

2023



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## Scientific outputs from the CO-CREATE project / D9.2

World Obesity Federation  
31.10.2023



Deliverable administration and summary			
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## Abstract

This report documents the scientific outputs of the CO-CREATE project during the 66 months that it was active. It includes the scientific publications, scientific presentations and additional reports along with other scientific summaries and briefings based on the scientific outputs that have been disseminated during the period of the project.

At the end of October 2023, the CO-CREATE project had published a total of 43 papers in peer-reviewed journals, given 34 presentations and posters at scientific and professional meetings, streamed a series of webinars, published 13 reports and briefings, and written 38 practice abstract summaries for policy and public interest bodies.

The present deliverable (Deliverable D9.2) lists outputs disseminated before the end of the project (end of October 2023). Further scientific presentations and peer-reviewed papers are anticipated after the end of the project.



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## List of acronyms / abbreviations

- CO-CREATE:** Confronting Obesity: Co-creating policy with youth
- COSI:** Childhood Obesity Surveillance Initiative
- COVID-19:** Coronavirus disease 2019
- DEC:** Dissemination, Exploitation and Communication
- ECO:** European Congress of Obesity (run by the European Association for the Study of Obesity)
- ECOG:** European Congress of Child Obesity
- EPHA:** European Public Health Alliance
- HEPA:** Health-Enhancing Physical Activity network
- IASO/IOTF:** see **WOF**
- ICO:** International Congress of Obesity (run by WOF)
- ISBNPA:** International Society of Behavioral Nutrition and Physical Activity
- NCD:** Non-Communicable Disease
- NIPH:** Norwegian Institute for Public Health (Folkehelseinstituttet)
- PAR:** Participatory Action Research (see also YPAR)
- PEN:** Policy Evaluation Network (part of the Joint Programming Initiative on a Healthy Diet for a Healthy Life)
- STOP:** Science & Technology in childhood Obesity Policy (Horizon 2020 project)
- UKCO:** UK Congress on Obesity (run by the UK Association for the Study of Obesity)
- UKPRP:** UK Prevention Research Partnership
- UvA:** University of Amsterdam
- WCRF:** World Cancer Research Fund (UK and International)
- WHO:** World Health Organization
- WOF:** World Obesity Federation also known as **IASO/IOTF**, the international Association for the Study of Obesity / International Obesity TaskForce
- YPAR:** Youth-led Participatory Action Research
- Acronyms and abbreviations** for other CO-CREATE project partners and collaborators are listed in the Grant Agreement (page 4 of 57).

## Executive Summary

Deliverable D9.2 of the CO-CREATE project consists of the end-of-project report on the scientific outputs from the CO-CREATE project.

This deliverable lists the papers in peer-reviewed scientific and professional journals, presentations made to scientific and professional conferences, scientific summaries and briefings on the project’s findings and on the project’s outputs, and the summary ‘practice abstracts’ published on the European Commission EIP-AGRI and EU CAP websites and also on the CO-CREATE project website [www.co-create.eu](http://www.co-create.eu).

The procedures for preparing scientific papers, for their approval by the Executive Board, and for their dissemination and publicity, are described in the CO-CREATE project **Deliverable D9.1: the Dissemination, Exploitation and Communication (DEC) Plan** (see pages 20-21 of 50, in the latest DEC Plan version 1.3, September 2022). This Plan also describes procedures for production and dissemination of conference abstracts, presentations and posters (page 21 of 50).

Some peer-reviewed papers, scientific briefings and the practice abstracts are described in the CO-CREATE project **Deliverable D9.4: Exploitation Plan**. They include papers describing methods for benchmarking food and physical activity policies, a composite index for policy progress, methods for creating systems maps and using group model building with young people, a rating framework to assess research proposals for their systems approach, a systems-based technique for data-mining large health surveys and sets of briefing papers and practice abstracts. These are all potentially exploitable outputs from the CO-CREATE project with value for the European community.

According to the Grant Agreement (task 9.2) *“Well-chosen scientific and popular science conferences/events are crucial channels for DEC measures and at least 30 scientific presentations and scientific journal articles will be produced during the project (D9.2)”* (page 46 of 57).

A more detailed set of commitments is made in the next section of the Grant Agreement (para 2.2.1.6, page 28 of 124) for specific outputs and these are listed in Table 1 below, with a corresponding summary report of their achievement by the end of the project in October 2023. Further scientific presentations and publications are expected after this date.

**Table 1. Summary of scientific dissemination, organised according to the commitments in the CO-CREATE Grant Agreement.**

Grant Agreement commitment	Achieved	Notes
20+ scientific papers in peer reviewed journals	43 peer-reviewed scientific papers and 4 Comments/editorials	Includes 21 in two supplements
2+ joint public-private publications	Contributed to 2 reports published by inter-governmental agencies, plus web sessions with commercial operators, city authorities and other agencies.	CO-CREATE contributed to? the UNICEF report on children and retailing, and the WHO 2023 COSI report.
2 specialist supplements in a scientific journal	2 peer-reviewed supplements	<i>Obesity Reviews</i> , February 2023, September 2023.

At least one satellite or symposium in an international conference	3 symposia (ECO 2022, EPS-NCD 2022, ISBNPA 2023)	Also 2 multi-project symposia, and 20 conference panels, side events and workshops.
At least six webinars for stakeholder involvement	11 webinars led by CO-CREATE partners, including 4 multi-project <i>World Cafes</i> . (See list of open access webinars below.)	CO-CREATE also contributed to stakeholder-led webinars.
At least ten oral or poster presentations at scientific meetings	54 presentations and demonstrations and 13 posters	Includes 36 scientific meetings, plus stakeholder conferences and policy summits.
At least five blogs or articles on special interest sites	8 blogs (World Obesity 3; WCRF 3, EAT 2)	3 more are in preparation.
At least 5 dedicated CO-CREATE workshops for stakeholders	20 youth Dialogue Forums with stakeholders and 5 CO-CREATE-led workshops for stakeholders.	Plus additional joint workshops with other Horizon projects.
An EU Platform commitment	0 current commitments – see Notes	The EU Platform for Action on Diet, Physical Activity and Health was discontinued in 2019.
At least five evidence briefs for policy-makers	11 briefs for policy makers, 4 policy briefs for youth, two other evidence summaries and 38 practice abstracts	Briefs for policy-makers are: research-led briefs (2), database briefs (3) youth-led country briefs (5) and one joint-project policy brief.
At least six open access webinars with archived recordings	11 archived webinars publicly accessible here: <a href="https://www.youtube.com/watch?v=0uS_LmCeW1A">https://www.youtube.com/watch?v=0uS_LmCeW1A</a> <a href="https://www.youtube.com/watch?v=qy_-JMp5Z_Y">https://www.youtube.com/watch?v=qy_-JMp5Z_Y</a> <a href="https://www.youtube.com/watch?v=mCpQKu9k7eE">https://www.youtube.com/watch?v=mCpQKu9k7eE</a> <a href="https://www.youtube.com/watch?v=t1HRc2xAzTg">https://www.youtube.com/watch?v=t1HRc2xAzTg</a> <a href="https://www.youtube.com/watch?v=YI3wugSlg6I">https://www.youtube.com/watch?v=YI3wugSlg6I</a> <a href="https://www.youtube.com/watch?v=hcVPu0BM48E">https://www.youtube.com/watch?v=hcVPu0BM48E</a> <a href="https://www.youtube.com/watch?v=Me6HsbopR78">https://www.youtube.com/watch?v=Me6HsbopR78</a> <a href="https://www.youtube.com/watch?v=QJk_EoZf6HU">https://www.youtube.com/watch?v=QJk_EoZf6HU</a> <a href="https://www.youtube.com/watch?v=loq83HF2DTs">https://www.youtube.com/watch?v=loq83HF2DTs</a> <a href="https://www.youtube.com/watch?v=HanxCM7a3Qo">https://www.youtube.com/watch?v=HanxCM7a3Qo</a> <a href="https://www.youtube.com/watch?v=olO6MRXCfIQ">https://www.youtube.com/watch?v=olO6MRXCfIQ</a>	
Active use of Twitter, Facebook and project website	<b>Twitter / X:</b> over 1200 followers of the CO-CREATE feed <a href="https://twitter.com/eu_cocreate">https://twitter.com/eu_cocreate</a> <b>Instagram:</b> over 230 followers <a href="https://www.instagram.com/cocreate_eu/">https://www.instagram.com/cocreate_eu/</a> <b>Facebook:</b> limited to video <a href="https://www.facebook.com/eatforum/videos/cocreate-dialogue-forum-teaser/1284555748704213/">https://www.facebook.com/eatforum/videos/cocreate-dialogue-forum-teaser/1284555748704213/</a> <b>YouTube:</b> videos here <a href="https://www.youtube.com/watch?v=QEwK-MB6jFM">https://www.youtube.com/watch?v=QEwK-MB6jFM</a> and here <a href="https://www.youtube.com/watch?v=nrKryaD4wDI">https://www.youtube.com/watch?v=nrKryaD4wDI</a> and <a href="https://www.youtube.com/watch?v=l3EotwoAxVQ">https://www.youtube.com/watch?v=l3EotwoAxVQ</a> <b>Website</b> here <a href="http://www.co-create.eu">www.co-create.eu</a>	Additional CO-CREATE website material is on partner sites – <b>WOF:</b> <a href="https://www.worldobesity.org/healthy-voices">https://www.worldobesity.org/healthy-voices</a> , <b>WCRF:</b> <a href="https://www.wcrf.org/policy/cocreate-library-of-resources/">https://www.wcrf.org/policy/cocreate-library-of-resources/</a> and <b>EAT:</b> <a href="https://eatforum.org/learn-and-discover/youth-tackle-obesity/">https://eatforum.org/learn-and-discover/youth-tackle-obesity/</a>  CO-CREATE's e-Newsletters are here <a href="https://www.fhi.no/en/li/studies/co-create/newsletter/">https://www.fhi.no/en/li/studies/co-create/newsletter/</a>

## Scientific publications

### Papers in peer-reviewed publications

During the project 43 papers and 4 Comment pieces have been published in peer-reviewed professional and scientific journals. This includes 21 papers (and 4 Comments) in two Special Issues of the peer-reviewed journal *Obesity Reviews*.

#### 2019-2021

- Savona N et al (2019) Investigating system-level drivers of obesity with adolescents: a group model-building exercise. *Lancet* 394 (S83). [https://doi.org/10.1016/S0140-6736\(19\)32880-6](https://doi.org/10.1016/S0140-6736(19)32880-6) Gold open access.
- Neveux M et al. (2019) You(th) matters: co-creating policies to tackle obesity. European Observatory on Health Systems and Policies, *Eurohealth*, 25(3), 30 – 33 <https://apps.who.int/iris/bitstream/handle/10665/332513/Eurohealth-25-3-30-33-eng.pdf> Gold open access.
- Flodgren G-M et al. (2020) Primary prevention of overweight and obesity in adolescents: An overview of systematic reviews. *Obesity Reviews*. 21:e13102. <https://doi.org/10.1111/obr.13102> Gold open access.
- Fismen A-S et al. (2021) Socioeconomic differences in food habits among 6- to 9-year-old children from 23 countries—WHO European Childhood Obesity Surveillance Initiative (COSI 2015/2017). *Obesity Reviews*. 22(6): e13211. <https://doi.org/10.1111/obr.13211> Gold open access.
- Savona N et al. (2021) Identifying the views of adolescents in five European countries on the drivers of obesity using group model building, *European Journal of Public Health*, 31 (2), 391–396. <https://doi.org/10.1093/eurpub/ckaa251> Gold open access.
- Yates J et al. (2021) Trust and responsibility in food systems transformation. Engaging with Big Food: marriage or mirage? *BMJ Global Health*: e007350. <http://dx.doi.org/10.1136/bmjgh-2021-007350> Gold open access.
- Aguiar A. (2021) The role of systematic reviews in the system dynamics modelling process. *Systems Research and Behavioural Science*. 37 (6) 892– 895. <https://doi.org/10.1002/sres.2758> Green access here [https://bora.uib.no/bora-xmlui/bitstream/handle/11250/2771075/Aguiar\\_2020\\_Final.pdf](https://bora.uib.no/bora-xmlui/bitstream/handle/11250/2771075/Aguiar_2020_Final.pdf)

#### 2022

- Aarø LE et al. (2022). Nordic adolescents responding to demanding survey scales in boring contexts: Examining straightlining. *Journal of Adolescence*, 94, 829– 843. <https://doi.org/10.1002/jad.12066> Gold open access.
- Baillergeau É, Veltkamp G. (2022). La démocratisation de la prévention à l'épreuve de la pratique. *Les Politiques Sociales*, 3-4, 37-47. <https://doi.org/10.3917/lps.223.0037> Summary is open access but publisher does not offer full open access.



- Fismen A-S et al. (2022) Associations between family structure and adolescents' food habits. *Public Health Nutrition*. 25(3) 702-709. <https://doi.org/10.1017/s1368980020004334> Gold open access.
- Oldridge-Turner K et al (2022) Promoting Physical Activity Policy: The Development of the MOVING Framework. *J Phys Act Health*. 19(4):292-315. <https://doi.10.1123/jpah.2021-0732> Gold open access.
- Fismen A-S et al. (2022) Weight Status and Mental Well-Being Among Adolescents: The Mediating Role of Self-Perceived Body Weight. A Cross-National Survey. *Journal of Adolescent Health*. 71, (2) 187-195. <https://doi.org/10.1016/j.jadohealth.2022.02.010> Gold open access.
- Fismen A-S et al. (2022) Cross-national variation in the association between family structure and overweight and obesity: Findings from the Health Behaviour in School-aged children (HBSC) study. *SSM Population Health*. 26 (19). <https://doi.org/10.1016/j.ssmph.2022.101127> Gold open access.
- Hendricks G et al. (2022). Adolescents' Perspectives on the Drivers of Obesity Using a Group Model Building Approach: A South African Perspective. *International Journal of Environmental Research and Public Health*. 19 (4) <http://dx.doi.org/10.3390/ijerph19042160> Gold open access.
- Macauley T et al. (2022). Youth participation in policy-making processes in the United Kingdom: a scoping review of the literature. *Journal of Community Practice*. 30. 1-22. <https://doi.org/10.1080/10705422.2022.2073308> Gold open access.
- Nwosu E et al. (2022) Trends in prevalence of overweight and obesity among South African and European adolescents: a comparative outlook. *BMC Public Health*. 22(1):2287. <https://doi.org/10.1186/s12889-022-14724-2> Gold open access.
- Kokkorou M et al. (2022) A pilot study benchmarking physical activity policy actions in Europe: Lessons learned from the CO-CREATE project. *European Journal of Public Health*, 32(S2): ii65-ii66. [https://academic.oup.com/eurpub/article-pdf/32/Supplement\\_2/ckac095.013/45635569/ckac095.013.pdf](https://academic.oup.com/eurpub/article-pdf/32/Supplement_2/ckac095.013/45635569/ckac095.013.pdf) Gold open access.
- Klepp K-I et al. (2022) Improving the health of adolescents: the Nordic countries can help fill the evidence gap. *Scandinavian Journal of Public Health*, 50(7): 887-891. <https://journals.sagepub.com/doi/full/10.1177/14034948221124675> Gold open access.

## 2023

- Bröer C et al (2023) Negotiating policy ideas: Participatory action research projects across five European countries. *Ethics, Medicine and Public Health*. 28. <https://doi.org/10.1016/j.jemep.2023.100905> Gold open access.
- Geraets AFJ et al (2023). Cross-national time trends in adolescent body weight perception and the explanatory role of overweight/obesity prevalence. *Child and Adolescent Obesity* 6(1):1-23. <https://doi.org/10.1080/2574254X.2023.2218148> Gold open access.
- Nicolas C et al (2023). Sixteen-year trends in fruit consumption and related socioeconomic inequalities among adolescents in Western European countries. *European Journal of Nutrition* <https://doi.org/10.1007/s00394-023-03199-5> Green open access here <https://rdcu.be/djHVA>.

- Romanenko E et al (2023). As simple as possible but not simpler: structural sensitivity testing of a dynamic model of adolescent overweight and obesity. *System Dynamics Review*. 39(2): 125–139. <https://doi.org/10.1002/sdr.1732> Gold open access.

**February 2023: Special issue: The CO-CREATE Project co-creating policy with youth. Guest editor: Tim Lobstein. *Obesity Reviews* Volume 24 (S1).**

- Lobstein T (2023) **Comment:** CO-CREATE: an unusual project to bring young people into obesity policy formation. *Obesity Reviews*. 24(S1). <https://doi.org/10.1111/obr.13545> Gold open access.
- Burzynska Z. (2023) **Comment:** Young people will shape the future. *Obesity Reviews*. 24(S1) e13551 <https://doi.org/10.1111/obr.13551> Gold open access.
- Klepp K.I. et al (2023) Overweight and obesity prevention for and with adolescents: The confronting obesity: co-creating policy with youth (CO-CREATE) project. *Obesity Reviews*. 24(S1) e13540 <https://doi.org/10.1111/obr.13540> Gold open access.
- Brøer C et al (2023) Recruiting and engaging adolescents in creating overweight and obesity prevention policies: the CO-CREATE project. *Obesity Reviews*. 24(S1) e13546 <https://doi.org/10.1111/obr.13546> Gold open access.
- Budin-Ljøsne I et al (2023) Ethical considerations in engaging young people in European obesity prevention research: The CO-CREATE experience. *Obesity Reviews*. 24(S1) e13518
- Nesrallah S et al(2023) Youth engagement in research and policy: the CO-CREATE framework to optimize power balance and mitigate risks of conflicts of interest. *Obesity Reviews*. 24(S1) e13549 <https://doi.org/10.1111/obr.13549> Gold open access.
- Grewal N et al (2023) Assessing adolescents' readiness for action and attitudes towards obesity prevention: instrument development and psychometric properties. *Obesity Reviews*. 24(S1) e13533 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13533> Gold open access.
- Savona N et al. (2023) System mapping with adolescents: using group model building to map the complexity of obesity. *Obesity Reviews*. 24(S1) e13506 <https://doi.org/10.1111/obr.13506> Gold open access.
- Romanenko E et al (2023) Assessing policies to reduce adolescent overweight and obesity: insights from a systems dynamic model using data from the Health Behavior in School-Aged Children study. *Obesity Reviews*. 24(S1) e13519 <https://doi.org/10.1111/obr.13519> Gold open access.)
- Oldridge-Turner K et al(2023) Scan of physical activity policy actions in Europe: Lessons learned from populating the MOVING database. *Obesity Reviews*. 24(S1)e13523 <https://doi.org/10.1111/obr.13523> Gold open access.
- Vlad I et al (2023) The development of the NOURISHING and MOVING benchmarking tools to monitor and evaluate national governments' nutrition and physical activity policies to address obesity in the European region. *Obesity Reviews*. 24(S1) e13541 <https://doi.org/10.1111/obr.13541> Gold open access.
- Fismen A-S, et al (2023) Pilot testing of the NOURISHING policy index - assessing governmental nutrition policies in five European countries. *Obesity Reviews*. 24(S1) e13532 <https://doi.org/10.1111/obr.13532> Gold open access.

- Helleve A et al (2023) Youth involvement in policy processes in the public health, education and social work sectors - a scoping review protocol. *Obesity Reviews*. 24(S1) e13544 <https://doi.org/10.1111/obr.13544> Gold open access.

**September 2023: Special issue: The CO-CREATE Project: Co-creating policy with youth – Second Supplement. Guest editor: Tim Lobstein. *Obesity Reviews*, Volume 24 (S2).**

- Wickramasinghe K et al (2023) **Comment:** Obesity and young people. Are we listening? *Obesity Reviews*. 24(S2) e13609 <https://doi.org/10.1111/obr.13609> Gold open access.
- Rønnestad A et al (2023) **Comment:** Involving youth organisations in co-creation with academic partners. *Obesity Reviews*. 24(S2) e13604 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13604> Gold open access.
- Aguiar A et al (2023) Understanding the dynamics emerging from the interplay amongst poor mental wellbeing, energy balance-related behaviours, and obesity prevalence in adolescents: A simulation-based study. *Obesity Reviews*. 24(S2) e13628 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13628> Gold open access.
- Blanchard L et al (2023) Associations between social media, adolescent mental health and diet: a systematic review. *Obesity Reviews*. 24(S2) e13631 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13631> Gold open access.
- Nwosu E et al (2023) Longitudinal relationship between Adolescents' mental health, energy balance-related behaviour (EBRB) and anthropometric changes. *Obesity Reviews*. 24(S2) e13629 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13629> Gold open access.
- Ulloa MA et al (2023) Designing a youth-led Dialogue Forum tool: the CO-CREATE experience. *Obesity Reviews*. 24(S2) e13611 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13611> Gold open access.
- Samdal O et al (2023) Balancing protection and empowerment when involving children and adolescents in social science research and policy projects. *Obesity Reviews*. 24(S2) e13636 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13636> Gold open access.
- Banik A et al (2023) What policies are there and what policies are missing? A Photovoice study of adolescents' perspectives on obesity-prevention policies in their local environment. *Obesity Reviews*. 24(S2) e13617 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13617> Gold open access.
- Herstad S et al (2023) Adolescents' capacity to take action on obesity: a concurrent controlled before-and-after study of the European CO-CREATE project *Obesity Reviews*. 24(S2) e13622 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13622> Gold open access.
- Conway-Moore K et al (2023) Co-creating obesity prevention policies with youth: Policy ideas generated through the CO-CREATE project. *Obesity Reviews*. 24(S2) e13623 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13623> Gold open access.
- Aguiar A et al (2023) System dynamics simulation models on overweight and obesity in children and adolescents: A systematic review. *Obesity Reviews*. 24(S2) e13632 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13632> Gold open access.
- Knai C et al (2023) Learning from the CO-CREATE project: a protocol for Systems Thinking Across Research (STAR). *Obesity Reviews*. 24(S2) e13624 <https://onlinelibrary.wiley.com/doi/10.1111/obr.13624> Gold open access.

## Scientific presentations and demonstrations

A total of 101 presentations and demonstrations of CO-CREATE scientific research and methodologies and their application are listed here. They show the type and extent of the dissemination undertaken by partners and how these have reached different stakeholder audiences engaged with research, teaching, policy formation, civil society advocacy, commercial operations and public sector administration.

The following list identifies 55 oral presentations and demonstrations, 13 posters, 20 conference panels, workshops and side events, 5 symposia and 9 CO-CREATE-led webinars, covering the period of the project. A further three oral presentations are scheduled for November 2023.

### 2019

- **Prince Mahidol Award Conference.** (Bangkok, 1 February 2019) Panel presentation on youth empowerment and CO-CREATE by Elin Bergstrom (EAT): *The Political Economy of NCDs, A Whole of Society Approach.*
- **Conference: Do You(th) Matter?** (Oslo, 9 February 2019). Conference workshop led by EAT: *How to make dialogue more meaningful.*
- **EAT Food Forum** (Stockholm 11 June 2019). Side event: *Transforming the food system with youth.*
- **UK Congress on Obesity 2019** (Leeds, 12-13 September 2019 ). LSHTM oral presentation *Engaging adolescents in obesity research: group model building for a systems approach.*
- **UNICEF Child Friendly Cities Summit** (Cologne, 15 October 2019). Side event to demonstrate a model for the Dialogue Forum: *Co-creating healthy and sustainable school environments across generations.*
- **UNICEF State of the World's Children launch event** (Oslo, 29 October 2019). NIPH: Panel contributor: *Defining healthy diets for children and adolescents.*
- **European Public Health Conference** (Marseille, 20–23 November 2019). University of Amsterdam: *Youth Alliance - a new model for health policy development.*
- **European Childhood Obesity Group (ECOG) 2019** (Katowice, 13-16 November 2019) LSHTM oral presentation *Using a complex systems approach to explore the determinants of obesity with adolescents.*
- **First European NCD Youth conference** (Portorož, Slovenia, 6-9 December 2019) WOF oral presentation CO-CREATE as an example of an innovative project to address NCDs among youth, identifying useful strategies and approaches for meaningful youth engagement.

### 2020

- **EU Projects Joint Symposium** (Online, 30 June 2020) CO-CREATE partners participated in a symposium *Addressing health policy and research at the STOP/ CO-CREATE/ PEN Symposium* with PEN and STOP projects – see <http://www.stopchildobesity.eu/addressing-health-policy-and-research-at-the-stop-co-create-pen-symposium/>.
- **World Health Organization NCD Webinar** (Online, 2 July 2020). CO-CREATE partners contributed presentations to *NCD Voices in the Decade of Action – Prescriptions for a healthy and green recovery from COVID-19 on involvement of young people in interventions aiming to support healthier lifestyles.* See <https://www.youtube.com/watch?v=OkHy1Ru2Dbk>.

- **European Congress on Obesity / International Congress on Obesity (ECO/ICO)** (Online, 1-4 September 2020). (i) CO-CREATE, STOP and PEN held a joint symposium to address unresolved challenges around childhood obesity *Disrupting childhood obesity trends across Europe*; (ii) CEIDSS presentation *The Obesity System Maps approach by Portuguese Adolescents*
- **Congress of the Portuguese Nutrition Association** (Online, 9-10 September 2020) Presentation by CEIDSS *Fighting Obesity: the vision of Portuguese Adolescents*.
- **University of Amsterdam webinar** (Online, September 2020) Presentation by EAT on the Dialogue Forum tool.
- **Cities Changing Diabetes (Novo Nordisk)** (Online, September 2020). Webinar presentation by EAT on the Dialogue Forum tool.
- **Cluster for Co-Creative Service Design and Innovation (CCSDI)** (Trondheim, 2 November 2020). Presentation by EAT *Youth driving multi-stakeholder policy innovation*.
- **CO-CREATE Week** (Online, 10-16 November 2020) Hosted on Instagram by CEIDSS (Portugal) a series of presentations by CO-CREATE partners. See @cocreate\_portugal and the following: <https://www.instagram.com/p/CHaAqFkBhw8/> and <https://www.instagram.com/p/CHaG27MBBko/> and links from these.
- **City of Amsterdam Inspiration Week** (Online, 25 November 2020) Workshop on co-creating Youth Alliances and Dialogue Forums, presented by University of Amsterdam and EAT.
- **NCD Youth Health Conference** (Online, 18 December 2020) (i) World Obesity Federation oral presentation on the role of nutrition and youth, with CO-CREATE as a project including youth directly in the development, evaluation, and implementation of its work, (ii) oral presentation by EAT of the CO-CREATE Dialogue Forum Tool.
- **PEN and CO-CREATE joint meeting** (Online, December 2020) Proposals for project collaboration and joint research opportunities.

## 2021

- **Public Health Youth Association of Canada** (Online, 11 January 2021) NIPH, EAT, UvA and Press Save the Children Youth Norway oral presentation on *Youth engagement to advance policy: Process and priorities from European youth*.
- **National School of Public Health, Portugal** (Lisbon, 15 January 2021) CEIDSS presentation to Master of Public Health Course: *Introduction of Project CO-CREATE*.
- **CO-CREATE Virtual Youth Seminar** (Online, 9 February 2021) CO-CREATE webinar. Details here: <https://www.fhi.no/en/li/studies/co-create/news2/co-create-hosts-its-first-youth-virtual-seminar/>
- **BestRe-Map Consortium** (Online, April 2021). Presentation of the CO-CREATE Dialogue Forum model and tool.
- **World Food Summit** (Online, 21 April 2021). EAT oral presentation *CO-CREATing food policy solutions with youth: The power of dialogue*.
- **Policy Evaluation Network** (Online, 23 April 2021) PEN Early Career Network webinar: U Bergen and U Oslo oral presentation *CO-CREATE: Using System Dynamics Modelling to simulate prevention policies to tackle overweight and obesity among adolescents*.
- **UN Food Systems Summit** (Online, 7 May 2021) CO-CREATE Youth Task Force participated in a regional forum.
- **ECO 2021** (Online, 10-13 May 2021). (i) NIPH oral presentation and poster: *Adolescent weight status and mental wellbeing: the role of body image*; (ii) CEIDSS oral presentation *Facing*



*challenging times due to Covid-19 in Portugal with remarkable enthusiasm by adolescents in Youth Alliances of the EU-H2020 Project CO-CREATE*

- **ISBNPA 2021** (Online, 8-11 June 2021) (i) NIPH gave an oral presentation on *Adolescent weight status and mental wellbeing: the role of body image*, (ii) WCRF gave an oral presentation *Benchmarking physical activity policies in Europe: lessons learn from the CO-CREATE project*.
- **World Café** (Online, 15 June 2021) CO-CREATE joint project webinar hosted by WOF: *Improving food and physical activity environments to build a stronger European Health Union*. (Let's talk about childhood obesity series) [https://www.youtube.com/watch?v=0uS\\_LmCeW1A](https://www.youtube.com/watch?v=0uS_LmCeW1A)
- **Webinar: Food marketing towards children** (Online, in Portuguese, 28 June 2021) CEIDSS webinar: *Marketing alimentar dirigido a crianças*.  
<https://www.youtube.com/watch?v=HanxCM7a3Qo>
- **World Café** (Online, 29 June 2021) CO-CREATE joint project webinar hosted by WOF: *Childhood obesity – what are the root causes of the growing pandemic?* (Let's talk about childhood obesity series) [https://www.youtube.com/watch?v=qy\\_-JMp5Z\\_Y](https://www.youtube.com/watch?v=qy_-JMp5Z_Y)
- **UN Food Systems Summit** (Online, 27 July 2021) Side events with EAT, Act4Food and Act4Change, including a multi-stakeholder forum and roundtable, and presentation by EAT *Strengthening youth-led food systems transformation through policy dialogue: CO-CREATE Dialogue Forum*
- **World Cafe** (Online, 14 September 2021). CO-CREATE joint project webinar hosted by WOF: *You(th): A Driving Force for Change?* (Let's talk about childhood obesity series) <https://www.youtube.com/watch?v=mCpQKu9k7eE>
- **International Congress of Food and Nutrition** (Online, 23-24 September 2021) CEIDSS poster: *Policy ideas developed by Portuguese teens: CO-CREATE project*
- **World Café** (Online, 28 September 2021). CO-CREATE joint project webinar hosted by WOF: *Road to the future: what is the next exit for childhood obesity?* (Let's talk about childhood obesity series) <https://www.youtube.com/watch?v=t1HRc2xAzTg>
- **Norwegian Association of Obesity Research** (Online 21-22 October 2021) NIPH gave a poster presentation on *Adolescent weight status and mental wellbeing: the role of body image*.
- **Norwegian Public Health Conference** (Online, 27-29 October 2021) NIPH gave an oral presentation on findings from the Health Behaviour in School-aged Children (HBSC) study.
- **Norwegian Association of Obesity Research** (Online 21-22 October 2021) NIPH gave a poster presentation on *Adolescent weight status and mental wellbeing: the role of body image*.
- **Department of health promotion and development, University of Bergen and NIPH** gave a presentation at Joint STOP / CO-CREATE / PEN / JA Best-ReMaP Symposium (Online 9 November 2021): *Surveillance of overweight and obesity in adolescents – the potential of the WHO Health Behaviour in School-aged Children (HSBC) study*
- **European Public Health Conference** (Online, 10-11 November 2021) WCRF oral presentation *Benchmarking physical activity policies in Europe: lessons learnt from the CO-CREATE project*.
- **Conference on Policy Solutions from Childhood Obesity: From science to policy implementation** (Online, 17-18 November 2021). A side event of the Slovenian Presidency of the European Council. CO-CREATE presented on research cross-collaboration, and insights from its work with children and adolescents (watch CO-CREATE video *You(th): a driving force for change* here <https://www.youtube.com/watch?v=etavAzM9R7Y> )
- **Excellence in Pediatrics** (Online, 2-4 December 2021) University of Bergen oral presentation *Co-Create: Involvement of young people in the creation of policies to prevent adolescent overweight*.

- **Nutrition for Growth Summit** (Online, 6 December 2021) Act4Food, Act4Change, WWF and EAT workshop: *Mobilising intergenerational action to create sustainable and healthy diets for all.*
- **UNICEF** (Online, series of three consultations 2021-2022) Healthier Food Retail Environments for Children – participants included CO-CREATE, UK Food Foundation, UK Bite Back 2030, and Australia VicHealth. See UNICEF report <https://www.nbim.no/contentassets/ea09c471019544d5b4d089849a443e13/guidance-framework-final.pdf>

## 2022

- **University of Capetown** (Online, 18 January 2022) Webinar presenting CO-CREATE model results: *Adolescents' perspectives on the drivers of obesity using a group model building approach: A South African perspective.* Publication available here <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8871984/>.
- **Youth Voices for Climate Health** (Online, 15 February 2022) Youth-led workshop break-out session: WOF and EAT *What role do youth play in health and climate advocacy?*
- **University of Amsterdam** (Online, 15 February 2022) Webinar *How European adolescents make sense of 'obesogenic environments: Reflections and lessons learned about knowledge and power from CO-CREATE approach in the Netherlands, Norway, Poland, Portugal and the United Kingdom.*
- **European Youth Parliament** (Novi Sad, Serbia, 9 March 2022). NIPH and EAT oral presentation of the Dialogue Forum tool to youth delegates from the Committee on the environment, public health and food safety (ENVII).
- **UNICEF / Norges Bank Investment Management** (Online, 14 March 2022) CO-CREATE youth dialogue workshop on retailing policies and experiences.
- **CO-CREATE Youth Conference** (Oslo, 25-27 March 2022) CO-CREATE presentations including Dialogue Forums and Youth Alliances, and interactive consultations with youth. Included the official launch of the Dialogue Forum tools. See <https://www.fhi.no/en/li/studies/co-create/news2/calling-global-change-makers---join-us-for-the-co-create-youth-conference/>.
- **ECO 2022** (Maastricht, 4-7 May 2022) (i) CO-CREATE symposium: *Meaningful youth engagement – building healthier food and physical activity environments for current and future generations: a symposium of the CO-CREATE project.* (ii) WCRF oral presentation on *Nutrition and physical activity policy environments in five European countries: lessons from the CO-CREATE project.*; (iii) CEIDSS poster: *Youth-led policies as an innovative and essential strategy to tackle childhood obesity in Portugal – the EU H2020 CO-CREATE project.*
- **ISBNPA 2022** (Online, 18-20 May 2022) WCRF oral presentation: *Nutrition and physical activity policy environments in five European countries: lessons from the CO-CREATE project.*
- **Webinar: Emotional Hunger** (Online, in Portuguese, 25 May 2022) CEIDSS webinar: *Fome Emocional.* <https://www.youtube.com/watch?v=olO6MRXCfIQ>.
- **European Policy Symposium on NCDs** (Brussels, 13-15 June 2022) (i) CO-CREATE symposium: *What do youth want? Outcomes of the youth alliances, dialogues, and taskforce;* (ii) NIPH poster *Pilot test of the NOURISHING policy index-Assessing governmental nutrition policies in five European countries.*
- **International System Dynamics Conference** (Frankfurt, 18-22 July 2022) University of Oslo poster *Assessing Policies to Reduce Adolescent Overweight and Obesity: insights from a system dynamics model using HBSC survey data.*

- **European Sociological Association Qualitative Methods Research Network** (Copenhagen, 25 August 2022) University of Amsterdam presented *A Constant Collaborative Comparative Methodology for analysing Participatory Action Research*.
- **European Society for Health and Medical Sociology Conference** (Bologna, 25 August 2022) University of Amsterdam presented *Democratized Health Promotion. Bearing with the political aspects of health risk*.
- **18th Biennial Conference of European Association for Research on Adolescence** (Dublin, August 2022) NIPH oral presentation *Cross-national variation of the association between family structure and BMI: findings from the Health Behaviour in School-aged Children (HBSC) study*.
- **HEPA 2022** (Nice, 31 August – 2 September 2022) WCRF poster: *A pilot study benchmarking physical activity policy actions in Europe: Lessons learned from the CO-CREATE project*.
- **International Congress on Obesity** (Melbourne, 18-21 October 2022) (i) Workshop on multifaceted approaches for enhanced policymaking on childhood obesity in the CO-CREATE and STOP projects. (ii) EAT presented a poster on the Dialogue Forum.
- **European Childhood Obesity Group Conference** (Online, 2-4 November 2022) WOF oral presentation of the CO-CREATE project in the session *From national to global action*.
- **Excellence in Pediatrics** (Online, 2-4 December 2022) University of Bergen oral presentation *Co-Creat: Involvement of young people in the creation of policies to prevent adolescent overweight*.
- **IUNS International Congress of Nutrition** (Tokyo, 11-12 December 2022) CEIDSS poster: *Mobilizing European youth to fight childhood obesity. How data from WHO/Europe COSI study and initiatives from CO-CREATE project are helping to drive policy progress*.

## 2023

- **Save the Children Spain** (Online, 11 January 2023) Presentations of Dialogue Forum tool for potential use by external organisations.
- **UNICEF Sweden / Sweden Heart and Lung Foundation** (Online, 3 February 2023) Oral presentations of Dialogue Forum tool for potential use by external organisations.
- **Lancet Summit on Childhood Obesity** (Online, 3 March 2023) WOF chaired the session on community-driven solutions and youth engagement. NIPH presented the CO-CREATE projects' goals and activities.
- **University of Oslo** (Online, 22 March 2023) Dialogue Forum tool demonstration to country partners in EU Fruit and Vegetable Scheme.
- **Norwegian Police Directorate** (Oslo, 29 March 2023) Dialogue Forum tool demonstration for use by organisations engaging with adolescents.
- **World Congress on Public Health** (Rome, 4 May 2023) University of Bergen oral presentation *Mental Health matters in Obesity Prevention: exploring the dynamic relationships between mental well-being and obesity-related behaviours in adolescents*.
- **International Congress of Food and Nutrition** (Online, 11-12 May 2022) CEIDSS poster: *Strategies for the engagement of youth in health-related activities in Portugal: the CO-CREATE project*.
- **European Congress on Obesity** (Dublin, 17-20 May 2023) Two poster presentations (i) WCRF on *The NOURISHING and MOVING policy indexes* (ii) CEIDSS on *Mental health as a driver of obesity: perspectives from CO-CREATE Portuguese youth*.
- **ISBNPA Conference** (Uppsala, 14-17 June 2023) (i) CO-CREATE symposium: *Experiences of policy and research co-creation with young people: Learnings from the CO-CREATE Project* included research presentations from EAT, NIPH, and LSHTM. (ii) Discussion panel featuring the CO-



CREATE Youth Taskforce and the Youth Health Organisation: *Advancing Youth Engagement in Public Health*. (iii) Three oral presentations by NIPH, University of Oslo and WCRF on CO-CREATE research findings. (iv) Also a pre-conference workshop by University of Bergen and University of Oslo: *Introduction to and hands-on practice with system dynamics using the CO-CREATE model on youth obesity prevention*.

- **World Health Organization 15th Annual COSI Meeting** (Online, 26 June 2023) CO-CREATE partners presented the NOURISHING & MOVING policy indexes (WCRF), the Dialogue Forum tool (EAT), and the importance of youth engagement in policymaking (NIPH).
- **World Congress of Sociology** (Online, 25 June – 1 July 2023) University of Amsterdam oral presentation *Participatory Health Promotion: An Advanced Form of Democratized Prevention?*
- **European Congress of Psychology** (Online, 13-16 July) SWPS oral presentation *Adolescents' Perceptions of Physical Activity-Related Policies Operating in Their Local Environment: a Photo-Voice Study*.
- **International System Dynamics Conference** (Chicago, 23-27 July 2023) University of Bergen oral presentation *Mental health matters in obesity prevention: exploring the role of mental wellbeing in adolescent obesity prevalence*.
- **European Health Psychology Conference** (Online, 4-8 September) (i) SWPS oral presentation *Awareness of Implementation of Food Environment Policies: Engaging Youth Through Photovoice*. (ii) SWPS oral presentation *Awareness of Physical Activity-Related Policies Operating in Local Environment: a Photovoice Study of Adolescents' Perceptions*.
- **Oslo Toyen Police Department** (Oslo, 7 September 2023) EAT presentation of Dialogue Forum tool for use by organisations engaging with adolescents.
- **32nd Annual Congress on Childhood Obesity** (Albena, 7-9 September 2023) WCRF and NIPH oral presentation *The NOURISHING and MOVING policy indexes: assessing nutrition and physical activity in England, Scotland, Wales, and Northern Ireland*.
- **HEPA 2023** (Leuven, 11-13 September 2023) WCRF oral presentation on *The MOVING policy index: assessing physical activity policy in 30 European countries*
- **UK Congress on Obesity 2023** (Belfast, 14-15 September 2023) WCRF and NIPH poster presentation *The NOURISHING and MOVING policy indexes: assessing nutrition and physical activity in England, Scotland, Wales, and Northern Ireland*.
- **CO-CREATE Conference** (Brussels, 12-13 October 2023) presentations from CO-CREATE partners, discussion panels with World Health Organization national focal points, Commission representatives, Youth Task Force members and other stakeholders, and demonstrations of the Dialogue Forum tool and Youth Advocacy tool. Full programme details here <https://www.worldobesity.org/training-and-events/events/confronting-obesity-co-creating-policy-with-youth>
- **Desmond Tutu Health Foundation** (Cape Town, 19-20 October 2023). What's New in Adolescent Research: Innovations in Adolescent Health Care Conference. CO-CREATE project in South Africa: Co-creating policy ideas to address adolescent obesity. Invited presentation and panel discussion.

### Scheduled after October 2023

- **UK Prevention Research Partnership 2023** (Edinburgh, 14-15 November 2023) WCRF oral presentation: *The NOURISHING and MOVING policy index: assessing nutrition and physical activity policy in 30 European countries*.



- **European Public Health Conference 2023** (Dublin, 8-11 November 2023) University College Dublin with University of Oslo presentation: *Capturing youth voices to improve food policy: applying CO-CREATE's Dialogue Forum Tool in Ireland.*
- **European Nutrition Conferences FENS 2023** (Belgrade, 14-17 November 2023) University of Oslo presentation: *Co-creating and simulating obesity prevention policies with youth using system dynamics. The CO-CREATE project.*

## Reports and briefings

Seventeen reports and briefings of relevance across the European community and concerning specific aspects of obesity research and obesity policy have been published and are freely available. They include 11 briefings for policy-makers, four policy briefs for youth and two other evidence summaries, as follows:

- Time trends and differences in overweight and obesity rates by socio-economic status based on COSI data (2020) - [https://www.fhi.no/globalassets/dokumenterfiler/studier/co-create/3\\_co-create-deliverable-3.2-final.pdf](https://www.fhi.no/globalassets/dokumenterfiler/studier/co-create/3_co-create-deliverable-3.2-final.pdf)
- Policy brief on diet and physical activity policies in five countries (2020) - [https://www.fhi.no/contentassets/0a74196d35c64da89d337e25af982f5f/2\\_co-create-deliverable-2.10-policy-brief\\_final.pdf](https://www.fhi.no/contentassets/0a74196d35c64da89d337e25af982f5f/2_co-create-deliverable-2.10-policy-brief_final.pdf)
- Report: Considerations for multi-actor dialogue forums. <https://www.fhi.no/contentassets/afcf7d902983475494d1ae780a79e08a/considerations-for-multi-actor-dialogue-forums.pdf>
- Policy brief on sugar-sweetened beverages as an effective policy for tackling adolescent obesity (2022) - <https://www.fhi.no/globalassets/dokumenterfiler/co-create/d3.9-sugar-sweetened-beverage-consumption-among-adolescents-in-the-european-countries.pdf>
- Preventing Obesity Across Europe: A Call To Action. Joint briefing from EU research projects and joint actions. (2022) - <https://www.fhi.no/contentassets/3472329916384b88b0e928ef88f27a60/4ps-final-statement.pdf>
- NOURISHING policy index brief (2023) - <https://www.wcrf.org/wp-content/uploads/2023/05/NOURISHING-Policy-Brief-May-2023.pdf>
- MOVING policy index brief (2023) - <https://www.wcrf.org/wp-content/uploads/2023/05/MOVING-Policy-Brief-May-2023.pdf>
- MOVING: Addressing childhood obesity across Europe: a snapshot of adolescent-focused diet and physical activity policies from the Netherlands, Norway, Poland, Portugal, and the United Kingdom (Updated 2023) [https://www.worldobesity.org/downloads/healthy-voices-downloads/PPA-Policy-Brief-May-2023\\_v8.pdf](https://www.worldobesity.org/downloads/healthy-voices-downloads/PPA-Policy-Brief-May-2023_v8.pdf)
- Collecting children’s views on school fruit, vegetables and milk schemes using the CO- CREATE Dialogue Forum tool <https://www.fhi.no/contentassets/0a74196d35c64da89d337e25af982f5f/co-create-report-on-pupils-views-on-the-eu-food-schemes-using-the-dialogue-forum-tool.pdf>
- Five country-specific policy briefs:
  - [CO-CREATE Youth Alliance Netherlands policy brief](#)
  - [CO-CREATE Youth Alliance Norway policy brief](#)
  - [CO-CREATE Youth Alliance Portugal policy brief](#)
  - [CO-CREATE Youth Alliance Poland policy brief](#)
  - [CO-CREATE Youth Alliance UK policy brief](#)



- Four e-books in Portuguese supporting youth to develop policy ideas during the COVID lockdown period:

**Políticas Nacionais e Internacionais de Promoção de estilos de vida saudáveis** (National and International Policies to Promote Healthy Lifestyles) <https://www.ceidss.com/wp-content/uploads/2020/03/EBOOK-Co-Create.pdf>

**Marketing e Publicidade – Impacto nas Escolhas Alimentares** (Marketing and advertising – Impact on food choices) [https://www.ceidss.com/wp-content/uploads/2020/05/EBOOK-Co-Create\\_Marketing-vers%C3%A3o-2.pdf](https://www.ceidss.com/wp-content/uploads/2020/05/EBOOK-Co-Create_Marketing-vers%C3%A3o-2.pdf)

**O papel do Nutricionista na escola** (The role of nutritionists in schools) <https://www.ceidss.com/wp-content/uploads/2020/06/Ebook-O-Papel-do-Nutricionista-na-Escola-1.pdf>

**Advocacy** <https://www.ceidss.com/wp-content/uploads/2020/06/EBOOK-Co-Create-Advocacy.pdf>

## Public summaries: practice abstracts

Practice abstracts aim to provide short and concise practice information arising from the project and made available in a concise format, freely available for all. The individual abstracts outline the main findings of a specific aspect of the project and follow the recommended “EIP common format” for uploading on the European Commission hosting site. Each abstract includes a short, understandable title, a succinct summary of the issue tackled as well as a presentation of the main outcomes and recommendations on the selected topic. When available, these will be shared in English as well as the language of the partner or work package in charge of a specific practice abstract.

A total of 38 practice abstracts have been generated from the CO-CREATE project and the titles are listed below. They are published on the CO-CREATE website here [www.co-create.eu/publications](http://www.co-create.eu/publications) (see Deliverables D9.5 and D9.6). The first batch of 20 have been published on the European Commission EIP-AGRI site here <https://ec.europa.eu/eip/agriculture/en/find-connect/projects/confronting-obesity-co-creating-policy-youth.html> and the final 18 are pending publication with the European Commission.

- **First Batch of Practice abstracts (2020)**

- Practice Abstract 1: From individual level interventions to societal change – working with young people to prevent overweight and obesity
- Practice Abstract 2: How to secure youth participation in projects and processes
- Practice Abstract 3: Benchmarking and country index for nutrition and physical activity policies
- Practice Abstract 4: The MOVING physical activity policy framework
- Practice Abstract 5: Prevention of overweight and obesity in adolescents aged 10-19 years
- Practice Abstract 6: Investigation of system-level drivers of obesity
- Practice Abstract 7: Engaging adolescents in obesity research – group model building for a systems approach
- Practice Abstract 8: CO-CREATE training for facilitators and co-facilitators
- Practice Abstract 9: Recruiting a diversity of young people to contribute to health promotion
- Practice Abstract 10: What is Youth-led Participatory Action Research (YPAR)
- Practice Abstract 11: The CO-CREATE Portuguese Youth Alliances – facing challenging times with remarkable enthusiasm
- Practice Abstract 12: Designing a multi-stakeholder Dialogue Forum model for youth-led policy co-creation
- Practice Abstract 13: Policy co-creation dialogues with youth – recommendations for policymakers and practitioners
- Practice Abstract 14: System dynamic models on obesity in youth
- Practice Abstract 15: An overview of CO-CREATE’s use of Microsoft Teams
- Practice Abstract 16: Data management plan – recommendations to provide high quality data
- Practice Abstract 17: Healthy Voices – an online capacity-building platform for adolescents
- Practice Abstract 18: What is positive youth engagement and why is it important in obesity prevention interventions?
- Practice Abstract 19: Ethically engaging adolescents in Participatory Action Research (PAR) to combat obesity
- Practice Abstract 20: A step-by-step guide - how to set up and run an international consortium in research and innovation projects

- **Second Batch of Practice Abstracts (2023)**

- Practice Abstract 1: Nutrition policy– status in 30 European countries



- Practice Abstract 2: Physical activity policy – status in 30 European countries
- Practice Abstract 3: Weight Status and Mental Well-Being Among Adolescents
- Practice Abstract 4: Socioeconomic differences in food habits among children
- Practice Abstract 5: How social media influence adolescent mental health and obesity, and what can we do about it?
- Practice Abstract 6: What do adolescents in five European countries think about the drivers of obesity?
- Practice Abstract 7: Co-creating policy ideas with young people
- Practice Abstract 8: Participatory action and co-creation with adolescents
- Practice Abstract 9: Youth involvement in the development of health-related policies in Portugal: recommendations from the CO-CREATE youth
- Practice Abstract 10: COVID-19 and digital connection: insights from shifting to digital convenings with youth
- Practice Abstract 11: Policy co-creation with youth: considerations for multi-actor dialogue forums
- Practice Abstract 12: Developing implementation and evaluation plans for obesity prevention actions
- Practice Abstract 13: System Dynamics model on poor mental wellbeing and obesity in adolescents
- Practice Abstract 14: Making data on adolescent's civic engagement and energy balance related behaviours open access: Processes and challenges in the CO-CREATE project
- Practice Abstract 15: Making data accessible to support young people's civic engagement and energy balance related behaviours
- Practice Abstract 16: The CO-CREATE Youth Conference
- Practice Abstract 17: Capturing CO-CREATE activities through video formats
- Practice Abstract 18: Photovoice as a method to assess youth perspectives on obesity-prevention policies





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