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## Executive Summary

This document is a compilation of the first batch of Practice Abstracts from the CO-CREATE Project.

Practice abstracts are a requirement of all Horizon 2020 funded projects. They aim to provide the end-users of the project with short and concise practice information. The individual abstracts are meant to outline the main findings of a specific aspect of the project and make it easy to share our findings with those who will apply them. Within the context of the CO-CREATE Project, end-users include health professionals such as scientists, public health workers, policymakers and non-governmental organisations, the media, and the public including parents, adolescents, and young people.

The practice abstracts will be shared at the EU-level following the “EIP common format” which is made available on the EIP-AGRI website. All partners from the Consortium are involved and contribute to the production of these abstracts. Each abstract includes a short and understandable title, a succinct summary of the issue tackled as well as a presentation of the main outcomes and recommendations on a 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.

The second batch of practice abstracts will be submitted at the end of the project.



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## Practice Abstract 1: From individual level interventions to societal change – working with young people to prevent overweight and obesity

### Short summary for practitioners:

To generate healthier food and physical activity environments, and in turn sustainably foster healthier weight in children and adolescents, we need to move away from our current focus on individual-level interventions. We must strive coherent policies aimed at making healthy choices the easiest and preferred options in a society of overabundance.

CO-CREATE will contribute to this ambitious goal by:

1. Developing tools and methodologies for monitoring, benchmarking, and evaluating policies
2. Collaborating with adolescents across Europe to develop novel policy options that will contribute to the overall objective of prevention of, and reduce social inequalities in overweight and obesity.

Over a five-year project period. CO-CREATE will:

- Develop and update databases including implemented policies that directly or indirectly influence food and physical activity behaviours
- Develop a system for benchmarking the policies included in the databases
- Expand knowledge regarding policies that effectively target adolescents
- Investigate changes in overweight and obesity in relation to relevant policies in European countries
- Explore potential differences related to the socio-economic background of adolescents
- Make system maps to identify factors that alone or together influence healthy choices with adolescents
- Collaborate with adolescents to develop novel policy options
- Establish and evaluate dialogue forums with adolescents and other stakeholders from the public and private sector
- Develop and test a model to assess and predict the potential impacts of selected policies
- Generate capacity building tools

All results from the project are published on [www.co-create.eu](http://www.co-create.eu) .



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### **Norwegian version**

#### **Title: Fra individfokus til samfunnsendring – forebygging av overvekt og fedme i samarbeid med unge**

#### **Short summary for practitioners:**

Overvekt og fedme hos barn og ungdom er et samfunnsproblem med en lang rekke årsaker. Tiltak som har vært forsøkt har i stor grad vært rettet mot enkeltindivider, uten at dette har hatt noen merkbar effekt. Dersom man skal lykkes med å redusere forekomsten av usunn vekt, må man anerkjenne de komplekse årsaksforholdene, og konsentrere innsatsen rundt forebyggende tiltak på samfunnsnivå, som samlet kan resultere i at gode helsevalg blir de enkleste og foretrukne valgene i en hverdag der overflod og lettvinne løsninger er normalen.

CO-CREATE skal bidra til dette ved å:

1. Utvikle verktøy og metoder for å overvåke, vurdere og evaluere tiltak som er iverksatt, og
2. Samarbeide med ungdom i flere land for å utvikle nye tiltak for å fremme gode helsevalg blant alle unge, uavhengig av sosioøkonomisk bakgrunn

Gjennom fem år skal prosjektet:

- Utvikle og oppdatere databaser med implementerte tiltak som direkte eller indirekte kan påvirke mat og fysisk aktivitet
- Utvikle et system for å vurdere tiltak opp mot hverandre
- Utvide kunnskapen rundt effektive tiltak for ungdom
- Undersøke hvordan innførte tiltak påvirker forekomst av overvekt og fedme i ulike land i Europa over tid
- Undersøke ulikheter i effekt av tiltak som følge av sosioøkonomisk bakgrunn
- Lage systemkart sammen med ungdom for å identifisere faktorer i deres hverdag som alene eller samlet påvirker valg som fremmer god helse
- Samarbeide med ungdom i flere Europeiske land om å utvikle nye tiltak som kan fremme gode helsevalg
- Utvikle og evaluere dialogforum der ungdom diskuterer sine foreslåtte tiltak med aktører fra offentlig og privat sektor
- Utvikle og teste en modell som kan bidra til å vurdere og forutse effekten av utvalgte tiltak, der det tas høyde for samvirkning med flere tiltak og prioriteringer
- Lage verktøy og nettsider for å bygge kunnskap

Resultater fra prosjektet blir publisert på [www.co-create.eu](http://www.co-create.eu)



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## Practice Abstract 2: How to secure youth participation in projects and processes

### Short summary for practitioners:

The UN Child Rights Convention states that all children have the right to be heard in questions affecting their lives. From a child's right perspective, they need to be included in projects and processes that seek to find advantageous and effective solutions to societal problems and challenges that affect them. Only young people themselves know what it is like to be young today. When carving out interventions targeted at young people directly, we are more likely to reach successful outcomes if we identify solutions with them. Lastly, there is an argument for involving youth as a means for strengthening democratic participation; being able to have a say in decision-making is empowering and has a potential lead to lifelong engagement in democratic questions. Youth participation is a process in which young people are included in projects and processes as part of daily operations and decision making and given room and support to influence the conclusions that are reached.

To increase the likelihood of satisfactory youth participation, consider the following steps:

- 1. Inform**

Give adequate and understandable information on the topic and process in which they will be involved.

- 2. Independence**

Young people should be able to come together independently, to learn more about a topic and agree on solutions and positions. Consider involving youth that are members of, or represent, youth organizations.

- 3. Continuity and wholesome processes**

Youth participation is a process. Youth should therefore be involved over longer periods, and in all phases of the process and/or project rather than as a one-time event.

- 4. Timing**

Young people are busy with school and other activities that are important for their futures. Accommodate for this when involving young people.

- 5. Real influence**

Real and meaningful youth participation entails that included youth have room for actual influence. If this is not a possibility, youth participation is discouraged. Provide open information on when and where decision-making will happen and any plans for follow up that they can engage with.

The CO-CREATE project works with young people to prevent overweight and obesity in adolescents on a policy level. All results from the project are published on [www.co-create.eu](http://www.co-create.eu)



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## Norwegian version

### Title: Hvordan involvere ungdom i prosjekter og prosesser

#### Short summary for practitioners:

FNs barnekonvensjon sier at barn og unge har rett til å bli hørt i spørsmål som påvirker deres liv. Fra et rettighetsperspektiv er vi pålagt å inkludere dem i prosjekter og prosesser som vil finne gode løsninger på utfordringer og problemer i samfunnet som de påvirkes av. Et videre argument for å involvere unge, er potensialet for å utvikle løsninger som er mer effektive. Særlig gjelder dette for tiltak som er direkte rettet mot unge. Det er de unge selv som er de eneste ekspertene på hvordan det er å være unge i dagens samfunn. Involvering kan sikre bedre forståelse av utfordringene som ønskes bedret og bidra til riktige og effektive tiltak. Til sist er involvering av unge et viktig verktøy i et åpent demokratisk samfunn. Tidlig erfaring med deltagelse og påvirkning av demokratiske prosesser har potensiale for å styrke videre deltagelse i samfunnsprosjekt i voksenlivet.

Ungdomsinvolvering er en prosess der unge tas med på beslutninger i prosjekter og prosesser, og gis rom og støtte til å påvirke utfall, konklusjoner og anbefalinger. Disse trinnene kan bidra til god ungdomsinvolvering:

#### 1. Informasjon

Gi tilstrekkelig og forståelig informasjon om emnet, og prosjektet eller prosessen de unge skal involveres i.

#### 2. Egne forum

Unge bør kunne møtes uavhengig av de voksne for å diskutere og enes om standpunkter og forslag. Unge som er medlemmer i, eller representerer, ungdomsorganisasjoner kan bidra til dette.

#### 3. Kontinuitet

God ungdomsinvolvering er en prosess, ikke en engangsaktivitet. Deltagelse må inkludere alle faser av prosjektet og/eller prosessen.

#### 4. Tidsbruk og tidspunkt

Unge er travle med skole og fritidsaktiviteter. Ta høyde for dette i planleggingen.

#### 5. Påvirkning

For at involveringen skal bli meningsfylt for de unge, må det være en reell mulighet for påvirkning. Dersom dette ikke er tilfelle, bør man la være å involvere unge. Informer om når og hvor beslutninger vil tas, og eventuelt hvordan disse vil følges opp og muligheter for videre engasjement i oppfølgingen.

CO-CREATE er et EU-prosjekt som samarbeider med ungdom i Europa for å utforme tiltak som kan forebygge overvekt og fedme hos unge. Resultater fra prosjektet blir publisert på [www.co-create.eu](http://www.co-create.eu)



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## Practice Abstract 3: Benchmarking and country index for nutrition and physical activity policies

### Short summary for practitioners:

Levels of obesity and diet-related non-communicable diseases (NCDs) continue to increase in Europe. In response, national governments have implemented various nutrition and physical activity policies such as taxes on sugar content in foods or drinks and programmes to encourage people to walk and cycle more.

As part of CO-CREATE, World Cancer Research Fund (WCRF) International has developed two new tools that will help assess countries' performance by benchmarking attributes of nutrition and physical activity policies. The benchmarks were developed based on research evidence and expert advice, and follow the structure of the **NOURISHING** and **MOVING** frameworks. They consist of a series of indicators that compare existing government action with a series of aspirational policy attributes relevant for each policy area.

The tools will be applied to policies in WCRF International's **database** of nutrition and physical activity policies. The benchmarks will highlight any gaps in policymaking and avenues for improving existing nutrition and physical activity policies. Furthermore, they will enable comparisons between countries and produce an overall illustration – or country index – of the status of nutrition and physical activity policies, which will allow us to assess progress in government action to decrease levels of obesity and diet-related NCDs across Europe.

Learn more about how CO-CREATE contributes to the evidence and infrastructure for local and national policy changes at <https://www.fhi.no/en/studies/co-create/policies/>



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## Practice Abstract 4: The MOVING physical activity policy framework

### Short summary for practitioners:

Physical inactivity is the **fourth** leading risk factor for death globally, and a major cause of the global rise in both non-communicable diseases (NCDs) and overweight and obesity. To help governments take more action, **World Cancer Research Fund International** has as part of the CO-CREATE project developed a policy framework, **MOVING**.

The framework consists of six **overarching policy areas**, which were **identified** through a global literature review, thematic analysis and consultation with physical activity policy experts.

M - make programmes, opportunities and initiatives which promote physical activity; O - offer training in physical activity promotion across multiple professions; V - visualise and enact active design guidelines for structures and surroundings; I - implement urban, rural and transport plans that support active societies; N - normalise and increase physical activity through public communication that motivates and builds behaviour change skills; and G - give physical activity education, assessment and counselling.

The MOVING framework forms the structure of the **MOVING database**, which is used for reporting, categorising, monitoring and promoting a range of government policy actions that increase physical activity. The framework and database can help identify actions needed for specific populations, enable researchers and civil society to monitor what governments are doing, benchmark progress and hold governments to account.

Learn more about the MOVING database, created as part of CO-CREATE at <https://www.fhi.no/en/studies/co-create/news2/moving-was-launched/>



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## Practice Abstract 5: Prevention of overweight and obesity in adolescents aged 10-19 years

### Short summary for practitioners:

A review of the research evidence summarizing effective interventions targeting overweight and obesity among adolescents showed little or no effect on body mass index or physical activity levels of adolescents, while results from a few reviews suggest possibly beneficial effects of public health interventions on dietary behaviours (i.e. consumption of sugar-sweetened beverages). There is limited evidence of interventions directed towards the wider community.

The review revealed that there is limited evidence of differential effects of interventions on adolescents from different socio-economic groups. The review concludes that the evidence-base for the effectiveness of interventions to prevent overweight and obesity in adolescents is weak. Also, besides, the body of evidence is incomplete, since most included interventions targeted the individual and were set in schools, while structural and environmental interventions applied in the wider society were lacking. There is a need for:

1. Effective and coordinated policy responses targeting inequalities both in overweight and obesity as well as in the social determinants of health.
2. A new understanding of the associations between overweight and obesity prevalence among adolescents and the impact of national policies.
3. High-quality evaluations of the effectiveness of structural and environmental interventions targeting overweight and obesity among adolescents.
4. Studies on differential effects of interventions targeting overweight and obesity among adolescents from different socio-economic groups.

For further results from the CO-CREATE project and the review of available research evidence, visit [www.co-create.eu](http://www.co-create.eu)

### *Norwegian version*

**Title: Førebygging av overvekt av fedme blant ungdom i aldersgruppa 10-19 år**

### Short summary for practitioners:

Ein systematisk gjennomgang av summert forskning på effektive tiltak for å førebyggje overvekt og fedme blant ungdom syner liten eller ingen effekt av tiltak på kroppsmasseindeks eller fysisk aktivitetsnivå. Nokre oppsummeringar syner at det kan vera ein mogleg positiv effekt på kosthald (t.d. som reduksjon i inntak av sukkerholdig drikke). Det er lite dokumentasjon på effektar av tiltak retta mot nærmiljøet.

Gjennomgangen synte også at det er lite evidens for eventuelle skilnader i effekt mellom ungdom frå ulik sosioøkonomisk bakgrunn. Gjennomgangen konkluderer med at kunnskapsgrunnlaget for tiltak for



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å førebyggje overvekt blant ungdom er svakt. Mykje av forskinga har vore på individretta tiltak i ein skulesamanheng, mens det er lite forskning på effekten av strukturelle tiltak.

Det er derfor bruk for:

1. Effektive og koordinert innsats mot sosial ulikskap i overvekt og fedme blant ungdom, og innsats mot dei sosiale helsedeterminantane.
2. Ei betre forståing av samanhengen mellom overvekt og fedme blant ungdom og summen av førebyggjande tiltak i eit land
3. Gode evalueringar av effekten av strukturelle og miljøretta tiltak retta mot overvekt og fedme blant ungdom.
4. Studiar som viser differensierte effektar av tiltak for å førebyggje fedme og overvekt blant ungdom med ulik sosioøkonomisk bakgrunn.

Resultat frå summert forskning på effektive tiltak samt andre frå CO-CREATE prosjektet vert publisert på [www.co-create.eu](http://www.co-create.eu)



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## Practice Abstract 6: Investigation of system-level drivers of obesity

### Short summary for practitioners:

CO-CREATE is using a [complex systems approach](#) to addressing the challenges presented by obesity. The approach helps articulate the need to span a range of political, social, cultural, economic, and other domains within any given system. We conceptualise obesity as an outcome of many interdependent factors, and people within a connected whole. A 'system mapping' method called group model building (GMB) was used to represent adolescent perceptions of the drivers of diet and physical activity. We produced causal loop diagrams using GMB with adolescents in Poland, Portugal, The Netherlands, Norway, South Africa, and the United Kingdom. Beyond the drivers that were relatively expected such as food advertising, access to unhealthy foods, and lack of physical activity, young people mentioned the role of mental health, screen time, social media, and body image pressures, as important contributors to adolescent obesity. The causal loop diagrams generated with the young people provided insights into potential leverage points in the system where interventions may be most effective; they formed the basis for CO-CREATE Youth Alliances in which young people developed policy responses that take a systems approach to the problem of adolescent obesity. The maps will also be further used to help generate a systems dynamics model showing the potential impact of the novel policy responses to adolescent obesity. Using complex systems thinking with young people, to explore policy-amenable drivers of adolescent obesity has helped create a more thorough, robust picture of the influences on diet and physical activity.

For further results from the CO-CREATE project and the review of available research evidence, visit [www.co-create.eu](http://www.co-create.eu)



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## Practice Abstract 7: Engaging adolescents in obesity research – group model building for a systems approach

### Short summary for practitioners:

CO-CREATE frames adolescent obesity as an outcome of a multitude of interlinked factors, and methods to account for this complexity are essential in obesity research. We used ‘group model building’ (GMB) with youth in Poland, Portugal, The Netherlands, Norway, South Africa, and the United Kingdom to generate data on their perceptions of the drivers of adolescent obesity. GMB is a participatory research method that guides participants through collaborative discussion to generate a visual representation of complex issues with many interconnected elements, and how they are related causally. Drawing on systems thinking, GMB recognises the inextricable links between different actors and an array of factors in any given system. Applied in community settings, GMB has been used widely with members of the public and is carefully designed to be easy to follow under the guidance of an experienced facilitator. GMB is a method which carefully abstracts the individual to explicitly represent system-level drivers of the challenge; this made it particularly apt for asking adolescents to discuss the potentially sensitive topics of diet, physical activity, and body weight. The results from the CO-CREATE GMB workshops are a set of ‘causal loop diagrams’ (CLDs), which illustrate factors the young participants perceive to drive adolescent obesity. They illustrate these numerous drivers and, via arrows, how they are linked causally. By exploring and representing the complexity of obesity, CLDs facilitate the development of potential interventions, as is being done in further stages of CO-CREATE.

For further results from the CO-CREATE project and the review of available research evidence, visit [www.co-create.eu](http://www.co-create.eu)



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## Practice Abstract 8: CO-CREATE training for facilitators and co-facilitators

### Short summary for practitioners:

The CO-CREATE youth engagement approach is built on the principles of youth led participatory action research (YPAR) where young people in CO-CREATE youth groups (alliances) are facilitated to take the active lead in developing policy ideas to address the challenge of adolescents' obesity.

To ensure high level of support for young people, each alliance is assisted by facilitators and co-facilitators. CO-CREATE facilitators are members of CO-CREATE consortium who have had prior experience in working closely with young people. The co-facilitators are youth workers or recruited from youth organizations and tend to be closer in age to the youth in alliances. Their role is to support the facilitation but also to act as peers to the young members. The facilitators and the co-facilitators followed a training program prior to their work with the alliances in their respective country. The facilitator training was aimed to familiarize the facilitators with the core CO-CREATE methodology such as YPAR, system mapping, and [photovoice](#). The training also touched on the “how to” of youth facilitation, as well as on the research aspect of the engagement project that was built on qualitative methodologies. The co-facilitators' training covered topics such as YPAR minute making, advocacy training, vlogging, and peer recruitment. The last three topics are intended for the co-facilitators to in turn deliver in the form of a training to the young people in the alliances. These two sets of training are instrumental in providing adequate and constructive support to ensure active engagement from young people in a participatory approach.

For more information, visit [www.co-create.eu](http://www.co-create.eu).



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## Practice Abstract 9: Recruiting a diversity of young people to contribute to health promotion

### Short summary for practitioners:

Youth participation is increasingly praised in a variety of public policy areas. Ambitious participatory processes are known to be more likely to reflect the voice of youth in public policy. However, recruiting young people for ambitious participatory processes is not easy, especially to ensure that a diverse group of youth take part.

The CO-CREATE project is committed to include underrepresented youth in its participatory process. To date, the project has recruited 15 groups of 16-18-years old to take part in a whole school-year activity geared towards contributing policy ideas for the prevention of childhood obesity. These policy ideas are then tested in real context in 12 municipalities across five European countries (the Netherlands, Norway, Poland, Portugal, and the United Kingdom). To ensure that a group of diverse, and usually underrepresented young people are actively invited to join, the CO-CREATE Consortium designed a youth recruitment protocol, in collaboration with the local partners and youth organizations. In particular, the CO-CREATE youth recruitment protocol builds on a pre-recruitment investigation ('fieldwork preparation'), carried out in the five countries, in order to identify, in the respective contexts, which sections of youth were likely to be under-represented and the most suitable channels to reach out and secure their participation. The recruitment protocol also addresses the ethical requirements involved in youth led participatory action research applied to health promotion.

Read the protocol for youth engagement, developed as part of CO-CREATE here [https://www.fhi.no/contentassets/0a74196d35c64da89d337e25af982f5f/co-create-deliverables-5.1\\_engagement-protocol.pdf](https://www.fhi.no/contentassets/0a74196d35c64da89d337e25af982f5f/co-create-deliverables-5.1_engagement-protocol.pdf)



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## Practice Abstract 10: What is Youth-led Participatory Action Research (YPAR)

### Short summary for practitioners:

Participatory Action Research (PAR) is an approach to conducting studies that originated as a critic towards a more conventional top-down research approach where ‘expert outsiders’ are studying ‘research objects.’ Instead, people and communities are partners in defining and conducting the research together with academic researchers. Generally, the research addresses the actual needs of people and communities. PAR relies on the iterative process of research where participants are empowered and provided with the foundation to enable research-based action and enact actual change. In CO-CREATE this crucial transfer is done through providing training and facilitation for young people to further understand their own lived situation and make use of their situated knowledge. These knowledge and skills are then translated to action, specifically in the CO-CREATE context, for young people to develop policies to address the challenge of adolescents’ obesity relevant to their daily life.

PAR that is led by youth, such as the one being implemented in CO-CREATE, is commonly known as YPAR (youth-led participatory action research). In this context, It is an effective tool for youth to address inequalities on various social issues, particularly those that are directly impacting them, including health, as well as successfully promote civic and political engagement among youth. The reasons to involve youth in participatory action research are 1) the idea that those impacted by the policy should be involved in policymaking and youth are generally under-represented, 2) involving youth in policies that addresses their lives enhances the fit of the policy to their lives and strengthens the legitimacy of policies.

For more information, visit [www.co-create.eu](http://www.co-create.eu). Project publications are available at <https://www.fhi.no/en/studies/co-create/publications/>



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## Practice Abstract 11: The CO-CREATE Portuguese Youth Alliances – facing challenging times with remarkable enthusiasm

### Short summary for practitioners:

Amidst the current COVID-19 pandemic, the Portuguese Youth Alliance Members were forced to stay at home, with schools closed and all the activities suspended between March-August 2020. To sustain the progress of the alliances, an [online approach](#) was established to maintain regular communication with the youth. The WhatsApp online platform was the main communication channel allowing for almost daily contact, where meetings were scheduled and some queries, needs, and feedback were shared. Several online meetings were conducted with a very high level of attendance and engagement by the Youth Alliances. Apart from the meetings envisioned in CO-CREATE, an additional format of meetings was introduced, where young people openly shared their questions and ideas to young professionals with experience in several fields related to the policy ideas. In these [Q&A sessions](#), two nutritionists, a physical activity expert, a psychologist, and a member of youth organisations helped to discuss and strengthen the proposals. To further support the youth's research, [four E-books](#) on the related topics were provided. By the end of July, a [digital discussion with stakeholders](#) took place, confirming once more the excitement of the Portuguese Alliance Members on moving forward with their ideas.

The Portuguese CO-CREATE coordinating team is delighted to have been witnessing the youth alliance members swift adaptation and remarkable dedication to the project, without compromising its objectives and progress even during these challenging times

For more information, visit [www.co-create.eu](http://www.co-create.eu).



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### **Portuguese Translation**

#### **Title: Adolescentes Portugueses no Projeto CO-CREATE - enfrentar tempos desafiantes com admirável entusiasmo**

Devido à atual pandemia por COVID-19, os membros das Alliances Portuguesas tiveram que permanecer em casa, com as escolas fechadas e todas as atividades suspensas, entre março e agosto de 2020. De modo a garantir o progresso das alliances, foi adotada uma [abordagem online](#) que permitiu manter a comunicação regular com os jovens. O WhatsApp foi o principal canal de comunicação utilizado, permitindo o contacto quase diário com as alliances. Nas conversas de grupo agendaram-se sessões e algumas dúvidas, necessidades e feedback foram partilhados. Realizaram-se diversas sessões pelo Zoom, que contaram com um elevado nível de participação e envolvimento por parte das alliances. Para além das sessões previstas pelo Projeto CO-CREATE, foi introduzido um novo formato de sessões, no qual os jovens partilharam abertamente as suas questões e ideias com jovens profissionais experientes em várias áreas relacionadas com as ideias e propostas políticas das alliances. Nestas sessões de perguntas e respostas – [Q&As](#) – dois nutricionistas, um expert em atividade física, uma psicóloga e um membro de organizações de jovens ajudaram a analisar e fortalecer as propostas. Para apoiar a pesquisa, foram desenvolvidos [quatro E-books](#) sobre os temas relacionados. No final de julho, decorreu um [Dialogue Forum digital](#) com um dos grupos e dois stakeholders, comprovando uma vez mais o interesse dos membros das alliances em continuar a desenvolver as suas propostas.

A equipa responsável por coordenar o CO-CREATE em Portugal reconhece e congratula a rápida adaptação e a dedicação notável dos adolescentes portugueses, o que permitiu não comprometer os objetivos e progresso do Projeto, mesmo durante estes tempos desafiantes.



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## Practice Abstract 12: Designing a multi-stakeholder Dialogue Forum model for youth-led policy co-creation

### Short summary for practitioners:

As part of CO-CREATE, EAT developed a new multi-actor Dialogue Forum model to drive the empowerment of youth through meaningful dialogue with policymakers, representatives from businesses and other relevant stakeholders about youth-led obesity-prevention policy ideas.

The Dialogue Forum model was created through a design-led development process including research, prototyping and production, followed by additional testing and refinement. The research consisted of semi-structured interviews and workshops with youth and relevant stakeholders in Norway, and gathered insights demonstrating various challenges with youth inclusion in policymaking:

1. policymakers do not take youth seriously, but neither do teachers nor parents,
2. policymakers think all youth are the same until they see them disagree,
1. sharing personal stories is a powerful tool, but it makes youth vulnerable,
2. youth are often invited, but not heard,
3. the purpose of the invitation to youth is unclear,
4. policymakers or other stakeholders often do not follow up with youth after a meeting.

The research insights guided the development of key design principles for the Forum model, to ensure a meaningful dialogue across generations and sectors:

1. value all perspectives equally,
2. get everyone on the same page,
3. it is not about teaching young people to speak, it is about enabling adults to listen,
4. make facilitation possible for everyone,
5. from talk to action,
6. change happens in between the meetings – design for the ripple effect.

The principles for meaningful youth participation in the General Comment on Article 12 of the UN Convention on the Rights of the Children were also incorporated into the design of the model. Feedback from tests of an initial model at international events and with various audiences led to the refinement of a comprehensive Dialogue Forum model for establishing, executing and following-up on multi-actor dialogues, including various resources and tools for organizers.

For more information, visit [www.co-create.eu](http://www.co-create.eu).



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## Practice Abstract 13: Policy co-creation dialogues with youth – recommendations for policymakers and practitioners

### Short summary for practitioners:

One central component of CO-CREATE's innovative model to empower youth to drive obesity prevention efforts and advance policy change are the Dialogue Forums. The Forums provide youth with an opportunity to discuss and refine their policy ideas with relevant stakeholders, such as policymakers and business representatives. Broadly, this allows youth to engage and build relationships with key stakeholders, and advance policy action through the collective commitments developed by participants. The Dialogue Forum model includes comprehensive guidance and resources on how to plan, execute and follow-up multi-actor dialogues, including a Guidebook and a Resource Library which serves as a central repository of all the resources and templates needed for the process. The discussion itself is structured around a pre-defined set of activities meant to unpack the policy idea and gather feedback from participants. Recognizing some of the new barriers caused by COVID-19, both a physical and digital tool have been developed to facilitate in-person and digital Dialogue Forums. The model has been developed to facilitate policy discussions between generations and sectors, putting youth at the forefront of this process. The Dialogue Forum includes key characteristics that policymakers and practitioners seeking to host policy co-creation dialogues with youth should consider, including:

1. involve youth in the planning process, including identifying relevant stakeholders and logistical planning,
2. be transparent with youth and other participants about how the input shared at the Dialogue will or will not be used,
3. aim for 50% youth representatives and 50% adult stakeholders to mitigate power imbalances,
4. aim for diverse youth representatives,
5. provide youth with the opportunity, and appropriate training, to facilitate and take an active role in the discussion,
5. give everyone at the table equal opportunity to share their unique perspectives.

These characteristics enable youth to be active contributors and champions of the Dialogue Forums and their policy ideas, and to be better equipped to drive policy action. Through CO-CREATE, EAT and other project partners will host 20 Dialogue Forums across local, national, and regional levels, enabling and empowering youth to develop and inform policies to change their food and physical activity environments for the better.

For more information, visit [www.co-create.eu](http://www.co-create.eu).



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## Practice Abstract 14: System dynamic models on obesity in youth

### Short summary for practitioners:

Obesity prevalence in adolescents has been increasing globally despite efforts attempting to reverse it. Traditionally, interventions have targeted individual behaviour change towards obesity. However, there are individual as well as physical and social environmental factors affecting energy imbalance in people, and these are varied and complex. These so-called environmental pressures that drive and prolong obesity are frequently disregarded. A systems perspective allows for a broader view of the obesity challenge, a view that takes into account these multiple and interrelated factors whereby the environmental factors influence the perceptions and actions of individuals and the individuals collectively contribute the environment in which they grow up.

System Dynamics is a scientific approach based on modelling, simulation and analysis that may facilitate our understanding of the dynamic behaviour produced by complex systems such as the one governing obesity. System dynamics allows for the policy development, for the implementation of interventions and for impact assessment in the context of obesity. Simulation models provide low-cost laboratories for learning. A virtual reality is created, and in that substitute policies and interventions may be tested with no delay in a risk-free environment, i.e. with no-one suffering any adverse consequences. Moreover, controlled experimentation becomes feasible, and this has the added benefit of revealing more about the potential behaviour of a system, than gradual adjustments to successful strategies. As such, system dynamics may be considered an important vehicle for policy design and assessment studies.

CO-CREATE applies a system dynamics approach to understand and address adolescent obesity. In previous stages of the project, diagramming methods, such as systems maps or causal loop diagrams, have been created in collaboration with adolescents and policy makers to gain insights into how obesity mechanisms may operate. Moreover, such an approach is useful when identifying high leverage / low cost policy options. Systems maps is often the result of a first step in a model-based investigation of the relationship between the underlying structure and the resulting dynamics of systems being studied. To take this investigation further, all the variables represented in the systems map and their interrelationships must be uncovered and described in a formal, computable form, as e. g. a set of equations or in the form of graphics, so as to allow for simulation. The resulting system dynamics model is a formalized synthesis of the knowledge generated in a participatory process with stakeholders and existing evidence from other sources. It thus constitutes a knowledge repository that may be subject to formal, simulation-based analysis and that forms the basis for a gradual, experience-based improvement of the knowledge upon which co-created policies are based and acted upon and their direct and indirect, short- and long-term implications are being assessed.



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### **Norwegian translation**

#### **Title: Systemdynamiske modeller for fedme blant ungdommer**

##### **Short summary for practitioners:**

Fedmeforekomsten blant ungdommer har økt globalt til tross for tiltak for å forsøke å reversere trenden. Tiltakene så langt har stort sett vært rettet mot å få til individuell atferdsendring for å redusere fedme. Det er imidlertid både individuelle fysiske og sosiale miljøfaktorer som kan føre til energiubalanse hos den enkelte, og disse faktorene varierer og henger sammen med hverandre på en kompleks måte. Disse såkalte miljøfaktorene som kan være pådrivere og forlengere av fedmeforekomsten blir ofte ikke tatt hensyn til. Et systemperspektiv legger til rette for et mer helhetlig syn på fedmeutfordringen, et perspektiv som tar hensyn til de mange ulike faktorene og samspillet mellom dem hvor miljøfaktorene påvirker oppfatningen og handlingene til enkelt personer og hvor enkelt personene sammen bidrar til det miljøet de er en del av.

Systemdynamikk er en vitenskapelig tilnærming basert på modellering, simulering og analyser som kan hjelpe oss til å forstå den dynamiske atferden som skapes av komplekse systemer slik som det som ligger til grunn for fedmeforekomsten i befolkningen. Systemdynamikk legger til rette for politikktutvikling, for implementering av tiltak og for effektevaluering i sammenheng med fedme. Simuleringsmodeller er et lav-kostnads laboratorium for å lære. En virtuell virkelighet er utformet, og i den kan alternative politikktforslag og tiltak testes uten tidsforsinkelser i et risikofritt miljø, dvs. uten at noen risikerer å bli påført ulemper og lidelser som følge av negative konsekvenser. Videre innebærer dette at kontrollerte eksperimenter i komplekse systemer blir mulige, og det har den ekstra fordelen at det kan avsløre flere av de utviklingene systemet kan komme til å gjennomløpe enn det en gradvis endring av vellykkede tiltak i den virkelige verden ville kunne gjøre. Derfor kan systemdynamikk bli sett på som et viktig redskap i utviklingen av politikk og i evalueringsstudier.

CO-CREATE bruker en systemdynamisk tilnærming for å forstå og bidra til å endre fedmeforekomst blant ungdommer. I tidligere deler av prosjektet har metoder for å lage fremstillinger, slike som systemkart og diagrammer over årsaker og virkninger, blitt brukt i samarbeid med ungdommer og politikere, for å få innsikt i hvordan mekanismene i fedmesystemet kan tenkes å virke. Videre er en slik tilnærming nyttig for å finne politikkmuligheter med høyt potensiale/lav kostnad. Systemkart er ofte resultatet av et første steg på veien i en modellbasert undersøkelse av forholdet mellom den underliggende strukturen og den dynamikken som skapes i de systemene som undersøkes. For å ta denne undersøkelsen videre, må alle variablene vist i systemkartet og relasjonene mellom dem bli avdekket og beskrevet på en formell måte, f.eks. i form av sett av likninger eller grafer, som kan danne grunnlag for beregninger slik at man kan gjennomføre simuleringer. Den systemdynamiske modellen



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som er resultatet av disse stegene, er en formalisert syntese av kunnskap utviklet basert på de dialogene som gjennomføres med ungdommer/politikere og den eksisterende kunnskapen vi samler fra andre kilder. Modellen er dermed et kunnskapslager som kan brukes til formell, simuleringsbasert analyse som kan danne grunnlag for en gradvis, erfaringsbasert forbedring av kunnskapen vi legger til grunn for utforming og iverksetting av tiltak vi foreslår og for evaluering av direkte og indirekte virkninger, samt virkninger både på kort og lang sikt.

For mer informasjon, se [www.co-create.eu](http://www.co-create.eu).



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## Practice Abstract 15: An overview of CO-CREATE's use of Microsoft Teams

### Summary for practitioners:

Microsoft Teams is an online hub which simplifies multi-institutional cooperation. Teams allows users to e.g. have online meetings and to store, share and work simultaneously in documents.

A team consists of owners (administrators), members, and guests. When creating a team, the team is located on the server of the owner's affiliated institution. Individuals from the same institution are members, while individuals from other institutions are guests. As a standard, members have a few more options in Teams than guests, such as the possibility of uploading apps and creating private channels. It is however possible to give guests these same options.

As for CO-CREATE, we have created a team for the youth alliances. We have eight channels: general channel; five country specific channels (Netherlands, Norway, Poland, Portugal, and UK); a channel for EAT – WP6; and a technical support channel. All data are initially uploaded in the general channel. After the data has been uploaded, it is coded and handled by the University of Amsterdam. After coding and commenting, the documents is reviewed and revised by the country concerned. When the UvA and the respective countries agree on the final version of a document, the document is considered completed and moved to the country specific channel. In other words, all documents that are worked on are in the general channel, while all documents in the country specific channels are finished documents.

If all members in a project actively use Teams as their work- and storage-platform, any problems pertaining to institutions having different versions of the same document is bypassed. The built-in communication channels and message boards lay ground for more efficient international- and multi-institutional communication within a project. Experience have shown that the threshold for asking questions is lower on a message board than on telephone or e-mail, which in turn may save time on revisions when cooperating on e.g. publications.

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## ***Norwegian version***

### **Title: Oversikt over CO-CREATEs bruk av Microsoft Teams**

#### **Summary for practitioners:**

Microsoft Teams er en digitalt verktøy som forenkler multiinstitusjonelt samarbeid. Teams lar f.eks. brukerne ha møter online, og lagre, dele og arbeide i dokumenter samtidig.

Ett team består av eiere (administratorer), medlemmer og gjester. Når man oppretter et team, blir teamet opprettet på serveren til institusjonen eieren er en del av. Alle fra samme institusjon er medlemmer, mens personer fra andre institusjoner er gjester. Medlemmer har som en standard flere muligheter i teams enn gjester, slik som å laste opp apper og opprette private kanaler. Det er imidlertid mulig å gi gjester de samme mulighetene.

CO-CREATE har laget et team for ungdomsalliansene. Vi har åtte kanaler: en generell kanal; fem spesifikke kanaler for medvirkende land (Nederland, Norge, Polen, Portugal og Storbritannia); en kanal for EAT – WP6; og en kanal for teknisk brukerstøtte. All data blir først lastet opp i den generelle kanalen. Etter at dataen er lastet opp, blir den kodet og håndtert av Universitetet i Amsterdam. Etter et dokument er blitt kodet og kommentert på, blir dokumentet revidert av det aktuelle landet. Når UvA og det aktuelle landet er enig om sluttresultatet blir dokumentet flyttet til kanalen til det aktuelle landet. Altså; alle arbeidsdokument er i den generelle kanalen, mens ferdige dokument er i kanalen til hvert av de aktuelle landene.

Hvis alle deltakere i et prosjekt aktivt bruker Teams som deres arbeids- og lagringsplattform, blir alle problem knyttet til ulike versjoner av samme dokument på tvers av institusjoner eliminert. De innebygde kommunikasjonskanalene legger grunnlaget for en mer effektivt internasjonal- og multiinstitusjonell kommunikasjon internt i et prosjekt. Erfaring har vist at terskelen for å stille spørsmål er lavere i et nettbasert diskusjonsforum enn via telefon eller epost, noe som kan være tidsbesparende samt føre til færre revisjoner når man samarbeider om f.eks. publikasjoner.

For mer informasjon, se [www.co-create.eu](http://www.co-create.eu).



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## Practice Abstract 16: Data management plan – recommendations to provide high quality data

### Summary for practitioners:

The data management plan (DMP) for the CO-CREATE project includes guidelines on providing high quality data for the project. To ensure the quality of data, guidelines have been created and implemented throughout the process of data collection, handling, and storage. Currently, the guidelines mainly involve the interview and dialogue data as derived from the youth alliance groups. The guidelines have been created in cooperation with the University of Amsterdam (UvA), who conducts the data analysis.

All data from the alliances are anonymised and thereafter transcribed and coded according to the guidelines for qualitative data analysis. The University of Oslo (UiO) collects the quantitative data for all member countries, through electronic questionnaires utilising a digital system called Survey Exact. This system contains a comprehensive codebook, which all data is run through. After the initial analysis, the data management centre will perform agreed cleaning procedures, which include checking for consistency with guidelines. The value derived from this process will be the coded end-data. The process ensures that the data is comparable across the different groups and countries, creating opportunities for researchers to conduct analyses, both of qualitative and quantitative nature.

The main practical recommendation derived from this DMP is the development of detailed procedures for data collection and interview guides, and the development of questionnaires that ensures comparable data. In addition, the DMP, through the Data Protection Agreement (DPA) ensures compliance with EU and national law on data protection and general data protection regulations. In conclusion, the benefits for the end user are detailed guidelines for correct management and storage of data, ensuring all relevant parties apply the same measures and procedures, which in turn creates comparable end-data and protects the anonymity of the youth involved.

For more information, visit [www.co-create.eu](http://www.co-create.eu).



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### **Norwegian version**

#### **Title: Datahåndteringsplan: anbefalinger for å sikre høykvalitetsdata**

#### **Summary for practitioners:**

Datahåndteringsplanen (DHP) for CO-CREATE prosjektet inneholder retningslinjer for å sikre høykvalitetsdata for prosjektet. Retningslinjene har blitt laget og implementert i datainnsamlingsprosessen, håndteringen av data og lagring av data, for å sikre kvaliteten i datamaterialet. På dette tidspunktet dreier retningslinjene primært om interjuvene og dialog dataen fra ungdomsalliansene. Retningslinjene er blitt laget i samarbeid med Universitetet i Amsterdam, som utfører analysene.

All data fra ungdomsalliansene er anonymisert, transkribert og kodet i henhold til retningslinjene for kvalitativ dataanalyse. Når det gjelder kvantitativ data, samler Universitetet i Oslo inn data for alle medlemslandene ved å benytte et elektronisk spørreskjema i et digitalt system kalt Survey Exact. Systemet inneholder en omfattende kodebok som blir brukt til å prosessere all data. Etter den innledende analysen vil dataen blir rensset av datahåndteringscenteret etter forhåndsbestemte metoder, som inkludere bl.a. å sikre at dataen følger de bestemte retningslinjene. Sluttresultatet av datarensingen er sluttdataene. Datahåndteringsprosessen sikrer at alt av data er sammenlignbar på tvers av ulike grupperinger og land, noe som gir forskerne mulighet for å forta både kvalitative- og kvantitative analyser.

De viktigste praktiske anbefalingene for denne datahåndteringsplanen er utviklingen av detaljerte prosedyrer for datainnsamling og intervjuguide, samt utvikling av spørreskjema som sikrer sammenlignbar data. I tillegg, DHP sikrer samsvar med EU og nasjonale lover om beskyttelse av data og GDPR reglene igjennom databeskyttelsesavtalen (DPA). For å konkludere, fordelene for sluttbrukerne er detaljerte retningslinjer for hvordan håndtere og lagre data, noe som sikrer at alle relevante aktører benytter samme tiltak og prosedyrer, som igjen sikrer sammenlignbar sluttdata og beskytter anonymitet til de involverte ungdommene.

For mer informasjon, se [www.co-create.eu](http://www.co-create.eu).

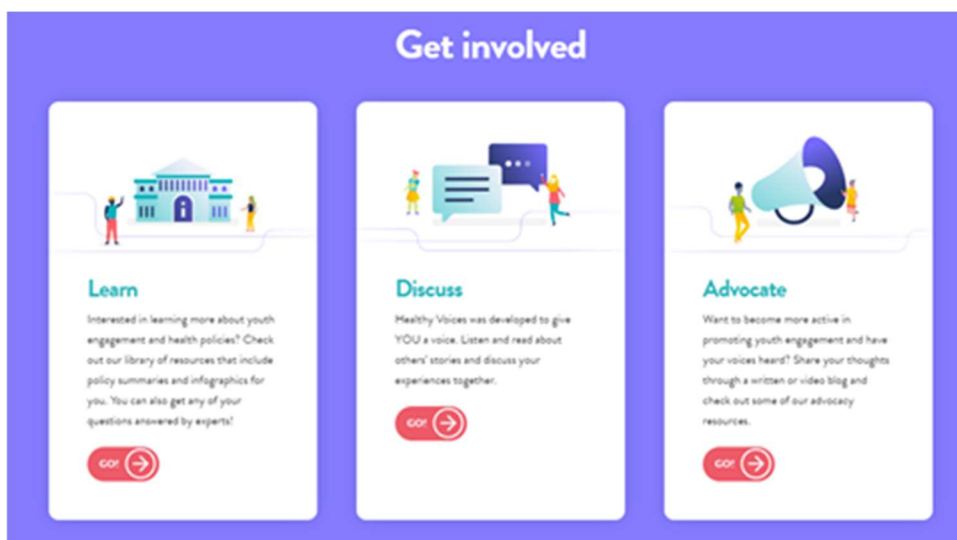


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## Practice Abstract 17: Healthy Voices – an online capacity-building platform for adolescents

### Short summary for practitioners:

Today, young people under the age of 25 represent the largest part of the world's population. As our next generation of leaders, policymakers, and workforce, we need to ensure youth health is a focal point of developed policies. True and lasting impact to positively influence youth health, including overweight and obesity, will not only need to include young people's input, perspective, and suggestions: the leadership of young people themselves need to be part of the answer. For this reason, the World Obesity Federation has created as part of the CO-CREATE project and our collaborator project, Science and Technology in Childhood Obesity Policy ([STOP](#)), a website that provides young people with the necessary knowledge and advocacy tools to promote their positive engagement to address health-related challenges.



Healthy Voices simultaneously exploits the results from both European projects and sustains positive youth engagement. It is an educational and capacity-building platform for change-makers to share insights via blogs and to cultivate discussions. It aims to provide young people with some tools and expertise about how to become actively involved in shaping their environments and become agents of change.

To learn more about CO-CREATE, and the Healthy Voices youth advocacy platform visit <https://www.worldobesity.org/healthy-voices>



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## Practice Abstract 18: What is positive youth engagement and why is it important in obesity prevention interventions?

### Short summary for practitioners:

Across Europe, one in every seven adolescents aged 15 years old is living with overweight or obesity. By 2025, overweight is expected to affect one in every 5 children. Addressing obesity during adolescence is particularly important as many studies have found it to be more predictive of obesity during adulthood. However, the lack of positive improvements suggests that more studies are needed to find effective prevention strategies for obesity targeting this age group.

While adolescents are recognised as an important target group for obesity prevention strategies, there are few examples of adolescents themselves being included as active agents formulating strategies. However, changing the obesogenic system for - and more importantly, in collaboration *with* - adolescents across Europe should be a key strategy to reduce obesity prevalence and the related burden of obesity. While youth engagement is key, CO-CREATE also recognises the need to ensure that such involvement is positive. The review of youth-oriented literature and guidelines allowed us to identify four central mechanisms to promote youth engagement:

1. **Unfreeze** the culture and recognise the need for a cultural shift
2. **Catalyse** knowledge into action by nominating champions
3. **Internalise** change by creating and taking advantage of existing opportunities
4. **Institutionalise** youth engagement into policy and standards to ensure it becomes a consistent practice



To learn more about CO-CREATE, and the Healthy Voices youth advocacy platform visit <https://www.fhi.no/en/studies/co-create/youth-involvement/>



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## Practice Abstract 19: Ethically engaging adolescents in Participatory Action Research (PAR) to combat obesity

### Short summary for practitioners:

Engaging adolescents in participatory action research (PAR) approaches may be ethically challenging. Body weight is a sensitive issue in adolescent years, and adolescents not familiar with research methods may feel coerced to participate in the research or may experience pressure from stakeholders. CO-CREATE developed ethical recommendations to mitigate some of the potential PAR challenges:

- Do not select youth based on physical appearance or weight status
- Give youth time to think about their participation and ask for their consent and make it clear that they can withdraw at any time if they so wish
- Do not plan for research activities colliding with school obligations; do not overload the youth with tasks
- Provide youth with information that is unbiased and accurate
- Do not use stigmatizing language and do not tolerate bullying
- Encourage discussions on obesity at a structural level rather than individual
- Handle personal information confidentially and explain how it is handled and stored
- Train youth in ethics and the management of written and visual material
- Inform stakeholders about conditions for interaction with youth; require their commitment to treat youth respectfully
- Encourage youth to seek protection if needed
- Report suspected abuse or maltreatment to relevant national authorities

For more information, visit [www.co-create.eu](http://www.co-create.eu).



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### **Norwegian version**

#### **Title: Forskningsetikk når ungdom engasjeres i deltakerbasert forskning for å bekjempe overvekt**

#### **Short summary for practitioners:**

Det kan være forskningsetisk utfordrende å engasjere ungdom i deltakerbasert forskning (Participatory Action Research eller PAR på engelsk). Kroppsvekt er et sensitivt tema i ungdomsårene, og ungdom som ikke er kjent med forskningsmetoder kan føle seg tvunget til å delta i forskningen eller kan oppleve press fra enkelte aktører. CO-CREATE har utviklet etiske retningslinjer for å håndtere potensielle PAR-utfordringer:

- Ikke rekrutter ungdom på grunnlag av fysisk utseende eller vektstatus
- Gi ungdommen tid til å tenke på egen deltakelse og be om samtykke; gjør det klart at de når som helst kan trekke seg fra forskningen hvis de ønsker det
- Ikke planlegg for forskningsaktiviteter som kolliderer med skoleaktiviteter; ikke overbelast ungdommen med oppgaver
- Gi ungdommen informasjon som er nøytral og nøyaktig
- Ikke bruk stigmatiserende språk og ikke tolerer mobbing
- Diskuter overvekt på et strukturelt nivå i stedet for individuelt nivå
- Håndter personlig informasjon konfidensielt og forklar hvordan den håndteres og lagres
- Gi ungdommen opplæring i forskningsetikk og håndtering av skriftlig og visuelt forskningsmateriale
- Informer eksterne aktører om betingelser for samhandling med ungdommen; og krev at de behandler ungdommen med respekt
- Ta å oppfordre ungdommen til å søke beskyttelse ifm med misbruk eller mishandling
- Ha en plan for håndtering av informasjon som gjelder deltagernes sikkerhet og omsorgssituasjon, for eksempel misbruk eller mishandling

For mer informasjon, se [www.co-create.eu](http://www.co-create.eu).



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

## Practice Abstract 20: A step-by-step guide - how to set up and run an international consortium in research and innovation projects

With increasing cross-national collaboration and integration, complex societal problems – such as the childhood obesity epidemic - demand not only international collaboration but also collaborations across societal sectors and fields of expertise, to move towards solutions. Setting up a consortium of organisations with complementary expertise that can work together to increase knowledge, suggest, and support potential solutions to specific complex societal problems is one way of operationalising this.

Working in such a diverse consortium is challenging and requires attentive and transparent management to support valuable outcomes. Below is some experience-based advice, outlining important things to consider when setting up and running such consortia:

**1. Agree on an equitable distribution of work and responsibilities**

This should be set out in the work plan before starting up, outlining the who, what, when, and how with as much detail as possible, including leadership of the different streams of work. Make sure to revisit the plan as the project unfolds and adjust as appropriate.

**2. Have a transparent management structure**

Have a clear structure for decision making, and discussing items as they come up, and communicate this regularly.

**3. Make internal communication a priority**

There will always be changes in staff in a large project, so keeping the flow of information going is worth some extra attention.

**4. Have a plan for reporting and stick to it**

Reporting is necessary to make sure the project is on track to deliver what it was set up to do. The scope of reporting should be complementary to the complexity of the project, and manageable to keep up with for consortium partners.

**5. Provide support**

International projects are labour intensive, and you will soon experience that the schedule and workload of your partners are filling up. Support for providing project deliveries is valuable, including clear communication of what is needed and when, and process tools if possible.

**6. Have some fun!**

The CO-CREATE project works with young people to prevent overweight and obesity in adolescents on a policy level. All results from the project are published on [www.co-create.eu](http://www.co-create.eu)



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## Norwegian version

### Seks tips til etablering og drift av internasjonal konsortier i forsknings- og innovasjonsprosjekter

Med økende internasjonalisering og integrering på tvers av landegrenser kreves det mer samarbeid for å søke løsninger på komplekse samfunnsproblemer, som epidemien av overvekt og fedme blant barn og unge. Samarbeid på tvers av landegrensene, og også på tvers av sektorer og fagekspertise, er nødvendig for å sette fokus på samfunnsgjennomgripende løsninger der det er nødvendig. En måte å arbeide slik på er å samle institusjoner fra ulike sektorer og land, og med utfyllende ekspertise, i internasjonale konsortier.

Samarbeid i slike konsortier er en spennende utfordring som krever oppmerksom og gjennomsliktig ledelse. Under er seks erfaringsbaserte råd til inspirasjon for de som vil etablere og drifte et slikt konsortium:

#### 1. Bli enige om en rettferdig fordeling av arbeid og ansvar

Arbeidsplanen må være ferdig før du starter. Den må fortelle i så stor grad av detalj som mulig **hvem** som skal gjøre **hva** og **når** – og hvem som leder de ulike delene av arbeidet. Sørg for å gå tilbake til planen og gjøre endringer dersom det er nødvendig etter hvert som prosjektet gjennomføres.

#### 2. Ha en enkel ledelsesstruktur

Det må til enhver tid være klart for alle hvem som tar beslutninger og hvordan man løfter diskusjonstema i konsortiet.

#### 3. Prioriter internkommunikasjon

Store prosjekter vil uten unntak oppleve at medarbeidere forlater og nye kommer til. Derfor er det en god investering å sørge for god informasjonsflyt i konsortiet.

#### 4. Ha en plan for rapportering og gjennomfør den

Det er nødvendig å rapportere med jevne mellomrom for å sikre at prosjektet er i rute. Rapporteringskravene bør reflektere prosjektets kompleksitet, men ikke være mer omfattende enn at det er håndterlig.

#### 5. Gi støtte

Internasjonale prosjekter er arbeidsintensive. Du kommer snart til å oppleve at timeplanen til partnerne fylles opp. Dersom det er mulig å støtte arbeidet du er ansvarlig for er det verdt innsatsen, og alt fra gode, tydelige bestillinger til prosessverktøy bør vurderes.

#### 6. Ha det moro!

CO-CREATE er et EU-prosjekt som samarbeider med ungdom i Europa for å utforme tiltak som kan forebygge overvekt og fedme hos unge. Resultater fra prosjektet blir publisert på [www.co-create.eu](http://www.co-create.eu)



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