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Executive Summary

This document is a compilation of the second 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.



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

Submitting authors: Kate Oldridge-Turner, Jennifer O'Mara, Ioana Vlad, WCRF

Short summary for practitioners:

Across Europe, levels of adolescent obesity and diet-related non-communicable diseases (NCDs) continue to rise. National governments need to respond to this urgently by implementing policies in nutrition to address this worrying trend and create environments that enable the prevention of overweight and obesity. [The NOURISHING framework](#) highlights a set of comprehensive nutrition policy actions to support this.

As part of the CO-CREATE project, the presence of nutrition policy actions for 30 European countries was explored, guided by the NOURISHING framework. Implemented policies were added to the NOURISHING [database](#) and then graded based on the quality of their design against aspirational, evidence-based standards.

An overwhelming majority (n=29) of the countries analysed have not implemented policy in all 10 areas of the [NOURISHING](#) framework. Across Europe, there was least action on health-related food taxes, such as sugary drinks taxes, increasing affordability and accessibility of healthy food, as well as ensuring food systems are aligned with health goals. Many countries took action on advertising of unhealthy foods to adolescents and offering nutrition counselling in healthcare settings, but implemented policies were generally weak. Most governments action was concentrated on nutrition labelling on food packaging, setting limits on unhealthy nutrients, awareness campaigns on healthy nutrition, as well as nutrition education and standards for foods in schools.

Greater action on implementing well-designed policy actions is needed across all 30 European countries where the focus should be on structural policies that foster environments which promote healthy diets and prevent adolescent obesity.



Practice Abstract 2: Physical activity policy – status in 30 European countries

Submitting author: Kate Oldridge-Turner, Jennifer O'Mara, Ioana Vlad, WCRF

Short summary for practitioners:

Globally, levels of physical activity remain low with over [80% of boys and girls](#) not meeting current recommendations. Being physically inactive is a risk factor for several non-communicable diseases (NCDs) and is linked to increasing levels of overweight and obesity. National government action is required to enable people to be physically active. The MOVING framework highlights a set of comprehensive policy actions to support this.

As part of the CO-CREATE project, the presence of physical activity policy actions for 30 European countries was explored, guided by the MOVING framework. Implemented policies found in the [MOVING database](#) were graded on the quality of their design against aspirational, evidence-based standards.

Just over half of the thirty European countries were found to have implemented policies in all six areas of the [MOVING](#) framework. Governments across Europe took least action to improve the built environment through active design principles, as well as on transport infrastructure, for example by promoting public and active transport. National governments did the best on policies supporting physical activity in schools and the community), offering physical activity opportunities in the workplace, and mass communication campaigns which encourage people to be more physically active. Structural policies promoting physical activity were thus weaker compared to policies focused on education or individual behaviour change.

Greater action on implementing well-designed policy actions is needed across all 30 European countries. This should focus on the active environment and infrastructure policy to create ideal conditions for increased physical activity levels, and decreased adolescent obesity and related NCDs.



Practice Abstract 3: Weight Status and Mental Well-Being Among Adolescents

Submitting author: Arnfinn Helleve, NIPH

Short summary for practitioners:

There is a link between overweight and obesity and poor mental health in adolescents, a factor that was raised by the adolescents who were engaged in the CO-CREATE project. However, little is known about whether the influence of overweight and obesity on mental well-being is mediated by self-perceived body weight. To address this gap, a study was conducted as part of the CO-CREATE project which explored associations between weight status and mental well-being and whether self-perceived body weight has a mediating effect on any such association, using data from adolescents collected for the Health Behaviour in School-aged Children Study (HBSC).

The research showed that self-perceived body weight mediated the observed associations between overweight or obesity and mental well-being. Perceiving one's body weight as "too thin" or "too fat" was associated with poorer mental well-being, regardless of weight status. Self-perceived body weight varied by gender, socioeconomic status, and country location. In conclusion, self-perceived body weight seems to explain more of the variation in mental well-being among adolescents than BMI.

The full research is available here: <https://doi.org/10.1016/j.jadohealth.2022.02.010>

Norwegian translation

Vektstatus og mental helse blant ungdom

Det er ein samanheng mellom overvekt og dårleg psykisk helse hjå ungdom, noko som også ungdomane som deltok i CO-CREATE-prosjektet løfta fram. Det er likevel lite kjent kva faktorar som påverkar denne samanhengen. I CO-CREATE blei det gjennomført ein studie som utforska samanhengen mellom vektstatus og mentalt velvære og i kva grad sjølvopplevd kroppsvekt kunne forklare denne samanhengen. Studien gjorde bruk av data frå HBSC-studien som er gjennomført blant skuleelevar i Europa.

Forskinga viste at særleg sjølvopplevd kroppsvekt forklarte dei observerte samanhengane mellom overvekt og mental helse. Å oppfatte vektstatusen sin som anten for tynn eller for stor hadde ein samanheng med mental helse, uavhengig av vektstatus. Sjølvopplevd kroppsvekt varierte etter kjønn, sosioøkonomisk status og land. Sjølvopplevd kroppsvekt ser ut til å kunne forklare meir av variasjonen i mental helse blant ungdom enn kroppsmasseindeks (KMI).

Forskningsartikkelen er tilgjengeleg her: <https://doi.org/10.1016/j.jadohealth.2022.02.010>



Practice Abstract 4: Socioeconomic differences in food habits among children

Submitting author: Arnfinn Helleve, NIPH

Short summary for practitioners:

Socioeconomic differences in children's food habits are a key public health concern which has been explored in the CO-CREATE project. As part of this project, we examined associations between children's socioeconomic status (SES) and children's food habits. To do this, cross-country surveillance studies of dietary patterns across socioeconomic groups based on nationally representative data from children aged 6–9 years in 23 countries in the World Health Organization (WHO) European Region were used. The analyses explored the associations between children's food habits (consumption of fruit, vegetables, and sugar-containing soft drinks), parental education, perceived family wealth and parental employment status.

The study found that unhealthy food habits are associated with lower SES, particularly when assessed by parental education and family perceived wealth, but not parental employment status. While socioeconomic differences in children's food habits exist in the majority of European countries, cross-national and regional variation in associations between SES and food habits were found as well as differences in the extent to which the respective indicators of SES were related to children's diet. When looking to improve children's diets, policymakers should ensure that policy actions and interventions are sensitive to socioeconomic differences in dietary habits so as to help reduce social inequalities in children's diets and in turn health.

Further details of this research can be found here: <https://doi.org/10.1111/obr.13211>

Norwegian translation

Sosioøkonomiske skilnader i matvanar blant barn

Sosioøkonomiske skilnader i barn sine matvanar er eit folkehelseproblem som er undersøkt i CO-CREATE-prosjektet. I studien nytta ein data frå WHO sin barnvekststudie til å undersøkje av kosthaldet til barn på tvers av sosioøkonomiske grupper basert på nasjonalt representative data frå barn i alderen 6–9 år frå 23 land. I analysane utforska ein samanhengane mellom barna sine matvanar (inntak av frukt, grønnsaker og sukkerholdig brus), foreldre si utdanning, familieøkonomi og sysselsettingsstatus.

Studien fann ein samheng mellom inntak av usunne matvarer og lågare sosio-økonomisk status målt med utdanning og familieøkonomi, men dette var ikkje tilfelle for foreldra sin sysselsettingsstatus. Mens ein ser slike sosioøkonomiske skilnader i barn sine matvanar i dei fleste europeiske land, blei det funnet tverrnasjonale og regionale variasjonar i slike samanhengar. Det var også skilnader i kva grad dei ulike indikatorane på sosio-økonomisk status var relatert til barn sitt kosthald. I tiltak for å betre kosthaldet blant barn og unge er det derfor viktig at ein tek høgde for dei sosio-økonomiske skilnadane i kosthald for at tiltaka skal bidra til å redusere sosiale skilnader i helse.





Forskningsartikkelen er tilgjengelig her: <https://doi.org/10.1111/obr.13211>



Practice Abstract 5: How social media influence adolescent mental health and obesity, and what can we do about it?

Submitting author: Laurence Blanchard, LSHTM, and Emmanuel Nwosu, University of Cape Town

Short summary for practitioners:

As part of the CO-CREATE project, adolescents were engaged in a Group Model Building (GMB) exercise to explore the causes of obesity. Mental health and social media use emerged as important causes due to their impact on dietary choices and physical activity motivation. However, both are under-researched and under-prioritised by policymakers.

Building on this, two systematic reviews have been conducted: one explored the long-term impact of poor mental health on adolescent weight, and the other assessed the link between social media, mental health and diet.

The first systematic review found that poor mental health may trigger unhealthy diet and inactive lifestyle patterns which may increase the risk of weight gain later during adolescence. It was also found that healthy diet and physical activity may improve adolescents' mental health and body weight. Different factors were identified as triggers for poor mental health in adolescents, including sociocultural factors such as stress, bullying, body dissatisfaction and parental control.

The second systematic review identified a significant relationship between social media exposure, body dissatisfaction, and disordered eating symptoms. Using social media was also found to reduce body satisfaction, self-esteem and to increase anxiety, which in turn may increase the risk of obesity by altering dietary behaviours.

Both reviews contribute to the evidence that poor mental health has impact on adolescents' body weight, therefore policy interventions to address this may be warranted as part of efforts to prevent obesity.



Practice Abstract 6: What do adolescents in five European countries think about the drivers of obesity?

Submitting author: Cecile Knai, LSHTM

Short summary for practitioners:

All too often, we focus on the behaviour of individuals (such as dietary patterns, or sedentary behaviour) when searching for responses to the obesity crisis. However, there is extensive evidence that we should instead focus on the structures and systems influencing such behaviours (e.g., economic systems determining the pricing and placement of food), rather than the behaviours themselves.

We held workshops with 257 young people aged 16-18 years in schools in the Netherlands, Norway, Poland, Portugal and the UK to hear their views on which structural factors influence adolescent obesity. A method called 'group model building' was used to document the factors young people listed as important influences on obesity, and make connections between them which in turn can be used to inform policy decision-making. For example, young people told us that screen-time (*a factor*) influenced their self-esteem (*another factor*), which then influenced their motivation to eat well or exercise (*a third factor*), and so on. The team then worked with the young people to connect the factors, through creating a visual illustration or map. Visualising the map helped us identify areas of new interest, when considering upstream policy interventions to prevent adolescent obesity, and to stay focused on the wider picture.

Young people in five countries reported very similar views about the leading structural factors driving adolescent obesity. Mental health concerns, social media use and commercial practices were some of the most important factors considered by them to be key drivers of rising adolescent obesity. These drivers have not yet been collectively examined in research and policy when addressing adolescent obesity and warrant attention in the future.



Practice Abstract 7: Co-creating policy ideas with young people

Submitting author: Evelyne Baillergeau, University of Amsterdam

Short summary for practitioners:

Involving young people in the formulation of policy ideas is an important form of participation that reaches beyond merely inviting young people to give feedback on an existing or planned (health) policy. However, promoting youth-led policy idea production requires careful consideration.

The CO-CREATE project approached youth-led policy idea production by offering 15 groups of 16-18 year olds the opportunity to engage in a participatory activity during the 2019-2020 school year. This work was undertaken in five European countries (the Netherlands, Norway, Poland, Portugal and United Kingdom). CO-CREATE staff invited adolescents to address childhood obesity from different but complementary perspectives, which helped the youth to develop policy ideas. Some parts of the activity helped participants to become acquainted with scientific knowledge about food and physical activity systems. In other parts, they explored their knowledge and experiences of obesogenic environments.

Within the exercise, the development of youth-led policy proposals entailed thorough discussion about what policy is and means; and the meaning of health. The *context* appears to be key to how youth make sense of childhood obesity from a policy perspective. For example, in all countries, many action ideas focused on physical activity. However, in groups located in more deprived areas, there was a stronger emphasis on providing free access to sport, and more youth-friendly environments. For youth from more wealthy areas, policy ideas instead focused on having a choice of different sports, on reward systems to provide incentives to be physically active, not necessarily in direct relation to themselves.

Dutch translation

Co-creatie van beleidsideeën met jongeren

Jongeren betrekken bij het formuleren van beleidsideeën is een belangrijke vorm van participatie die verder gaat dan alleen het uitnodigen van jongeren om feedback te geven op bestaand of gepland (gezondheids)beleid. Het bevorderen van door jongeren geleide productie van beleidsideeën vereist echter een zorgvuldige afweging.

Het CO-CREATE project benaderde door jongeren geleide productie van beleidsideeën door 15 groepen van 16-18 jarigen de mogelijkheid te bieden om deel te nemen aan een participatieve activiteit tijdens het schooljaar 2019-2020. Dit werk werd uitgevoerd in vijf Europese landen (Nederland, Noorwegen, Polen, Portugal en het Verenigd Koninkrijk). Medewerkers van CO-CREATE nodigden adolescenten uit om obesitas bij kinderen vanuit verschillende maar complementaire perspectieven te benaderen, wat de jongeren hielp om beleidsideeën te ontwikkelen. Sommige delen van de activiteit hielpen de deelnemers kennis te maken met wetenschappelijke kennis over voeding en lichaamsbeweging. In andere delen verkenden ze hun kennis van en ervaringen met obesogene omgevingen.



Binnen de oefening bracht de ontwikkeling van door jongeren geleide beleidsvoorstellen een diepgaande discussie met zich mee over wat beleid is en betekent; en over de betekenis van gezondheid. De context blijkt bepalend te zijn voor de manier waarop jongeren obesitas bij kinderen vanuit een beleidsperspectief benaderen. Zo waren in alle landen veel ideeën voor actie gericht op lichaamsbeweging. In groepen in meer achtergestelde gebieden lag de nadruk echter meer op gratis toegang tot sport en een jeugdriendelijkere omgeving. Voor jongeren uit meer welvarende gebieden waren de beleidsideeën eerder gericht op een keuze uit verschillende sporten en op beloningssystemen om stimulansen te bieden om lichamelijk actief te zijn, niet noodzakelijk in directe relatie tot henzelf.



Practice Abstract 8: Participatory action and co-creation with adolescents

Submitting author: Christian Bröer, University of Amsterdam

Short summary for practitioners:

How can adolescents and adults co-create policies? What is meaningful participation? How can adolescents with diverse backgrounds be included in the co-creation process? The CO-CREATE project delivers some important insights into these issues.

Between 2019 and 2020, 199 adolescents from Norway, Poland, Portugal, the Netherlands and the UK collaborated with adults in 15 participatory action research projects called 'Youth Alliances' as part of the CO-CREATE project. The Youth Alliances included adolescents from diverse backgrounds. They were engaged in a partnership with adult staff and members of hosting organizations. Adolescents and adults came up with a wide variety of policy proposals together and learned about obesogenic environments, policies and participation.

Based on comparative research into all Youth Alliances, we come up with a number of recommendations:

- Design participatory action and co-creation in an open and responsive way, with adults/lead organisations prepared to adjust and lead if necessary.
- Explore the opportunity of using existing organizations (schools, scouts) to embed participatory action
- Provide a budget for training and activities.
- Validate ideas of adolescents by policymakers and other stakeholders.
- Establish shared symbols and shared meanings by investing time, space and money in repeated interactions.
- Take an adaptive and flexible approach which recognises the dynamic and non-linear nature of participatory action and co-creation.

Dutch translation

Participatieve actie en co-creatie met adolescenten

Hoe kunnen jongeren en volwassenen samen beleid maken? Wat is betekenisvolle participatie? Hoe kunnen jongeren met verschillende achtergronden worden betrokken bij co-creatie? Het CO-CREATE-project levert een aantal belangrijke inzichten op in deze kwesties.

Tussen 2019 en 2020 werkten 199 jongeren uit Noorwegen, Polen, Portugal, Nederland en het Verenigd Koninkrijk samen met volwassenen in 15 participatieve actieonderzoeksprojecten genaamd 'Youth Alliances'. In de Youth Alliances deden jongeren mee met zeer uiteenlopende achtergronden. De jongeren werkten samen met volwassenen en bedachten samen een breed scala aan beleidsvoorstellen. Tegelijkertijd leerden alle betrokkenen over de obesogene omgevingen, beleid en participatie.



Op basis van vergelijkend onderzoek naar alle Youth Alliances komen tot een aantal aanbevelingen:

- Ontwerp participatieve actie en co-creatie op een open en responsieve manier, waarbij volwassenen en organisaties bereid zijn om bij te sturen en de leiding te nemen als dat nodig is.
- Verken de mogelijkheid om bestaande organisaties (scholen, scouts) te gebruiken om participatieve actie in te bedden.
- Zorg voor een budget voor trainingen en activiteiten.
- Waardeer ideeën van adolescenten door beleidsmakers en andere belanghebbenden.
- Werk aan gedeelde symbolen en gedeelde betekenissen door tijd, ruimte en geld te investeren in herhaalde interacties.
- Kies voor een adaptieve en flexibele aanpak die het dynamische en niet-lineaire karakter van participatieve actie en co-creatie erkent.



Practice Abstract 9: Youth involvement in the development of health-related policies in Portugal: recommendations from the CO-CREATE youth

Submitting author: Ana Rito (CEIDSS), Sofia Mendes, Inês Figueira, Mafalda Gonçalves, Pedro Gonçalves

Short summary for practitioners:

The Scout Movement has a history of collaboration across social issues. As such, they were invited to be part of the CO-CREATE project to bring a youth perspective and challenged to come up with policy ideas to promote healthier food and physical activity environments to help reduce the prevalence of childhood obesity.

Engagement in the CO-CREATE project amongst this group was high, facilitated by several opportunities to promote their engagement in the project and provide insights and experiences. This included planning and organization of local and national Dialogue Forums, participating in the CO-CREATE Youth Task Force, opportunities to present their [policy ideas](#) and the Youth Task Force [demands](#) with three political parties of the Portuguese Parliament, and participation in international forums organised by high-level organizations.

Although the youth engagement has not been formally evaluated, there are a number of learnings we can take from the Portuguese experience of the CO-CREATE project. Some considerations for youth engagement based on this experience include:

- Promote training and empower youth, for example, through and in schools;
- Create opportunities for youth to be part of national and international projects as active partners using several channels and platforms (e.g. social media).
- Establish partnership with existing youth organizations, such as Scouts, to foster synergies;
- Ensure equal and balanced participation in discussions between youth and stakeholders, using the [Dialogue Forum tool](#).

Portuguese translation

Participação jovem no desenvolvimento de políticas relacionadas com a saúde em Portugal: recomendações do projecto CO-CREATE jovem

O Movimento Escutista tem um historial de colaboração em questões sociais. Como tal, foram convidados a fazer parte do projecto CO-CREATE para trazer a perspectiva jovem, e desafiados a apresentar ideias de políticas para promover ambientes alimentares e de actividade física mais saudáveis para ajudar a reduzir a prevalência da obesidade infantil.

O envolvimento no projecto CO-CREATE deste grupo foi alto, facilitado por várias oportunidades para promover o seu envolvimento no projecto e fornecer ideias e experiências. Isto incluiu o planeamento e a organização de Fóruns de Diálogo locais e nacionais, a participação no Grupo de Trabalho CO-CREATE Jovem, oportunidades para apresentar as suas ideias políticas e as exigências do



Grupo de Trabalho Jovem a três partidos políticos da Assembleia da República, e a participação em fóruns internacionais organizados por organizações de alto nível.

Embora o envolvimento dos jovens ainda não tenha sido formalmente avaliado, há uma série de aprendizagens que podemos retirar da experiência portuguesa do projecto CO-CREATE. Algumas considerações para o envolvimento dos jovens com base nesta experiência incluem:

- Promover a formação e a empoderamento dos jovens, por exemplo, através e nas escolas;
- Criar oportunidades para que os jovens façam parte de projectos nacionais e internacionais como parceiros activos, utilizando diversos canais e plataformas (por exemplo, as redes sociais).
- Estabelecer parcerias com organizações juvenis existentes, como os escuteiros, para promover sinergias;
- Assegurar uma participação igual e equilibrada nos debates entre os jovens e as partes interessadas, utilizando a ferramenta Fórum de Diálogo.



Practice Abstract 10: COVID-19 and digital connection: insights from shifting to digital convenings with youth

Submitting author: Claire Bouillon, EAT Foundation

Short summary for practitioners:

As part of the CO-CREATE project, an intergenerational and multi-actor Dialogue Forum Tool was developed to empower youth through meaningful dialogue with a range of stakeholders, on youth-led obesity-prevention policy ideas.

Two Dialogue Forum tools were prototyped, tested, and finalised: a physical Dialogue Forum tool to facilitate in-person dialogues, and a digital Dialogue Forum tool, developed in response to COVID-19, to facilitate online convenings. It uses a combination of Zoom and Jamboard, along with adapted materials from the physical tool, such as ethics applications, consent forms, information letters to participants, and guidance for organisers.

The digital tool provided a mechanism for maintaining the work during the pandemic, and continues to allow for participants to connect around the world. The use of breakout rooms allows for intimate and in-depth discussions, and provides an opportunity for the digital Dialogue Forum to be easily scalable. The pandemic reduced levels of youth engagement and highlighted the need for a mechanism for facilitators to address participant engagement and follow-up. Instructions were made available in a Guidebook. A Resource Library also serves as a repository of all templates, consent forms, materials and guidance to plan, execute and follow-up on a Dialogue Forum.

Both physical and digital models integrate a number of design principles which have been developed to help promote youth leadership and empowerment, support meaningful participation and follow-up, and mitigate power imbalances and potential conflicts of interests between participants. Both are accessible and free, which means people can use them to connect around the world or in their local community.



Practice Abstract 11: Policy co-creation with youth: considerations for multi-actor dialogue forums

Submitting author: Claire Bouillon, EAT Foundation

Short summary for practitioners:

Drawing on the CO-CREATE experience of carrying out 20 Dialogue Forums, a set of considerations was developed for youth and stakeholders to consider, in the planning, execution and follow-up of multi-actor intergenerational dialogues.

1. **Meaningful co-creation means collaborating at every step:** Shared responsibility and decision-making in dialogue can help increase accountability and the desire to engage on a longer-term basis.
2. **Diverse, balanced and adequate representation create ownership:** Engaging the target group (youth) and ensuring equal representation may increase shared ownership and responsibility for discussions and outcomes.
3. **Safe, participatory, and empowering dialogues can take place with appropriate measures:** Creating safe space for discussion is important. The Dialogue Forum helps ensure that young people have a voice, leadership and representation. Power imbalance and other risks can be avoided by implementing frameworks against conflicts of interest, as well as a code of conduct, and equal participation and representation of youth.
4. **Time for all to participate:** Giving all participants ample and equal time to be listened to, for them to contribute individually and in group discussions.
5. **Discussion is key, and consensus is not the goal:** A Dialogue Forum provides a safe space to collaborate, discuss, debate and solve tensions without forcing consensus, which can decrease engagement during and after the dialogue.
6. **Dialogues help facilitate debate and new relationships:** Building new relationships may help participants remain engaged and take action over the long-term. The Dialogue should carve out time to get to know others, and provide tools for participants to connect afterwards if they wish.



Practice Abstract 12: Developing implementation and evaluation plans for obesity prevention actions

Submitting author: Nanna Lien, University of Oslo

Short summary for practitioners:

Measuring the impact of policies designed to prevent obesity is often challenging due to a lack of evaluation and incomplete implementation. Developing community-level implementation and evaluation plans, could provide valuable insights for how to ensure and document policy impacts.

In CO-CREATE, youth in five European countries developed policy ideas to prevent adolescent obesity. To follow-up on these ideas, we developed a protocol, including templates for public health practitioners in the communities, on how to write implementation and evaluation plans. Each country partner then chose a policy idea and applied the protocol. The policy ideas were chosen based on being community-level policies discussed with relevant stakeholders, and with sustained interest from youth. Four ideas were related to food and one to physical activity, and all but one of them were school-related.

Implementation plans require a clear definition of which setting is being asked to implement the policy (adopters), and who has to change their routines/make the changes within that setting (implementers). This caused some discussions especially for the school-based policies, but it was agreed that both schools and any school owners/governing bodies should act as adopters, while the staff in the schools were the primary implementers. Specifying the implementation outcomes, barriers/facilitators (determinants) and strategies as part of the implementation plan was generally found to be challenging. The evaluation plans mostly aimed to pilot and collect process evaluation data on reach and acceptability of the policy, but also provided some preliminary indicators for the potential impact on the dietary behaviour or physical activity of the target group.

Norwegian translation

Utvikling av implementerings- og evalueringsplaner for fedmeforebyggende tiltak

Å måle samfunnseffektene av politikk som er laget for å forebygge fedme er ofte utfordrende på grunn av manglende evaluering og ufullstendig implementering. Å utvikle implementerings- og evalueringsplaner på lokalsamfunnsnivå, kan gi verdifull innsikt i hvordan sikre og dokumentere effekter av politikk.

I CO-CREATE, utviklet ungdommer i fem Europeiske land politikkforslag for å forebygge fedme. For å følge opp disse ideene, utviklet vi en protokoll med maler for de som jobber med folkehelse i lokalsamfunn, om hvordan skrive implementerings- og evalueringsplaner. Deretter valgte hver partner i de fem landene et politikkforslag og brukte protokollen. Politikkforslagene ble valgt basert på at de var lokalsamfunnsbaserte forslag som hadde blitt diskutert med relevante interessenter, og



med vedvarende interesse fra ungdommene. Fire av forslagene omhandlet mat og ett var om fysisk aktivitet, og alle unntatt ett forslag var relatert til skole.

Implementeringsplaner krever en klar definisjon av hvilken setting som blir bedt om å gjennomføre politikken (de som adopterer), og hvem som må gjøre endringer i sine rutiner/gjøre endringene innenfor settingen (implementører). Dette førte til en del diskusjoner særlig for de skolebaserte politikkforslagene, men vi ble enige om at både skolene og skoleeiere adopterer, mens de ansatte i skolene var implementørene. Å spesifisere utfallet av implementeringen, barrierer og fasilitatorer (determinanter) og strategier som del av del av implementeringsplanen ble generelt funnet å være utfordrende. Evalueringsplanene hadde som oftest mål om å pilotteste tiltaket og å samle prosessdata om hvem som ble nådd med tiltaket og hvor akseptabelt tiltaket var, men også å gi en første indikasjon på mulig effekt på kosthold og fysisk aktivitet i målgruppa.



Practice Abstract 13: System Dynamics model on poor mental wellbeing and obesity in adolescents

Submitting author: Anaely Aguiar Rodriguez, University of Bergen

Short summary for practitioners:

During a series of systems mapping workshops within the CO-CREATE project, adolescents from six countries identified poor mental health and wellbeing as important drivers of adolescent obesity based on their experiences. This is supported by research which suggests that adolescents, particularly those with excess weight, often experience poor mental wellbeing.

System Dynamics modelling can help to understand the dynamics that arise from the interaction between mental wellbeing and energy balance through diet and physical activity, and its role in high prevalence of obesity in youth. To explore this link, we first developed a causal loop diagram based on a set of systems maps created by young people. The diagram maps key mental wellbeing feedback loops leading to changes in diet, physical activity, and sleep patterns. Second, the diagram was converted to and tested in a simulation model using survey data, expert opinions, and relevant literature. Most of the feedback loops emerging from the model were reinforcing (i.e., cycles that amplify any process acting in it). These loops formed vicious cycles through emotional/binge eating, lack of motivation to engage in physical activity, and sleep difficulty.

According to the simulations results, socio-cultural pressures to have a certain body image, stressors like schoolwork pressure and weight-related bullying, as well as the use of digital devices, all have a negative impact on adolescents' mental wellbeing and subsequent increase in obesity. In the simulations, a combination of potential intervention points that support reducing psychosocial stress, and pressure on body image show promising effects in improving mental wellbeing and contributing to healthy changes in body weight.

Norwegian Translation

Systemdynamisk modell for dårlig psykisk velvære og fedme hos ungdom

Gjennom en rekke workshops for å utvikle systemkart i regi av CO-CREATE prosjektet, har ungdom fra seks land identifisert at dårlig mental helse og velvære som viktige drivere i utviklingen av overvekt blant ungdom. Dette understøttes av forskning som eksempelvis indikerer at ungdom, spesielt de som har overvekt, ofte opplever et nedsatt mentalt velvære.

Systemdynamisk modellering kan hjelpe oss til å forstå den dynamikken som oppstår i samspillet mellom følelsen av hhv. mentalt velvære og energi-balansen som oppstår gjennom spisevaner og fysisk aktivitet, og den betydningen et slikt samspill har for utviklingen av overvekt blant ungdommer. For å undersøke dette samspillet, utviklet vi først et kausalkjededigrambasert å systemkartene utviklet av ungdommer. Dette resulterte i et diagram som representerer noen viktige feedback-løkker (mekanismer) som viser hvordan endringer i mentalt velvære leder til forandringer i



spisevaner, fysisk aktivitet og søvnmønster, - og hvordan slike forandringer i sin tur spiller tilbake på opplevelsen av mentalt velvære. Kausalkjedediagrammet, med de feedback-løkkene ungdommene omtalte, ble omformet til en simuleringsmodell basert på data fra spørreundersøkelser, ekspertuttalelser og relevant litteratur. Det fleste av de feedback-løkkene som ble identifisert, virket forsterkende (forsterket dynamikken). Når de gav seg ugunstige utslag, ledet de f.eks. til emosjonelt betinget overspising, redusert motivasjon for å delta i fysiske aktiviteter og søvnproblemer.

Simuleringsresultatene viser at sosio-kulturelt betinget kroppspress, stressfaktorer som f.eks. skyldes høye krav fra skolens side og vekt-relatert mobbing, I tillegg til utstrakt bruk av digitale media, har en negativ innflytelse på den mentale velvære ungdom føler og, derigjennom, på kroppsvekten. Simuleringene indikerer at det å utnytte en kombinasjon av intervensjoner som reduserer det psykososiale stresset og kroppspresset, gir positive effekter på mentalt velvære og bidrar, derigjennom, til en gunstig endring av kroppsvekten.



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

Submitting author: Trond Helland, Oddrun Samdal, University of Bergen

Short summary for practitioners:

Throughout the project, CO-CREATE has compiled a lot of data directly from youth through surveys and interviews. For ethical reasons, working with adolescents requires an extensive focus on data privacy and securing anonymity. According to the Grant Agreement Article 29.3, CO-CREATE has committed to share anonymised survey and interview data openly to allow third parties to 'access, mine, exploit, reproduce and disseminate' the data, free of charge. The project will deposit the data at the Norwegian data depository, named Sikt (<https://doi.org/10.18712/NSD-NSD3081-V1>), which makes data available at no cost for non-commercial purposes.

However, data that cannot be anonymised will not be made available for open access. While working with the data, the project found that not all data could be satisfactorily anonymised. The interview data were coded using a qualitative analytic tool. After the coding, it was deemed impossible to completely anonymise the data – without compromising the validity and reliability of the data structure. A similar challenge was found working with the longitudinal survey data. After the initial baseline survey, the following surveys experienced a significant drop in respondents thereby compromising the premis of anonymity, as responses could theoretically identify individual respondents.

Within the consortium, the data can be used for research publications as anonymity will be secured when publishing the data. For external researchers, CO-CREATE has opted to extend an open invitation to all researchers interested in working with the data to collaborate with the project researchers, and this way allow access to publish on the data. This invitation comes in addition to the data shared openly at Sikt.

Norwegian translation

Openstellen van gegevens over burgerbetrokkenheid en energiebalansgerelateerd gedrag van adolescenten: Processen en uitdagingen in het CO-CREATE project

CO-CREATE har gjennom prosjektets samlet data inn data direkte fra ungdom gjennom spørreundersøkelser og intervjuer. Av etiske grunner, krever arbeid med ungdom et omfattende fokus på personvern og sikring av anonymitet. Iht. Grant Agreement artikkel 29.3, har CO-CREATE forpliktet seg til åpent å dele data fra anonymiserte spørreundersøkelser og intervju, for å gi ulike ikke-kommersielle brukere mulighet til å 'få tilgang til, utvinne, utnytte, reprodusere og spre' dataene, gratis. Prosjektet vil laste opp dataene hos den norske tjenesteleverandøren Sikt



(<https://doi.org/10.18712/NSD-NSD3081-V1>), for slik å gjøre dataene åpent tilgjengelig, kostnadsfritt, for ikke-kommersielle formål.

Data som ikke kan anonymiseres, vil ikke bli gjort åpent tilgjengelig. Når prosjektet jobbet med dataene, ble det oppdaget at ikke all data kunne anonymiseres. Intervjudataene ble kodet ved hjelp av et kvalitativt analyseprogram. Etter kodingen ble det fastslått at det var umulig å gjøre dataene anonyme, uten at det gikk på bekostning av dataens validitet og reliabilitet. En tilsvarende utfordring ble oppdaget i de longitudinelle spørreundersøkelsene. Grunnet betydelig frafall i respondenter etter den første spørreundersøkelsen, ble premissene for anonymisering endret slik at respondentene i teorien, kunne bli identifisert på individnivå fordi det var så få respondenter.

Forskere knyttet til prosjektet kan publisere på dataene, så fremt deltakernes anonymitet sikres når dataene publiseres. CO-CREATE har valgt å publisere en åpen invitasjon om samarbeid til eksterne forskere som ønsker å være med å publisere på dataene i prosjektet. De eksterne forskere vil da bli underlagt krav om å ivareta anonymitet og vil publisere sammen med forskerne i prosjektet. Invitasjonen kommer i tillegg til dataene som er publisert åpent på Sikt.



Practice Abstract 15: Making data accessible to support young people's civic engagement and energy balance related behaviours

Submitting author: Trond Helland, Oddrun Samdal, University of Bergen

Short summary for practitioners:

As part of the CO-CREATE project, data has been collected about adolescents' perspectives on obesity, its causes and policy solutions. CO-CREATE shares anonymised data through Sikt, a Norwegian data repository site specialising in open sharing of Norwegian and international data. The data are available to download at no cost to the users.

The data available through Sikt can be prepared for use in schools and youth organisations, with the potential to be used in a number of ways, including:

- Teacher-led sessions where the students explore the open access data and based on the findings and suggest policy actions for preventing adolescent obesity.
- As an empirical background for teachers to initiate dialogue with their students on how obesity among adolescents can be prevented and get the students to reflect on their own eating and physical activity behaviours.
- To develop group exercises which challenge students to explore the data themselves, and to suggest relevant policies based on the findings they observe.
- To stimulate interdisciplinary collaboration across different subjects, such as food and health, social science, and biology.

Making the CO-CREATE data available for teachers and students in this way provides an opportunity for data use to continue after the end of the project, while also creating awareness and supporting the development of national and international policies on obesity. The use of CO-CREATE data may also inspire dialogue, participation and awareness, particularly amongst students who are likely to relate to the data which, in turn, may evoke policy interest in students and engage them in taking action to prevent obesity in their communities.

Norwegian translation

Gegevens toegankelijk maken om de maatschappelijke betrokkenheid en het energiebalansgedrag van jongeren te ondersteunen

Som en del av CO-CREATE-prosjektet har det blitt samlet inn data om ungdoms perspektiver på overvekt, hva som kan forklare overvekt, og mulige politiske løsninger. CO-CREATE deler anonymiserte data hos tjenesteleverandøren Sikt, som er en norsk datalagringsserver som spesialiserte seg på å dele norske og internasjonale data. Dataene er tilgjengelig for kostnadsfri nedlastning.

Dataene som er tilgjengelig hos Sikt kan tilrettelegges for bruk i skoler og ungdomsorganisasjoner på en rekke måter, inkludert:



Lærerstyrt time hvor elevene utforsker dataene og forslår politiske løsninger for å forhindre ungdomsovervekt, basert på det de finner.

Som et empirisk grunnlag for lærere til å få i gang dialog med elever om hvordan overvekt blant ungdom kan forhindres, og for å få elevene til å reflektere over egne spisevaner og forhold til fysisk aktivitet.

Til å utvikle gruppeaktiviteter som utfordrer elevene til å selv utforske dataene, og foreslå relevante politiske løsninger basert på det som blir observert.

Som stimulering til tverrfaglig samarbeid, på tvers av fag som mat og helse, samfunnsfag, og biologi.

Å åpne for at lærere og studenter fritt kan bruke CO-CREATE-data på ulike måter, kan sikre at dataene blir brukt videre etter prosjektets slutt, mens man samtidig øker bevisstheten om ungdomsfedme og støtter utviklingen av nasjonale og internasjonale politikk om fedme. Bruken av CO-CREATE-data kan også inspirere til dialog, deltakelse, og bevissthet blant elever som kan relatere seg til data samlet inn fra ungdom på egen alder, noe som kan skape økt interesse for politikk og få elevene til å engasjere seg i å iverksette tiltak for å forhindre fedme blant ungdom i deres lokalsamfunn.



Practice Abstract 16: The CO-CREATE Youth Conference

Submitting author: Maja Stensdal, Save the Children Norway Youth – Press

Short summary for practitioners:

The CO-CREATE project has explored ways in which to better involve young people in policy and research related to childhood obesity. Opportunities and collaborations with youth groups have been sought to give young people a voice in the decisions affecting their present and future health. Press, a children's rights group based in Norway, is a project partner and brings an important youth perspective to CO-CREATE. One example of this valuable collaboration is the CO-CREATE Youth Conference, held at Sundvolden, Norway in March 2022.

The conference, established with and for young people, allowed young people to meet each other and other youth organizations, after two years of virtual interactions due to the COVID-19 pandemic. To ensure meaningful engagement, a series of meetings were held ahead of the conference to give participants an opportunity to influence the program, and to play an active part in organizing the conference. 70 young people from 12 different countries participated in the event, including youth alliance members, Press staff and youth organization representatives, as well as CO-CREATE consortium members.

The conference's main focuses were youth involvement and public health; particularly how to enable healthy food and physical activity environments. Discussions were framed around structures which improve the environments we live in, exploring the problems and challenges, and the political solutions regarding youth involvement and obesity prevention.

The CO-CREATE Youth Conference was first and foremost an arena for young people from across Europe to learn, share and connect. The event has fuelled momentum for further engagement and political activity on halting the rise in adolescent obesity.

Norwegian Translation

Abstrakt ungdoms involvering - CO-CREATE ungdomskonferanse

Ungdomskonferansen til CO-CREATE ble avholdt på Sundvolden i mars 2022. Der møttes ungdom fra prosjektet og andre ungdomsorganisasjoner endelig hverandre etter to år med pandemi og digitale møteplasser.

Ungdomskonferansen til CO-CREATE ble lagd av unge, for unge og ble organisert av Press. På forhånd av konferansen ble det avholdt møter for konferansedeltakerne der de kunne påvirke programmet og ha en aktiv rolle i å organisere konferansen. På konferansen ble det også avholdt flere interaktive programposter med fokus på å bli kjent.

70 ungdom fra 12 ulike land deltok på konferansen og representerte de ulike ungdomsalliansene, Press medlemmer, ulike representanter fra ungdomsorganisasjoner og konsortium medlemmer.



Hovedfokuset for konferansen var ungdomsmedvirkning og folkehelse, og da spesielt hvordan lage trygge rammer rundt sunn mat og fysisk aktivitet. Disse diskusjonene ble lagt diskutert på et strukturelt plan. Det ble tenkt strukturellt både når det ble diskutert problemer, utfordringer og politiske løsninger som påvirker ungdomsmedvirkning og forebygging av overvekt.

For å oppsummere var ungdomskonferansen til CO-CREATE en god arena for unge fra hele Europa hvor de kunne lære, bli kjent og få et startskudd for å senere kunne engasjere seg og bli politisk aktiv.



Practice Abstract 17: Capturing CO-CREATE activities through video formats

Submitting author: Michael Redmond, WOF

Short summary for practitioners:

The CO-CREATE project showcases its research, findings and objectives through a variety of messaging formats and channels which are engaging for a range of stakeholders, including young people. During the project, the perspectives of different stakeholders on childhood obesity were captured in five short videos (3-4 minutes), and a 25-minute documentary-style video. The filming was a halfway project milestone, and an opportunity for partners to reflect and reorient activities for continued impact.

The documentary revolved around the below questions, and the shorter videos corresponded to each:

1. What are some of the challenges with our existing approaches to address the obesity epidemic?
2. Do young people have a role in the development of policies, and what role could this be?
3. How do you think we can encourage youth engagement? What are some examples?
4. Can you provide examples of obesity-related policies that should involve young people in creating the policy or in implementing it? And examples of policy development which has already involved young people?
5. Considering the central role youth hold in shaping our future society, if you could ask policymakers to take one action when developing/implementing obesity-focused policies, what would it be?

The documentary-style video was launched at a dedicated webinar in 2022. The video content was disseminated through channels such as the project site, Healthy Voices, social media, newsletters, and blogs. The video content is an important asset, developed to be a sustainable, long-term output of the project targeting its various audiences.

Click to see the [documentary](#) and [videos](#).



Practice Abstract 18: Photovoice as a method to assess youth perspectives on obesity-prevention policies

Submitting authors: Anna Banik, Aleksandra Luszczynska, Ewa Kulis, Zofia Szczuka, Monika Boberska, SWPS

Short summary for practitioners:

Encouraging young people to photograph the ways obesity prevention policies operate in their own environment can be a step in empowering youth to develop critical awareness of policies that are present and implemented, as well as policies that are missing or could be improved. When taking photos and subsequently discussing them, young people reflect on complexities of local policies and engage in developing their own policy concepts that respond to their needs.

Photovoice is a participatory research method which has been used in CO-CREATE and involves a process of taking photos, providing captions and discussing the photos. In the project, adolescents (16-18 years old) engaged in three Polish Youth Alliances and took 213 photos, expressing their perceptions of either presence or absence of policies targeting physical activity or healthy diet in their local community. The analysis of photos and captions provided for each photograph allowed identifying which policy areas are pointed out by adolescents most frequently. To summarize adolescents' perspectives two frameworks – [NOURISHING](#) and [MOVING](#) which have been used throughout the CO-CREATE Project.

Findings provides insights to the policy areas that are central in youth perceptions: creating a healthy retail and food service environment, restricting food advertising and commercial promotion, establishing structures and surroundings which promote physical activity, and implementing transport infrastructure and opportunities that support active societies. Our learnings might inform stakeholders and youth organizations that aim to empower adolescents to contribute to obesity prevention policy processes.

Polish translation

Photovoice jako metoda identyfikacji przez młodzież polityk zapobiegania otyłości

Zachęcanie do fotografowania sposobów i stopnia, w jakim polityki zapobiegania otyłości są wdrożone w ich własnym środowisku, może być krokiem we wzmacnianiu pozycji młodych ludzi w rozwijaniu świadomości na temat działań politycznych. Robiąc zdjęcia, a następnie je omawiając, młodzież zastanawia się nad złożonością lokalnej polityki, co pozwala lepiej zaangażować się w opracowywanie własnych koncepcji polityk, uwzględniających potrzeby młodych.



Fotografia uczestnicząca (ang. photovoice) to partycypacyjna metoda badawcza, która została wykorzystana w projekcie CO-CREATE. Obejmuje proces robienia zdjęć, ich opisywania i omawiania. W ramach projektu młodzież z Polski (16-18 lat), zaangażowana w trzy alianse młodych, wykonała 213 zdjęć polityk ukierunkowanych na aktywność fizyczną lub zdrową dietę w ich lokalnej społeczności. Analiza zdjęć pozwoliła zidentyfikować, które działania polityczne są najczęściej dostrzegane przez młodzież, a jakich w ich przekonaniu wciąż brakuje. Aby je sklasyfikować zastosowano dwa modele opisujące możliwe działania w obszarze zapobiegania otyłości – NOURISHING i MOVING.

Wyniki wskazują na następujące obszary działań politycznych, których obecności lub braku młodzi ludzie są w szczególności świadomi: tworzenie zdrowego środowiska handlu detalicznego i usług gastronomicznych, ograniczanie reklam i promocji (niezdrowej) żywności, tworzenie struktur i otoczenia promujących aktywność fizyczną oraz wdrażanie infrastruktury i możliwości wspierających aktywny transport. Nasze wnioski mogą zostać wykorzystane przez zainteresowane strony i organizacje młodzieżowe, których celem jest umożliwienie młodzieży wniesienia wkładu w proces tworzenia polityk zapobiegających otyłości.





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