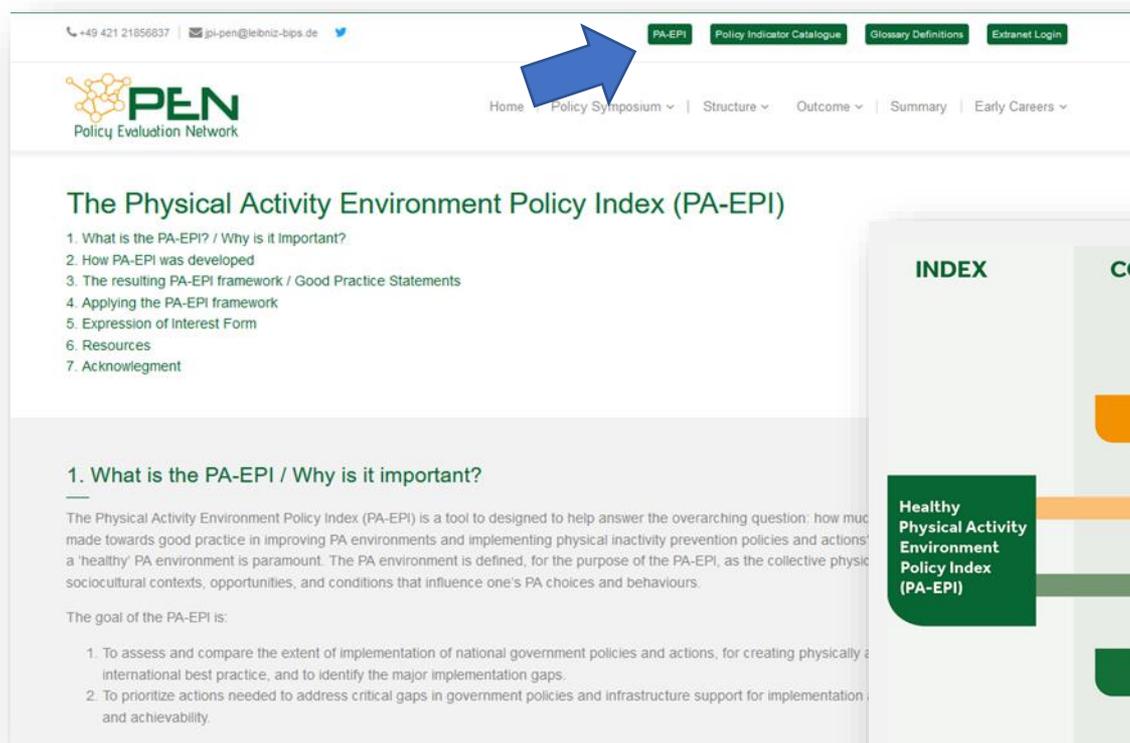


Figure 1. PEN Physical Activity Environment Policy Index Framework (PA-EPI)

## WP2 Monitoring and surveillance

### Harmonised pan-European surveillance for diet and physical activity behaviours

#### Key developments

- DEDIPAC → Inventory of / roadmap for European surveillance systems<sup>1,2</sup>.
- PEN → Key indicators for policy monitoring & surveillance<sup>3</sup>; Available indicators in EU datasets<sup>4</sup>; Initiate harmonisation with short modules for surveillance<sup>5</sup>.

#### 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
<b>Domain</b>	<b>Indicator dimension</b>			<b>Core indicator</b>
Composition	COMP1	Food composition targets/standards/restrictions/mandatory limits 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, fibre) in industrially processed foods, in particular for those food groups that are major contributors to population intakes of those nutrients of concern.	Which nutrition rela Reformulation of fo Reduction of fats Reduction of sug Reduction of salt	Highlighted in oran Highlighted in oran Is a specific measu If "yes": Is the mea Voluntary
Education	EDUC2	Pre-registration education curricula for all Health Care Professionals include a minimum of one nutrition module of 5 ECTS or equivalent.	Are school health a If "Nutrition educat	Have health person Is MIYCN included

### 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 | Content

**What is a SIMPLE module?**

Selected Instruments for Multilevel Policy and Impact Evaluation (SIMPLE) modules are short sets of instruments allowing for a) the assessment of individual health indicators (behaviour and BMI) and b) the alignment with determinants of these behaviours (upstream indicators) from a policy, community and organizational level. Instruments that measure the indicators directly or variables describing the indicators were selected based on important criteria, such as validity, reliability and robustness of indicators in a cross-cultural context and their established use in European monitoring and surveillance systems (Hebestreit et al., 2019). They allow the influence of policies to be assessed at different levels of an ecological model, i.e. from national public policies down to health-related behaviours of individuals (McLeroy, Steckler, & Bibeau, 1988). Thus, SIMPLE modules collate instruments to measure the impact of national policy action and infrastructure support on a) individual health and b) proximal and distal determinants (upstream indicators).

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

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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

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

Thank you!

Available at

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

