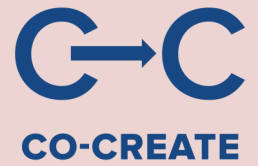


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## D6.5: Reports from each Dialogue Forum on the actions and commitments from policymakers and businesses

EAT  
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## Executive Summary

The CO-CREATE project aims to educate and empower youth to develop policies that promote healthy food and physical activity environments for young people across Europe. In support of this objective, EAT has engaged young people in meaningful facilitated dialogues with policymakers, business representatives and other relevant stakeholders about their health and wellbeing. From June 2020 to March 2022, 20 Dialogue Forums were hosted with participants from over 55 countries. In addition to five regional/international Dialogues Forums, the CO-CREATE countries (the Netherlands, Norway, Poland, Portugal, the United Kingdom) held local level and/or national level Dialogue Forums. These Dialogues provided an environment for youth to discuss and refine their policy ideas.

To help document and disseminate key findings from the Dialogue Forums, EAT developed 20 Dialogue Forum reports, one for each Dialogue (Appendix A-F). Deliverable 6.5 provides an overview of the 20 Dialogue Forums executed at local, national and regional levels, and offers insight into the policy ideas developed by CO-CREATE Youth Alliances, and the actions and commitments made by policymakers, business leaders and young people. The CO-CREATE Youth Alliances represent adolescents across the five countries (the Netherlands, Norway, Poland, Portugal, the United Kingdom) and reflect the diversity of the adolescent population in the local context. (For further information about the alliances, recruitment strategies and procedures, see Deliverable 5.1.)

Key learnings from the multi-actor Dialogue Forums and recommendations on how to establish successful dialogues are explored in deliverable 6.6.

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## List of Acronyms/Abbreviations

**EU:** European Union

**EYP:** European Youth Parliament

**FSDD:** Independent Food Systems Summit Dialogue

**N4G:** Nutrition for Growth

**NIPH:** Norwegian Institute of public Health

**UNFSS:** United Nations Food Systems Summit

**WOF:** World Obesity Federation

## Introduction

### Deliverable description

As outlined in the grant agreement number 774210 for Confronting Obesity: Co-creating policy with youth (CO-CREATE), Deliverable 6.5 is described as follows:

*D6.5: Reports from each Dialogue Forum on the actions and commitments from policymakers and businesses*

### WP6 objectives directly addressed by this deliverable

**O6.3:** Prototyping outcomes, policies and solutions that policymakers and businesses can respond to, based on engagement with, and feedback from, adolescents. Moving from dialogue to implementation at the local, national and regional levels.

**O6.4:** Place adolescents at the center of locally, nationally and regionally relevant policy interventions to change food and/or physical activity environments.

### Objectives of deliverable

This deliverable aims at providing an overview of the 20 Dialogue Forums executed at the local, national and regional levels, and offers insight into the specific policy ideas developed by CO-CREATE Youth Alliances and the actions and commitments made by policymakers, business leaders and young people.

### Background

Through CO-CREATE, EAT has developed an innovative Dialogue Forum model to facilitate youth-led policy dialogue with policymakers, business leaders and other stakeholders. The model helps support the collective identification of action and commitments. The tool is designed to be youth-led and youth-moderated by using a 1:1 youth to stakeholder ratio. The tool was initially designed with in-person convenings in mind and is referred to as the physical model. However, due to the COVID-19 pandemic, EAT adapted and developed a digital version of the tool to ensure the continuity of Dialogue Forums in 2020 and 2021. In September 2021, Portugal hosted the first in-person National Dialogue Forum with great success. The physical tool was also used in Norway in November 2021 at a national Dialogue Forum and at the 95<sup>th</sup> International Session of the European Youth Parliament (EYP).

From July 2019 to March 2022, 20 Dialogue Forums were held with participants from more than 55 countries across local, national and regional/international levels. The local and national Dialogues were held across the five CO-CREATE countries (the Netherlands, Norway, Poland, Portugal, the United Kingdom).

The following deliverable provides insight into each of these Dialogue Forums through a report that describes the context, policy, discussion and outcomes. The first section of deliverable 6.5 provides an overview of the report development process, report structure and brief summaries of the reports.

The second half of the deliverable 6.5 provides insight into the action and commitments from stakeholders, as well as the outcomes and follow-up processes post-Dialogue.

## Process

This section provides an overview of the report development process, including insight into the rationale of the steps taken to develop the reports:

1. Prior to a Dialogue Forum, country partners receive a summary document from EAT that is to be populated after the Dialogue has taken place. The summary document provides the country partner organizer with an opportunity to get acquainted with the type of information they needed to collect from the Dialogue.
2. Country partners collect stakeholders' titles and the names of youth participants and create a participation registry. This registry is used to inform the summary document and the report.
3. Following the Dialogue Forum, country partners populate the summary document (Appendix I) with Dialogue Forum discussion points and canvas content. This document is used by moderators, facilitators and co-facilitators (participating in the Dialogue Forums) who capture the results and the outcomes of their discussions. All required information for the document is captured on the digital or the physical Dialogue Forum tool.
4. EAT drafts the first report using the country partner summary document, the participant registry and the policy briefs from the Youth Alliances (see Deliverable 5.3). The initial draft includes an overview of the steps leading up to the Dialogue, all post-Dialogue activities, and communication and dissemination efforts and materials.
5. The first draft is then shared with country partners for input. Partners are asked to revise the report and update the outcomes and next steps section within two weeks. The draft is evergreen which allows partners to update the outcomes and next steps section.
6. EAT provides a second revision of the report based on the input received from country partners.
7. The second draft is shared with country partners for a second round of inputs to ensure the reports are up-to-date and to give country partners a final opportunity to revise and provide feedback.
8. EAT then integrates the final round of feedback and updates from country partners.
9. To ensure transparency among participants and organizers, all Dialogue Forum reports are translated into the native language of the host country and shared with participants in both English and the native language.

## 20 Dialogue Forum Reports

This section presents a summary and insights into the 20 Dialogue Forum reports. The reports are informed by several resources, including recordings, screenshots from digital Dialogues, notes from observers, the populated final canvas, summary documents from the organizing team and participant registries. The full version of each report is available in Appendix A, B, C, D, E and F. Each report includes a section on the actions and commitments identified by the participants as well as

information about the policy ideas developed by the Youth Alliances. An overview of the planning processes of a Dialogue Forum and the follow-up activities post-Dialogue are also included.

## Structure of the reports

Each Dialogue Forum report includes the following sections: the context of the Dialogue Forum, key findings, feedback on the Dialogue Forum tool, outcomes and next steps, and communication and dissemination efforts.

The Dialogue Forum context section provides an overview of the participating Youth Alliance, the policy idea discussed and the Dialogue process. The key findings section includes the six-step sequence of activities from a Dialogue Forum. These six steps guide the participants from an idea to action by reflecting on why they care about the policy idea, what obstacles and opportunities they identified during a Dialogue, and their suggestions for new ways of improving and advancing the policy idea.

A subtle yet significant difference between the digital and the physical Dialogue Forum tool is the final step. In the digital tool, participants must agree on a common vision and then collectively identify and summarize their discussion, whereas the physical tool allows participants to come up with a new policy idea or new measures to complement the policy idea. Next, are the actions and commitments made by the Dialogue Forum participants. This is an opportunity for youth and stakeholders to commit to an individual action point that they can do to take the policy idea further after the Dialogue Forum. The section on assessment and feedback is based on the initial feedback from stakeholders, youth, and country partners. De-brief meetings with youth and country leads are also used. The outcomes and next steps section is a combined effort between EAT and the country partners to populate the report and update as follow-up activities occur. Finally, the report presents an overview of the various communication and dissemination efforts made prior to and post-Dialogue, including visuals and shareable content.

The Dialogue Forum tool is an adaptable tool that can be adjusted to accommodate for different purposes. In the case of the regional Dialogue Forums, the UN Food Systems Summit (UNFSS) Pre-Summit side session, the 2021 Nutrition for Growth (N4G) Summit side event, and the World Café, the activities were structured differently to accommodate the given time slots and/or to fit into the Summit processes. This is reflected in the structure of the reports.

The following section provides an overview of the 20 Dialogue Forums:

- **Poland** hosted four local Dialogue Forums using the digital tool. The policy ideas discussed were on establishing regular workshops with school dieticians, food trucks that offer healthy options in the city of Wroclaw, reorganizing the placement of food products in stores to give greater visibility to healthy food, and, finally, developing a smartphone application that accumulates credits in accordance with the level of daily physical activity (Appendix A).
- **Portugal** hosted three local Dialogue Forums and one national Dialogue Forum. The local Dialogues used the digital tool, whereas the national Dialogue Forum used the physical tool.






The policy ideas discussed focused on nutrition and cooking contents in the curriculum of the Citizenship and Civic Education, providing access to physical activity for all, and restricting marketing of unhealthy food and beverages to children under the age of 18 (Appendix B).

- **The United Kingdom** hosted three local Dialogue Forums using the digital tool. The policy ideas discussed looked at cookery clubs for young people and utilizing social media as a tool to promote healthy foods and healthy eating. The final Dialogue explored how to ensure young people feel more connected with their community (Appendix C).
- **The Netherlands** hosted two local Dialogue Forums using the digital tool. The policy ideas discussed focused on sugar tax, and waste and packaging (Appendix D). One Dutch Youth Alliance organized an alternative forum that openly discussed healthy canteens at school. The discussion was captured in a report (Appendix G).
- **Norway** hosted one local Dialogue Forum and one national Dialogue Forum. The local Dialogue used the digital tool, whereas the national Dialogue used the physical tool. The policy ideas discussed were on restricting digital marketing of unhealthy food and beverages to children under the age of 18, and healthy and sustainable school feeding programmes (Appendix E).
- **South Africa** did not hold any Dialogues Forums before the spring of 2022. Due to Covid regulations in the country, CO-CREATE Youth Alliance activities were suspended for an extended period. In the spring of 2022, Youth Alliance activities resumed and EAT held a Dialogue Forum tool training for the country partners at the University of Cape Town.
- **Regional Dialogues Forums:** EAT has hosted five regional Dialogues Forums using both the digital and physical tool. Four digital Dialogues were held where one served as an Independent Food Systems Summit Dialogue (FSSD), one as an affiliated side session of the UNFSS Pre-Summit, one as a side event of the 2021 N4G Summit, and one during the World Café series. The 95<sup>th</sup> International Session of the European Youth Parliament in Novi Sad, Serbia, used the physical tool. Two policy ideas discussed were from the [CO-CREATE Youth Declaration](#), such as stop all marketing of unhealthy foods and beverages and implement nutrition education in schools. Other topics of discussion included mobilizing intergenerational action to create sustainable and healthy diets for all, meaningful youth engagement and inclusion, and the next European Union (EU) Action Plan on Childhood Obesity (Appendix F).

## Action and Commitments by Stakeholders

One key aspect of deliverable 6.5 is to provide an overview of the actions and commitments from the many different stakeholders who participated in the 20 Dialogue Forums and offered to support the youth-led policy ideas.

An important part of the Dialogue Forums is its action-oriented nature. Participants in a Dialogue are guided to take an idea to action. In all 20 Dialogue Forums, stakeholders committed to several actions. These actions and commitments are divided into three categories:

	<b>Knowledge Sharing &amp; Advisory</b>
	<b>Connections &amp; Networking</b>
	<b>Action &amp; Engagement</b>

Knowledge sharing & advisory is defined as commitments that offer content-related support and technical support, or provide advice or guidance, or offer to revise content. Knowledge sharing & advisory also includes making oneself available to answer questions and/or provide advice. Connections & networking refers to reaching out to stakeholders who can support the idea or who can provide content-related support, or those who can facilitate funding opportunities, and/or share internal contacts and support outreach. Action & engagement refers to capturing commitments from stakeholders who can support the implementation of the policy idea. This includes initiating the policy idea in projects in their communities or at their workplace, being advocates for young people across different platforms and initiating working groups or alliances that support the implementation of the policy idea.

To give an overview of the type of stakeholders who participated in the Dialogue Forums, the stakeholders have been categorized as follows:

Education sector	<b>Researcher</b>
<b>Policymaker &amp; Politician</b>	<b>Health Professional</b>
<b>Private Sector</b>	<b>Civil Society</b>

Stakeholders have introduced a wide range of actions, commitments, and support to youth Dialogue Forum participants. This has brought different perspectives that support how the policy idea is refined and improved. The level of detail on commitments was also diverse. Although different action and commitments exist within each stakeholder groups, thematic patterns within each group

were identified. In the following section, key actions and commitments from different stakeholder groups are presented. For more details on the actions and commitments from the Dialogue Forums, see Appendix A, B, C, D, E and F.

## Education sector

Stakeholders in the education sector offered to consult and work with young people under the knowledge sharing & advisory category in order to refine the policy idea and oversee pilot projects. Others offered to provide access to their network for additional support and to add the policy idea to the agenda of their networks. Stakeholders also offered to engage young people in working groups and clubs, lift youth engagement in their own workplace, and support young people in securing funding through grant applications.

## Civil society

Under knowledge sharing & advisory the stakeholders (i.e. representatives of non-governmental organizations) offered to provide content, evidence, and information to help strengthen the policy idea. In terms of networking, one stakeholder offered to share the policy idea in their network, and others in support of action & engagement committed to connecting youth with those who could support the implementation of the policy idea.

## Private sector

Stakeholders from the private sector (i.e. food industry, information technology business) offered to provide technical support to youth and to share information and knowledge that supported the policy idea. In terms of networking, one stakeholder committed to introduce youth with food industry representatives to raise awareness about the policy idea. Action & engagement was supported by offering to publish the work done by youth across several platforms and to promote the policy idea in relevant spaces, such as websites, forums and social media channels.

## Policymakers & politicians

Under knowledge sharing & advisory, policymakers offered to support the sharing of knowledge and technical guidance. They also offered access to their networks for support and introduced youth to contacts. In addition, they connected youth with stakeholders who could support the implementation of the policy idea in their municipality and invited CO-CREATE youth to government dialogues where the idea was being discussed. Other stakeholders from policy and government committed to support action & engagement by promoting the policy idea through social media, research, campaigns and internal meetings at their workplace. It was further offered to test the policy ideas by gathering feedback from co-workers and partners. Finally, a Norwegian politician submitted a written question to the Minister of Health to ask whether they would consider drafting a bill that would support the policy idea.

## Health professionals

Stakeholders in this category include dietitians, nutritionists, psychologists, general health experts and physical activity experts, all of whom offered to review documents, help refine policy ideas, and share content, information and scientific evidence related to a specific policy idea. Providing advice

during the refinement process was offered, and one stakeholder agreed to share knowledge and identify evidence that supports the policy idea that was discussed. Moreover, advice on how to write a proposal with compelling arguments to influence decisionmakers was offered. In terms of networking, health experts supported outreach to other stakeholders who could support the policy idea and indicated potential sources of financial support that were available to youth. Other stakeholders committed to action & engagement by joining a consultation with youth in the field to refine, support and promote the policy idea. In addition, the health experts gathered a team of experts to support the policy idea by providing advice and information.

## Researchers

Researchers committed to knowledge sharing & advisory, including providing information, scientific evidence, and results from research and documentation to strengthen the policy idea and contribute towards its implementation. The researchers also gave access to networks and meeting spaces for further discussion. Additional commitments on action & engagement such as advocacy and consultation with young people were offered.

## From Dialogue to Impact

The Dialogue Forums were designed to encourage action after discussion, to increase impact. Therefore, a key element of D6.5 was to capture the follow-up action or engagement after the Dialogues, as well as outcomes and the key findings. The following section provides insight into the post-Dialogue experience.

### Follow-up post-Dialogue

An important part of the follow-up process is to inform all participants about the results of a Dialogue Forum by sharing conclusions that were drawn from the Dialogues and showing how they will be used and what, if any, changes they have led to. This information is captured in all Dialogue Forum reports and then translated to the native language of the country in which the Dialogue took place. These reports are shared with the participants in both English and their native language to ensure follow-up, to promote transparency in the Dialogue Forum process and to provide an update to all participants about the outcomes and results of the Dialogue.

### Communication & dissemination

To build momentum and awareness of the outcomes after the Dialogues, EAT worked in collaboration with the World Obesity Federation (WOF) and country partners to communicate and disseminate the findings. The dissemination channels used were Twitter, Instagram, LinkedIn and the Healthy Voices platform. Hashtags used were #Youth4CC #CC4EU #YouthCanFixIt and #YouthChangingPolicy. In some cases, the country partners have done communication efforts on their social media platforms. CO-CREATE youth, representatives from EAT and WOF have also contributed with blogposts at Healthy Voices. In collaboration with the Norwegian Institute of Public Health (NIPH), EAT [published all actions and commitments](#) made during the Dialogue Forums on the NIPH website to ensure accountability of Dialogue Forum participants. For more information about the communication and dissemination efforts, see Appendix A, B, C, D, E and F.

## Outcomes

The follow-up process for actions and commitments of each Dialogue has been different from country to country, which has led to various outcomes and tracking. In Portugal, for example, stakeholders reached out to the young people and invited the Youth Alliance to present its policy ideas to City Hall. This approach contributed to building momentum around the policy ideas by informing policymakers about the work done by young people in their community.

In other cases, stakeholders acted on commitments made during the Dialogue independently. For example, a Norwegian politician sent a written question to the Norwegian Minister of Health asking whether they would consider drafting a bill to ban the advertising of unhealthy food and drinks on digital platforms aimed at children under the age of 18 years. This was an important action for two reasons. First, politicians in Norway are given the opportunity to ask only one question for every consultation round. Secondly, the policy idea was brought to the Minister's attention in Parliament, making it an official question that needs to be handled in the consultation process. The response to the question was based on initiatives that are already in place and aimed at the population. It was also argued that digital marketing would require international cooperation due to the nature of social media being borderless.

While there are a number of examples of young people connecting with stakeholders after the Dialogue Forum, there are few very tangible outcomes and short-term impacts. Shift in perspective and stakeholder willingness to meaningfully engage youth were two more tangible outcomes that will be explored further in deliverable 7.7 (*a questionnaire for measuring attitudes/readiness for action towards policy measures to combat childhood obesity*).

For more information about results and outcomes from the Dialogue Forums, see the Appendix A, B, C, D, E and F.

## Limitation and reflections on youth engagement

The degree of youth and stakeholder engagement after the Dialogue Forums varied significantly. The following section provides an overview of some of the challenges met in the follow-up process, and some reflections on youth engagement.

Communication between youth and stakeholders was in some cases initiated by the young people themselves. For example, youth participants provided public and private sector representatives with updates on the implementation of a specific policy idea, or followed-up directly with individuals who made commitments during the Dialogue. Due to a variety of reasons, including the ongoing impacts of the Covid-19 pandemic, not all youth were equally responsive and motivated to continue the work in CO-CREATE, which resulted in some aspects of facilitation being stopped post-Dialogue. A set of recommendations on how to follow-up after a Dialogue was provided to the country partners. This acted as support to the young people. Despite country facilitators efforts to keep youth in the project and to act on the offers made during a Dialogue, keeping the engagement levels to a minimum proved to be challenging.

Several reasons explain why the level of youth engagement decreased throughout the cycle of the project. The COVID-19 pandemic and the transition to a digital reality also significantly impacted the levels of engagement. Furthermore, many youth who were engaged in the project from the onset went through a transition period (i.e. secondary education to university, enrollment in jobs, moving to a different city or country due to schooling). This transition caused a natural drop-off in the number of youth who remained engaged. This highlighted the need for a more comprehensive follow-up mechanism and a protocol that addressed specific steps for follow-up for both country facilitators and youth, including a contingency plan in case of decreased engagement levels. Further reflections on the outcomes and impact of the Dialogue Forums will be included in deliverable 6.6.

Measuring outcomes and impact of the Dialogue Forum proved to be quite challenging as well. Through the development of the conflicts of interest framework, it was deemed a high-risk measure to facilitate direct youth and adult stakeholder engagement post-Dialogue (particularly for private sector representatives). Therefore, country partners were responsible for facilitating this follow-up, and for tracking progress on an ongoing or periodic basis. In not wanting to impose follow-up action, the country partners left a degree of autonomy for the youth, and allowed them to take initiative once they were keen to engage with stakeholders. Given conflicting commitments, project drop-off, COVID-19 and other reasons, young people were not always proactive in following-up on commitments or wanting to engage with stakeholders. Conversely, in some instances, young people reached out or engaged stakeholders who were not available to be involved in follow-up action after the Dialogue Forum. The process of implementing and evaluating the Dialogue Forums gave insight into the need to facilitate better follow-up mechanisms into the Dialogue tool/process itself, and to recognize that participants must be accountable for follow-up, independent of organizers.

Despite the lower levels of engagement, there are some key learnings related to higher levels of engagement among youth. The young people who were actively engaged throughout the project were often engaged in a youth organization or an after-school activity. This existing engagement could provide greater continuity during the process and be a promising strategy for disseminating and institutionalizing the Dialogue Forums process. Another factor that contributed to higher levels of engagement and interest was a pre-existing interest in issues like obesity prevention and climate change prior to joining the CO-CREATE project. Youth representatives from each country who were part of the CO-CREATE Youth Task Force also maintained a high level of engagement, likely due to frequency of the meetings and support from Press – Save the Children Youth Norway and WOF. These same representatives were also involved in the Youth Stipends process, participated in conferences and contributed to the planning and execution of the CO-CREATE Youth Conference and other project related activities. These factors contributed to the maintenance of active engagement throughout the project.

## Conclusion

The purpose of deliverable 6.5 was to provide an overview of the 20 Dialogue Forums executed at the local, national and regional levels, and to offer insight into the policy ideas developed by CO-CREATE Youth Alliances and the actions and commitments made by policymakers, business leaders and young people. Through this, conclusions were made on how the Dialogue Forums offers a unique and innovative opportunity to bring a diversity of stakeholders with access to networks, expertise and resources to support young people in refining and improving a specific policy idea. In addition to this, the Dialogue Forum has presented the potential to turn dialogue into action. These key findings introduce opportunities for further research on the inconsistent degree of follow-up from stakeholders and on the varying levels of youth engagement. Further conclusions and analysis on the learnings will be drawn in deliverable 6.6, which aims to develop a set of recommendations on how to establish multi-actor Dialogue Forums. Ultimately, key insights and findings from deliverable 6.5, including the Dialogue Forum reports, could help inform, guide and inspire youth and stakeholders to meet, discuss and together co-create solutions for the future.

## Appendices

### A. Norway Dialogue Forum reports

## Norway: Dialogue Forum Report 1

This report provides information on a policy idea developed by the Norwegian CO-CREATE Youth Alliances and presents the processes and outcomes of a Dialogue Forum.

### Dialogue Forum Context

The Norwegian Youth Alliance consists of youth from a Norwegian youth organization. The local chapters in the organization were informed about CO-CREATE and were given the opportunity to join a Youth Alliance. Youth joined as individuals, and not as formal representatives of the organization. Once the alliance was formed, they developed a policy idea on restricting digital marketing of unhealthy food and beverages to children under 18 years of age. The aim is to develop stricter and more specific regulations for advertising to children, including regulations against sponsorship of unhealthy food products. This policy idea was developed for the national level, targeting national policies and marketing regulations. The policy idea came about through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for Norway merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). The alliance carried out research on the subject and looked for examples of unhealthy food ads targeted towards children, both online and in their local environment. Moreover, the alliance met with a researcher to learn more about advertising aimed at children and how this is regulated. These activities helped the alliance to finalize the policy proposal and ensured that youth were meaningfully involved in shaping the policy brief for the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The tool, moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Norwegian.

The digital Dialogue Forum was held on February 15<sup>th</sup>, 2021, where three youth from the alliance discussed their policy idea with three stakeholders. Two stakeholders were civil society representatives, and one was a politician. One youth took on the role as moderator. In addition to the participants and the moderator, there were one CO-CREATE facilitator and three observers present at the Dialogue Forum.

### Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new



ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. The participants found it important that the policy idea focuses on mental health and addresses the issue of body image. The Convention on the Rights of the Child was also brought up as an important foundation for the policy idea, as well as the importance of Norway being a leading example. Some of the participants noted the importance of understanding the effects of marketing “manipulation” and how this play on children’s vulnerability. Moreover, it was noted how the industry is cynical, where the industries make profit at the expense of young people’s health and wellbeing. Additionally, school food was brought up as an entry point into a healthy environment.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* The desire to make money, distorting competition and the impact on profit was identified as an obstacle to implementing marketing regulations. One youth also noted that large companies have great influence, and it is difficult to change well-integrated patterns. Due to lengthy legal procedures, one stakeholder suggested the challenge of political will to develop policies on marketing to children and the danger of being perceived as a nanny state

*Opportunities* The participants acknowledged the existing momentum for cooperation and to collectively put pressure on decision makers and make it a public debate. CO-CREATE was seen as an opportunity to take this to the global level where it needs to be addressed due to the cross-border marketing. Another opportunity that emerged from the discussions is the credibility of the policy idea, being young people proposing an initiative to change their own environment. One youth noted how this policy idea can influence young people’s health and how they make their food and drink choices. Additionally, one stakeholder suggested that by limiting marketing of unhealthy foods, an opportunity opens to market healthy foods.

### New Ideas

Then, the participants suggested new ideas to improve the policy idea. One stakeholder suggested to think big and go international with the policy idea. The EU regulations were suggested as a target, making politicians in EU countries more willing to act and follow up a law. It was noted by one youth that international pressure would hold politicians accountable and that this could lead to cooperation across national borders. It was also suggested to form alliances with more people and involve civil society beyond the Norwegian border. More research on the issue was also suggested to challenge politicians, such as document examples of how marketing takes place or investigate the close ties between the food industry and politicians in Norway.

### Common Vision

At the end of the Dialogue Forum, the participants agreed on the following common vision:

*Make it easier for children and young people to choose healthy food through international cooperation.*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea, and these are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
Youth	Engagement, reader's letter, influence politicians.	The group
Youth	Inform acquaintances and use social media platforms.	The group
Youth	Reader's letter and presentations. Inform people around me.	The group
Civil society	Offer a lot of documentation. We are working to strengthen the legislation in this area, also by using the law.	The group
Civil society	Share academic reports and studies. Talk to politicians and authorities. Participate in collaborations in alliances, projects etc.	The group
Politician	I can ask the Minister of Health if he will facilitate an advertising ban on unhealthy food and drink for children/young people.	The group

### Assessment and Feedback

After the Dialogue Forum, the Norwegian team shared some initial thoughts and feedback from youth. Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

### Outcomes and Next Steps

Norwegian youth shared pictures on their Instagram profile from the Dialogue Forum. It was seen by around 300 people. The politician sent a written question to the Norwegian Minister of Health asking whether the Minister would consider drafting a bill to ban the advertising of unhealthy food and drinks on digital platforms aimed at children under the age of 18 years. The response to the question was based on initiatives that are already in place aimed at the population. It was also argued that digital marketing would require international cooperation due to the nature of social media being borderless. Youth participants and the two representatives from the civil society representatives met after the Dialogue Forum. This was an opportunity for youth to learn more about the stakeholders' work on digital marketing towards children.

Youth that participated in the Dialogue Forum were still interested in following up on the opportunities presented during the Forum, as well as develop their idea further. The possibility to arrange another Dialogue Forum was explored before the summer holiday 2021. The idea was to

invite representatives from the food industry, the marketing field and marketing law to gain more knowledge on this topic. However, it proved to be challenging to find time for both youth and stakeholders. After the summer holidays, there was little response on further engagement with CO-CREATE.

Together with their organization, the young people in Norway will organize The Golden Barbie Campaign 2022, nominating three media and/or marketing actors who have used their platforms to promote an unhealthy body ideal. Youth from all over Norway can suggest candidates, and organization's national board (consisting of youth aged 13 to 26) will select three final candidates. Norwegian youth are then asked to vote for their "favorite". As a part of the campaign, the organization calls for policymakers to implement stricter regulation of marketing towards young people.

The alliance has been invited to the CO-CREATE Youth Conference, where they will get the opportunity to discuss their policy idea and experiences from the Dialogue Forum with youth from all over Europe. There is, as of September 2021, ten youth from the alliance who have registered for the youth conference.

## Communication and Dissemination

The Norwegian team has been active on social media using both Twitter and Instagram to communicate and disseminate information about CO-CREATE, the policy ideas and the outcomes of the Dialogue Forums. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants (Picture 1) and the common vision. In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated through the CO-CREATE and the World Obesity Federation (WOF) social media platforms, as well as the Press Instagram account. Below are some examples of the communication and dissemination efforts.

### **@EU\_CO-CREATE**

In February, youth-led dialogues were held with [@EU COCREATE](#) Youth Alliances in Portugal & Norway! They identified that obesity prevention strategies should encompass nutrition education in schools, improved access to physical activity, & restricted marketing of unhealthy foods.

Norway has a 19% chance of meeting [@WHO](#) target of no increase in childhood [#overweight](#) or [#obesity](#) by 2025. Youth in Oslo & Hadeland call for increased accessibility of exercise facilities in schools, marketing restrictions on [#unhealthy](#) foods & more!

Great [#policy](#) ideas from young [#Norwegians](#) from the [@EU COCREATE](#) project addressing excess [#weight](#) and [#obesity](#)! I favour the suggested changes in [#price](#) and reducing [#portion](#) sizes: but all ideas are relevant. [@Folkehelseinst](#) [@ECOGobesity](#) [@STOPobesityEU](#) [@ObesityAction](#)



Picture 1: Final populated canvas from the Dialogue Forum

## Norway: Dialogue Forum Report 2

This report provides information on two policy ideas developed by young people from a Norwegian youth organization and presents the processes and outcomes of an in-person National Dialogue Forum in Oslo, Norway. This Dialogue was co-organized by the University of Oslo, EAT and Norwegian youth.

### Dialogue Forum Context

This Dialogue Forum was held on November 20<sup>th</sup>, 2021, on World Children's Day, and is the second in-person Dialogue Forum using the physical tool. The Forum was divided into four groups, each discussing one youth-led policy idea. There were two youth moderators, one moderator from EAT and one moderator from the University of Oslo. There was a total of 20 participants. In addition to the participants and the moderators, there were three facilitators from EAT and University of Oslo, one observer from EAT, and one videographer present at the Dialogue Forum. Prior to the Dialogue Forum, youth were provided with training in a preparatory meeting to test and familiarize themselves with the physical tool. The moderators were provided with additional facilitation training. The moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Norwegian, while the physical tool was kept in English.

The two policy ideas discussed at the Dialogue Forum were:

1. Stop all marketing of unhealthy foods and beverages to children and youth under the age of 18 years.
1. Implement free, healthy and sustainable school meals at all primary and secondary schools in Norway.

Two groups discussed policy idea 1 and two groups discussed policy idea 2. The following pages of the report showcase the policy ideas, as well as key findings from each policy discussion group.

Page Break

### *Policy idea 1: Stop all marketing of unhealthy foods and beverages to children and youth under the age of 18 years*

Two groups explored the policy idea on restricting digital marketing of unhealthy food and beverages to children under 18. This policy idea was co-developed with youth in Norway, who are engaged in the CO-CREATE project and have identified this as a priority action area. In 2013, a bill to regulate the marketing of unhealthy food and beverages to children and young people was never discussed at the Norwegian Ministry of Health as the food industry promised to revise their own guidelines. The aim of this policy idea is to put this back on the agenda and to ban digital marketing of unhealthy food and beverages aimed at children under 18. This includes all advertising aimed at children under the age of 18 on the internet, as well as apps and influencer marketing.

## Group 1

In this group, two youth, including one youth moderator, discussed their policy idea with three stakeholders. Two stakeholders were researchers, and one was a private sector representative.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. The Dialogue brought about the importance of building a world and a society where it is easy for children and youth to make healthy choices without any influence from stakeholders with other interests than children's health. Following this, children's rights need to be supported and followed on all levels to ensure that all children have the best possible upbringing and childhood. Finally, it was raised that unhealthy food on social media is not always an explicit advertisement, and defining these nuances are therefore important.

### Initial Idea

Problem	Policy idea	Results
8 out of 10 food advertisements targeting children on social media are unhealthy.	Stop digital marketing of unhealthy foods and beverages to children and youth under the age of 18 years.	Children and youth will be less exposed to unhealthy food and beverages, and brand preferences.
Digital marketing of unhealthy food increases the risk of exposure among children and youth.		Children and youth will be protected from targeted marketing and unhealthy consumerism.
Challenging for children to take informed decisions on data collection.		

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* The participants identified several obstacles, including the lack of political will to change the law, which makes the implementation process a challenge. The power of the food industry and the lack of interest in marketing restrictions was also brought up as a challenge. Based on this, the participants discussed the conflicts between industry profit, children’s rights and public health. The importance of having clear definitions of marketing to avoid industry loopholes, and to clarify marketing in a borderless digital world were also highlighted. Finally, participants discussed measures to identify and monitor marketing targeting children and youth.

*Opportunities* Several opportunities were identified during the Dialogue, such as cross-sectoral collaboration and advocacy between civil society and youth. To convey a stronger and more holistic message, one participant identified the opportunity to link marketing and climate by working with climate advocates on this idea. It was also suggested to influence politicians to provide subsidies towards programs on behavioral change. This could also be used for work on health promotion, for example through partnerships with influencers. One participant raised the issue of holding technology companies accountable for the way in which their platforms are used to market unhealthy food and beverages. The Dialogue also inspired new additions to the policy idea, such as targeting the ban to influencers and social media, as well as including all types of marketing and not just digital.

### Main Points

Then, the participants identified the main points of the Dialogue. This activity allows participants to identify key/common discussion points that have emerged throughout the Dialogue thus far, with a specific focus on the obstacles and opportunities. Participants agreed on the following main points:

1. Target the policy idea towards influencer and social media
1. Make this as simple, efficient and cost effective as possible
1. Make all marketing of food and beverages illegal, including and beyond digital marketing

### Our policy ideas

Then, the participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to specify the policy definition as follows:

*Main goal: Stop all marketing of unhealthy food and beverages to children and youth under the age of 18*

*Sub-goal: Stop all marketing of unhealthy food and beverages by influencers and on social media*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered
Youth (moderator)	N/A
Youth	Bring this back to my organization and be politically active with this proposal, for example through political campaigns
Researcher	Knowledge, networks, meeting spaces for further discussion
Researcher	Knowledge and results from research that can help strengthen the debate and help contribute towards implementation of stopping marketing
Private sector	Arrange that we publish some of the work that the Norwegian youth is doing

## Group 2

Three youth, including one youth moderator, discussed their policy idea with two stakeholders. One stakeholder was a private sector representative, and one was a policymaker.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants agreed on the positive and negative influences that social media can have on young people's eating habits. Recognizing that a large portion of young people's life occurs online, it is important that this is a safe space, free from harmful influence. The issue of unhealthy food being seen as a reward was also brought up. One stakeholder brought up the importance of habits

being formed early in life. For example, children and youth should be able to make healthy choices for their own health. Food companies' influence and responsibility were also discussed with regards to targeting children and youth. As one young person mentioned, there is an increase in unhealthy food consumption among young people due to its accessibility and presence in everyday life.

### Initial Idea

Problem	Policy idea	Results
8 out of 10 food advertisements targeting children on social media are unhealthy.	Stop digital marketing of unhealthy foods and beverages to children and youth under the age of 18 years.	Children and youth will be less exposed to unhealthy food and beverages, and brand preferences.
Digital marketing of unhealthy food increases the risk of exposure among children and youth.		Children and youth will be protected from targeted marketing and unhealthy consumerism.
Challenging for children to take informed decisions on data collection.		

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* The participants identified several obstacles, including on monitoring and enforcement. Such examples include the challenges for the Norwegian government to monitor and control international stakeholders and advertisements, as well as mechanisms to enforce violations. Another difficulty discussed was how unhealthy food is often showcased on social media without being an explicit advertisement, which makes it difficult to define and scope digital marketing of unhealthy food. The financial challenges and market impact were also discussed, since this could affect marketing jobs. Finally, it was brought up how food marketing often uses portion size as a marketing tool, which can distort the perception of portion sizes.

*Opportunities* Several opportunities were identified during the Dialogue, such as influencing and inspiring young people to make healthier choices. There is a lot of data about consumer choices, which stakeholders could tap into. Throughout the Dialogue, participants discussed the opportunity to invest in healthy foods through increased state subsidies for fruit and vegetables in supermarkets. Changing the positioning of unhealthy foods in supermarkets to make room for healthier options could also have positive outcomes. A key word that emerged from this discussion was collaboration. For example, the participants agreed on the importance of national stakeholders collaborating, such as policymakers and the private sector. Common regulations in the EU and the UN were also brought up as a collaborative opportunity.

### Main Points

Then, the participants identified the main points of the Dialogue. They agreed on the following key points:

1. Defining unhealthy foods and agreement on violations
1. Can lead to positive public health outcomes



1. Norway and the other CO-CREATE countries can lead the way and be pioneering countries

### Our Policy Ideas

The participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to revise the policy idea as follows:

*Stop digital marketing of unhealthy food and beverages to children and youth under the age of 18 by:*

- *Making use of the experience of regulating marketing of unhealthy food and beverages on TV*
- *Using the WHO guidelines on marketing of food and beverages to children, based on a Norwegian context*
- *Developing mechanisms that can hold platforms accountable for illegal marketing on social media*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table. All participants accepted and/or took the offers.

Participant	Action offered
Youth	Share my experiences from working with regulating marketing to children and youth
Youth	Activism through my organization
Youth	Activism through my organization
Private sector	Bring this policy idea back to relevant people at my work to use it for our YouTube channel
Policymaker	Technical guidance on this topic. Bring global experience to other countries

Page Break

### *Policy idea 2: Implement free, healthy and sustainable school meals for all primary and secondary schools in Norway*

Two groups explored a policy idea on free, healthy and sustainable school meals. This policy idea was co-developed with youth in Norway, who are engaged in the CO-CREATE project and have identified this as a priority action area. The aim is to promote healthy eating, decrease inequalities at school and improve the academic performance among students. The idea considers the health and wellbeing of students, but also environmental impacts of school feeding programs by emphasizing on sourcing local and seasonal foods, including plant-based meals, and increasing organic foods.

## Group 3

Two youth discussed their policy idea with three stakeholders. The moderator was a representative from the University of Oslo. One stakeholder was a researcher, one was a provider of school food interventions, and one was a social entrepreneur.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants highlighted youth involvement as a key aspect of the policy idea. Some of the participants focused on the importance of leveling out social inequalities by leaving no student behind and improving the learning environment. The psychological and physical health of students was also raised as a crucial factor of this policy idea. As the policy idea includes the sustainability factor, the participants discussed the importance of having a holistic understanding of what this means in the context of school meals. Other elements that were shared by the participants were low cost and no food waste.

### Initial Idea

Problem	Policy idea	Results
14% of students in Norway do not bring packed lunches to school.	Implement free, healthy and sustainable school meals for all primary and secondary schools in Norway.	Establish habits that prevents non-communicable diseases.
Vast differences between students in their eating habits.		Social equality.
Not all students eat enough healthy and nutritious food throughout the day.		Increase positive results at school.
Climate change.		Build the health of the planet.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

**Obstacles** The participants identified several obstacles, including financial and resources. For example, lack of kitchen and eating facilities, as well as political will for the policy and engaged headmasters were raised as challenges. In addition to this, participants discussed the fact that not all municipalities can afford this, which might lead to expenses for the parents. The Dialogue also

brought about discussions around public tendering and purchasing agreement required for the municipality. Other obstacles identified were allergies and food preferences among students. Food waste was also seen as an issue to address. Finally, if the policy idea is to include sustainability, one obstacle could be that not all schools have access to local food.

*Opportunities* Several opportunities were identified during the Dialogue, including collaboration with businesses and local producers. Support from the government was also raised as an opportunity, such as economic commitments nationally and from the municipality. This intervention could also provide the opportunity to adapt, renovate and repurpose classrooms. As for tackling food waste, the participants discussed how using leftover food in new dishes could also reduce cost. Other opportunities identified include free school fruit as an in between meal, which could be efficiently organized. The curriculum was also identified as an opportunity to teach cooking and home economics, as a way of linking this with healthy and sustainable school meals. Finally, youth involvement was highlighted as an important element to the policy idea, in which students could be trained and become food ambassadors at schools.

### Main Points

Then, the participants identified the main points of the Dialogue. They agreed on the following key points:

1. Adapt to allergies and preferences.
1. The school should not be alone with regards to paying for the food.
1. Minimize food waste through local food and recycling, and collaborate with local businesses.
1. Get the students engaged in the project.
1. Link the implementation of the school feeding to the curricula goals.

### Our Policy Ideas

Then, the participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to specify the policy definition as follows:

*Implement free, healthy and sustainable school meals for all primary and secondary schools in Norway;*

*The school feeding shall be implemented with local adaptation and youth engagement.*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table. All participants accepted and/or took the offers.

Participant	Action offered
Youth	Talk to the headmaster to get cheaper, sustainable and varied food.
Youth	Make, share and sign petitions
Education Sector	<ol style="list-style-type: none"> <li>1. Contribute to applying for funding in relation to mapping or implementation</li> <li>2. Put school feeding on the agenda in my network</li> <li>3. Lift up youth engagement in various fora</li> </ol>

<b>Researcher</b>	Research and documentation of effect and implementation
<b>Private Sector</b>	Quickly introduce fruit and vegetables for free, fruit break/part of school meal

## Group 4

One young person from a youth political party discussed the policy idea with four stakeholders. The moderator was a representative from EAT. One stakeholder was a policymaker, one was a teacher, one was a civil society representative, and one was from the private sector.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. The school was raised as an important platform to provide students with a healthy meal a day and to achieve social equality. Implementing healthy and sustainable habits from a young age could prevent future problems related to non-communicable diseases later in life. Better health could also lead to better learning. In addition to this, such habits could also lead to students being more conscious about food waste, home economics, local and organic produce, and understanding food as part of a holistic system. School gardens and letting young people take part in the cooking were brought up as a concrete measure to address this. Finally, the participants discussed the importance of increasing competence among teachers and school staff.

### Initial Idea

Problem	Policy idea	Results
14% of students in Norway do not bring packed lunches to school.	Implement free, healthy and sustainable school meals for all primary and secondary schools in Norway.	Establish habits that prevents non-communicable diseases.
Vast differences between students in their eating habits.		Social equality.
Not all students eat enough healthy and nutritious food throughout the day.		Increase positive results at school.
Climate change.		Build the health of the planet.

## Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* The participants identified several obstacles, including financial considerations, logistics and resources. For example, school buildings do not have the facilities for cooking school meals, and often lack space and the necessary equipment. In addition, teachers and school staff lack the time, capacity and competence to follow up such measures. Access to local and organic produce was also identified as an obstacle. The Dialogue brought about a discussion on general food waste and how this should be handled at the schools. Finally, the participants discussed the importance of having a clear definition of sustainability.

*Opportunities* Several opportunities were identified during the Dialogue, including better planning and design for new school buildings. This could help facilitate better spaces and increased kitchen capacity. Other ideas that emerged during the Dialogue were to outsource the cooking by producing the school meals at other schools or collaborate with local canteens or catering companies. The participants agreed that increased subsidies are important to help increase learning opportunities through food and nutrition. This would also include hiring staff with relevant backgrounds to teach or produce the food, as well as increase knowledge among teachers and staff through further education. One stakeholder suggested that the municipality could support in developing a menu that is adapted to the local context. The importance of having a clear goal for organic produce per meal was also raised as an important aspect of the policy idea.

### Main Points

Then, the participants identified the main points of the Dialogue. They agreed on the following key points:

1. Increase knowledge among students and staff
1. Facilitate school buildings
1. Increase school economy through state subsidies
1. Positive school life and public health outcomes
1. Practical learning
1. Holistic management and implementation
1. Clear measurable goals

### Our Policy Ideas

Then, the participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to specify the policy definition as follows:

*Implement free, healthy and sustainable school meals for all primary and secondary schools in Norway by:*

- *Having tasty and varied food*
- *Have the Norwegian dietary guidelines as a foundation*
- *Defining “healthy” and “sustainable”*
- *Concretizing the proposal*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table. All participants accepted and/or took the offers.

Participant	Action offered
<b>Policymaker</b>	Continue with building knowledge and collaborate across sectors. Work actively with food and health at school. Work on a school meal festival
<b>Teacher</b>	Continue to teach children and youth to enjoy food that is good for them and for the planet. Talk with friends and politicians about this proposal.
<b>Private sector</b>	Increase knowledge among school staff
<b>Youth</b>	Work so that my political party and the Government implement this proposal.
<b>Civil society</b>	Work internally with school meal as a topic. Talk with my network. Connect our work on school gardens with school meals

Page Break

## Assessment and Feedback

After the Dialogue Forum, on November 26<sup>th</sup>, 2021, EAT met with the University of Oslo, Norwegian youth, and participants from the CO-CREATE consortium to debrief on the event. The learnings from this Dialogue Forum will be incorporated into future in-person events, and in the revision of the physical tool before making it open access. The following feedback was provided:

- The physical Dialogue Forum tool was easy and practical, and facilitated dynamic and engaging dialogues
- Some activities, such as the action section, were not as intuitive as others, and could be framed differently
- The tool facilitated consensus and not as many disagreements
- The connection between the participants was lively and natural
- There were instances where stakeholders would take over the conversation, which proved to be a challenge for the moderator. There should be a section in the moderator notes that gives specific speaking points in such situations
- The moderator training for the physical tool was sufficient, and the moderators felt comfortable in their roles
- The action and commitments section could be longer to allow for more discussion

Youth and stakeholders were asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

Youth in Norway have been invited to the CO-CREATE Youth Conference, where they will get the opportunity to discuss their policy idea and experiences from the Dialogue Forum with youth from all

over Europe. There is, as of September 2021, ten youth from Press who have registered for the youth conference.

## Communication and Dissemination

The World Obesity Federation (WOF) supported the dissemination of this Dialogue Forum through CO-CREATE channels prior to and during the event. EAT shared some brief live stories on Instagram and Press developed content for World Children's Day. In addition to this, footage was captured for the purpose of developing complementary videos for the open access tool. This will be shared in Deliverable 6.2. Below are some examples of the communication and dissemination efforts.

### @EU\_COCREATE

Schools are a key setting in the fight against [#childhoodobesity](#). Children spend a significant amount of time & consume many of their daily calories there. Thankfully, the NO Government wants to re-implement a healthy school food program 🍷 We will discuss this [#policy](#) & more at our [#DialogueForum](#) tomorrow, [#WorldChildrensDay!](#) [#YouthDrivingPolicy](#) [#Youth4CC](#)

Today [@EU\\_COCREATE](#) hosted its first in-person [@EATforum](#) [#dialogueforum](#) to discuss [2](#) policy ideas selected by [@Pressrbu](#) [1](#) Digital marketing of unhealthy food to children and youth under the of 18. [2](#) Introduction of free and healthy school meals for all children and youth. These dialogues are opportunities to identify individual and collective actions that participants can take to advance the [#policyidea](#) and address the broader issue. A big thank you to everyone that joined us for this timely conversation [#roadto20](#) [#Youth4CC](#)

## B. Portugal Dialogue Forum reports

# Portugal: Dialogue Forum Report 1

This report provides information on the policy idea developed by the Portuguese CO-CREATE Youth Alliances and presents the processes and outcomes of a Dialogue Forum.

## Dialogue Forum Context

The Portuguese Youth Alliance developed a policy idea on restricting marketing of unhealthy food and beverages to children. The aim is to change supermarket practices and encourage the promotion of healthy foods and limit the marketing of unhealthy foods. This policy idea was developed for the local/municipal level, targeting local supermarkets. The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the Portugal merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). Photovoice activities were also carried out where the alliance took photos of supermarket shelves and aisles to address marketing in supermarkets and the way in which food products are displayed to encourage purchase. Moreover, the alliance met with an expert in nutrition policy and food marketing to discuss and refine their policy idea. CO-CREATE researchers provided input and feedback, which helped the alliance to finalize the policy proposal. The activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Portuguese, while the tool was kept in English.

The digital Dialogue Forum was held on October the 22<sup>nd</sup>, 2020, where three youth from the alliance discussed their policy idea with two stakeholders. One stakeholder was a private sector representative and one was a psychologist. The presence of the psychologist was highly relevant in this Dialogue Forum as the policy idea included exploring how food choices and behaviors can be influenced by marketing. As no youth felt comfortable moderating the Dialogue Forum, one of the facilitators stepped into this role. In addition to the participants and the moderator, there were one facilitator, one co-facilitator and one observer present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.



## What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants found it important that the policy idea focuses on the environment around food choices. Some of the participants expressed the importance of understanding the effect of marketing “manipulation”, how it works, the impact and how consumers can protect themselves from misleading information. Additionally, improved education about food to make informed and conscious decisions were highlighted as significant aspects of the policy idea.

## Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* Given the impact on profit, all participants agreed that the suppliers of unhealthy food in the food industry could be reluctant to support marketing regulations. One participant also suggested the challenge of coming to an agreement between all interested parties. The lack of decision-making power to develop policies on food regulations was identified as an obstacle.

*Opportunities* The participants acknowledged the existing momentum to support regulations. They identified the feasibility of this policy idea concerning an increasingly conscious society and prominent discussions in this area. Additionally, overcoming the nudging barrier was also identified as an opportunity to develop and implement the policy idea.

## New Ideas

Then, the participants suggested new ideas to improve the policy idea. One stakeholder suggested that the policy idea should put a greater emphasis on promoting healthy food and include ideas that increase conscious choices, such as education. Another stakeholder saw the policy idea as realistic and effective. One youth suggested to find a way in which healthy food promotion does not harm companies of unhealthy food products. It was also proposed that the policy idea should focus on reformulation of product characteristics and information to the consumer about the food products.

## Common Vision

At the end of the Dialogue Forum, the participants agreed on the following common vision:

*Marketing regulation followed by clear and evidence-based information to the consumers, in order to support the consumer’s decisions and promote the purchase of healthy food products.*

## Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
Youth	Continue thinking about the proposal and work towards reaching the best option.	The group

<b>Youth</b>	I can help in the dissemination of the information to the public (originality, interactivity).	The group
<b>Youth</b>	Dissemination, new ideas and time to go through them in a deeper way.	The group
<b>Psychologist</b>	Help in identifying evidence that supports the policy idea. Help in writing a proposal and arguments in a way capable of influencing the decision-makers or in any other thing that you may find helpful.	The group
<b>Private sector</b>	Facilitate the contact with the food industry to raise awareness about this proposal.	The group

## Assessment and Feedback

After the Dialogue Forum, the Portuguese team shared some initial feedback from both youth and stakeholders. The stakeholders were enthusiastic and truly interested in having a discussion with youth and acknowledged the maturity of youth and their expertise. Additionally, the stakeholders said that they learned a lot about youth perspectives and really appreciated the experience. Youth participants said it was a great opportunity to discuss the policy idea and that they had an enjoyable experience. They were comfortable debating, asking questions and inputs, and the stakeholders were open and gave constructive feedback to the policy idea. The stakeholders were excited for next steps, and available for follow-up actions.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

There has been communication with young people through WhatsApp after the Dialogue Forum to gather their feedback on how it went, as well as schedule a meeting to discuss next steps. These meetings will be important to discuss and establish the direction youth want to take, how they can be supported and to plan next steps. Additionally, a short summary of the Dialogue Forum, with the topics that were discussed and identified, was shared with the alliance. These topics will be further explored by youth.

As a way of promoting the policy ideas developed by the Portuguese youth and, ultimately, to bring the youth's perspectives to the decision-makers in Portugal, one of the CEIDSS interns had the initiative to contact all the political parties of the Portuguese Parliament. The parties were contacted through email in the beginning of May 2021 and three political parties agreed to meet online. Two Portuguese members of the CO-CREATE Youth Task Force were present in these meetings and addressed the policy ideas developed in Portugal, including this one about restricting marketing of unhealthy food and beverages to children. This policy idea was discussed more extensively in one of the meetings, where one of the representatives from one party questioned how measures that are already implemented in Portugal, such as the taxation of sugary drinks, should be revised and improved according to youth. After each meeting, the policy briefs about each policy idea were

shared with the political parties. The representatives from the parties were also invited to participate and attend the National Dialogue Forum held in September 2021.

## Communication and Dissemination

The Portuguese team has been active on social media using both Twitter and Instagram to communicate and disseminate the policy ideas and the outcomes of the Dialogue Forums. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants (Picture 1) and the common vision (Picture 2). In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated. These have been re-posted through the CO-CREATE and World Obesity Federation (WOF) social media platforms. Below are some examples of the communication and dissemination efforts.

### @CEIDSS

“What happens when the youth is exposed to food marketing?” This was the main topic of one of the ebooks we developed for the young people in the Portuguese Alliances  
<https://bit.ly/Marketing-Ebook-CC...> #CoCreateWeek #CC4EU #Youth4CC

One of our Alliances has raised their voice on this matter and is working in policies to restrain publicity in supermarkets [#CoCreateWeek #CC4EU #Youth4CC](#)

These dialogue forums were ultimately a space for having a conversation between different actors across ages & sectors. 2nd dialogue w/ the Portuguese alliances: "Marketing regulation followed by consistent & credible information to support and enhance the acquisition of healthy foods".

### @CO-CREATE\_Portugal

WP6 brought together adolescents and stakeholders to engage them in a dialogue that would refine the policy proposals. 📖 These dialogue forums are ultimately a space for having a conversation between different actors across ages and sectors. 👤 Due to COVID-19, these meeting were held online but this did not hinder their success. 💻 In Portugal, the youth alliance members rapidly adapted, and they are ready for the next phase of the project.

[#CC4EU #youth4CC #youthchangingpolicy #CoCreateWeek @ceidss @cocreate\\_eu @worldobesityfederation @pressrbu @eatfoundation @lshtm @unibergen @uva\\_amsterdam @wcrfuk @europeancommission](#)



Picture 1: Final populated canvas from the Dialogue Forum



Picture 2: Common vision for the policy idea

## Portugal: Dialogue Forum Report 2

This report provides information on the policy idea developed by the Portuguese CO-CREATE Youth Alliances and presents the processes and outcomes of a Dialogue Forum.

### Dialogue Forum Context

The Portuguese Youth Alliance developed a policy idea on access to physical activity for all, called *Physical Activity for All*. The aim is to enable access and practice of physical activity by promoting public-private partnerships between schools, city halls, gyms, sport clubs and public transportation. To boost motivation, the policy idea suggests the development of an app where each goal achieved will be tracked and users are rewarded with a prize. This policy idea was developed at the local level, targeting their local community. The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the Portugal merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). Photovoice activities were also carried out where the alliance took photos of their surroundings to learn more about young people's routines of physical activity. Moreover, the alliance conducted a survey on habits and preferences of physical activity, including 179 people where 61% of the respondents were adolescents. The alliance also participated in several Q&A sessions where they had the opportunity meet young professionals and one expert in physical activity to discuss best practices to motivate young people and to learn more about existing research and evidence in this field. CO-CREATE researchers provided input and feedback, which helped the alliance to refine and finalize the policy proposal. The activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Portuguese, while the tool was kept in English.

The digital Dialogue Forum was held on July the 27<sup>th</sup>, 2020, where four youth from the alliance, including one youth moderator, discussed their policy idea with two stakeholders. Both stakeholders were policymakers, one in which was a physical activity expert. In addition to the participants and the moderator, there were two facilitators and three observers from the youth alliance and one staff member from EAT present at the Dialogue Forum.

### Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

#### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants found it important to find ways of motivating and attracting young people to practice more physical activity and have a healthier lifestyle. One youth saw the importance of addressing accessibility issues, such as distance and financial barriers. Another youth stressed how the perception of physical activity being an obligation should change into a notion of fun and pleasure.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* The stakeholders recognized the challenge of finding a reward in the app that would motivate people to use the app and improve daily physical activity. They also questioned how the app would count steps and measure other types of activity, while youth were more concerned with financial barriers to developing the app.

*Opportunities* The stakeholders saw this as the future of sports and acknowledged the possibility of the app becoming viral. Youth saw the policy idea as an opportunity for establishing partnerships with brands and other entities to support, and potentially finance, the awards. The quality of the prizes was further identified as an important opportunity to explore. Additionally, youth reflected around the many ways the app could measure and track physical activity. One youth suggested a gym owner as a viable contact in this matter.

### New Ideas

Then, new ideas were suggested by the participants to improve the policy. The stakeholders suggested to involve relevant partners and to seek public funding for the app. Youth saw partners as an opportunity for support and involvement in the development of the app. Additionally, youth suggested to map out and obtain an overview of similar apps that are already available. They further suggested how the app could measure different types of activities and actions, such as time and steps.

### Common Vision

At the end of the Dialogue Forum, the participants agreed on a common vision for the policy idea. The participants discussed several ideas such as developing the policy with partners to gain a better understanding of the rewards, how to motivate young people to practice physical activity and the possibility of grouping the award categories by ages. However, in the end they agreed on the following common vision:

*Motivate youth for physical activity practice by establishing an appropriate network of partners and by rewarding them according to their interests.*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
Youth	My insight/perspective as a young person, and my active participation in the project	The group
Youth	Insight	The group
Youth	Availability and time to develop the project	The group
Youth	Make contacts (search for partnerships)	The group
Policymaker	Engagement	The group
Policymaker, physical activity expert	Advisory	The group

## Assessment and Feedback

After the Dialogue Forum, the Portuguese team shared some initial feedback from both youth and stakeholders. The stakeholders were active and interested throughout the Dialogue Forum. One stakeholder acknowledged their lack of experience discussing with youth and recognized the importance of including youth perspectives in policy planning that involves youth. Youth participants were comfortable discussing with the stakeholders, they asked questions and were provided with input and constructive feedback. Both stakeholders offered their consultancy and expert opinion to follow-up on the policy idea. One challenge emerged in the organizing process, being scheduling an appropriate time with both stakeholders. The moderation was carried out by one youth who was also actively participating in the discussions. Taking the role as both moderator and participant was perceived as a valuable experience. Prior to the Dialogue Forum, the moderator was provided a moderation training to test and familiarize themselves with the moderator notes, and the digital tool and its functions.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

After the Dialogue Forum, it was agreed to have a follow-up discussion and debrief with the youth. During the meeting, they all had the chance to discuss future steps and certain aspects of the policy idea raised by the stakeholders that the youth wanted to address. The alliance has worked on a revised policy form that they intend to send to the stakeholders to gain feedback on their progress. Additionally, they plan to reach out to different stakeholders to support implementation efforts. Since the alliance members are committed to introduce the policy idea at their local City Hall, they have contacted a stakeholder from their community, who has suggested them to apply for a municipal grant intended to support projects developed by young people living in their community. As a way of promoting the policy ideas developed by the Portuguese youth and, ultimately, to bring the youth's perspectives to the decision-makers in Portugal, one of the CEIDSS interns had the initiative to contact all the political parties of the Portuguese Parliament. The parties were contacted through email in the beginning of May 2021 and three political parties agreed to meet online. One of the youth members of this group, which is part of the CO-CREATE Youth Task Force, was present in these meetings. The policy ideas developed in Portugal, including the one about physical activity, were presented during these meetings. After each meeting, the policy briefs about each policy idea

were shared with the political parties. The representatives from the parties were also invited to participate and attend the National Dialogue Forum (NDF) held in September 2021 as well as the stakeholders that participated in this local Dialogue Forum. There were some emails exchanged with the stakeholders, but unfortunately, they were not able to attend the NDF. Nonetheless, one of the stakeholders recommended one colleague to participate in the NDF.

## Communication and Dissemination

The Portuguese team has been active on social media using both Twitter and Instagram to communicate and disseminate the policy ideas and the outcomes of the Dialogue Forums. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants and the common vision (Picture 1). In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated. These have been re-posted through the CO-CREATE and World Obesity Federation (WOF) social media platforms. Below are some examples of the communication and dissemination efforts.

### **@EU\_COCREATE**

Lack of Physical Activity and sedentary behaviors are on the rise among youth globally, this policy idea aims to create strong public-private partnerships to increase motivation and access to physical activity! [#Youth4CC](#) [#CC4EU](#)

'Young people are easily influenced by their peers, mostly with alcohol & tobacco consumption. But we can switch the game & positively influence youth to be more physically active' - inspiring words from our Portuguese youth alliance member during yesterday's Dialogue Forum [#CC4EU](#)

### **@CEIDSS**

WP6 gathered adolescents & stakeholders to engage them in a dialogue to refine the policy proposals 1st dialogue w/ the Portuguese alliances: "Motivate practice of physical activity by creating an adequate partner network & through rewards adjusted to the interests of youth"

### **@CO-CREATE\_Portugal**

WP6 brought together adolescents and stakeholders to engage them in a dialogue that would refine the policy proposals. 📄 These dialogue forums are ultimately a space for having a conversation between different actors across ages and sectors. 👤 Due to COVID-19, these meeting were held online but this did not hinder their success. 🖥️ In Portugal, the youth alliance members rapidly adapted and they are ready for the next phase of the project.

[#CC4EU](#) [#youth4CC](#) [#youthchangingpolicy](#) [#CoCreateWeek](#) [@ceidss](#) [@cocreate\\_eu](#) [@worldobesityfederation](#) [@pressrbu](#) [@eatfoundation](#) [@lshtm](#) [@unibergen](#) [@uva\\_amsterdam](#) [@wcrfuk](#) [@europeancommission](#)





**Picture 1: Common vision for the policy idea**

## Portugal: Dialogue Forum Report 3

This report provides information on the policy idea developed by the Portuguese CO-CREATE Youth Alliance and presents the processes and outcomes of a Dialogue Forum.

### Dialogue Forum Context

The Portuguese Youth Alliance developed a policy idea on including nutrition and cooking contents in the curriculum of the already existing Citizenship and Civic Education subject. The aim is to promote the adoption of a healthy and informed diet among young people in their everyday lives. This policy idea was developed at the local level, targeting local schools but also the national curriculum. The policy was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the Portugal merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). Photovoice activities were also carried out to gain a better understanding of the challenges of healthy eating among young people. Moreover, the alliance conducted a survey including 190 young people and adults asking their experiences with the Citizenship and Civic Education subject. The alliance also participated in several Q&A sessions with young professionals with experience in several fields related to the policy idea. CO-CREATE researchers provided input and feedback, which helped the alliance to refine and finalize the policy proposal. These activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Portuguese, while the tool was kept in English.

The digital Dialogue Forum was held on February the 5<sup>th</sup>, 2021, where four youth from the alliance discussed their policy idea with two policymakers. One stakeholder was a nutrition expert, and one was a policymaker. The policymaker works specifically with school food offer and the inclusion of nutrition contents in schools. One youth participant moderated the Dialogue Forum. In addition to the participants and the moderator, there were one facilitator, and four observers present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All the participants found it important that the policy idea focuses on young people's health, wellbeing and autonomy. Some of the participants noted the importance of acquiring skills in terms of healthy eating. Additionally, innovation and political momentum were also identified as important aspects of the policy idea.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* Given potential economic constraints, and lack of facilities and conditions, all participants agreed that schools might be reluctant to implement this policy idea. One stakeholder noted that some canteens are under private companies, making it difficult to use the canteens for teaching purposes. Youth participants said that they do not have the resources or enough knowledge about the processes and the bureaucracy of implementing policies.

*Opportunities* The participants acknowledged the potential health gains for young people and future adults. They identified the involvement of youth as critical to capture innovative ideas that encourages young people. Additionally, one participant noted that this policy idea could make school activities more dynamic and have a practical impact.

### New Ideas

Then, the participants suggested new ideas to improve the policy idea. The stakeholders suggested to create a new subject, which would boost the autonomy of nutrition education in the curriculum. One youth suggested the implementation of a pilot project and to better establish the curricular objectives of each school grade. Additionally, reaching out to decision makers and potential partners was noted as beneficial to enhancing the policy idea, such as the local government, organizations and schools.

### Common Vision

At the end of the Dialogue Forum, the participants agreed on the following common vision:

*To create a pilot project (by firstly approaching the local government), with the development of a new subject in which nutritionists would be the ones responsible to teach and manage the contents of this new subject.*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
Youth	My voice, my commitment and creativity	The group
Youth	Motivation and willingness to present the project to the municipalities	The group
Youth	Contact with the “Education for Health Programme” and with the municipality; Willingness to take this idea further	The group
Youth	Dedication and determination to make the idea into action	The group
Policymaker	I can help establishing contacts with the schools	The group
Nutrition expert	Support in the review of documents	The group

### Assessment and Feedback

After the Dialogue Forum, the Portuguese team shared some initial feedback from both youth and stakeholders. The stakeholders were enthusiastic and acknowledged the maturity of youth and their expertise. Youth participants said it was a great opportunity to discuss the policy idea and that they had an enjoyable experience. They were comfortable debating, asking questions and inputs, and the stakeholders were open and gave constructive feedback to the policy idea. At some point during the Forum, youth participants felt that the stakeholders were having a conversation among themselves, which made it difficult for the youth moderator to interfere. This has led to a conversation afterwards, between EAT and the Portuguese team, about developing an additional moderator troubleshooting guide for how to step-in when unexpected situations occur.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

There has been communication with young people through WhatsApp after the Dialogue Forum to gather their feedback on how it went. A meeting was organized to discuss and establish the direction youth want to take, how they can be supported and to plan next steps. In this meeting, it was decided that the Portuguese team would develop and send to the alliance a document about the policy theme presenting similar policies implemented in other countries, as well as the “Portuguese Health Education Framework,” which suggests themes to be addressed in food education for each grade in schools. It was also agreed that the group would meet again to discuss which contents they would like to see included in the school curriculum based on their needs, as well as gather feedback and input from their peers. A few days after this meeting, the document was sent to the young people alongside an article on “Nutrition in schools across Europe.” This article presents the current situation of different European countries, focusing on nutrition in the school curriculum. These documents will allow young people to have a solid and contextualized idea about the policy they propose, facilitating next steps in the definition and in the process of implementing the policy.

As a way of promoting the policy ideas developed by the Portuguese youth and to bring the youth’s perspectives to the decision-makers in Portugal, one of the CEIDSS interns had the initiative to contact all the political parties of the Portuguese Parliament. The parties were contacted through email in the beginning of May 2021 and three political parties agreed to meet online. One of the youth members of this group, which is part of the CO-CREATE Youth Task Force, was present in these meetings. The policy ideas developed in Portugal, including the one about nutrition education, were presented during these meetings. After each meeting, the policy briefs about each policy idea were shared with the political parties. The representatives from the parties were also invited to participate and attend the National Dialogue Forum (NDF) held in September 2021 as well as the stakeholders that participated in this local Dialogue Forum. There were some emails exchanged with the stakeholders, but unfortunately, they were not able to attend the NDF.

## Communication and Dissemination

The Portuguese team has been active on social media using both Twitter and [Instagram](#) to communicate and disseminate the policy ideas and the outcomes of the Dialogue Forums. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants (Picture 1) and the common vision (Picture 2). In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated. These have been re-posted through the CO-CREATE and World Obesity Federation (WOF) social media platforms. Below are some examples of the communication and dissemination efforts.

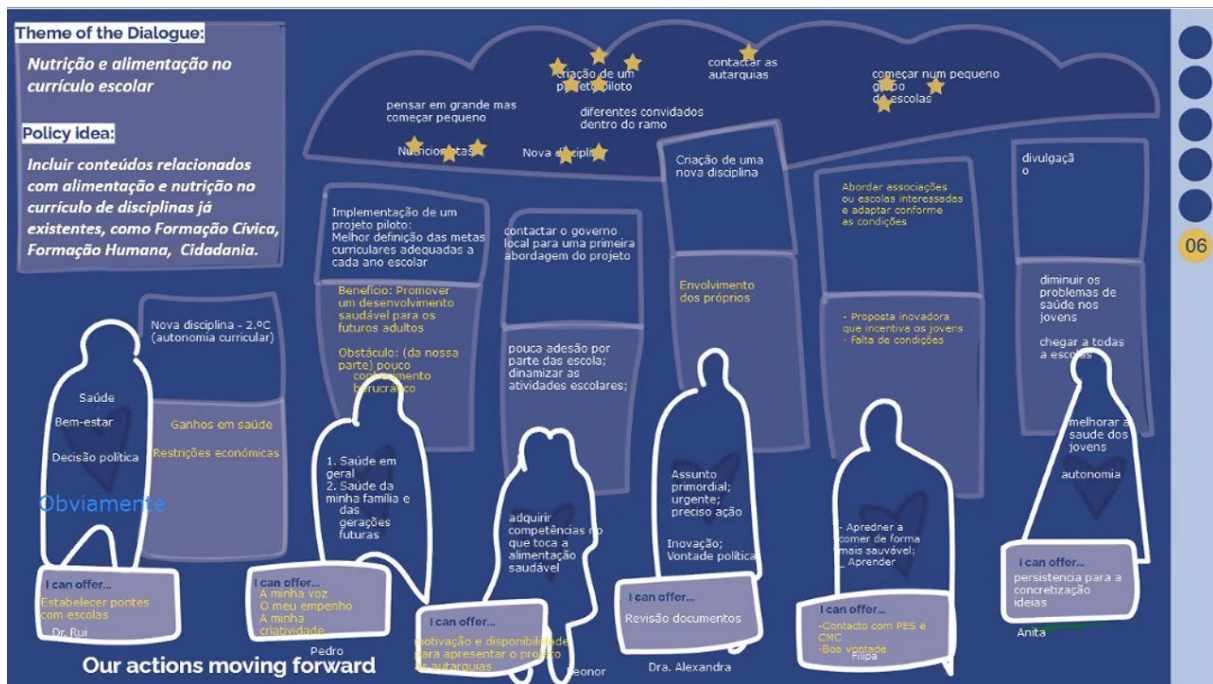
**@EU\_COCREATE**

🗣️ This week, youth that participated in dialogue forums in Portugal will meet with policymakers & business leaders to discuss their policy ideas & translate them into possible action that will significantly reduce the prevalence of [#obesity](#) in Europe. Stayed tuned! [#Youth4CC](#)  
 In 2020, 6 dialogue forums were held in Portugal, giving [@EU COCREATE](#) youth alliance members a platform to discuss policy ideas to address the systemic factors which influence adolescent [#obesity](#) & health! We look forward to the discussions on Friday! [#CC4EU](#) [#Youth4CC](#)  
 Building on the dialogue forums last year, the Cascais Youth Alliance will convene with stakeholders today to refine their policy ideas on improving the [#schoolenvironment](#). Their objective is to demystify the difficulty and cost associated with healthy eating. [#CC4EU](#) [#Youth4CC](#)

**@CEIDSS**

The third [@EU COCREATE](#) Portugal Dialogue Forum takes place next Friday, February 5th. One of the Youth Alliance groups will discuss a new approach to the school curriculum 🏫 with the introduction of food & nutrition content with relevant stakeholders in this field. Stay tuned!

Last Friday another “Dialogue Forum” took place! These provide the [@EU COCREATE](#) Youth Alliances an opportunity to discuss & refine their policy ideas with stakeholders. This time the young people brought up the topic of introducing nutrition content into the school curriculum!



Picture 1: Final populated canvas from the Dialogue Forum



**Picture 2: Common vision for the policy idea**

## Portugal: Dialogue Forum Report 4

This report provides information on three policy ideas developed by CO-CREATE youth in Portugal and presents the processes and outcomes of an in-person National Dialogue Forum in Portugal. This Dialogue was co-organized by CEIDSS, EAT and the Portuguese Youth Alliances and funded by the CO-CREATE Youth Stipends.

### Dialogue Forum Context

This Dialogue Forum was held on September 20<sup>th</sup>, 2021, and is the first in-person Dialogue Forum using the physical tool. The Forum was divided into three groups, each discussing one youth-led policy idea. There was one youth moderator per group. Prior to the Dialogue Forum, youth were provided with training in a preparatory meeting to test and familiarize themselves with the physical tool. Youth moderators were provided additional facilitation training. The moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Portuguese, while the physical tool was kept in English. The World Obesity Federation (WOF) helped facilitate a virtual livestream during the Forum.

The Dialogue Forum was organized by CO-CREATE youth in the Portuguese Youth Alliances, with support from CEIDSS, EAT and WOF. The event was funded through the CO-CREATE Youth Stipends, a grant program offering young people the opportunity to receive funding for an activity that helps promote a healthy food and physical activity environments, such as a Dialogue Forum. This funding helped support costs for venue, travel, printed materials, and communication products.

The three policy ideas discussed at the Dialogue Forum were:

1. Stop all marketing of unhealthy foods to children under the age of 18 years.
1. Include nutrition and cooking topics in the curriculum of the Citizenship and Civic Education subject.
1. Public-private partnerships between schools, city halls, gyms, sport clubs, and public transportation to enable access and practice of physical activity.

The following pages of the report explore each Dialogue Forum policy discussion in the order of the policy ideas listed above.

Page Break

### *Policy idea 1: Stop all marketing of unhealthy foods to children under the age of 18 years*

The first Dialogue Forum explored a policy idea on unhealthy food marketing restrictions to children under 18. This policy idea originated from the [CO-CREATE Youth Declaration](#), developed by the CO-CREATE Youth Task Force, of which two members are from the Portuguese Youth Alliances. The aim is that Portugal regulates and stop all marketing of energy-dense, nutrient poor food products that are high in fat, sugar or salt to children under the age of 18. The policy idea also includes regulation of brands associated with these types of products. Nutrition guidelines established by WHO are recommended to be the basis for the categorization of such foods. The suggested regulations include all commercials that are broadcasted before and after TV shows targeting children. This includes mass communicated messages where children can be vulnerable (such as use of language and design, representation of children or characters that are familiar to children, inclusion of free gifts, toys or collectible items with appeal to children) and placement (in areas where children stay or are likely to spend time) including, and especially considering, digital marketing.

In terms of participant representation, three Portuguese youth discussed their policy idea with three stakeholders. One stakeholder was a civil society representative, one was from the private sector, and one was a health expert. In addition to the participants and the moderator, there were two facilitators, two observers from CEIDSS, and two staff members from EAT present at the Dialogue Forum.

### Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

#### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. Food marketing and advertising were raised as having strong impact on consumer choices and associated with poor eating habits, especially among younger consumers. Companies' social responsibility was discussed with regards to educating the consumer. For example, one stakeholder noted the potential to apply marketing techniques in health promotion. The Dialogue

also brought about the need for regulation and improving food marketing monitoring tools to protect children.

### Initial Idea

Problem	Policy idea	Results
Children are extensively exposed to marketing of unhealthy food products, and this has an influence on their food preferences and consumption patterns.	Stop all marketing of unhealthy foods to children under the age of 18 years.	More conscious eating choices and healthier eating habits among children.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

**Obstacles** The participants identified several obstacles, including the difficulty to control and monitor marketing on social media. Policy implementation was also raised as a difficult process to monitor. Throughout the Dialogue, participants raised the challenges of establishing policies given the lack of a clear definition of what foods are healthy and not. Based on this, it was agreed that there is a need to analyze and review nutritional information on products to clarify and communicate which products are healthy and unhealthy. Finally, the participants discussed the food industry, advertisers and the distribution sector as obstacles to implement and monitor policies on restricting marketing.

**Opportunities** Several opportunities were identified during the Dialogue, such as using marketing strategies to promote healthier food products. Another opportunity identified was to collaborate with civil society organizations to mobilize and put pressure on the food industry. The participants also discussed the importance of ensuring healthier and fairer competition between companies through common legislative measures and regulations. The power of influencers on social media was also brought up during the Dialogue. The opportunity identified here was to shift a focus towards promotion of youth health and protection of children.

### Our policy ideas

Then, the participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to specify the policy definition as follows:

*Age (under 18), nutritional profile (WHO Europe, Portugal), monitoring, channels and techniques covered based on the recommendations by WHO, 2012.*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table. All participants accepted and/or took the offers.

Participant	Action offered
Health expert	Support in defining the policy and disseminating the project
Youth	As a master's student, promote the development of studies in this area (contribution from academia)
Civil society representative	<i>Had to leave the working group earlier</i>



<b>Youth</b>	Disseminate the project and the political proposal to family and friends
<b>Youth</b>	Disseminate the project and the political proposal through a youth platform (scouts)
<b>Private sector</b>	Explain the entire product launch process, how to work with partners and what is behind the communication

Page Break

## *Policy idea 2: Include nutrition and cooking topics in the curriculum of the Citizenship and Civic Education subject*

The Portuguese CO-CREATE Youth Alliances developed a policy idea on including nutrition and cooking contents in the curriculum of the already existing Citizenship and Civic Education subject. This was the focus of the second Dialogue Forum discussion table. The aim of this policy is to promote the adoption of a healthy and informed diet among young people in their everyday lives. This original target audience was local schools, but it has since been revised to target the national curriculum. The policy was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment. Photovoice activities were also carried out to gain a better understanding of the challenges of healthy eating among young people. Moreover, the alliance conducted a survey of 190 young people and adults to ask about their experiences with the Citizenship and Civic Education subject. The alliance also participated in several Q&A sessions with young professionals with experience in various fields related to the policy idea. Finally, the Cascais Youth Alliance hosted a local Dialogue Forum on this policy idea, which helped the alliance to review and refine the policy proposal.

Five youth, including one youth moderator, discussed their policy idea with two stakeholders. One stakeholder was a nutrition expert, and one was a public health expert. In addition to the participants and the moderator, there were two facilitators and two observers from CEIDSS, and two staff members from EAT present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants agreed on the importance of increasing young people's cooking skills and knowledge in nutrition, particularly, to mobilize young people towards healthier lives, and increase the motivation to share this knowledge with other youth. Several participants emphasized that this

policy idea addresses as a collective community issue, raising awareness among young people, informing youth and helping to take action.

### Initial Idea

Problem	Policy idea	Results
Because of the lack of cooking skills, children and adolescents have an unhealthy dietary intake because they constantly turn to fast food and other less nutritious food.	Include nutrition and cooking topics in the curriculum of the Citizenship and Civic Education subject.	<p>Improve the cooking skills among young people and increase their autonomy.</p> <p>Promote healthier and more conscious food choices among young people.</p> <p>Have a higher youth participation.</p>

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

**Obstacles** The participants identified several obstacles, including the difficulty in engaging policymakers and the lack of political willingness to invest time and resources to support change in the education sector. Lack of interest amongst youth was also identified as an obstacle. This led to an overall agreement that the policy idea needs to be engaging and dynamic to capture the interest of young people, but also the interest of politicians.

**Opportunities** Several opportunities were identified during the Dialogue, such as the impact that cooking skills would have in providing young people with more autonomy. The introduction of such a policy was also identified as an opportunity to pass on information about healthy lifestyles to teachers and other adults. Improving education and effectiveness of learning were raised as important opportunities to capitalize on, particularly, because the policy idea does not suggest a new subject, but rather an integration of an existing one.

### Our Policy Ideas

The participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to revise the policy idea as follows:

*Nutrition contents at school applied from the 1st to the 3rd cycle, with nutritionists as advisors, but without overloading the teachers;*

*To avoid overload, bring in several groups working on these themes - establish external partnerships;*

*Support from nutritionists, various entities and groups for teachers – create an integrated vision;*

*Group of health education teachers responsible for the choice of contents and support in citizenship classes, but with specialized support by nutrition specialists.*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table. All participants accepted and/or took the offers.

Participant	Action offered
Public health expert	Availability to participate in debates and disseminate resources
Youth	Mobilizing young people to participate
Nutrition expert	Debating nutrition contents, depending on the problems found in the scientific evidence on eating habits
Youth	Defend the ideas and make available to help
Youth	Communicate with people connected to the culinary field and ask for opinions
Youth	<i>Had to leave the working group earlier</i>

Page Break

### *Policy idea 3: Public-private partnerships between schools, city halls, gyms, sport clubs, and public transportation to enable access and practice of physical activity*

The Portuguese CO-CREATE Youth Alliances developed a policy idea on increasing access and practice of physical activity for all through the promotion of public-private partnerships between schools, city halls, gyms, sport clubs and public transportation. To boost motivation, this policy would be supplemented by the development of an app where users achieve goals and rewards related to the amount of physical activity completed. This policy idea was informed by several activities, including systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment. Photovoice activities were also carried out where the alliance took photos of their surroundings to learn more about young people's routines of physical activity. Moreover, the alliance conducted a survey on habits and preferences of physical activity, including 179 people where 61% of the respondents were adolescents. The alliance organized Q&A sessions with young professionals and one expert in physical activity to discuss best practices to motivate young people and to learn more about existing research and evidence in this field. Finally, the Cascais Youth Alliance hosted a local Dialogue Forum on this policy idea, which helped the alliance to review and refine the policy proposal.

Three youth, including one youth moderator, discussed their policy idea with four stakeholders. Two stakeholders were policymakers, one was a civil society representative, and one was a researcher. In addition to the participants and the moderator, there were two facilitators and two observers from CEIDSS, and two staff members from EAT present at the Dialogue Forum.

### Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new

ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. There was a consensus among the participants about extending physical activity access to as many people as possible, especially to young people and children. To increase the value of physical activity among youth, the participants suggested spreading passion for sports and the feeling of belonging to incentive young people. One stakeholder raised the importance of a participatory movement of young people that advocate and promote physical activity in partnership with the Ministry of Education and/or Health, and the National Association of Municipalities. In addition to this, creating a National Strategy for Physical Education and Sport was highlighted as important to promote activities and spaces for young people that are not that common or available in our daily lives.

### Initial Idea

Problem	Policy idea	Results
Sedentary behavior among young people. Cost of sports activities (including equipment, transport, enrollment, etc.). Lack of interest to practice physical activity.	Public-private partnerships between schools, city halls, gyms, sport clubs, and public transportation to enable access and practice of physical activity. An app will also be created to motivate young people; for each goal achieved, users would be rewarded with a prize.	Encourage youth to practice physical activity. Increase accessibility of sports centers and facilities to young people.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

**Obstacles** The participants identified several obstacles, including inequitable access for youth and the challenge of integrating sports facilities at schools. The lack of green spaces to practice informal physical activity was also identified as an obstacle. In addition to this, one youth identified the compulsive use of social media as a barrier to exercise motivation. Potential obstacles with the app were also identified, such as advertising the app in a way that motivates young people to use it. One young person raised the issue of how to monitor and manage the functionalities of the app. Young people's adherence to the app was also discussed.

**Opportunities** Several opportunities were identified during the Dialogue, including to raise awareness of the importance of having time and space within the school's facilities that encourage young people to be physically active. Opportunities were also identified beyond the school environments, such as engaging stakeholders, gym facilities and other experts to expand sports offers and change the physical activity culture in their community. One youth also highlighted the opportunity to find synergies between the three discussed policy ideas (sport, marketing and nutrition) and be addressed as one for a more coherent policy proposal, an indication of systems thinking and solutions.

Building on the discussion surrounding obstacles and opportunities, participants explored other themes, such as child autonomy in accessing physical activity, extra-curricular activities, or public green spaces. The need for better built environment and safer conditions were identified as prospective solutions.

### Our policy ideas

Then, the participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to specify the policy definition as follows:

*To create public-private partnerships between schools, gyms/sports clubs and municipalities for increasing the mobility opportunities, financial support and promotion of outdoor spaces;*

*To have an app and take advantage of what already exists (ex: City points).*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table. All participants accepted and/or took the offers.

Participant	Action offered
Researcher	I can be the ambassador of your movement in the scientific support of your proposals
Policymaker	To articulate with local resources
Civil society representative	Political lobby with government and parties
Policymaker	To support in the writing/synthesis of the proposal
All three youth	Availability and time to continue developing the proposal

Page Break

### Assessment and Feedback

After the Dialogue Forum, on September 28<sup>th</sup>, 2021, EAT met with CEIDSS, youth participants and WOF to debrief on the event. The following feedback was provided:

- The physical Dialogue Forum tool was more visual and practical, and facilitated more dynamic and engaging dialogues
- The connection between the participants was livelier and more natural in-person than online
- The youth moderators found the physical tool easier to explain and moderate
- The physical tool required less facilitation because of the more interactive nature of an in-person Dialogue
- Interaction online is more superficial, it feels more dynamic and real in-person
- Easier to build stronger relationships with stakeholders
- Moderator training for the physical tool should be delivered in-person and with sufficient time ahead of the Dialogue Forum
- More time to execute the in-person Dialogue

- Need to ensure relevance of policy idea in national context

The learnings from this Dialogue Forum will be incorporated into future in-person events, including shortening the plenary session to allow more time to complete all the activities of the Dialogue Forum, conducting moderator training more in advance, and conducting a scoping exercise of the policy ideas to make sure the proposed idea is up-to-date and/or is relevant in the current political landscape.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in D6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

This Dialogue Forum was an activity funded by the CO-CREATE Youth Stipends. As part of this activity, youth have been engaged in communication and dissemination efforts. After the Dialogue Forum, the Portuguese youth wrote a blogpost on their experiences from the Dialogue, including the organization and planning process, the policy ideas and the outcomes of the Dialogue. With support from their Scouts communications team, the young people published the blogpost in the Scouts online magazine called Flor de Lis [here](#). It was then translated by the CEIDSS team with support from youth and WOF, and published at the Healthy Voices platform [here](#).

As for other dissemination efforts by the Portuguese youth, see examples below. The stipends will also fund travel for two representatives from the alliances to present the results of this Dialogue at the CO-CREATE Youth Conference in March 2022.

## Communication and Dissemination

The Portuguese Youth Alliances developed the design of the Dialogue Forum and several materials that were shared prior to the Forum, including social media banners (Picture 1), the program (Picture 2), infographics about the National Dialogue Forum (Picture 3) and a [website](#). All materials were developed in Portuguese and translated into English. The Portuguese team has been active on social media using both CEIDSS' Twitter and Instagram platforms to promote the Dialogue Forum and disseminate the policy ideas and the outcomes of the Forum. The Dialogue Forum has also been disseminated through EAT, the WOF and CO-CREATE's social media platforms. Below are some examples of the communication and dissemination efforts.

### @CEIDSS

[#NationalDialogueForum](#) This event highlighted the importance of the role of young people as agents of change who must be involved in the policy development process. May this be the first step in joining forces for the same goal 🤝 [#COCREATE](#) [#youthvoices](#)

The [#NationalDialogueForum](#) promoted discussion and allowed progress in the policy ideas about: 🚴 physical activity accessible to everyone

🗣️ food marketing limitation

🏫 nutrition in schools

### @EU\_COCREATE

🗣️ We are live for the [@EU\\_COCREATE](#) National Dialogue Forum! Through these dialogues, young people are given a platform to present their policy ideas & to connect with policymakers & business leaders to bring these ideas to life [#YouthDrivingPolicy](#)

We will be discussing [3](#) policy ideas including making [#physicalactivity](#) accessible to all, restricting unhealthy food [#marketing](#) and the inclusion of [#nutritioneducation](#) in school curriculums 🧑🎓🔧  
[@ceidss](#) [@WorldObesity](#)

### @EATforum

Finally! Today is the first in-person [@EU\\_COCREATE](#) Dialogue Forum, held in Portugal. Youth, policymakers, business leaders and national experts are meeting to discuss policies for healthy and sustainable environments for youth across Europe. Livestream: <http://cioi-childhoodobesity.com/national-dialogue-forum-2021/>



Picture 1: Social media banner developed by the Portuguese Youth Alliances

**National  
Dialogue  
Forum**

**20<sup>th</sup> September 2021**  
Casa das Histórias Paula Rego - Cascais  
**2:00-6:00pm | BST**

LIVESTREAM

**2:00** **Opening session**  
Ana Rito (Co-Create Portugal Project Leader)  
Samantha Nesrallah\* (Co-Create Project WP6 Leader)  
Location: Auditorium

**2:15** **The three policy ideas**  
Chair: Mafalda Gonçalves e Pedro Gonçalves (Co-Create Youth Taskforce)  
Location: Auditorium  
Presentation of the three policy ideas by the Portuguese young people, focused on the development process and the scientific evidence supporting the ideas & Conversation with invited experts

**Physical activity for all - Bruno Avelar Rosa**  
PhD in Educational Psychology, Member of the team responsible for the National Programme for the Promotion of Physical Activity at the Portuguese Directorate General of Health, National Coordinator of the EUPAP project, External expert of the European Commission for sports sector

**Restricting food marketing - Francisco Goiana Silva**  
Medical Doctor, PhD in Political Science, advisor of the Secretary of State Assistant and of Health during the XXI Government, Consultant at the World Health Organization, Director-General of New Businesses at SONAE MC

**Nutrition in schools - Joana Baleia**  
Nutritionist, Masters student at the Faculty of Medicine of the University Lisbon, Co-supervisor of COSI/WHO Europe in Portugal, MUN-SI Programme Supervisor, programme of childhood health promotion and nutrition in schools

**3:00** **Active coffee break**  
Location: Outdoor Gardens

**3:30** **Working groups - Dialogue Forums**  
Chair: Sofia Mendes (Co-Create Portugal Project Supervisor)  
Location: Outdoor Gardens  
Discussion in small separate groups about the topics and materials of each policy idea with the participation of several individuals linked to nutrition, sport, politics, health, education, municipalities, civil society, industry, media, and other sectors, and the young people

**4:30** **Active coffee break & networking**  
Location: Outdoor Gardens

**4:45** **Plenary session**  
Location: Auditorium

**5:30** **Closing session**  
Ana Rito (Co-Create Portugal Project Leader)  
Member of the Co-Create Project & National figure  
Location: Auditorium



Centro de Estudos e Investigação em Ciências Sociais e Saúde  
Instituto de Saúde Pública

LIVESTREAM




This project has received funding from the European Union's Horizon 2020 research and innovation programme (Work Programme 2016- 2017: Food security, sustainable agriculture and forestry, marine and maritime and inland water research, and the bioeconomy) under grant agreement No 774210.

\*TBC - to be confirmed

Picture 2: Program of the Dialogue Forum





**National Dialogue Forum**

**ceidss**  
Centro de Estudos e Investigação em Dinâmicas Sociais e Saúde  
Associação sem fins lucrativos

**CO-CREATE**

**“What is the National Dialogue Forum?”**

**National Dialogue Forum**

**ceidss**  
Centro de Estudos e Investigação em Dinâmicas Sociais e Saúde  
Associação sem fins lucrativos

The National Dialogue Forum is an event that brings together the CO-CREATE participants and relevant stakeholders from different backgrounds, in order to discuss and disseminate the policy ideas developed by the Portuguese youth on physical activity for all, restricting food marketing and nutrition in schools

**CO-CREATE**

This project has received funding from the European Union's Horizon 2020 research and innovation programme (Mark Programme 2016-2017: food security, sustainable agriculture and forestry, marine and maritime and inland water research, and the bioeconomy) under grant agreement No 774210.

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The poster features a background image of a group of people in a meeting or forum setting. The text is overlaid on this background. The top section includes the event title, the CEIDSS logo, and the CO-CREATE logo. The central part contains a large quote. The bottom section includes a descriptive paragraph about the forum, the CEIDSS logo again, and the CO-CREATE logo. At the very bottom, there are two small text blocks providing funding information.



Picture 3: Infographics developed by the Portuguese Youth Alliances

## Portugal: Dialogue Forum Report 4

This report provides information on three policy ideas developed by CO-CREATE youth in Portugal and presents the processes and outcomes of an in-person National Dialogue Forum in Portugal. This Dialogue was co-organized by CEIDSS, EAT and the Portuguese Youth Alliances and funded by the CO-CREATE Youth Stipends.

### Dialogue Forum Context

This Dialogue Forum was held on September 20<sup>th</sup>, 2021, and is the first in-person Dialogue Forum using the physical tool. The Forum was divided into three groups, each discussing one youth-led policy idea. There was one youth moderator per group. Prior to the Dialogue Forum, youth were provided with training in a preparatory meeting to test and familiarize themselves with the physical tool. Youth moderators were provided additional facilitation training. The moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Portuguese, while the physical tool was kept in English. The World Obesity Federation (WOF) helped facilitate a virtual livestream during the Forum.

The Dialogue Forum was organized by CO-CREATE youth in the Portuguese Youth Alliances, with support from CEIDSS, EAT and WOF. The event was funded through the CO-CREATE Youth Stipends, a grant program offering young people the opportunity to receive funding for an activity that helps promote a healthy food and physical activity environments, such as a Dialogue Forum. This funding helped support costs for venue, travel, printed materials, and communication products.

The three policy ideas discussed at the Dialogue Forum were:

1. Stop all marketing of unhealthy foods to children under the age of 18 years.
1. Include nutrition and cooking topics in the curriculum of the Citizenship and Civic Education subject.
1. Public-private partnerships between schools, city halls, gyms, sport clubs, and public transportation to enable access and practice of physical activity.

The following pages of the report explore each Dialogue Forum policy discussion in the order of the policy ideas listed above.

Page Break

### *Policy idea 1: Stop all marketing of unhealthy foods to children under the age of 18 years*

The first Dialogue Forum explored a policy idea on unhealthy food marketing restrictions to children under 18. This policy idea originated from the [CO-CREATE Youth Declaration](#), developed by the CO-CREATE Youth Task Force, of which two members are from the Portuguese Youth Alliances. The aim is that Portugal regulates and stop all marketing of energy-dense, nutrient poor food products that are high in fat, sugar or salt to children under the age of 18. The policy idea also includes regulation of brands associated with these types of products. Nutrition guidelines established by WHO are recommended to be the basis for the categorization of such foods. The suggested regulations include all commercials that are broadcasted before and after TV shows targeting children. This includes

mass communicated messages where children can be vulnerable (such as use of language and design, representation of children or characters that are familiar to children, inclusion of free gifts, toys or collectible items with appeal to children) and placement (in areas where children stay or are likely to spend time) including, and especially considering, digital marketing.

In terms of participant representation, three Portuguese youth discussed their policy idea with three stakeholders. One stakeholder was a civil society representative, one was from the private sector, and one was a health expert. In addition to the participants and the moderator, there were two facilitators, two observers from CEIDSS, and two staff members from EAT present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. Food marketing and advertising were raised as having strong impact on consumer choices and associated with poor eating habits, especially among younger consumers. Companies' social responsibility was discussed with regards to educating the consumer. For example, one stakeholder noted the potential to apply marketing techniques in health promotion. The Dialogue also brought about the need for regulation and improving food marketing monitoring tools to protect children.

### Initial Idea

Problem	Policy idea	Results
Children are extensively exposed to marketing of unhealthy food products, and this has an influence on their food preferences and consumption patterns.	Stop all marketing of unhealthy foods to children under the age of 18 years.	More conscious eating choices and healthier eating habits among children.

## Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

**Obstacles** The participants identified several obstacles, including the difficulty to control and monitor marketing on social media. Policy implementation was also raised as a difficult process to monitor. Throughout the Dialogue, participants raised the challenges of establishing policies given the lack of a clear definition of what foods are healthy and not. Based on this, it was agreed that there is a need to analyze and review nutritional information on products to clarify and communicate which products are healthy and unhealthy. Finally, the participants discussed the food industry, advertisers and the distribution sector as obstacles to implement and monitor policies on restricting marketing.

**Opportunities** Several opportunities were identified during the Dialogue, such as using marketing strategies to promote healthier food products. Another opportunity identified was to collaborate with civil society organizations to mobilize and put pressure on the food industry. The participants

also discussed the importance of ensuring healthier and fairer competition between companies through common legislative measures and regulations. The power of influencers on social media was also brought up during the Dialogue. The opportunity identified here was to shift a focus towards promotion of youth health and protection of children.

### Our policy ideas

Then, the participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to specify the policy definition as follows:

*Age (under 18), nutritional profile (WHO Europe, Portugal), monitoring, channels and techniques covered based on the recommendations by WHO, 2012.*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table. All participants accepted and/or took the offers.

Participant	Action offered
Health expert	Support in defining the policy and disseminating the project
Youth	As a master's student, promote the development of studies in this area (contribution from academia)
Civil society representative	<i>Had to leave the working group earlier</i>
Youth	Disseminate the project and the political proposal to family and friends
Youth	Disseminate the project and the political proposal through a youth platform (scouts)
Private sector	Explain the entire product launch process, how to work with partners and what is behind the communication

Page Break

## *Policy idea 2: Include nutrition and cooking topics in the curriculum of the Citizenship and Civic Education subject*

The Portuguese CO-CREATE Youth Alliances developed a policy idea on including nutrition and cooking contents in the curriculum of the already existing Citizenship and Civic Education subject. This was the focus of the second Dialogue Forum discussion table. The aim of this policy is to promote the adoption of a healthy and informed diet among young people in their everyday lives. This original target audience was local schools, but it has since been revised to target the national curriculum. The policy was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment. Photovoice activities were also carried out to gain a better understanding of the challenges of healthy eating among young people. Moreover, the alliance conducted a survey of 190 young people and adults to ask about their experiences with the Citizenship and Civic Education subject. The alliance also participated in several Q&A sessions with young professionals with

experience in various fields related to the policy idea. Finally, the Cascais Youth Alliance hosted a local Dialogue Forum on this policy idea, which helped the alliance to review and refine the policy proposal.

Five youth, including one youth moderator, discussed their policy idea with two stakeholders. One stakeholder was a nutrition expert, and one was a public health expert. In addition to the participants and the moderator, there were two facilitators and two observers from CEIDSS, and two staff members from EAT present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants agreed on the importance of increasing young people's cooking skills and knowledge in nutrition, particularly, to mobilize young people towards healthier lives, and increase the motivation to share this knowledge with other youth. Several participants emphasized that this policy idea addresses as a collective community issue, raising awareness among young people, informing youth and helping to take action.

### Initial Idea

Problem	Policy idea	Results
Because of the lack of cooking skills, children and adolescents have an unhealthy dietary intake because they constantly turn to fast food and other less nutritious food.	Include nutrition and cooking topics in the curriculum of the Citizenship and Civic Education subject.	Improve the cooking skills among young people and increase their autonomy. Promote healthier and more conscious food choices among young people. Have a higher youth participation.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

**Obstacles** The participants identified several obstacles, including the difficulty in engaging policymakers and the lack of political willingness to invest time and resources to support change in the education sector. Lack of interest amongst youth was also identified as an obstacle. This led to an overall agreement that the policy idea needs to be engaging and dynamic to capture the interest of young people, but also the interest of politicians.

**Opportunities** Several opportunities were identified during the Dialogue, such as the impact that cooking skills would have in providing young people with more autonomy. The introduction of such a policy was also identified as an opportunity to pass on information about healthy lifestyles to teachers and other adults. Improving education and effectiveness of learning were raised as important opportunities to capitalize on, particularly, because the policy idea does not suggest a new subject, but rather an integration of an existing one.

## Our Policy Ideas

The participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to revise the policy idea as follows:

*Nutrition contents at school applied from the 1st to the 3rd cycle, with nutritionists as advisors, but without overloading the teachers;*

*To avoid overload, bring in several groups working on these themes - establish external partnerships;*

*Support from nutritionists, various entities and groups for teachers – create an integrated vision;*

*Group of health education teachers responsible for the choice of contents and support in citizenship classes, but with specialized support by nutrition specialists.*

## Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table. All participants accepted and/or took the offers.

Participant	Action offered
Public health expert	Availability to participate in debates and disseminate resources
Youth	Mobilizing young people to participate
Nutrition expert	Debating nutrition contents, depending on the problems found in the scientific evidence on eating habits
Youth	Defend the ideas and make available to help
Youth	Communicate with people connected to the culinary field and ask for opinions
Youth	<i>Had to leave the working group earlier</i>

Page Break

## *Policy idea 3: Public-private partnerships between schools, city halls, gyms, sport clubs, and public transportation to enable access and practice of physical activity*

The Portuguese CO-CREATE Youth Alliances developed a policy idea on increasing access and practice of physical activity for all through the promotion of public-private partnerships between schools, city halls, gyms, sport clubs and public transportation. To boost motivation, this policy would be supplemented by the development of an app where users achieve goals and rewards related to the amount of physical activity completed. This policy idea was informed by several activities, including systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment. Photovoice activities were also carried out where the alliance took photos of their surroundings to learn more about young people's routines of physical activity. Moreover, the alliance conducted a survey on habits and preferences of physical activity, including 179 people where 61% of the respondents were adolescents. The alliance

organized Q&A sessions with young professionals and one expert in physical activity to discuss best practices to motivate young people and to learn more about existing research and evidence in this field. Finally, the Cascais Youth Alliance hosted a local Dialogue Forum on this policy idea, which helped the alliance to review and refine the policy proposal.

Three youth, including one youth moderator, discussed their policy idea with four stakeholders. Two stakeholders were policymakers, one was a civil society representative, and one was a researcher. In addition to the participants and the moderator, there were two facilitators and two observers from CEIDSS, and two staff members from EAT present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively review and refine the policy idea. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. There was a consensus among the participants about extending physical activity access to as many people as possible, especially to young people and children. To increase the value of physical activity among youth, the participants suggested spreading passion for sports and the feeling of belonging to incentive young people. One stakeholder raised the importance of a participatory movement of young people that advocate and promote physical activity in partnership with the Ministry of Education and/or Health, and the National Association of Municipalities. In addition to this, creating a National Strategy for Physical Education and Sport was highlighted as important to promote activities and spaces for young people that are not that common or available in our daily lives.

### Initial Idea

Problem	Policy idea	Results
Sedentary behavior among young people. Cost of sports activities (including equipment, transport, enrollment, etc.). Lack of interest to practice physical activity.	Public-private partnerships between schools, city halls, gyms, sport clubs, and public transportation to enable access and practice of physical activity. An app will also be created to motivate young people; for each goal achieved, users would be rewarded with a prize.	Encourage youth to practice physical activity. Increase accessibility of sports centers and facilities to young people.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* The participants identified several obstacles, including inequitable access for youth and the challenge of integrating sports facilities at schools. The lack of green spaces to practice informal physical activity was also identified as an obstacle. In addition to this, one youth identified the compulsive use of social media as a barrier to exercise motivation. Potential obstacles with the app were also identified, such as advertising the app in a way that motivates young people to use it. One



young person raised the issue of how to monitor and manage the functionalities of the app. Young people's adherence to the app was also discussed.

*Opportunities* Several opportunities were identified during the Dialogue, including to raise awareness of the importance of having time and space within the school's facilities that encourage young people to be physically active. Opportunities were also identified beyond the school environments, such as engaging stakeholders, gym facilities and other experts to expand sports offers and change the physical activity culture in their community. One youth also highlighted the opportunity to find synergies between the three discussed policy ideas (sport, marketing and nutrition) and be addressed as one for a more coherent policy proposal, an indication of systems thinking and solutions.

Building on the discussion surrounding obstacles and opportunities, participants explored other themes, such as child autonomy in accessing physical activity, extra-curricular activities, or public green spaces. The need for better built environment and safer conditions were identified as prospective solutions.

### Our policy ideas

Then, the participants collectively reviewed and refined the initial policy idea by identifying new ways to complement, detail and specify the original idea. The participants agreed to specify the policy definition as follows:

*To create public-private partnerships between schools, gyms/sports clubs and municipalities for increasing the mobility opportunities, financial support and promotion of outdoor spaces;*

*To have an app and take advantage of what already exists (ex: City points).*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table. All participants accepted and/or took the offers.

Participant	Action offered
Researcher	I can be the ambassador of your movement in the scientific support of your proposals
Policymaker	To articulate with local resources
Civil society representative	Political lobby with government and parties
Policymaker	To support in the writing/synthesis of the proposal
All three youth	Availability and time to continue developing the proposal

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## Assessment and Feedback

After the Dialogue Forum, on September 28<sup>th</sup>, 2021, EAT met with CEIDSS, youth participants and WOF to debrief on the event. The following feedback was provided:

- The physical Dialogue Forum tool was more visual and practical, and facilitated more dynamic and engaging dialogues

- The connection between the participants was livelier and more natural in-person than online
- The youth moderators found the physical tool easier to explain and moderate
- The physical tool required less facilitation because of the more interactive nature of an in-person Dialogue
- Interaction online is more superficial, it feels more dynamic and real in-person
- Easier to build stronger relationships with stakeholders
- Moderator training for the physical tool should be delivered in-person and with sufficient time ahead of the Dialogue Forum
- More time to execute the in-person Dialogue
- Need to ensure relevance of policy idea in national context

The learnings from this Dialogue Forum will be incorporated into future in-person events, including shortening the plenary session to allow more time to complete all the activities of the Dialogue Forum, conducting moderator training more in advance, and conducting a scoping exercise of the policy ideas to make sure the proposed idea is up-to-date and/or is relevant in the current political landscape.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in D6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

This Dialogue Forum was an activity funded by the CO-CREATE Youth Stipends. As part of this activity, youth have been engaged in communication and dissemination efforts. After the Dialogue Forum, the Portuguese youth wrote a blogpost on their experiences from the Dialogue, including the organization and planning process, the policy ideas and the outcomes of the Dialogue. With support from their Scouts communications team, the young people published the blogpost in the Scouts online magazine called Flor de Lis [here](#). It was then translated by the CEIDSS team with support from youth and WOF, and published at the Healthy Voices platform [here](#).

As for other dissemination efforts by the Portuguese youth, see examples below. The stipends will also fund travel for two representatives from the alliances to present the results of this Dialogue at the CO-CREATE Youth Conference in March 2022.

## Communication and Dissemination

The Portuguese Youth Alliances developed the design of the Dialogue Forum and several materials that were shared prior to the Forum, including social media banners (Picture 1), the program (Picture 2), infographics about the National Dialogue Forum (Picture 3) and a [website](#). All materials were developed in Portuguese and translated into English. The Portuguese team has been active on social media using both CEIDSS' Twitter and Instagram platforms to promote the Dialogue Forum and disseminate the policy ideas and the outcomes of the Forum. The Dialogue Forum has also been disseminated through EAT, the WOF and CO-CREATE's social media platforms. Below are some examples of the communication and dissemination efforts.

## @CEIDSS

[#NationalDialogueForum](#) This event highlighted the importance of the role of young people as agents of change who must be involved in the policy development process. May this be the first step in joining forces for the same goal 🤝 [#COCREATE](#) [#youthvoices](#)

The [#NationalDialogueForum](#) promoted discussion and allowed progress in the policy ideas about:

- 🚴 physical activity accessible to everyone
- 🔊 food marketing limitation
- 🏫 nutrition in schools

## @EU\_COCREATE

🔊 We are live for the [@EU\\_COCREATE](#) National Dialogue Forum! Through these dialogues, young people are given a platform to present their policy ideas & to connect with policymakers & business leaders to bring these ideas to life [#YouthDrivingPolicy](#)

We will be discussing 3 policy ideas including making [#physicalactivity](#) accessible to all, restricting unhealthy food [#marketing](#) and the inclusion of [#nutritioneducation](#) in school curriculums 🧑🎓 🗣️  
[@ceidss](#) [@WorldObesity](#)

## @EATforum

Finally! Today is the first in-person [@EU\\_COCREATE](#) Dialogue Forum, held in Portugal. Youth, policymakers, business leaders and national experts are meeting to discuss policies for healthy and sustainable environments for youth across Europe. Livestream: <http://cioi-childhoodobesity.com/national-dialogue-forum-2021/>



Picture 1: Social media banner developed by the Portuguese Youth Alliances

**National  
Dialogue  
Forum**

**20<sup>th</sup> September 2021**  
 Casa das Histórias Paula Rego - Cascais  
**2:00-6:00pm | BST**

LIVESTREAM

**2:00** **Opening session**  
 Ana Rito (Co-Create Portugal Project Leader)  
 Samantha Nesrallah\* (Co-Create Project WP6 Leader)  
 Location: Auditorium

**2:15** **The three policy ideas**  
 Chair: Mafalda Gonçalves e Pedro Gonçalves (Co-Create Youth Taskforce)  
 Location: Auditorium  
 Presentation of the three policy ideas by the Portuguese young people, focused on the development process and the scientific evidence supporting the ideas & Conversation with invited experts

**Physical activity for all - Bruno Avelar Rosa**  
 PhD in Educational Psychology, Member of the team responsible for the National Programme for the Promotion of Physical Activity at the Portuguese Directorate General of Health, National Coordinator of the EUPAP project, External expert of the European Commission for sports sector

**Restricting food marketing - Francisco Goiana Silva**  
 Medical Doctor, PhD in Political Science, advisor of the Secretary of State Assistant and of Health during the XXI Government, Consultant at the World Health Organization, Director-General of New Businesses at SONAE MC

**Nutrition in schools - Joana Baleia**  
 Nutritionist, Masters student at the Faculty of Medicine of the University Lisbon, Co-supervisor of COSI/WHO Europe in Portugal, MUN-SI Programme Supervisor, programme of childhood health promotion and nutrition in schools

**3:00** **Active coffee break**  
 Location: Outdoor Gardens

**3:30** **Working groups - Dialogue Forums**  
 Chair: Sofia Mendes (Co-Create Portugal Project Supervisor)  
 Location: Outdoor Gardens  
 Discussion in small separate groups about the topics and materials of each policy idea with the participation of several individuals linked to nutrition, sport, politics, health, education, municipalities, civil society, industry, media, and other sectors, and the young people

**4:30** **Active coffee break & networking**  
 Location: Outdoor Gardens

**4:45** **Plenary session**  
 Location: Auditorium

**5:30** **Closing session**  
 Ana Rito (Co-Create Portugal Project Leader)  
 Member of the Co-Create Project & National figure  
 Location: Auditorium

\*TBC - to be confirmed




This project has received funding from the European Union's Horizon 2020 research and innovation programme (Work Programme 2016- 2017: Food security, sustainable agriculture and forestry, marine and maritime and inland water research, and the bioeconomy) under grant agreement No 774210.

Picture 2: Program of the Dialogue Forum



**National Dialogue Forum**

**ceidss**  
Centro de Estudos e Investigação em Dinâmicas Sociais e Saúde  
Associação com fins lucrativos



**“What is the National Dialogue Forum?”**

**National Dialogue Forum**

**ceidss**  
Centro de Estudos e Investigação em Dinâmicas Sociais e Saúde  
Associação com fins lucrativos

The National Dialogue Forum is an event that brings together the CO-CREATE participants and relevant stakeholders from different backgrounds, in order to discuss and disseminate the policy ideas developed by the Portuguese youth on physical activity for all, restricting food marketing and nutrition in schools

**National Dialogue Forum**

**ceidss**  
Centro de Estudos e Investigação em Dinâmicas Sociais e Saúde  
Associação com fins lucrativos

This project has received funding from the European Union's Horizon 2020 research and innovation programme (Work Programme 2016-2017: Food security, sustainable agriculture and forestry, marine and maritime and inland water research, and the bioeconomy) under grant agreement No 774210.



Picture 3: Infographics developed by the Portuguese Youth Alliances

## C. The Netherlands Dialogue Forum reports

# The Netherlands: Dialogue Forum Report 1

This report provides information on the policy idea developed by the Dutch CO-CREATE Youth Alliances and presents the processes and outcomes of a Dialogue Forum.

## Dialogue Forum Context

The Dutch Youth Alliance developed a policy idea on sugar tax with the aim of making unhealthy food more expensive and healthier food cheaper, more accessible and attractive for young consumers. The objective is to introduce a sugar tax in the Netherlands per gram of sugar, as an incentive for the beverage industry to lower the amount of sugar in drinks, and for supermarkets to promote healthy products. Although, the policy idea was discussed at the local level, it is thought to be implemented nationally. The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the Netherlands merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). To better inform and refine the policy idea, the alliance conducted a scoping exercise to identify food prices and sugar tax in different countries. Additionally, they interviewed a researcher on effective policies and obstacles to the introduction of a sugar tax. The alliance also carried out a survey (64 responses) to investigate consumers' behavior in supermarkets and attitudes towards tax and prices. These activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Dutch, while the tool was kept in English.

The digital Dialogue Forum was held on June the 19<sup>th</sup>, 2020, where two youth from the alliance discussed their policy idea with three stakeholders. One stakeholder was a civil society representative, one was a policymaker, and one was from the private sector. As no young person felt comfortable moderating the Dialogue Forum, one of the country leads stepped into this role. In addition to the participants and the moderator, there was one facilitator, one technical support and one observer present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer actions and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What I care about

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants found it important to promote a healthy lifestyle and increase access to healthy food. They further emphasized the importance of facilitating and making it easier for young people to choose healthy. One stakeholder pointed out the issue of sugar consumption in the Netherlands, and how the younger population are more prone to unhealthy products. Targeting food prices and boost the appeal of healthy foods were raised as important factors for this policy idea.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* One youth recognized that people have the freedom to choose. Often people prefer unhealthy food or sugary drinks because of taste and the instant good feeling of eating food with low nutrients and high in sugar content. The other participants questioned the impact of changing food prices and government interference. One stakeholder pointed out that changing food prices should happen on a national level. If food prices change in some places, youth can choose to buy cheap and sugary drinks in other stores or supermarkets. Another obstacle identified was the supermarkets and their profit-making of unhealthy food products.

*Opportunities* One youth saw sugar tax as an opportunity to have long-term impact in the consumption patterns amongst young people. One stakeholder recognized that the supermarkets simply want to make profit. If the supermarkets could start making profit of healthy food by promoting healthy rather than unhealthy products, this could be a step forward. Sugar tax was also suggested to have a symbolic function in society by increasing awareness and knowledge of a healthy lifestyle, as well as stimulate reformulation and improvements of products. One stakeholder emphasized how sugar tax should be incorporated into a broader approach of complementary interventions. It was further pointed out the many ways of arranging sugar tax, such as per gram of sugar as seen in the UK. Another stakeholder saw the sugar tax as an opportunity to establish a clear distinction between healthy and sugary drinks.

### New Ideas

Then, the participants suggested new ideas to improve the policy idea. Two key themes came up. First, the need to differentiate the prices of unhealthy and healthy products, as a means of preventing people from consuming unhealthy foods was suggested. Second, it was suggested that educational programs could boost awareness on the risks of high sugar consumption and to strengthen knowledge around a healthy lifestyle. One stakeholder recommended that a combination of these interventions, alongside a reduction of marketing of unhealthy food and drinks, would increase the likelihood of young consumers changing their consumption patterns.

### Common Vision

At the end of the Dialogue Forum, the participants agreed on two interrelated common visions for the policy idea, listed below:

*Creating a system for sugar tax that really helps and really has influence on the prices of products that contain a lot of sugar.*

and

*Providing possibilities for awareness about sugar, for example: show clearer on the label of the products how much sugar it contains and how much of physical exercise you should do to lose this.*



## Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer
<b>Youth</b>	Knowledge and vision of the youth target group. We know how they think and what they do.	The group
<b>Civil society representative</b>	We have a huge network of partners, people and organizations. In every municipality we are active, we have a policy officer and a director: to really make the environment healthier. When your policy idea is complete, we can share the information with our network and use it.	The group
<b>Private sector</b>	I can share with you more information and knowledge about the sugar(drinks) industry. Also information about the current sugar tax and product information.	The group
<b>Policymaker</b>	Health in our municipality is embedded in the political program. What I can offer is to share and use contacts with the more national politics: legislation. I could also talk to supermarkets to see and discuss how they can contribute to the network for a healthy city. Both youth can always reach out to me for questions or need for help. Or if you see something is wrong and needs improvement, you can let me know.	The group

## Assessment and Feedback

After the Dialogue Forum, the Dutch team shared some initial feedback from both youth and stakeholders. Youth participants said it was a great opportunity to discuss the policy idea and that they had an enjoyable experience. The stakeholders were positive about their participation and gave constructive feedback to youth and their policy idea.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. As youth participants were more comfortable discussing in an informal manner, they were invited to evaluate the Dialogue Forum on WhatsApp. Other than a few technical issues with Zoom, youth participants said that they enjoyed the Dialogue Forum. The stakeholders provided immediate feedback after the Forum took place. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context

## Outcomes and Next Steps

The members of the youth alliance have also been part of the CO-CREATE Youth Task Force, which has developed a Youth Declaration where the sugar tax policy idea is included. The young people planned to follow up on the declaration and were committed to provide further information about tax and prices, to share the policy idea at a national level and to engage with local supermarkets. They were also considering hosting another national Dialogue Forum, and potentially reach out to the same stakeholders, the policymaker and the civil society representative.

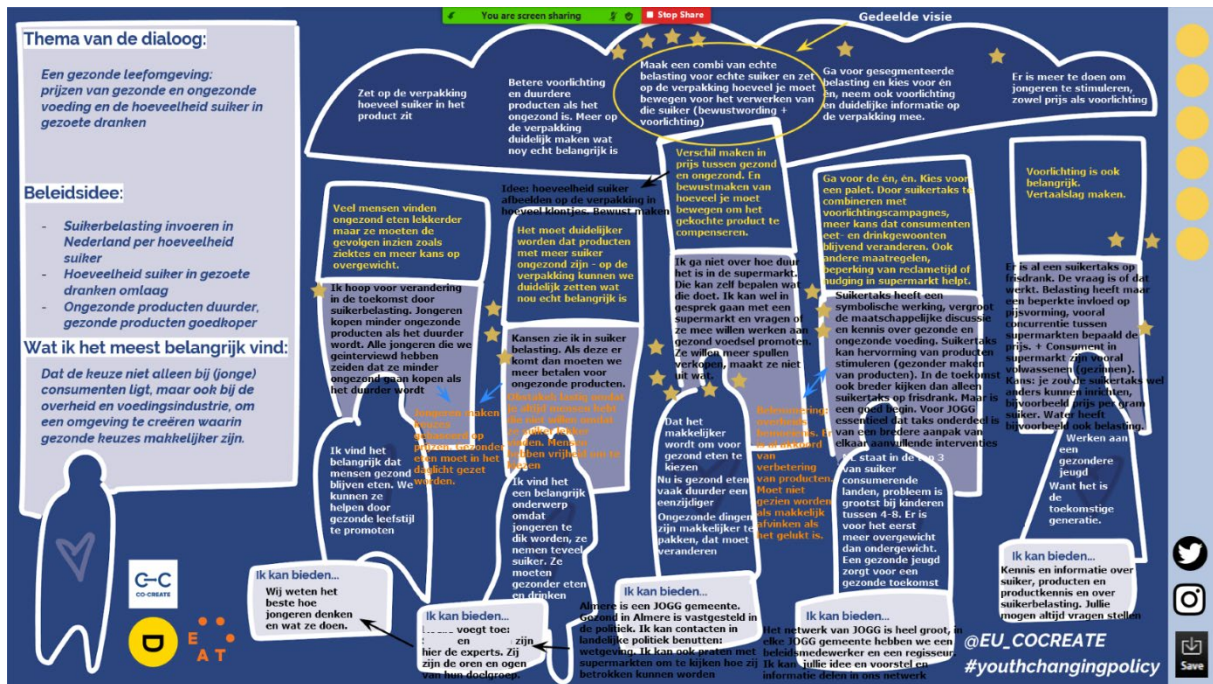
In March 2021, the Dutch team informed that the original Youth Alliance will not continue to be involved in CO-CREATE due to new schools and priorities thereof. Two members continued in the CO-CREATE Youth Task Force and as co-facilitators of a new alliance that started in the subsequent year (2020/ 2021). Unfortunately, the new alliance had to be kept on hold after a few sessions due to COVID-19 restrictions, which lasted until the end of the school year. Therefore, the new alliance was not continued. The two members from Youth Task Force indicated in June 2021 that they could no longer invest time in any CO-CREATE activity as it conflicted with a busy school schedule. There is still a communication line through WhatsApp, although not active.

## Communication and Dissemination

The Dutch team has been visible on social media using Instagram to communicate the CO-CREATE project and share healthy recipes. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants (Picture 1) and the common vision. In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated through the CO-CREATE and the World Obesity Federation (WOF) social media platforms. Below are some examples of the communication and dissemination efforts.

### @EU\_COCREATE

Following the success of the [@EATforum](#) policy dialogues in the Netherlands, youth from Poland & Portugal will convene this week to discuss the role of physical activity, importance of education & awareness of healthy eating habits at schools to prevent [#obesity](#) [#CC4EU](#) [#Youth4CC](#)



Picture 1: Final populated canvas from the Dialogue Forum

# The Netherlands: Dialogue Forum Report 2

This report provides information on the policy idea developed by the Dutch CO-CREATE Youth Alliances and presents the processes and outcomes of a Dialogue Forum.

## Dialogue Forum Context

The Dutch Youth Alliance developed a policy idea on waste and packaging, which consists of better possibilities for recycling and separating waste at schools for a healthier environment. The aim is to reduce waste in and around schools using newly developed recycling bins and stimulate awareness among young people on waste and a healthy environment. Youth also expressed that unhealthy food is more often packed in plastic than healthy food. The idea was that by building awareness around waste separation, young people would also be stimulated to eat healthy. The young people would for instance notice that an apple has no package, and therefore does not contribute to harmful waste. The policy idea was developed for the local level, being schools in their community.

The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the Netherlands merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). To better inform and refine the policy idea, the alliance conducted a survey (34 responses) among fellow students at their school to find out about their attitudes on separating waste. Additionally, the group took inspiration from the project *Trash Roulette*; a bin that registers how much waste is thrown away and registers how waste is separated. These activities ensured that youth were meaningfully involved in shaping the Dialogue Forum. Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Dutch, while the tool was kept in English.

The digital Dialogue Forum was held on June the 25<sup>th</sup>, 2020, where three youth from the alliance discussed their policy idea with three stakeholders. Two stakeholders were policymakers, and one was a representative from the private sector. Two youth from the alliance shared the role as moderator. In addition to the participants and the moderators, there were two facilitator, one co-facilitator and one technical support present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

## What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants found it important that the policy idea can be adopted and applied in different schools. The significance of facilitating the process of separating waste was highlighted, as well as ensuring participation from packaging industry, teachers and students. Educational lessons on the impact of waste and waste separation in schools were also suggested as important factors in order to create awareness.

## Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* The participants recognized that the policy idea is dependent on the participation and support of a variety of stakeholders, which could be challenging. Assuming some people have never learned to separate waste, it could be unclear what waste belongs in which trashcan. This could also impact people's ability to see the full potential of the policy idea. One stakeholder raised the issue of high costs.

*Opportunities* The participants discussed the existing knowledge and experience on this matter. Many schools are working on building healthier environments and waste is already separated carefully in other public spaces. The stakeholders further presented a national program supported by the municipality and commercial entities where schools can join and become eco-schools. Reaching out to the right stakeholders and building knowledge was suggested as crucial elements to support the implementation process of the policy idea. One stakeholder presented other creative ideas such as Trash Roulette, which could build an appeal around the policy idea.

## New Ideas

Then, the participants suggested new ideas to improve the policy idea. The youth participants acknowledged the need to carry out additional research. The question on what would happen to the waste they produce at schools, was raised among youth. It was therefore suggested by youth to map out what cleaning companies the different schools use. Education was brought up as an extended, but important, aspect of the policy idea. One stakeholder suggested to add *Waste* as a topic to the Healthy School program of the National Institute of Public Health in the Netherlands. Another stakeholder highlighted the educational program about waste for schools created by their municipality. Further research and pilot projects were also suggested as possible ways to identify feasible alternatives for implementation.

## Common Vision

At the end of the Dialogue Forum, the participants agreed on the following common vision for the policy idea:

*It is very good that you start this as students / youth, but everyone needs to be on board: teachers and board of the school as well. Education about waste, prevention of waste and facilitation of good waste separation possibilities are all important.*

## Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
Youth	I can share the idea and knowledge with other schools so they can start working on better waste recycling as well.	The group
Youth	I can offer the perspectives of youth on health environments.	The group
Youth	I can help research more about this topic and policy idea and help to carry out this policy idea.	The group
Policymaker	I can share knowledge, my own knowledge about the environment and waste system but also about the program 'Gezonde School'. I can share with you my contacts and help you connect with important people. I could also try and help you organize a regional meeting, if you get the municipality, school and cleaning industry together.	The group
Policymaker	I can offer you the free education program from the municipality. And of course, I can share my contacts at the municipality with you.	The group
Private sector	I can share my knowledge from the cleaning sector perspective. And the trash roulette.	The group

## Assessment and Feedback

After the Dialogue Forum, the Dutch team shared some initial feedback from both youth and stakeholders. Youth participants said it was a great opportunity to discuss the policy idea and that they had an enjoyable experience. The stakeholders were positive about their participation and gave constructive feedback to youth and their policy idea.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. Youth participants said that they enjoyed the forum and the process of developing the policy idea. One youth felt that the stakeholders were having a discussion among themselves, leaving the youth unsure of whether the stakeholders perceived them as informed participants. Additionally, the stakeholders asked questions youth participants found challenging to answer. As these were questions youth participants had not yet addressed, they saw this as constructive feedback and an opportunity to improve the policy idea. One stakeholder provided immediate feedback after the Forum took place. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context

## Outcomes and Next Steps

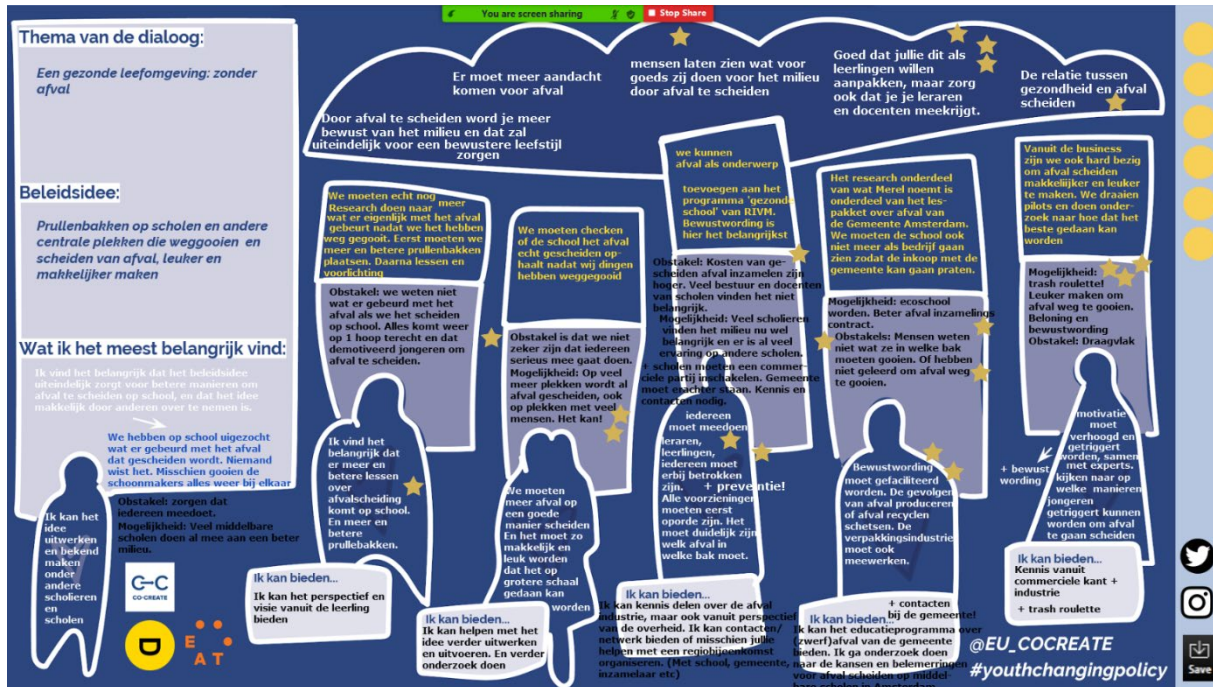
During the evaluation, youth participants said they were motivated to reach out to some of the stakeholders after the Forum. After the summer break, the young people expressed however that, to their regret, they did not see any possibilities to invest more time in CO-CREATE and in developing their policy idea. Some of them had started in new schools and were now in their important and busy exam year. In March 2021, the Dutch team informed that the original Youth Alliance will not continue to be involved in CO-CREATE. One new alliance was formed in 2020/2021, but this alliance was not continued due to COVID-19 restrictions that started after the first few sessions and lasted for the entire school year.

## Communication and Dissemination

The Dutch team has been visible on social media using Instagram to communicate the CO-CREATE project and share healthy recipes. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants (Picture 1) and the common vision. In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated through the CO-CREATE and the World Obesity Federation (WOF) social media platforms. Below are some examples of the communication and dissemination efforts.

### @EU\_COCREATE

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Picture 1: Final populated canvas from the Dialogue Forum

## D. Poland Dialogue Forum reports

# Poland: Dialogue Forum Report 1

This report provides information on the policy idea developed by the Polish CO-CREATE Youth Alliances and presents the processes and outcomes of a Dialogue Forum.

## Dialogue Forum Context

The Polish Youth Alliance proposed a policy idea called *Fit, Fresh & Fast* which consists of organizing regular workshops with dieticians at school. The aim is to draw high school students' attention to the problem of obesity, as well as present preventative solutions. This policy idea was developed for the local level, targeting their community, local authorities and local secondary schools and high schools. The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the Poland merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). The alliance also introduced healthy workshops for secondary school students and created [Facebook](#) and [Instagram accounts](#) where they regularly published content and organized online cooking lessons to increase engagement on social media and to promote their policy idea. They also conducted surveys among the accounts' followers to find out more about young people's preferences and opinions. To better inform and refine the policy idea, the alliance did a scoping exercise to identify existing policies that are close or relevant to the policy idea. Together with CO-CREATE researchers, the alliance created a policy strategy, which assisted youth to reflect upon their policy idea and what stakeholders to invite to the Forum. The activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The tool, moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Polish.

The digital Dialogue Forum was held on July the 28<sup>th</sup>, 2020, where two youth from the alliance discussed their policy idea with three stakeholders. Two stakeholders were local policymakers, and one was a school principal in their community. As no youth felt comfortable moderating the Dialogue Forum, one of the facilitators stepped into this role. In addition to the participants and the moderator, there were two co-facilitators, one technical support and two observers from the University press office present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action

and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. The stakeholders highlighted the importance of building knowledge about a healthy lifestyle and healthy eating, and that youth should be able to apply such knowledge into their own lives. Here, they recognized the important role of schools. Youth suggested that to combat obesity and raise awareness of healthy eating among young people, workshops with a dietitian as part of the curriculum could help youth with conscious food choices. This way, youth would not have to spend their own free time to find information without guidance from an expert.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* The participants identified financial barriers for schools, the already overloaded teaching schedules, as well as time management for teachers and students as obstacles.

*Opportunities* The participants agreed that youth openness to learning new things and apply this to their daily lives shows great promise of the policy idea. The school was also seen as an opportunity, being an educational platform to promote healthy lifestyle.

### New Ideas

Then, new ideas were suggested by the participants to improve the policy. The participants addressed the need to organize a pilot project to estimate the level of interest in the workshops on healthy eating at school. It was also suggested to examine whether young people would be willing to take part in these workshops after their regular classes. Youth participants took this new idea further and suggested an online workshop, as a means of making the workshops more inclusive for the students who live outside of the city or who cannot stay at school after classes. An online workshop would therefore have the potential to make knowledge building on healthy food and lifestyles more accessible for more youth.

### Common Vision

At the end of the Dialogue Forum, the participants settled on a common vision for the policy idea, listed below:

*The popularization of theoretical knowledge and practical skills concerning the principles of healthy eating among young people attending secondary schools. Conducting a pilot of extracurricular workshops in selected schools.*

### Other Discussion Items

Other discussion items came up after the six-step process of the Dialogue Forum was completed. The school principal raised the issue of young people's interest in any extracurricular activities, which could potentially come into conflict with the core curriculum. The school principal had organized some additional Polish language classes where 50 students applied, however only 5 to 15 did participate. Accordingly, youth expressed that if the workshops were held after school, the interest would be lower. The representative of the authorities stated that it would be necessary to conduct a pilot project to explore the actual young people's interest in such project.



## Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
Youth	Contacts to ambassadors of Fit, Fresh & Fast; promoting the policy idea in social media.	The group
Youth	Involvement and assistance in organizing meetings.	The group
Policymaker	Organize a meeting with young people and school principals to present the idea of pilot project and explore if there is any interest in participating in the workshops. Developing interesting and attractive forms of knowledge transfer during the workshops. Preparation of the program of meetings and workshops.	The group
School Principal	I can offer my patronage over the project.	The group
Policymaker	As an administrative organ that runs schools in our region, I can offer coordination between the schools, as well as some financial and organizational support of the project activities.	The group

## Assessment and Feedback

After the Dialogue Forum, the Polish team shared some initial feedback from both youth and stakeholders. Youth participants felt the discussions were productive and positive. They were motivated and comfortable discussing with the stakeholders during the Forum. Prior to the Dialogue, youth had prepared initial questions asking for input on the policy idea, in which the stakeholders provided constructive feedback. A suggested improvement was to schedule breaks during the Dialogue Forum and invite an additional observer to take notes during the discussions. One challenge emerged in the organizing process, being communication with authorities. Additionally, one stakeholder was 30 minutes late and did not actively participate in the Forum.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

Following the Dialogue Forum, the school principal offered to help the alliance in the form of the school administration's support to organize a pilot project in schools in their community. The participating policymakers offered them financial or organizational support to implement the pilot. Concerning immediate next steps, it was agreed to follow-up with youth and to explore the possibilities of funding for the project. Facilitators did follow-up with youth (via established channels of communication, e.g., Messenger or Facebook) to query if youth are interested in conducting any next steps. However, youth did not commit to any further actions due to summer break following the Dialogue Forum, and youth being occupied with other commitments (e.g., starting higher education, online learning and COVID-19 implications). Because of the finalization of WP5 meetings within the

alliance, regular and strong facilitation of the process were less frequent. However, facilitators did not assess reasons for not continuing the actions in a systematic matter, such as through a survey. In October 2020, the Polish team reached out to the alliance to explore whether they wanted to follow-up on the stakeholders' offers from two Dialogue Forums. They also offered their support to assist with any further action. No youth responded, hence, the facilitation process was reduced to communication regarding other events and activities, such as the adoption of the Youth Declaration and the Youth Stipends.

## Communication and Dissemination

The Polish team has been visible on social media using Instagram to communicate and disseminate the policy ideas and processes prior to the Dialogue Forums. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants (Picture 1) and the common vision. In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated through the CO-CREATE, EAT and World Obesity Federation (WOF) social media platforms. Below are some examples of the communication and dissemination efforts.

### @EU\_COCREATE

Yesterday's [@EATforum](#) policy dialogue in Poland, youth discussed the idea of organising regular workshops with dieticians in secondary schools. [#CC4EU](#) [#Youth4CC](#) Want to learn more about [#ChildhoodObesity](#) policies in Europe? Read [@WCRF](#)'s policy brief: <https://worldobesity.org/healthy-voices/learn/policy-summaries>

### @EATforum

Last week we saw 3 successful [@EU\\_COCREATE](#) youth-led policy dialogues in Poland. Through [@EATforum](#)'s digital dialogue tool, youth discussed new ideas for creating [#HealthierEnvironments](#), focusing on availability of healthy foods & physical activity. [#CC4EU](#) [#Youth4CC](#)

### @COCREATE\_Poland

After the first Alliance meeting in Swidnica, the local newspaper is writing about Co-Create! [#cocreate](#) [#confrontingobesity](#) [#swidnica](#) [#carebeh](#) [#activelifestyle](#) [#youthpolicy](#) [#niph](#) [#swpswroclaw](#) [#swpsuniversity](#) [#overweight](#) [#obesity](#) [#healthpromotion](#) [#promocjazzdrowia](#) [#profilaktykazzdrowia](#) [#glosmlodziezy](#) [#wroclaw](#)



**Picture 1: Final populated canvas from the Dialogue Forum**

## Poland: Dialogue Forum Report 2

This report provides information on the policy idea developed by the Polish CO-CREATE Youth Alliances and presents the processes and outcomes of a Dialogue Forum.

### Dialogue Forum Context

The Polish Youth Alliance proposed a policy idea on food trucks with healthy foods to provide access to healthy meals and snacks as an alternative to fast food. To ensure that more people can take advantage of a healthy offer, the policy idea suggests easy access to a wide range of meals adapted to various diets and nutritional needs. This policy idea was developed for the local level with the aim of creating a food truck network with healthy food in their community. The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the Poland merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). To better inform and refine the policy idea, the alliance did a scoping exercise to identify existing policies that are close or relevant to the policy idea. Together with CO-CREATE researchers, the alliance created a policy strategy, which assisted youth to reflect upon their policy idea and what stakeholders to invite to the Forum. The activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The tool, moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Polish. The digital Dialogue Forum was held on July the 30<sup>th</sup>, 2020, where two youth from the alliance discussed their policy idea with three stakeholders. One stakeholder was a nutrition expert, and two were local policymakers. As no youth felt comfortable moderating the Dialogue Forum, one of the facilitators stepped into this role. In addition to the participants and the moderator, there were one facilitator, two technical support and two observers from the University press office present at the Dialogue Forum.

### Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

#### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants emphasized the importance of increasing access and availability to healthy products, including affordable prices and a wide range of healthy products and meals. Additionally, they highlighted the quality and calorific value elements of labelling, as a means

of increasing the understanding of the products' composition. This would simplify the process of choosing a healthy product and encourage people to build dietary habits. They also stressed how availability should take different types of diets into consideration, where people can modify their meals accordingly. Drawing on these responses, the adult stakeholders and youth care equally about the importance of access and availability of healthy meals and products.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* The participants identified financial barriers and lack of appealing healthy offers as obstacles. The stakeholders stressed how food trucks are seasonal, being more desired by consumers in the summer than in the winter. This could disrupt a consistency of income. The cost of financing food trucks, including all the equipment and the car itself, was identified as an obstacle. Concerning the appeal of healthy offers, youth suggested that current eating habits could be difficult to change. One stakeholder addressed the issue of finding appropriate locations for the food trucks.

*Opportunities* The participants agreed that food trucks are a great opportunity to improve access to healthy meals, and to show that eating healthy is not synonymous with dieting or tasteless food. One stakeholder flagged the current food truck trend as an opportunity. It was also suggested to take advantage of settings where young people spend their time such as universities and libraries. Additionally, one youth highlighted an increasing popularity of eating healthy, providing the prospect of more people making use of healthy meal offers. It was also voiced how some food truck owners have started to consciously care about the quality of food, presenting an opportunity to start a dialogue with food truck owners and getting them interested to participate in the project.

### New Ideas

Then, the participants suggested new ideas to improve the policy idea. The participants suggested the involvement of existing food truck owners in the project to minimize the cost of developing a new vehicle and reducing the barrier of availability for mobile gastronomy. Reaching out to existing food truck owners would therefore be of benefit and could pave the way to create a common certification system that would ensure compliance with nutritional standards. One youth proposed that establishing contact with a nutritionist could be an idea for this purpose, as well as conducting a survey among the residents in their community to check people's interest in the idea. The stakeholders further suggested to branch out the target group to children, introducing healthy food that is available and attractive from an early age.

### Common Vision

At the end of the Dialogue Forum, the participants settled on two common visions for the policy idea, listed below:

*Dialogue with the inhabitants of Wrocław, i.e., the main recipients of the idea and dialogue with the owners of food-trucks* (first winning vision with three votes).

*Universal recipes for use in other restaurants, consultation with specialists, incl. dietitians, cooperation with food-truck owners, product certification* (second winning vision with two votes).

### Other Discussion Items

Other discussion items came up after the six-step process of the Dialogue Forum was completed.

One of the policymakers pointed out the importance of knowledge concerning ingredients and nutrient content of the food products. People often believe they are leading a healthy lifestyle but are unaware that certain foods are unhealthy. The stakeholder presented an example of this, such as fruit yogurt, which is often high in sugar. For this reason, the stakeholder suggested that the food truck owners should be provided with basic knowledge to avoid a misconception of what is healthy and what is not. The other policymaker suggested that the project of the policy idea should be corrected. It says: “providing access to a healthy meal and snacks in frequently visited places as an alternative to fast-food”, which assumes that food trucks should be in central places in the city. According to formal and legal procedures, this presents some limitations. The stakeholder suggested that the policy idea should focus on the resources that are already available, such as the existing food trucks in their community.

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
Youth	Promotion of the project in social media and with popular people. Additionally, searching for volunteers who would conduct a survey among the inhabitants of the community.	No declarations were made during the meeting
Youth	Preparing a questionnaire for the residents (composing questions) that would show people's interest (in the idea).	No declarations were made during the meeting
Nutrition expert	A team of dietitians preparing the menu and certification standards. Additionally, consulting psychologists in marketing.	No declarations were made during the meeting
Policymaker	Showing the certification system in the field of healthy eating. Contact to the institution dealing with the subject of nutrition as part of cooperation.	No declarations were made during the meeting
Policymaker	Contact and a list of locations of already existing food trucks in the city. Free access to the stand as part of an educational campaign during holiday markets.	No declarations were made during the meeting

### Assessment and Feedback

After the Dialogue Forum, the Polish team shared some initial feedback from both youth and stakeholders. All the participants were engaged, and youth participants felt the discussions were productive and positive. Prior to the Forum, youth had prepared initial questions asking for input on the policy idea, and the stakeholders proposed valuable ideas to improve the policy idea. Prior to the Dialogue Forum, the moderator was provided a moderation training to test and familiarize themselves with the moderator notes, and the digital tool and its functions. The moderator enjoyed the taking on this role and said the training session was useful to better facilitate the Dialogue. Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for

how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

Youth were offered support after participating in the Dialogue Forum to further advance their policy idea. The nutrition expert offered to draw up a sample menu and provide a consultation from a marketing psychologist. The policymakers offered to help youth to connect with established food trucks in the city and provide a list of food truck locations. The authorities also offered free access to city events so that the group members could promote the idea, as well as an introduction to the healthy eating certification system. Similarly, as in the case of other alliances, the Polish team reached out to the Youth Alliance to explore whether they wanted to follow-up on the stakeholders' offers and offered their support to assist with any further action. Some youths were unable to be reached after the summer break due to, e.g., leaving school and moving to higher education. The facilitation process was therefore reduced to communication regarding other events and activities, such as the adoption of the Youth Declaration and the Youth Stipends.

## Communication and Dissemination

The Polish team has been visible on social media using Instagram to communicate and disseminate the policy ideas and processes prior to the Dialogue Forums. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants (Picture 1) and the common vision. In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated through the CO-CREATE, EAT and World Obesity Federation (WOF) social media platforms. Below are some examples of the communication and dissemination efforts.

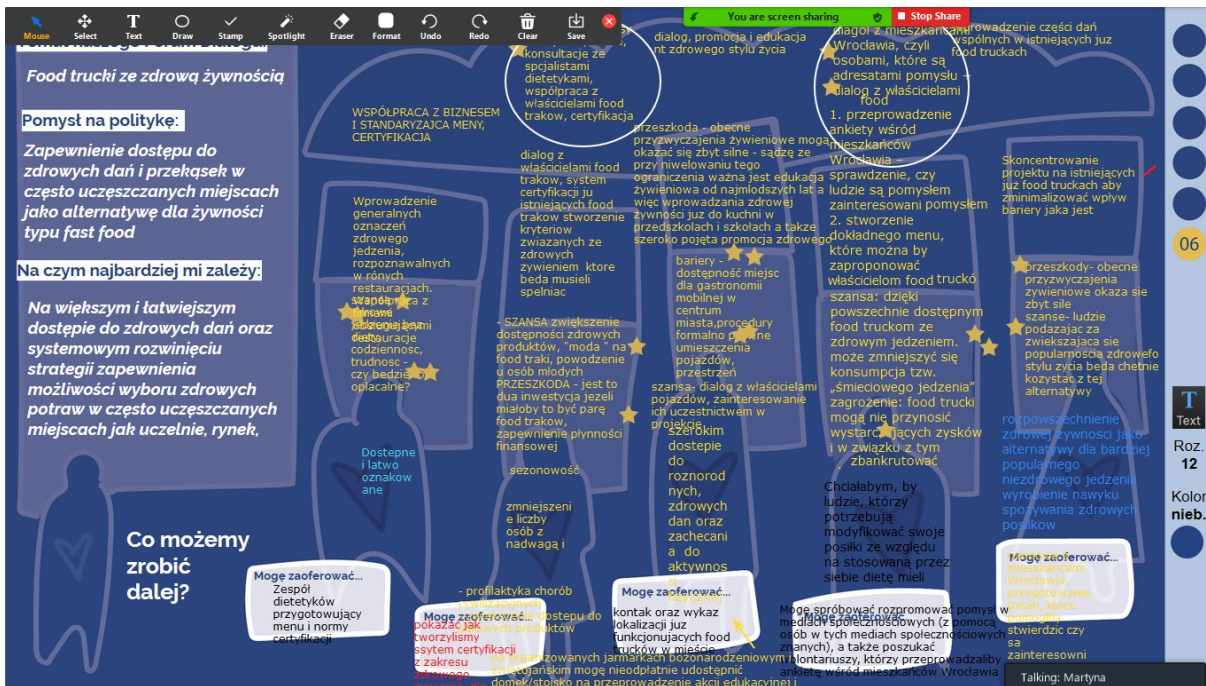
### **@EU\_COCREATE**

That's a wrap for our Polish [@EATforum](#) policy dialogues. Yesterday, youth discussed the need to ensure that we have increased dialogues with all stakeholders, including general populations, food truck owners and experts to help create [#HealthierEnvironments](#). [#CC4EU](#) [#Youth4CC](#)

Today, youth from Poland will convene to discuss policies that foster healthy environments & encourage the purchase of nutritious foods in markets. Through [@EATforum](#)'s digital dialogue tool, stakeholders will have important conversations on [#obesity](#) prevention! [#CC4EU](#) [#Youth4CC](#)

### **@EATforum**

Last week we saw 3 successful [@EU\\_COCREATE](#) youth-led policy dialogues in Poland. Through [@EATforum](#)'s digital dialogue tool, youth discussed new ideas for creating [#HealthierEnvironments](#), focusing on availability of healthy foods & physical activity. [#CC4EU](#) [#Youth4CC](#)



Picture 1: Final populated canvas from the Dialogue Forum

## Poland: Dialogue Forum Report 3

This report provides information on the policy idea developed by the Polish CO-CREATE Youth Alliances and presents the processes and outcomes of a Dialogue Forum.

### Dialogue Forum Context

The Polish Youth Alliance proposed a policy idea called *Healthy Shelves* which consists of reorganizing food products in stores to make healthy food products highly visible and recognizable, i.e., changing product placement near the cash registers. The policy idea targets large supermarkets to reorganize food products in the store shelves and identify specific criteria that divide products into healthy (unprocessed) and unhealthy (processed, containing saturated fat, high in sugar and salt, etc.) foods. The policy idea considers the importance of establishing regulations and demanding the necessity of involving local authorities. This policy idea was developed for the local level, targeting local authorities in their community with the possibility of expanding to the national level in Poland. The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the Poland merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). The alliance also created [Facebook](#) and [Instagram](#) accounts where they regularly published content and organized online cooking lessons to increase engagement on social media and to promote their policy idea. They also conducted surveys among the accounts' followers to find out more about young people's preferences and opinions. To better inform and refine the policy idea, the alliance did a scoping exercise to identify existing policies that are close or relevant to the policy idea. Together with CO-CREATE researchers, the alliance created a policy strategy, which assisted youth to reflect upon their policy idea and what stakeholders to invite to the Forum. The activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The tool, moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Polish. The digital Dialogue Forum was held on July 20<sup>th</sup>, 2020, where two youth from the alliance discussed their policy idea with three stakeholders. One stakeholder was a policymaker, one was a physical activity expert, and one was a nutrition expert. As no youth felt comfortable moderating the Dialogue Forum, one of the facilitators stepped into this role. In addition to the participants and the moderator, there were two facilitators, two technical support and two observers from the University press office present at the Dialogue Forum.

### Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action



and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. The stakeholders recognized the importance of the availability of healthy products. They also saw knowledge as important, such as labeling or information on the packaging of the products related to calories communicated in a simple and clear manner. The consequences of oversimplifying products into *healthy* or *unhealthy* were highlighted. One stakeholder suggested that the policy idea should focus on providing knowledge on portion sizes and calories on food products. Youth emphasized the importance of healthy shelves becoming a trademark and recognizable throughout the country. Additionally, youth voiced how the implementation of healthy shelves would facilitate healthy eating habits and contribute to fighting the obesity challenge.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* While the stakeholders recognized the challenge of creating a coherent message to promote healthy shelves, one youth reflected on how supermarkets could act reluctantly towards such a policy considering their large revenue from unhealthy foods and snacks.

*Opportunities* The stakeholders saw this policy idea as an opportunity to increase consumer awareness and knowledge about healthy eating habits, alongside the caloric value and quality of the product. Youth acknowledged how the presence of healthy shelves could result in simplifying the shopping process for the consumer. The consumer would not have to waste time checking the composition of the product because the healthy shelves would guarantee good quality food, requiring less knowledge amongst the consumers to make good choices. Youth reflected upon the inputs from the stakeholders, and one youth emphasized that knowledge regarding healthy eating would not be as important when healthy shelves are established and quality ensured.

### New Ideas

Then, the participants suggested new ideas to improve the policy idea. The stakeholders proposed an educational campaign to expand awareness and knowledge on how to correctly read and understand the composition of food products. The youth suggested re-organization of product placement in the supermarkets, such as removing unhealthy snacks from the cash registers and replacing it with healthy snacks. There was an overall agreement that the policy should be regulated by law where supermarkets would be obliged to organize healthy shelves with good quality and healthy products.

### Common Vision

At the end of the Dialogue Forum, the participants settled on a common vision for the policy idea, listed below:

*The introduction of green shelves in grocery stores. These shelves would be located in each section of products in groceries. Products on the green shelves would be of better quality and healthier. Products for the green shelves would be selected based on criteria created by a team of dietitians.*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
Youth	Commitment and willingness to work.	The group
Youth	Willingness to change the world for the better, assistance in creating a petition, cooperation in the organization of activities related to the idea.	The group
Policymaker	Online co-meeting. Co-working on a petition and a policy promotion campaign. Contacts with representatives of authorities in Poland and the EU parliament.	The group
Nutrition expert	The team of dietitians who could develop some criteria according to which products would be selected for the green shelves. Project promotion activities.	The group
Physical activity expert	Knowledge of physical activity. Assistance in contact and reaching people who could support the policy idea.	The group

### Assessment and Feedback

After the Dialogue Forum, the Polish team shared some initial feedback from both youth and stakeholders. Youth participants felt the discussions were productive and positive. The stakeholders provided support and expressed engagement through the proposals of new ideas and action points. Youth participants described the structure of the tool as interesting and interactive, and commended the additional time spent on preparation prior to the Dialogue Forum. Some technical challenges emerged, being that one stakeholder did not have a Zoom account and the annotation function was not working as usual. However, this was quickly solved by the technical support.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

### Outcomes and Next Steps

After the Dialogue Forum, the young people met online twice from October 2020 till January 2021, together with facilitators. The Polish team reached out to the group to explore whether they wanted to follow-up on the stakeholders' offers from two Dialogue Forums. They also offered their support to assist with any further action. As a result, youth reached out to the stakeholders via email to inform their progress with the policy idea and to follow-up on their offers that were made during the Forum. They reached out the nutrition expert who offered to assist in developing criteria for healthy

food products, and to the policymaker who offered to co-create a policy petition and a promotional campaign of the policy idea. Only the nutrition expert replied, however, youth did not continue the communication due to school assignments and commitments. Facilitators have notified that the level of commitment to continue any actions are decreasing over time.

In August 2021, a survey was sent to the young people who participated in the Dialogue Forum (a total of 3 participants) with questions regarding the willingness to follow-up on commitments from the Dialogue Forum and continuing project actions. The Polish team received one response, which stated that due to lack of time they would not be able to commit to any further actions. However, the respondent stated that they would be happy to take part in the project in any other form and stay in touch with the team. No further actions have been taken, besides communication regarding other events and activities, such as the adoption of the Youth Declaration and the Youth Stipends.

## Communication and Dissemination

The Polish team has been visible on social media using Instagram to communicate and disseminate the policy ideas and processes prior to the Dialogue Forums. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants (Picture 1) and the common vision (Picture 2). In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated through the CO-CREATE and EAT social media platforms. Together with youth and the consortium, the University Press office has done initial press release, which has been shared with the World Obesity Federation (WOF) to retweet. Below are some examples of the communication and dissemination efforts.

### @EU\_COCREATE


Following the success of the [@EATforum](#) policy dialogues in the Netherlands, youth from Poland & Portugal will convene this week to discuss the role of physical activity, importance of education & awareness of healthy eating habits at schools to prevent [#obesity](#) [#CC4EU](#) [#Youth4CC](#)

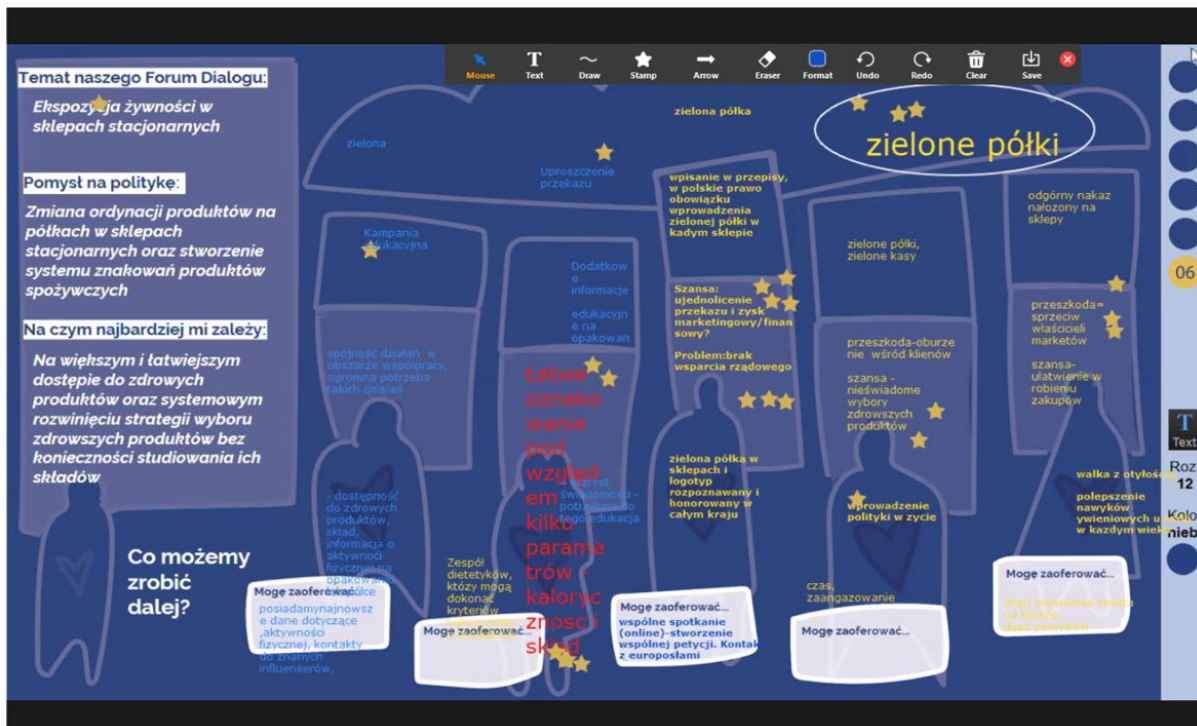
Appropriate labelling, presentation & advertising of foods is key to [#obesity](#) prevention. Today, youth in Poland discussed the [#GreenShelves](#) vision considering a reorganization of food products in stores. Learn more by reading the [@worldobesity](#) dossier: <https://worldobesity.org/resources/policy-dossiers/pd-7>

### @EATforum

Last week we saw 3 successful [@EU\\_COCREATE](#) youth-led policy dialogues in Poland. Through [@EATforum](#)'s digital dialogue tool, youth discussed new ideas for creating [#HealthierEnvironments](#), focusing on availability of healthy foods & physical activity. [#CC4EU](#) [#Youth4CC](#)

### @COCREATE\_Poland

After the first Alliance meeting in Swidnica, the local newspaper is writing about Co-Creat!  [#cocreate](#) [#confrontingobesity](#) [#świdnica](#) [#carebeh](#) [#activelifestyle](#) [#youthpolicy](#) [#niph](#) [#swpswroclaw](#) [#swpsuniversity](#) [#overweight](#) [#obesity](#) [#healthpromotion](#) [#promocjazzdrowia](#) [#profilaktykazzdrowia](#) [#glosmlodziuzy](#) [#wroclaw](#)



Picture 1: Final populated canvas from the Dialogue Forum



Picture 2: Common vision for the policy idea

## Poland: Dialogue Forum Report 4

This report provides information on the policy idea developed by the Polish CO-CREATE Youth Alliances and presents the processes and outcomes of a Dialogue Forum.

### Dialogue Forum Context

The Polish Youth Alliance proposed a policy idea which consists of a smartphone application, called *FITKET*. The app will accumulate credits in accordance with the daily level of physical activity, which can be exchanged into discounts for products or services related to a healthy lifestyle. The aim is to establish partnerships and collaborations with convenience stores in Poland where the credits can be utilized. This policy idea was developed for the local level; however, an app would allow this to expand to a more national level in Poland. The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the Poland merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). The alliance created a [Facebook page](#) to promote their policy idea and increase engagement on the smartphone app FITKET. They also conducted online surveys to find out more about young people's preferences and opinions. Together with CO-CREATE researchers, the alliance created a policy strategy, which assisted youth to reflect upon their policy idea and what stakeholders to invite to the Forum. The activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The tool, moderator notes, pre-read, code of conduct and the Work Package (WP) 7 stakeholder survey were translated into Polish. The digital Dialogue Forum was held on July the 29<sup>th</sup>, 2020, where three youth from the alliance discussed their policy idea with three stakeholders. One stakeholder was an expert in health promotion for youth, one was a local policymaker, and one was an e-commerce expert. As no youth felt comfortable moderating the Dialogue Forum, one of the facilitators stepped into this role. In addition to the participants and the moderator, there were one facilitator, two technical support and three observers from the University press office present at the Dialogue Forum.

### Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

#### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. Youth saw the importance of demonstrating that physical activity can be a pleasure, and how the app can motivate to build a habit of daily activity and increase self-esteem. The stakeholders emphasized the importance of identifying strengths and potential drawbacks of the app, in addition to clarifying its functionalities and cost-effectiveness. The stakeholders also found it valuable to explore ways of making the app appealing and easy to use.

## Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

**Obstacles** The participants were concerned with financial barriers, such as the lack of adequate funding for the development and maintenance of the app. The difficulties in creating and continuously improving the app were also addressed. Negative perceptions of similar apps were also discussed as possible obstacles. One stakeholder flagged the issue of legal restrictions regarding collecting consent from people under 18 years of age and a verification of the approval given by a legal guardian.

**Opportunities** The participants agreed that a platform that encourages users to engage in all types of physical activity through discounts on healthy products could stimulate a healthy lifestyle. At a time where smartphones are increasingly prevalent, the idea of building a healthy lifestyle could become more accessible through an app. One stakeholder suggested to explore support from local authorities and NGOs in implementing and promoting the policy idea.

## New Ideas

Then, the participants suggested new ideas to improve the policy idea. The participants proposed additional features in the app, such as games and competitions to make it more appealing. Educational information related to a healthy lifestyle was also suggested as an additional feature. They also addressed the idea of using the app in school settings, such as converting points into additional marks in physical activity classes. One youth suggested to create an instructional video for elderly people including information on how to install and use the app, as a means of reaching out to a larger target group. The stakeholders also proposed potential partnerships for financial and promotion purposes, such as NGOs, local authorities and incubators. The question of finding a solution for personal data protection was also raised.

## Common Vision

At the end of the Dialogue Forum, the participants settled on a common vision for the policy idea, listed below:

*The desire to promote a healthy lifestyle and encourage people to be more active by creating adjusted to the target group needs and easy to implement digital tools.*

## Other Findings

Other relevant findings were captured during the discussion. One stakeholder did a similar project in another Polish city. Another stakeholder was working on creating a similar app. These experiences were shared with youth. The question on what forms of physical activity the app would measure was raised by one stakeholder, such as group sports or swimming. This made youth realize that they should find a solution for measuring other forms of physical activity, other than steps.

## Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
Youth	Spreading the idea of mobile application in social media such as Facebook, Instagram	No declarations were made during the meeting
Youth	To create a survey on the proposed policy in order to get the public's opinion on the idea of creating the mobile application	No declarations were made during the meeting
Youth	Create a Facebook page for the app to share policy idea and content related to healthy lifestyle	No declarations were made during the meeting
Expert in health promotion for youth	Content-related support, sharing knowledge and experience in implementing similar projects. Indicating potential sources of financial support; where to find them, how to talk to sponsors	No declarations were made during the meeting
Policymaker	Support for the idea promotion from NGOs. A possibility of promoting the mobile application as a local authority	No declarations were made during the meeting
Expert in e-commerce	Technical support - help in choosing the tools to create the mobile application, as well as finding sources of support in creating and implementing the idea. Provide a contact with the alumni network - contacting the Polish branch of Boston Consulting Group and persuading them to help with the creation/implementation of the mobile application.	No declarations were made during the meeting

## Assessment and Feedback

After the Dialogue Forum, the Polish team shared some initial feedback from both youth and stakeholders. All participants had a common vision for the policy idea and the stakeholders gave valuable advice and support. Due to the stakeholders' expertise in the field of e-commerce and health promotion, they had more questions to youth participants than the other way around. From this, some issues emerged regarding the practicalities of the policy idea. As these were issues youth participants had not considered, the stakeholders supported youth to think differently about the process of developing a health promoting app.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in Deliverable 6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

After the Dialogue Forum, the group was offered help with promotion of the policy ideas in local NGOs (from the local policymaker participating in the Forum), help in choosing the tools to create the mobile application (from the expert in digital products development); and support in finding sources in creating and implementing the idea (from the expert of health promotion). Concerning immediate next steps, it was agreed to follow-up with a debrief. Facilitators did follow-up with youth (via established channels of communication, e.g., Messenger or Facebook) to query if youth are interested in conducting any next steps. However, youth did not commit to any further actions due to summer break following the Dialogue Forum, and youth being occupied with other commitments (e.g., starting higher education, online learning and COVID-19 implications). Because of the

finalization of WP5 meetings within the alliance, regular and strong facilitation of the process were less frequent. However, facilitators did not assess reasons for not continuing the actions in a systematic matter, such as through a survey. The facilitation process was therefore reduced to communication regarding other events and activities, such as the adoption of the Youth Declaration and the Youth Stipends.

## Communication and Dissemination

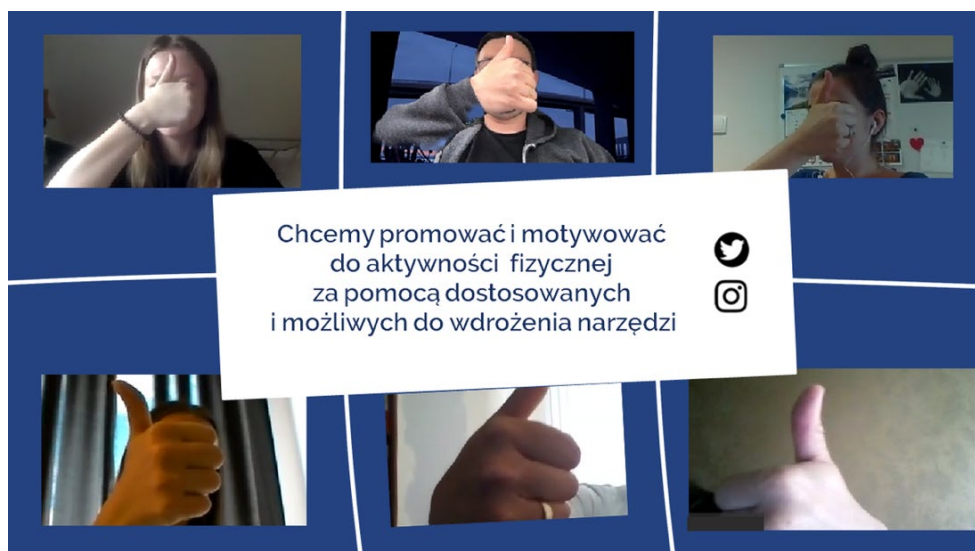
The Polish team has been visible on social media using Instagram to communicate and disseminate the policy ideas and processes prior to the Dialogue Forums. The Dialogue Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants and the common vision (Picture 1). In addition to this, youth quotes and op-eds, as well as research and evidence, have been communicated and disseminated through the CO-CREATE, EAT and the World Obesity Federation (WOF) social media platforms. Below are some examples of the communication and dissemination efforts.

### @EU\_COCREATE

The first Polish [@EATforum](#) policy dialogues were a success! Yesterday, [#youth](#) discussed the idea of creating an app to encourage people to be more active by collecting credits. Today, youth will discuss ways to promote healthy lifestyles in urban environments [#CC4EU](#) [#Youth4CC](#)

### @EATforum

Last week we saw 3 successful [@EU\\_COCREATE](#) youth-led policy dialogues in Poland. Through [@EATforum](#)'s digital dialogue tool, youth discussed new ideas for creating [#HealthierEnvironments](#), focusing on availability of healthy foods & physical activity. [#CC4EU](#) [#Youth4CC](#)



Picture 1: Common vision for the policy idea



## E. The United Kingdom Dialogue Forum reports

# UK: Dialogue Forum Report 1

This report provides information on the policy idea developed by the Greenwich Youth Alliance in the UK and presents the processes and outcomes of a Dialogue Forum.

## Dialogue Forum Context

The Greenwich Youth Alliance developed a policy idea on cookery clubs for young people. The policy idea focuses on technical cooking skills as well as practical skills like budgeting and meal planning. This policy idea was developed for the local level, targeting the Greenwich community. The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the UK merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). Supported by trained CO-CREATE country staff and co-facilitators from the London School of Hygiene and Tropical Medicine (LSHTM), young people received information and training to help them develop and refine their policy proposals. In addition, youth held discussions, carried out research and worked with relevant stakeholders to finalize their ideas. Over the course of several months, youth met regularly both in-person and online, to review and revise policy ideas based on information gathered by alliance members after conducting the activities. The activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided with training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions.

The digital Dialogue Forum was held on April 29<sup>th</sup>, 2021, where three youth from the alliance discussed their policy idea with three stakeholders. One stakeholder was a health improvement specialist, one was a cookery clubs coordinator from the local authority, and one was an expert in food education and a trained chef. One representative from EAT stepped into the role as moderator. In addition to the participants and the moderator, there were two facilitators, one technical support and two observers present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants agreed on the key role that cookery clubs play in providing a life skill,

including how to save money and make better, more nutritious food choices. One participant noted that this knowledge could then be passed on to families, friends and future generations. People's wellbeing, as well as physical and mental health, were highlighted as important outcomes. This included developing a love of food and cooking and sharing this pleasure with the community, be comfortable and confident to cook something to be proud of, building control around your own food choices, and achieving skills that can be taken forward in life.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* Budget, space and time were identified as obstacles. As many schools have removed food tech kitchens, one obstacle identified was to find enough kitchens for the classes if attendance is high. The school's budget was also raised as a concern. Additionally, engagement and commitment of youth due to hectic school schedules was raised as a challenge, in which it was suggested to explore the possibility of fitting cookery clubs into the curriculum.

*Opportunities* Several opportunities were identified during the Forum, such as young people enrolled in cookery clubs passing on their knowledge to others by being trained as tutors/leaders of cookery programs themselves. Long-term health outcomes, building confidence amongst young people and learning how to cook various meals were also identified as opportunities. It was also noted that the policy idea could build into existing services used by young people, such as schools, youth provisions and so forth.

### New Ideas

Then, the participants suggested new ideas to improve the policy idea. The participants suggested livestreaming online courses or YouTube, which would allow students from schools that do not have kitchens to access cookery clubs and for students to be able to rewatch lessons/recipes at home. It was also suggested to carry out a small survey amongst different age group cohorts to get an idea of suitable hours for delivery of the classes. Additionally, one participant suggested to create a social media group for participants to communicate with each other, and to be used for advertisement of the cookery clubs. Finally, a mentoring process was suggested, meaning that students participating in the cookery clubs can be trained to become young tutors for other students.

### Common Vision

The tool encourages the participants to agree on a common vision for the policy idea at the end of the Dialogue Forum, which happens through a voting process. However, there was not one idea proposed that received most of the votes for a common vision, and so this section includes aspects of the ideas proposed by the participants and discussion points contributing to a common vision. It was noted that sixth form students have a full schedule, and so the participants discussed ways to incorporate cooking into the curriculum at earlier ages. This could also encourage interest from an earlier age. The participants also discussed ways to incorporate cooking into other aspects of the curriculum and capitalize on what schools already offer.

Another aspect of the discussion was to deliver after school cookery club sessions as part of an accreditation program, which could incentivize young people to participate. Examples of accreditations were CV building opportunities, the Duke of Edinburgh's Award, and tutor training

courses. One stakeholder suggested that students undertaking training can identify opportunities within the curriculum to teach cooking.

Finally, the participants saw it as crucial to make cooking classes interesting and social. One idea that was brought up was to provide take home kits to cook the recipes from class at home.

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Name	Action offered	Who took the offer?
Youth	Tell other students about cookery clubs and advertise them in an appealing way. Reach out to the schools in the Harris Garrard Federation and advertise to them as well.	The group
Stakeholder	Take the conversation one step further—how do we get wider provision involved and how do we get students on board? Having conversation with schools and youth provision I currently work with about the ideas to apply towards the cookery clubs we already offer.	The group
Youth	Spread awareness about cookery clubs once they become available in his school	The group
Youth	Spreading awareness through school and encouraging students to join cookery clubs	The group
Stakeholder	Run cooking club in Harris Garrard school if young people can get the school on board	The group
Stakeholder	Help run a cookery club at Harris Garrard or elsewhere as a trial and to work with other stakeholders to modify and adapt it to be most relevant to the target audience	The group

### Assessment and Feedback

After the Dialogue Forum, the UK team shared some initial feedback from both youth and stakeholders. The stakeholders were enthusiastic and truly interested in having a discussion with youth. Additionally, the stakeholders said that they learned a lot about youth perspectives and really appreciated the experience. Youth participants said it was a great opportunity to discuss the policy idea and that they had an enjoyable experience. The stakeholders were open and gave constructive feedback to the policy idea, and offered to be available for follow-up actions.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in D6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

### Outcomes and Next Steps

There has been communication with young people through WhatsApp after the Dialogue Forum to



gather their feedback on how it went. One stakeholder followed up on their offer to deliver GCSE Food Tech students at Harris Garrard Academy. The idea to arrange a meeting to discuss implementing this kind of training in schools at an upcoming local ‘Food in Schools’ meeting was also explored. The UK team has followed up with the young people on WhatsApp, but there was little response on further engagement with CO-CREATE.

## Communication and Dissemination

EAT and the World Obesity Federation (WOF) have collaborated to communicate and disseminate the policy ideas and the outcomes of the Dialogue Forums on CO-CREATE's social media platforms. The Dialogue Forum offers one sharable output, which is the final populated canvas with all the ideas and inputs from the participants (Picture 1). Below are some examples of the communication and dissemination efforts.

### @EU\_COCREATE

In response to [#COVID19](#), [@EATforum](#) has developed an online tool to make sure the youth-led policy dialogues on [#obesity](#) prevention can still take place! Just recently, [@EU\\_COCREATE](#) passed its 10-dialogue forum milestone! [#CC4EU](#)



Picture 1: Final populated canvas from the Dialogue Forum

# UK: Dialogue Forum Report 2

This report provides information on the Shaping Places project developed by Bexley Council and presents the processes and outcomes of a Dialogue Forum.

## Dialogue Forum Context

The theme of the Dialogue Forum was pride of place in Thamesmead, where young people in the community met with representatives from Bexley Council. The main objectives of the Forum were to explore how young people would feel more connected with the community and feel more a part of Thamesmead. Social connection, isolation and mental health have a bi-directional relationship with obesity. Strengthening individual and community connections with neighbours will improve mental health and wellbeing, create places and services that respond to local need and unlock community assets that create health promoting environments.

The area of focus is Thamesmead which is an area that straddles two boroughs, Bexley and Greenwich. There have been several approaches to address issues of social isolation and connection. However, these have not always recognised the deep and wider root causes of social isolation. The focus of the Forum was therefore to engage with young people about how connected they feel within their community or neighbourhood. The intended outcomes of the Forum were to seek young people's ideas on what can be done or changed to improve social connection. The information from the Dialogue Forum will feed into broader community research that is taking place as part of the Discovery Phase of the Shaping Places project. This research will directly inform the theory of change model and influence the wider system map that will be submitted as part of the stage 3 application. Prior to the Dialogue Forum, youth were provided training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions. The tool, moderator notes, pre-read, code of conduct and the WP7 stakeholder survey was kept in English.

The digital Dialogue Forum was held on April 20<sup>th</sup>, 2021, where three youth from Thamesmead met with three stakeholders to discuss pride of place and social connection and how to feel more connected to their local community. One stakeholder was a public health advisor, one stakeholder was a community health and wellbeing lead, and one stakeholder was a representative from adult social care. One representative from EAT stepped into the role as moderator. In addition to the participants and the moderator, there were two facilitators, one technical support and two observers present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants found sense of belonging and togetherness as important factors to feel safe in their own community. The importance of contributing to something bigger and having a positive influence in the wider community and society were also noted as important. One of the participants found it important to have a connection with spaces in the community, such as a support network outside the family.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* Perceived or actual differences in values were identified as challenges. Particularly, mindsets of both residents within Thamesmead and those observing from the outside with a council mentality. One participant noted the challenge of people not considering or appreciating the differences that exist within the community. Other obstacles identified were the lack of opportunities or access to community activities, as well the visibility of such activities.

*Opportunities* Shared collective opportunities that tap into what people care about was identified as important for the community. Examples include more green spaces to bring people together, and activities, events and parties for the community. One stakeholder noted that there are opportunities in the community, however, people are not aware of them. From this, it was suggested to initiative a social media account, or advertisement, run by Thamesmead residents.

### New Ideas

Then, the participants suggested new ideas to improve the policy idea. The participants all suggested public events and parties for all ages to make people feel safe and comfortable in their own community. Specific examples suggested were community discovery days where people can come together around common ideas on what they love about Thamesmead, what to improve and how to take collective actions. Additionally, it was suggested to bring more ownership to Thamesmead residents by having a large-scale consultation at schools asking students about their needs in the community, as well as co-design sessions for new schemes or projects in the community. It was highlighted that an intergenerational approach is important to ensure health and wellbeing for all. Further discussion contributing to new ideas are organised under three stakeholder questions to youth participants:

*Could events like the Queen's jubilee be more localized?*

- Other ideas could be Gay Pride, or Black History Month. Provide opportunities to meet new people, try new things, share food and culture.

*How do we make people more aware of what's going on and what's available other than using social media?*

- Social media is not always useful. Word of mouth tends to be better. There are better ways to incentivize spreading the word. For example, young people who get involved in spreading the word could be given accreditations in the workplace. This could be event planning or publicize events and happenings in the school newsletter.

*People might feel worried about going to large events because they might not know anyone. How do we reach the most isolated?*

- Acknowledge and appreciate the diversity in Thamesmead, and make sure events are welcoming to all kinds of community members. For example, it was noted that a special

needs child was not accommodated for at an event and consequently was not able to attend. This person had to turn around after showing up.

- Important to make sure special help is available and advertised.
- Consulting with these communities should be a continuous process not just a one off.

### Common Vision

At the end of the Dialogue Forum, the participants suggested several collective ideas that highlighted where their perspectives aligned:

- *Finding out what connects people*
- *How can we embed community voice and ideas in the heart of everything we do?*
- *An event for everyone to show that the community is one, no matter their circumstance*
- *All forward actions happening in Thamesmead to be community focused on addressing the needs of Thamesmead residents, whilst also empowering them to solve those problems themselves.*

Further discussion contributing to a common vision are organised under two headings:

#### *Establishing community priorities*

- Finding out ways to understand what is important, rather than going on assumptions
- Time and resources to understand the community and hear their ideas
- Hear what people want and doing what people care about
- Need to think of how to make people aware – social media is not always effective for making people aware

#### *Making opportunities as meaningful as possible*

- Allowing people to express what they're interested in and share a skill, so they feel like they are contributing
- Opportunities often being circulated within the same small circles (e.g., the Thamesmead newsletter to Peabody Housing residents), so should expand this to wider audiences, get local shopkeepers involved.
- Offering accreditations for skills development opportunity, but difficult to retain people's attention if not followed up by work experience or opportunity for qualification

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
<b>Stakeholder</b>	N/A: meeting finished late; this stakeholder had to leave before finishing this activity	N/A
<b>Youth</b>	Be more friendly and communicative to the people in my community	The group
<b>Stakeholder</b>	Because I work in schools already, I can give my time to consult and work with young people	The group
<b>Youth</b>	Helping with activities for the older generation (elderly) so they feel calm and safe	The group

<b>Stakeholder</b>	<p>Ask more residents more often how they feel and embed this in future work</p> <p>Share Young Leaders funding opportunity with youth participants: these are social action micro-grants of up to £500 available to young Londoners (aged 11-25) to develop projects that will benefit their peers or their community. The programme offers support for young people to build their skills and confidence with the opportunity to gain an accredited qualification in Project Management alongside making a difference in their local communities</p>	<p>This was shared with LSHTM researcher who forwarded to youth participants after the Dialogue Forum</p>
<b>Youth</b>	<p>Make sure community is at the centre and encourage people to have a say and to solve problems themselves</p>	<p>The group</p>

## Assessment and Feedback

After the Dialogue Forum, the U.K. team shared some initial feedback from both youth and stakeholders. The stakeholders were enthusiastic and truly interested in having a discussion with youth. Additionally, stakeholders asked youth about their perspectives to feed into the research project Shaping Places, and youth participants provided their honest feedback. The Forum engaged with young people about how connected they feel within their community and to take a collective approach to seeking their ideas on what can be done or changed to improve social connection and mental health.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in D6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

There has been communication with young people through WhatsApp after the Dialogue Forum to gather their feedback on how it went. One youth in particular showed interest in joining a regional Forum. The information from the Dialogue Forum will feed into broader community research that is taking place as part of the Discovery Phase of the Shaping Places project. This research will directly inform the theory of change model and influence the wider system map that will be submitted as part of the stage 3 application.

## Communication and Dissemination

The Dialogue Forum offers one shareable output (Picture 1), which is the final populated canvas with all the ideas and inputs from the participants. Because of the sensitivity of the topic discussed, it was requested by the UK team to not disseminate information about the Forum. It was therefore decided to not do communications and dissemination efforts for this Dialogue Forum.





Picture 1: Final populated canvas from the Dialogue Forum

## UK: Dialogue Forum Report 3

This report provides information on the policy idea developed by the Greenwich Youth Alliance in the UK and presents the processes and outcomes of a Dialogue Forum.

### Dialogue Forum Context

The Greenwich Youth Alliance developed a policy idea on utilising social media as a tool to promote healthy foods and healthy eating. The idea is to create school, local, and/or national level social media accounts that promote healthy foods/eating geared towards young people. The accounts would have an explicit focus on making content appealing to generate a large following of young people. This policy idea was developed for the local level, targeting their local communities with potential of national expansion due to the nature of social media. The policy idea was developed through several activities, such as systems mapping exercises to identify and connect various factors contributing to the issue of obesity in adolescents' immediate environment (see [Deliverable 4.2](#) for the UK merged map showing variables covered by NOURISHING/MOVING and/or WP3 review). Supported by trained CO-CREATE country staff and co-facilitators from a youth organisation, young people received information and training to help them develop and refine their policy proposals. In addition, youth held discussions, carried out research and worked with relevant stakeholders to finalize their ideas. Over the course of several months, youth met regularly both in person and online, to review and revise policy ideas based on information gathered by alliance members after

conducting the activities. The activities ensured that youth were meaningfully involved in shaping the Dialogue Forum.

Prior to the Dialogue Forum, youth were provided with training in a preparatory meeting to test and familiarize themselves with the digital tool and its functions.

The digital Dialogue Forum was held on April 14<sup>th</sup>, 2021, where two youth from the alliance discussed their policy idea with three stakeholders. Two stakeholders were local Public Health representatives, and one stakeholder worked in the field of communications. One representative from EAT stepped into the role as moderator. In addition to the participants and the moderator, there were two facilitators, one technical support and two observers present at the Dialogue Forum.

## Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the Dialogue Forum and some key findings.

### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants found it important that the policy idea focuses on establishing healthy eating habits for young people. Additionally, the participants found it important to normalize healthy foods through learning what healthy food is and how to prepare healthy meals. Social media was also brought into the conversation as an important conveyer of information about a healthy lifestyle.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* Given the impact of social media, participants agreed that correct messaging could be a challenge. Social media messages would need to undergo an audit to ensure correct content. Additionally, the participants saw the importance of conveying a range of messages as not one message fits all. Personal financial constraints were also seen as a challenge.

*Opportunities* The widespread reach of social media was seen an opportunity to help prompt healthy eating habits. Based on this, several ideas were suggested such as targeted paid communication, campaigns to promote healthy eating, and collaborate with influencers and role models for young people. As young people talking to young people is more relatable, an opportunity identified was social media accounts run by afterschool cooking clubs, where young people could act as ambassadors in schools.

## New Ideas

Then, the participants suggested new ideas to improve the policy idea. The participants suggested a survey or a focus group with youth to talk about what social media platforms they use and bring examples of messages that could catch young people's attention. It was also suggested to include meal prepping in cookery clubs to reduce purchasing of unhealthy foods.

## Common Vision

At the end of the Dialogue Forum, the participants agreed on the following common vision:

*Pilot in a local school to see what interest is gathered. Creating healthy food ambassadors and seeing if their social media accounts gain traction.*

## Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
City Council representative	To connect with schools/ mental health ambassadors to find out who might be interested in running a pilot.	The group
City Council representative	Schedule in posts and look into paid for messages for targeted comms once the toolkit has been developed.	The group
Youth	Raise awareness by promoting at school.	The group
Nutritionist	My knowledge as a nutritionist. I am happy to teach young people culinary skills and nutrition advice.	The group
Youth	Eating fruits and vegetables regularly and prompting my family and friends to do the same. Also, by following healthy food programmes or pages.	The group

## Assessment and Feedback

After the Dialogue Forum, the U.K. team shared some initial feedback from both youth and stakeholders. The stakeholders were enthusiastic and truly interested in having a discussion with youth. Additionally, the stakeholders said that they learned a lot about youth perspectives and really appreciated the experience. Youth participants said it was a great opportunity to discuss the policy idea and that they had an enjoyable experience. The stakeholders were open and gave constructive feedback to the policy idea, and offered to be available for follow-up actions.

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in D6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

There has been communication with young people through WhatsApp after the Dialogue Forum to



gather their feedback on how it went and schedule a meeting to discuss next steps. The aim of these meetings was to discuss and establish the direction youth want to take the actions and ideas relevant to their policy idea, how they can be supported and to plan next steps. After two attempts at follow up with the young people, they did not express interest in pursuing the ideas further.

## Communication and Dissemination

EAT and the World Obesity Federation (WOF) have collaborated to communicate and disseminate the policy ideas and the outcomes of the Dialogue Forums on CO-CREATE's social media platforms. The Dialogue Forum offers one shareable output, which is the final populated canvas with all the ideas and inputs from the participants (Picture 1). Below are some examples of the communication and dissemination efforts.

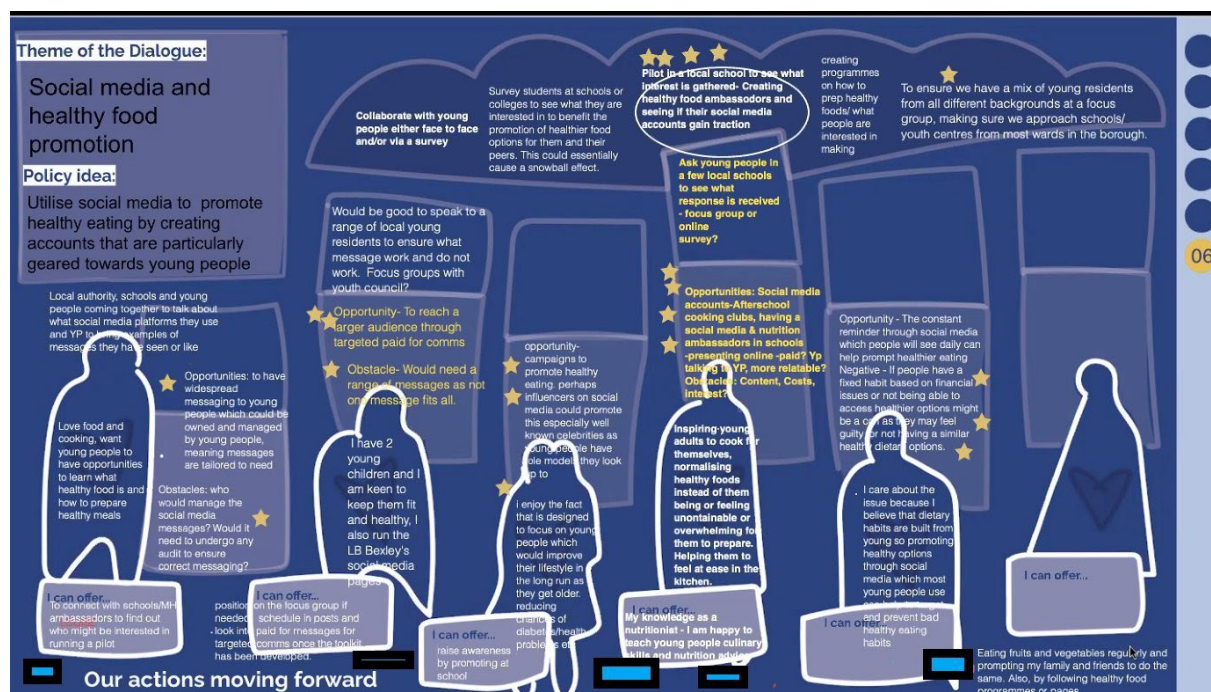
### @EU\_COCREATE

Youth participating in [@EU\\_COCREATE](#) are connecting with stakeholders through [#dialogueforums](#) to refine policy ideas into concrete actions that address [#adolescent](#) [#obesity](#). Today we are discussing how social media can be used as a platform to encourage healthy eating habits!

Today the [@EU\\_COCREATE](#) youth alliance in the UK participate in their 1st dialogue forum! They will be connecting with key stakeholders and policymakers to discuss the use of [#socialmedia](#) to promote [#HealthyFood](#) consumption. Stay tuned for updates!

Last week, [@EU\\_COCREATE](#) youth alliance members engaged in a dialogue with stakeholders using the [@EATforum](#) online digital tool! They discussed how [#socialmedia](#) can be used to promote healthy eating habits. See how the discussion evolved below.

[#CC4EU](#) [#Youth4CC](#)



Picture 1: Final populated canvas from the Dialogue Forum

## F. Regional Dialogue Forum reports

# Regional Dialogue Forum Report 1

This report provides context on the 95<sup>th</sup> European Youth Parliament (EYP) International Session in Novi Sad, Serbia and presents the key findings and outcomes of a regional Dialogue Forum.

## Dialogue Forum Context

International Sessions are the flagship events of the EYP. Every year, the EYP organizes three International Sessions, bringing together about 300 young people for nine days from around 40 European countries. The 95<sup>th</sup> EYP International Session was held in Novi Sad, Serbia, with the umbrella theme, *Bridging the Culture Gap*. Youth were divided into committees where they discussed relevant topics under the theme. The committee work spanned over three days where young people participated in creating an output related to their topic through open discussion and problem-solving exercises. The final output of the committee work were resolutions that will be submitted to the EU. A resolution is a document that provides a policy framework and sets out future policy work to be done by the EU in a specific area.

This regional Dialogue Forum was held from March 7<sup>th</sup>- 9<sup>th</sup>, 2022, as part of discussions in the Committee on the Environment, Public Health and Food Safety II (ENVI II) during the International Session. The physical Dialogue Forum tool was used as a framework for the three days of the committee work. This means that youth had longer sections for discussions and problem-solving exercises in-between populating the physical canvas. The session included 10 EYP youth from different European countries and was led by a chairperson from the EYP Academic Team. Two representatives from EAT and one representative from the Norwegian Institute of Public Health (NIPH) were present to observe the discussions and the use of the tool, as well as to provide expert guidance on the issue.

Prior to the Dialogue Forum, EAT met with the organizing team from the EYP to provide an overview and training of the physical Dialogue Forum tool. This was also an opportunity to discuss where the tool could fit into the methodology of the EYP committee work. In addition, the organizing team from EYP prepared a pre-read (Appendix X) for the youth participants providing background and context to the topic of discussion.

Since 2019, EAT has been working on developing an intergenerational dialogue tool with Oslo-based design firm, Designit. The final phase of the collaboration, a refined tool that incorporates learnings from 20 Dialogue Forums, was finalized in March 2022. The EYP International Session was the first time the new tool was used for a Dialogue Forum. Therefore, the structure of this report slightly differs from the other Dialogue Forum reports.

## Dialogue Forum Findings

The Dialogue Forum tool was used in ENVI II to discuss the following theme:

**Food for Action:** *With rates of obesity, as well as insufficient levels of physical activity and healthy diets rising among children post-lockdown, what should the priorities for tackling child obesity in the next EU Action Plan on Childhood Obesity be?*

The youth participants were also asked to reflect on the following questions:

- *What contributes to the creation of obesogenic environments?*
- *How does childhood obesity relate to adulthood obesity?*
- *What can the EU do regarding obesity, considering its competences?*
- *How to include other actors and stakeholders in the new action plan?*
- *Think of your school and how it indirectly creates an unhealthy environment. What could be changed?*
- *How to improve the family environment as one of the major factors related to childhood obesity?*

The following section provides insight into the regional Dialogue Forum and some key findings.

### What We Care About

During the Dialogue Forum, the ENVI II committee collectively identified why the theme is important for the next EU Action Plan on Childhood Obesity. This was done through an exercise called “knowledge wall” where participants were asked to share their concerns with regards to the theme. The committee considered how one in three children in Europe are obese or overweight, and that obesity is one of the leading causes of death. The committee shared concerns about the link between obesity and 60 other chronic diseases such as cardiovascular, diabetes and cancer. Mental health was also brought up as something significant to consider when discussing overweight and obesity among children. It was noted that children suffering from obesity are often bullied and likely to develop mental conditions such as depression, anxiety, ADHD and eating disorders. The unequal level of physical activity between young girls and boys in Europe was also raised a concern. Finally, young people highlighted the role the COVID-19 pandemic played in causing diminished levels of physical activity among children, making them more prone to obesity and other related health risk.

### Obstacles and Opportunities

Next, participants identified obstacles and opportunities for tackling the epidemic of childhood obesity.

**Obstacles** The committee identified stigma around obesity as an obstacle to receiving a fair and proper diagnosis and medical treatment. In their collective research during the committee work, they found that 65% of people living with obesity are being misdiagnosed. The inequalities of obesity were also highlighted as a challenge. They found that 36% of children living with obesity come from low-income countries. Furthermore, children from low-income families are 10% more likely to be obese than high-income families. The committee identified several challenges in the school environment,

including the lack of education on obesity and the lack of nutritious school meals. Several obstacles were identified with regards to the industry. This included lack of ethical and legal restrictions on promoting unhealthy lifestyles for profit, the alarming advertisements manipulating children into unhealthy behaviors, and inaccurate labelling of ultra-processed foods.

*Opportunities* The committee identified the next EU Action Plan on Childhood Obesity as an opportunity to tackle the epidemic of childhood obesity. If the right measures are put in place, the committee agreed that the action plan could contribute to reduce obesogenic environments in schools by providing balanced and healthy meals, as well as improve the levels of physical activity among children. It could also lead to a reduction of the impact of the advertising sector and food industry. Finally, stigma and mental consequences related to childhood obesity could be reduced.

### What the new EU Action Plan on Childhood Obesity Needs to Consider

Based on the discussions, the ENVI II committee identified eight new action areas that the European Commission should prioritize in the new EU Action Plan for Childhood Obesity, including:

1. Mental health
2. Physical education
3. Restriction of advertising and marketing to children
4. School meal programmes
5. Research support
6. Education on healthy lifestyles
7. Work against stigmatization
8. Reducing sugar and salt intake

### Call to Action

At the end of the 3-day committee work, and as the final step in the Dialogue Forum, the ENVI II committee identified a call to action on behalf of the EYP to several EU bodies and Member States.

#### *A call to action to EU bodies*

- EYP authorizes the **European Social Fund (ESF)** to financially support a free lunch programme in accordance with the agreements made at the UN “Food systems summit” in 2021, thus making a healthy and balanced diet, accounting for all preferences, more accessible to all socioeconomic groups of the EU
- EYP calls upon the **European Commission** to increase funding for the Common Agriculture Policy programme “EU school fruit, vegetables and milk scheme”, in accordance with the World Health Organisation’s (WHO) dietary recommendations, to ensure, to a total amount of EUR 350 million per school year: spending up to EUR 250 million for fruit and vegetables and up to EUR 100 million on milk in order to increase the accessibility to fruit, vegetables and milk.
- EYP asks **Horizon Europe** to encourage and further fund scientific initiatives, such as WHO Europe’s Childhood Obesity Surveillance Initiative, World Obesity Federation, or EAT Forum

in order to collect a wide variety of data that can bring light to the factors that contribute to the development of child obesity, its consequences and ways to alleviate it.

#### *A call to action to Member States*

- EYP encourages Member States to provide schools with mental health professionals in order to support children who suffer from obesity and sensible other students on the topic, thus creating a safe, stigma-free environment.
- EYP calls upon Member States to encourage and provide free and systematic yearly health check-ups to all students to keep track of their physical state.
- EYP suggests Member States to provide further training to healthcare professionals that will address the inappropriate communication and weight bias in order to prevent misdiagnosing obese patients.
- EYP implores Member States to further invest into creating and maintaining sports infrastructures such as stadiums, courts and fields in order and well as sport events broadcasts on public televisions to encourage physical activity.
- EYP resolves Member States' ministries of education to make physical activities in the school system more appealing by modifying schools' physical education curriculums, so students are not evaluated and introducing a daily physical activity game which follows EU physical activity guidelines.
- EYP encourages Member States to support local or EU-wide campaigns engaging youth in healthy activities such as sports or passive activities that will help to lower the risk of cardiovascular risk and danger of obesity in children and young adults from the age of 7-18, such as HealthyLifestyle4All.
- EYP requests Member States implement a regulation on food products and beverages that contain free sugars by banning child-targeted marketing related to the packaging of a product, such as the use of animal characters and cartoons displayed on the package, as well as free collectible toys that come with the product.
- EYP calls upon Member States to implement or increase taxation on food products and beverages that contain free sugars in order to meet the goal of limiting children's daily sugar consumption to 10% of their total energy intake, in accordance with the recommendation provided by the WHO.
- EYP calls upon Member States to mandate that the front-of-pack labelling food products and beverages include information about the energy, fat, saturates, carbohydrates, sugars, protein, and salt contents in order to make the nutritional values more comprehensible.

## Outcomes and Next Steps

The final output of the three-day committee work is a resolution, which sets out future policy work in a specific area. Each committee produces a resolution which is submitted to the General Assembly (GA). This is last part of every International Session. In the GA, the ENVI II committee came together with the other committees to present and debate the resolutions they wrote. In the end, the



resolutions were put to a vote. The ENVI II proposal passed the voting process and received 69 votes in favor, 42 against and 1 abstention, meaning that the resolution will be sent to the EU as a policy proposal.

## Communication and Dissemination

EAT, the World Obesity Federation (WOF), and the EYP were active on social media using Twitter, Facebook and Instagram to communicate and disseminate the EYP International Session and the Dialogue Forum during the ENVI II committee work. Below are some examples of the communication and dissemination efforts.

### **@EATforum**

Youth delegates at the European Youth Parliament session in Serbia are using the [@EATforum](#) Dialogue Forum tool to build the next EU Action Plan on Obesity [#YouthCanFixIt](#) [@EU\\_COCREATE](#) [@EYP\\_Network](#)

### **@EU\_COCREATE**

With rates of obesity, as well as insufficient levels of physical activity and healthy diets rising among children, what should the priorities be in the next EU Action Plan on Childhood Obesity?

Young people are using the [@EATforum](#) Dialogue Forum tool developed for [@EU\\_COCREATE](#) to discuss this question now! [#StrongerTogether](#) [@healthparl](#) [@EU\\_Health](#) [@WorldObesity](#)

### **@EYP\_NETWORK**

The [#COVID19](#) pandemic forced many citizens to stay at home and limited their opportunities for physical exercise while impelling consumption of cheap and unhealthy food. Post-pandemic, how can the [#EU](#) tackle the rising levels of child obesity?

[#YoungEurope](#) came together in Novi Sad to find answers to this question in the second Committee on the Environment, Public Health and Food Safety, supported by [@EU\\_COCREATE](#)

# Regional Dialogue Forum Report 2

This report provides information on two policy ideas developed by the CO-CREATE Youth Task Force and presents the processes and outcomes of a regional Dialogue Forum.

## Dialogue Forum Context

This Dialogue Forum was held on May 7th, 2021, using the digital Dialogue Forum tool. With the UN Food Systems Summit (UNFSS) happening in the fall of 2021, this Dialogue Forum served as a joint Independent Food Systems Summit Dialogue (FSSD), where participants were given the opportunity to engage directly in proposing pathways towards healthy and sustainable food systems. Independent FSSD offers citizens everywhere the opportunity to contribute directly to the Summit's ambitious objectives and encourage a great variety of stakeholders present. The Forum was divided into two breakout rooms, each discussing one youth-led policy idea. Two youth from the CO-CREATE Youth Task Force moderated their designated group. Prior to the Dialogue Forum, youth and stakeholders were invited to a preparatory meeting to familiarize themselves with FSSD, the digital tool and the activities. The moderator notes, pre-read, code of conduct and the WP7 stakeholder survey were translated into Portuguese, while the physical tool was kept in English.

Through the CO-CREATE Youth Alliances, young people from across Europe have developed policy ideas to build healthier food and physical activity environments for children and adolescents. These ideas are the forefront of young people's demands to EU policymakers to build healthier food and physical activity environments, as outlined in the [CO-CREATE Youth Declaration](#). Listing four demands that the CO-CREATE Youth Task Force view as crucial to halt the growing obesity epidemic, the Declaration aims to push policy makers and stakeholders in Europe to act now. During the Dialogue Forum, two policy ideas from the Declaration were discussed:

- Secure all children access to high-quality, practical food and nutrition education in schools and access to a healthy school cafeteria.
- Stop all marketing of unhealthy food to children under the age of 18 years.

The following pages of the report explore each Dialogue Forum policy discussion in the order of the policy ideas listed above.

## *Policy idea 1: Secure all children access to high-quality, practical food and nutrition education in schools and access to a healthy school cafeteria*

The first Dialogue Forum breakout room explored a policy idea on access to high-quality, practical food and nutrition education in schools and a healthy school cafeteria. The aim is that all states ensure that all children are given high-quality, practical based food and nutrition education in school, that enables children to eat healthy and empowers them. The policy idea also includes a healthy school cafeteria to support the nutrition education and an overall healthy food environment at school. In terms of participant representation, two youth from the CO-CREATE Youth Task Force and the UNFSS Action Track 2 Youth Vice Chair discussed their policy idea with three stakeholders. One stakeholder was a policymaker, one stakeholder was a teacher and a civil society representative, and one was a university professor and a civil society representative. One youth from the CO-CREATE Youth Task Force stepped into the role as moderator. In addition to the participants and the moderator, there were two facilitators, and four observers present at the regional Dialogue Forum.

### Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action and commitments to advance the policy idea and promote accountability. The following section provides insight into the regional Dialogue Forum and some key findings.

#### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. Participants shared similar beliefs in that food security, equality and quality of life and health for future generations through education were significant elements in the discussion. It was also noted the importance of long-term solutions through meaningful learning experiences and education. A multistakeholder approach was also highlighted as important to implement this policy idea into different countries' national curricula.

#### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* One participant identified industry lobby as an obstacle. Another participant noted that resources to work systematically with advocacy over time could be challenging depending on sufficient funding. This was also noted as an obstacle in the education sector, alongside an already

saturated curriculum. Additionally, the fact that not every child has access to education indicates that the policy idea does not target every child.

*Opportunities* Participants pointed out the UNFSS where many member states are interested in school feeding, which presents itself as an opportunity for positive change. From this, the SDGs, particularly SDG 3, 4 (4.7), 6, and 12, were highlighted as important steppingstones for this policy idea. Another opportunity identified was cross-curricular themes where food and nutrition could be integrated into existing subjects, rather than creating a new subject in school.

### New Ideas

Then, the participants suggested new ideas to improve the policy idea. One participant suggested to engage with UNFSS and member states by bringing these demands into other existing youth FSS efforts. Rather than creating a new subject, it was suggested to improve existing ones. Additionally, it was suggested to develop a systematic advocacy strategy for policy change on different levels such as international policy documents, national strategies and white papers, and national curricula. From this, target groups would be Ministries of Education and Health, as well as different countries' student and teachers' unions. Other ideas that emerged were to utilize technology for positive change and the development of a conflict-of-interest statement.

### Common Vision

At the end of the Dialogue Forum, the participants agreed on the following common visions:

- *Give young people a platform to have their voice heard. What do they think quality food education should look like? Don't do food education to young people, this model hasn't worked so don't let it continue.*
- *Becomes part of existing subjects.*
- *Strategically take down industry lobby obstacles.*

### Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
<b>Policymaker</b>	Invite CC to future Dialogues	The group
<b>Youth</b>	Connect CC with UNFSS youth pledge. Advocate youth voices in UNFSS action areas	The group
<b>Youth</b>	Time, work, organize and dynamize surveys	The group
<b>Teacher/civil society</b>	Biteback2030.com, time to listen to ideas and share experiences	The group
<b>Professor/civil society</b>	Advocacy for this policy idea in relevant fora. + highlight the importance of food in sustainability contexts	The group

### *Policy idea 2: Stop all marketing of unhealthy food to children under the age of 18.*

The second Dialogue Forum breakout room explored a policy idea on unhealthy food marketing restrictions to children under 18. The aim is that all states regulate and stop all marketing of energy-dense, nutrient poor food products that are high in fat, sugar or salt to children under the age of 18. The policy idea also includes regulation of brands associated with these types of products. Nutrition guidelines established by WHO are recommended to be the basis for the categorization of such foods. The suggested regulations include all commercials that are broadcasted before and after TV-shows targeting children. This includes mass communicated messages where children can be vulnerable (such as use of language and design, representation of children or characters that are familiar to children, inclusion of free gifts, toys or collectible items with appeal to children) and placement (in areas where children stay or are likely to spend time) including, and especially considering, digital marketing. In terms of participant representation, two youth from the CO-CREATE Youth Task Force and one youth from Press Youth Organization discussed their policy idea with three stakeholders. One stakeholder was a UNICEF representative, one stakeholder was a professor and researcher, and one was a policymaker from WBCSD. One youth from the CO-CREATE Youth Task Force stepped into the role as moderator. In addition to the participants and the moderator, there were two facilitators, and four observers present at the regional Dialogue Forum.

### Dialogue Forum Findings

The Dialogue Forum follows a six-step sequence of activities, where each step centers around a question to guide the participants from an idea to action. The participants are invited to reflect on what they care about concerning the policy idea, identify obstacles and opportunities, propose new ideas and collectively agree on a common vision. The final step is for the participants to offer action

and commitments to advance the policy idea and promote accountability. The following section provides insight into the regional Dialogue Forum and some key findings.

### What I Care About

During the Dialogue Forum, each participant identified what they care about with respect to the policy idea. All participants agreed on the importance of children's rights, which includes children being set up for success and the right to health and healthy nutrition. It was noted that marketing of unhealthy foods is a violation of their rights. Additionally, one participant had a desire to make their research work useful for policymakers and positive change.

### Obstacles and Opportunities

Next, participants identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* Given the new realm of digital marketing, industry backlash and loopholes were identified as obstacles. It was also noted the blurred lines of marketing to adults or children, as well as the lack of control on what children are seeing or not seeing online. One stakeholder saw the power of manufacturers of ultra-processed foods as another barrier to implement this policy idea. It was also pointed out that the system itself was problematic given the pro-profit nature of marketing.

*Opportunities* Marketing was identified as a key opportunity, given its potential to promote healthy eating habits and provide information about food and nutrition. Participants pointed out the UNFSS as an opportunity to create safe and healthy food environments for all children. From this, it was highlighted the importance of children receiving the right information, so that their dietary choices are not influenced by corporate and companies trying to build profit.

### New Ideas

Then, the participants suggested new ideas to improve the policy idea. One participant suggested to advocate for a total ban of marketing of unhealthy foods and beverages to close major loopholes industry could use to reach children. This was particularly noted as the case for digital marketing where children are often being exposed. It was also suggested to extend this measure to all ages. A global framework, similar to the one for tobacco control and for marketing of infant formula, was suggested as an idea to expand the scope of the policy idea. Additionally, it was suggested to ensure clear definitions for all the terms in the policy idea, including what is classified as unhealthy. Because we cannot control what children see online, it was suggested to have an accountability framework in place.

### Common Vision

At the end of the Dialogue Forum, the participants agreed on the following common vision:

*Expanding the ban to all populations, ensuring these efforts are part of a wider more holistic plan (+ education, SBCC, FOPL, taxes on unhealthy options; subsidies on healthy option; etc.)*

## Action and Commitments

The stakeholders and youth proposed action points and commitments to advance the policy idea and are documented to promote accountability. The actions and commitments are presented in the following table.

Participant	Action offered	Who took the offer?
UNICEF representative	My energy to supporting governments around the world in implementing policies like these, plus others, to holistically prevent childhood OW/OB	The group
Professor/researcher	I will keep talking to young people like you	The group
Policymaker, WBCSD	Test this, ask with the companies that we work with	The group
Youth	Talk about this within my organization, to raise awareness both locally and nationally, and that this is something we will continue to work on	The group
Youth	Motivate my friends and family to eat healthier	The group

## Assessment and Feedback

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in D6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

There has been communication with young people through WhatsApp after the Dialogue Forum to gather their feedback on how it went, as well as schedule a meeting to debrief and to discuss next steps. However, due to a busy time for the young people with exams and finals, the meeting was cancelled. Instead, EAT developed a set of debrief questions that was shared with youth through WhatsApp. EAT received responses from one youth who participated in the food and nutrition breakout room:

What was the best part about the regional Dialogue Forum?

*The best part of the Dialogue Forum was undoubtedly the discussion in the breakout room. As a moderator I could fully focus on the ongoing conversation, which is why I enjoyed it very much. Fortunately, we managed to break the ice rather quickly and therefore all the participants (both the stakeholders and the members of the CO-CREATE group) had an opportunity to take the floor when they felt like doing it and spend time in a friendly, stimulating, and non-judgemental environment.*

What would you improve for the next Dialogue Forum?

*What I did not really like about the discussion in the breakout room was that all the experts were, at least from my point of view, trying to be very specific and so from time to time they were using examples which I couldn't fully understand (since it's no secret that I am not a specialist in the fields that they work on a daily basis).*

Did you feel like there was enough time for discussion?

*As far as I'm concerned, we had enough time for our discussion in the breakout room. However, after returning to the main room the organisers had only a moment to thank everybody for their active participation, so we actually didn't get to find out how the conversation in the other breakout room went and what the conclusions of this Dialogue were.*

How did you feel the stakeholders contributed to the discussion?

*During the Dialogue Forum I got the impression that the stakeholders were truly interested in the discussed policy theme. I'm sure that their future engagement in the development of our, CO-CREATE youth's, idea will be invaluable.*

Would you like to engage similar or different stakeholders next time?

*I would certainly engage similar specialist in the next Dialogue Forum. Nevertheless, experts taking part in the meeting should be, as I've previously mentioned, instructed to adjust the content of their speeches to the younger participants who may be slightly less acquainted with the topic than these stakeholders.*

## Communication and Dissemination

The World Obesity Federation (WOF) and EAT have been active on social media using LinkedIn, Twitter and Instagram to communicate and disseminate the policy ideas and the outcomes of the regional Dialogue Forums. This Forum offers four shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants in each breakout room (Picture 1 & 2) and the images created by Live Illustration (Picture 3 & 4). In addition to this, youth quotes and short clips, as well as research and evidence, have been communicated and disseminated. Below are some examples of the communication and dissemination efforts.

### **@EATforum**

Youth connected with policymakers, business leaders, and experts to discuss innovative solutions to stop the marketing of unhealthy food to children. They emphasized the importance of including digital marketing and the need to act now! [@EU COCREATE #Youth4CC #UNFSS2021](#)

The first regional Dialogue Forum of [@EU COCREATE](#) with [#UNFSS2021](#) connected young people with policymakers, business leaders & experts to discuss how to secure all children access to high-quality, practical food and nutrition education and a healthy school cafeteria. [#Youth4CC](#)





[@EU COCREATE](#) first regional Dialogue Forum together with [#UNFSS2021](#) will connect young people with policymakers, business leaders and experts to discuss youth-led food and physical activity policy ideas <https://bit.ly/33n64tD>

**@EU\_COCREATE**

CO-CREATE Youth Declaration demands EU policymakers to build healthier food and physical activity environments for young people across Europe. This will be discussed at the CO-CREATE’s Dialogue Forum together with [#UNFSS2021](#) this Friday!

Youth have identified the restriction of unhealthy food & beverage marketing to children as a policy priority for Europe. Want to learn more? Read the policy briefs outlining solutions proposed by [@EU COCREATE](#) youth to address [#childhoodobesity](#)

This Friday [@EU COCREATE](#) will convene its first regional Dialogue Forum together with [#UNFSS2021](#), connecting young people with policymakers, business leaders & experts to discuss youth-led policy ideas! Stay tuned for updates over the next few days! [#YouthDrivingPolicy](#)

During the first [@EU COCREATE](#) regional dialogue forum with [#UNFSS2021](#) today, two policy ideas will be discussed!

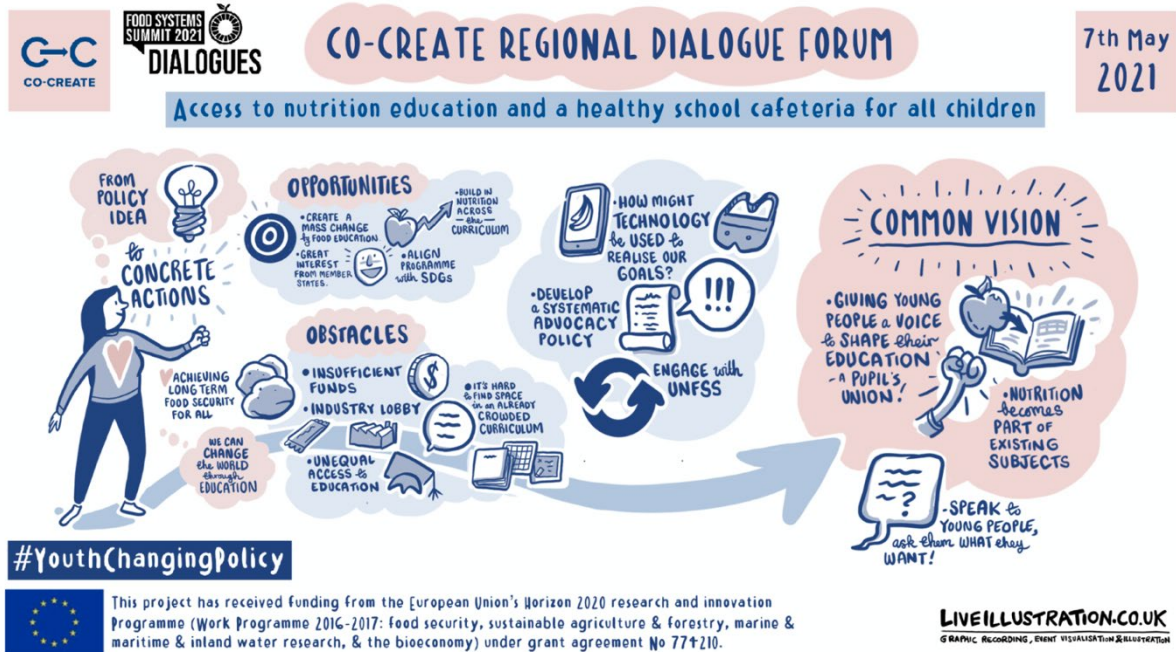
1. Restrict marketing of unhealthy foods to children under the age of 18
  2. Secure all children access to high-quality, practical nutrition education
- [#YouthDrivingPolicy](#)



**Picture 1: Final populated canvas from the first Dialogue Forum breakout room on food and nutrition education**



**Picture 2: Final populated canvas from the second Dialogue Forum breakout room on marketing on unhealthy food and beverages**



Picture 3: Live Illustration capturing the discussions from the breakout room on food and nutrition education



Picture 4: Live Illustration capturing the discussions from the breakout room on marketing of unhealthy food and beverages

# Regional Dialogue Forum Report 3

This report provides context on the policy idea developed by the CO-CREATE Youth Task Force and presents the processes and outcomes of a regional Dialogue Forum.

## Dialogue Forum Context

Through the CO-CREATE Youth Alliances, young people from across Europe have developed policy ideas to build healthier food and physical activity environments for children and adolescents. These ideas are the forefront of young people's demands to EU policymakers to build healthier food and physical activity environments, as outlined in the [CO-CREATE Youth Declaration](#). Listing four demands that the CO-CREATE Youth Task Force view as crucial to halt the growing obesity epidemic, the Declaration aims to push policy makers and stakeholders in Europe to act now. During this Dialogue Forum, one policy idea from the Declaration was discussed:

- Stop all marketing of unhealthy food to children under the age of 18 years

With the UN Food Systems Summit (UNFSS) happening in September 2021, this Dialogue Forum served as an affiliated side session of the UNFSS Pre-Summit, which took place between July 26-28<sup>th</sup>, 2021. A 50-minute time slot was allocated to the session, which required brief amendments to the Dialogue Forum model to shorten the duration. Another point of difference from previous Dialogues was that this session was open to the public. Therefore, a set of new activities were added to make the Dialogue interactive and more engaging for the participating audience. In total, there were four questions for the panelists, where two questions had been crowdsourced through EAT and the World Obesity Federation's (WOF) social media platforms in advance of the Dialogue.

Prior to the Dialogue Forum, speaker briefings were held with both youth and adult stakeholders to provide an overview of the programme, training on the tool, and other necessary context to prepare participants ahead of the session. The tool, moderator notes, pre-read, code of conduct and the WP7 stakeholder survey were kept in English.

The regional Dialogue Forum was held on July 28<sup>th</sup>, 2021, where three youth from the CO-CREATE Task Force discussed their policy idea with three stakeholders. One stakeholder was a civil society representative and the Head of Policy and Public Affairs from the World Cancer Research Fund, one stakeholder was an expert joining from the WHO European office for the prevention and control of noncommunicable diseases, and one was a policymaker from the National Programme for the Promotion of Healthy Eating in Portugal. One representative from EAT stepped into the role of moderator. In addition to the participants and the moderator, there was one technical support.

## Dialogue

## Forum

## Findings

This Dialogue Forum followed a four-step sequence of activities, where each step centered around a question on unhealthy food marketing to children and youth. The participants were invited to identify both obstacles and opportunities, reflect around the role of businesses and schools on unhealthy food marketing, and finally, discuss how youth, businesses and policymakers can work together to address this issue. The following section provides insight into the regional Dialogue Forum and some key findings.

### Obstacles and Opportunities

During the Dialogue Forum, each participant identified obstacles the policy idea currently faces, and opportunities for improvement.

*Obstacles* There were several obstacles identified throughout the Dialogue, including the challenge of implementing clear and effective policies on food marketing to children. This was based on the difficulty of defining “healthy” and classifying products as “healthy” or “unhealthy”. Additional pressure points were industry lobbying and loopholes, food industry pressure and the lack of clear and defined regulations. The discussion highlighted the fast-evolving nature of marketing, and how businesses rapidly adapt using new technologies to target consumers. The final obstacle identified, which serves as a simultaneous opportunity to policymakers, is the lack of coordinated and cross-cutting food environment policies that go beyond marketing.

*Opportunities* Marketing was identified as a key opportunity, given its potential to promote healthy eating habits and provide information about food and nutrition. Participants noted that food marketing restrictions could be articulated as a child’s right issue, providing a powerful platform for Member States to generate policies and implement regulations. One participant also suggested that this policy idea could stimulate the development of a robust nutrient profile model, which clearly identifies what products that can be advertised or not. By putting this on the top of the policy agenda, the number of children choosing unhealthy food could decrease.

### Healthy School Environments

Then, the participants addressed the following questions: *what kind of interventions do we need to create healthy school environments? Is there room for food marketing or sponsorship in schools?*

The participants agreed that there should be no room for marketing of unhealthy foods in schools. They welcomed, however, the promotion of healthy foods to encourage healthy eating habits through nutrition education and healthy school meals. The importance of healthy marketing as an incentive was therefore noted. It was also suggested that there is a need for clear guidance and criteria of foods provided in schools, with the support from all stakeholders in and around schools. A holistic policy approach was highlighted to address policy areas that are not enforced in schools.

## The Role of Food Companies

In the next activity, participants addressed the role and responsibility of food companies by responding to the following question: *what role do you think food companies have in responsibly marketing their products?*

All participants agreed that food companies have a social responsibility, including providing the necessary information to consumers, advertising healthy products and ensuring transparency. Given that food companies have historically found loopholes to public policy, providing consumers with the necessary information is crucial. The importance of consumers being vocal about these issues to influence businesses' marketing strategies was also highlighted. Ethical concerns were raised, such as industry interference and brand marketing. Finally, there was a question of whether there is a need for better corporate practices and whether enforcement mechanisms are strong enough. Ultimately, the participants concluded that companies need to self-assess whether they are operating in an ethical manner and find a way to support children's health.

## Intergenerational and Cross-sectoral Collaboration

Finally, the participants addressed the following question: *how can young people, businesses and policymakers work together to improve unhealthy food marketing practices?*

Participants agreed that finding common ground and interests amongst the stakeholder groups was essential for implementing measures to tackle the issue of unhealthy food marketing. For example, by working together to define what is unhealthy, then good measurements can be put in place.

Including youth into decision-making processes was highlighted as crucial, due to their knowledge and first-hand lived experiences of being young today. If policymakers are addressing young people's health, then they should be included because young people know best what is affecting them.

Finally, it was identified that knowledge sharing and transparency between youth and stakeholders was fundamental for intergenerational collaboration. While youth have a good knowledge of the digital ecosystem as they access a lot of these digital spaces that are new and emerging, tech companies and policymakers have insight into how social media platforms, algorithms and marketing strategies work, as well as knowledge on the policy landscape. Finally, it was agreed that collective effort, efficient communication and accountability were important factors in building intergenerational partnerships.

## Assessment and Feedback

Youth and stakeholders were also asked to participate in an anonymous evaluation survey to share their experiences and evaluate the quality of the Dialogue Forum. The responses and results of the evaluation survey will be presented in D6.6, which includes a set of recommendations for how to establish multi-actor Dialogue Forums and a brief report putting the findings of the project in a greater policy and co-creation context.

## Outcomes and Next Steps

As part of the UNFSS Pre-Summit, this Dialogue Forum has contributed to the ongoing work of the Summit process by informing game-changing solutions and coalition areas. Hosting Dialogue Forums at high-level events such as the Pre-Summit also helps elevate youth voices on the issue and reinforce the importance of addressing unhealthy food marketing to protect and promote children's health.

## Communication and Dissemination

The World Obesity Federation (WOF) and EAT have been active on social media using LinkedIn, Twitter, and Instagram to communicate and disseminate the policy idea and the outcomes of this regional Dialogue Forum. The Forum offers two shareable outputs, which are the final populated canvas with all the ideas and inputs from the participants (Picture 1) and the image created by Live Illustration (Picture 2). In addition to this, youth quotes have been disseminated in advance of the Dialogue. Finally, EAT and WOF co-wrote a blogpost for the [Healthy Voices platform](#) to disseminate the discussions and results of the Forum. This blogpost will also be published on the EAT website. Below are some examples of the communication and dissemination efforts.

### @EATforum

What are young people saying about marketing foods and beverages to children? Join us for the [@EU COCREATE](#) affiliated session of the [#UNFSS2021](#) Pre-Summit! 📅 July 28<sup>th</sup> ⌚ 08:00 am CEST  
🔗 <https://bit.ly/36LbT5R>

Dialogues are a powerful lever to change [#foodsystems](#). We are excited to convene for a [@EU COCREATE](#) affiliated session of the [#UNFSS2021](#) Pre-Summit next week! 📅 July 28<sup>th</sup> ⌚ 08:00 am CEST 🔗 <https://unfoodsystems.org/registration/>

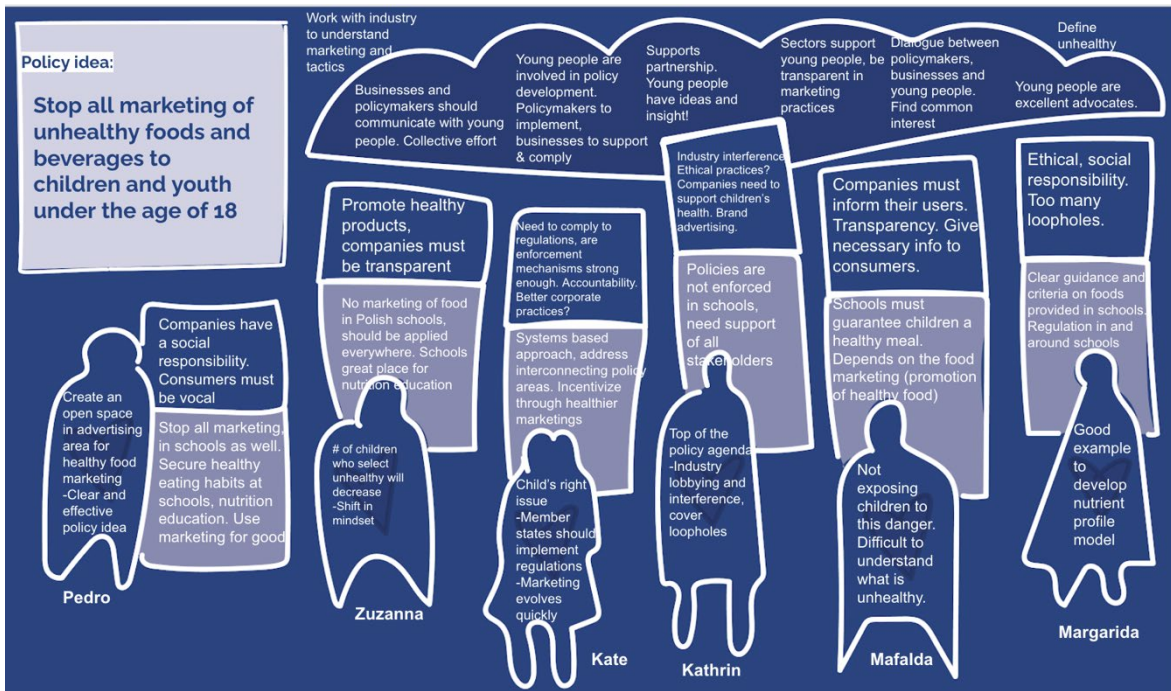
[@EU COCREATE](#) youth met with experts and policymakers in a [#UNFSS2021 @FoodSystems](#) Pre-Summit affiliated side session on unhealthy food marketing to children and youth 👤 Did you miss it? See key messages and reflections captured in the illustration by [@Livepens](#) 🖋️

### @EU\_COCREATE

What role do you think companies have in responsibly marketing their products? [@EU COCREATE](#) [#youth](#) task force & stakeholders dialogue at [#UNFSS](#) pre-summit is live now! [#Youth4CC](#) [@EATforum](#) [@wcrfint](#) [@FoodSystems](#)

How can young people, businesses & policymakers work together to improve unhealthy food marketing practices? Join the discussion live at the UN [@FoodSystems](#) Pre-Summit now by sharing your thoughts below!

Thank you to all participants & panelists who joined us for a constructive dialogue 🙌 The [@FoodSystems Summit 2021](#) yet again, highlights the importance of including [#youngpeople](#) in conversations concerning their future and health. [#YouthDrivingPolicy @EATforum @Act4FoodGlobal](#)



Picture 1: Final populated canvas from the Dialogue Forum





CO-CREATE DIALOGUE FORUM

28<sup>th</sup> July  
2021

RESTRICT MARKETING OF  
UNHEALTHY FOODS TO CHILDREN

**• OBSTACLES AND OPPORTUNITIES.**

- CREATE SPACE for HEALTHY ADVERTISING.
- FOOD INDUSTRY MARKETING EVOLVES RAPIDLY.
- CHILD RIGHTS ISSUE!
- INDUSTRY INTERFERENCE.
- HOW TO DEFINE "UNHEALTHY"??

**#YouthChangingPolicy**

**• HOW DO WE CREATE A HEALTHY SCHOOL ENVIRONMENT?**

- MARKETING TO EDUCATE CHILDREN ON NUTRITION...
- SYSTEMS-BASED APPROACH.
- POLICIES must be ENFORCED.
- SCHOOLS must GUARANTEE KIDS a HEALTHY MEAL.
- ENGAGE all STAKEHOLDERS.

**• WHAT IS THE ROLE OF FOOD COMPANIES IN RESPONSIBLE MARKETING?**

- FOOD COMPANIES must be HONEST & ETHICAL in their MARKETING.
- RECOGNISING THEIR SOCIAL RESPONSIBILITY.
- CAN SHAREHOLDER PRESSURE DRIVE BETTER CORPORATE PRACTICES?

**• HOW CAN WE WORK TOGETHER?**

- BUSINESSES & POLICY MAKERS MUST TALK TO YOUNG PEOPLE.
- YOUNG PEOPLE INVOLVED in POLICY DEVELOPMENT.
- TRANSPARENCY ON MARKETING & SHARE INFORMATION.
- IDENTIFY COMMON INTERESTS.

This project has received funding from the European Union's Horizon 2020 research and innovation Programme (Work Programme 2016-2017: food security, sustainable agriculture & forestry, marine & maritime & inland water research, & the bioeconomy) under grant agreement No 774210.

**EAT**

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GRAPHIC RECORDING, EVENT VISUALISATION & ILLUSTRATION

Picture 2: Live Illustration capturing the discussions from the Dialogue Forum

# Regional Dialogue Forum Report 4

This report provides context and key findings on the Nutrition for Growth (N4G) Summit side event hosted by Act4Food Act4Change, EAT, World Food Forum (WWF) and the Food Foundation.

## Dialogue Forum Context

The N4G Summit was hosted by the Government of Japan with a focus on one of the Sustainable Development Goals (SDGs), SDG2: Zero Hunger. The Zero Hunger goal includes targets to end all forms of malnutrition by 2030 and ensure that all people have access to safe and nutritious diets. The Summit convened a cross-section of stakeholders to announce final financial and policy commitments and lay the path towards 2030 with concrete recommendations to the global community. National governments, donors, multilaterals, philanthropic organizations, civil society organizations, businesses and other associations were invited to contribute toward achieving the global nutrition goals and targets.

This regional Dialogue Forum was held on December 6th, 2021, as an N4G side event and a contribution towards the Summit process. A total of 46 participants joined the Forum, representing 39 countries. There was also a diversity in sectors present. Some examples include the agriculture sector, education sector, private sector, Government officials, finance sector, advertising/marketing, health care and hospitality. By using the digital Dialogue Forum tool, this side event facilitated a discussion on *Mobilizing intergenerational action to create sustainable and healthy diets for all*, focusing on a list of actions that have been developed in consultation with young people all around the world. These action points came about through the [Actions 4 Change campaign](#). The Dialogue Forum began with a presentation of three case studies on intergenerational collaboration, followed by a breakout session with a total of 46 participants. Moderators and notetakers from Act4Food Act4Change, EAT, World Food Forum and Food Foundation facilitated and observed each breakout session. The intended outcomes of the Forum were the following:

- Inspire people to act as a result of the intergenerational success stories.
- Develop an outcome document listing the current ways people are working together to create sustainable and healthy diets for all, and to inspire and enthuse a wider group of actors.
- Create intergenerational partnerships and collaborations as a result of the open dialogue and networking.

Prior to the Dialogue Forum, the organizing team participated in a series of preparatory meetings to familiarize themselves with the digital tool, the activities and the moderator role.

## Dialogue Forum Findings

This Dialogue Forum centered around four questions to guide the participants in a Dialogue on *Mobilizing intergenerational action to create sustainable and healthy diets for all*. The participants were asked to reflect on the following questions:

1. Could you share examples of how you are already taking actions within your own country or community?
2. How can generations work better together? Provide one success example on intergenerational collaboration within the food system space.
3. What advice would you give to young people who want to start a similar campaign?
4. How can you work together to take further actions in your own countries and communities?

The following section provides insight into the regional Dialogue Forum and some key findings.

### Q1: Could you share examples of how you are already taking actions within your own country or community?

Participants largely shared examples of community initiatives, both being conducted by themselves and by other community members. Many participants presented community-based donation platforms for school meals that are being implemented. Others shared examples of workshops and training that are being held in several parts of the world on food loss and waste, advocacy workshops targeting young people and women, school gardens and cooking workshops for youth and elderly people, nutrition and health training at schools and training on obesity prevention and diabetic symptom management. Several examples of communication and dissemination efforts were also shared. For example, some participants are using their social media platforms to inspire and raise awareness on health and nutrition. Others are using their social networks to bring communities together for collaboration and engagement. Some participants shared examples of global campaigns, such as the Act4Food Act4Change campaign. A few participants also shared their research contributions on impacts of child health and how they survey and listen to youth voices.

### Q2: How can generations work better together? Provide one success example on intergenerational collaboration.

Many participants shared examples of successful intergenerational collaboration from their own communities. Some examples include local food dialogue tables, urban food system working groups and youth workshops using tools to boost conversation, such as the Dialogue Forum tool. Other initiatives mentioned were school gardens, activities to support young farmers, cooking sessions, mentorship and community supported agriculture to create intergenerational spaces in a community. Encourage governments to include nutrition in the school curriculum was also highlighted as key in several countries. Act4Food Act4Change was mentioned as an important initiative to engage youth in discussions and initiatives across the world, including through their Food Systems Summit collaboration with existing UN networks.

The Dialogue later led to a discussion of what is needed to enhance intergenerational collaboration, such as identifying a common goal/purpose, systematically involving young people in local and global policymaking and decision-making processes, socio-cultural considerations and avoiding tokenism all together. In discussing the value of collaboration, participants shared that it could help to recognize strengths and weaknesses and share opportunities. For example, traditional knowledge can be

shared from older generations whereas young people can contribute with fresh and innovative ideas. Overall, these examples and ideas present a mainstream inclusion of youth in discussions and initiatives worldwide.

### Q3: What advice would you give to young people who want to start a similar campaign?

Many participants shared advice based on their own campaigning experiences, either as a young person or as someone who has worked closely with youth. The advice included launching a campaign to boost awareness, using social media as a powerful platform, identifying allies in and outside your community and moving past talking to action. Another tactic shared was to know your audience, whether it is through a campaign, a social media outreach or in terms of identifying allies for your cause. It is key to join forces strategically and find willing institutions and/or policymakers who can support a campaign to move it forward. Other advice given was to learn about a topic in-depth, devote time to planning prior to action and to be confident in your abilities. If enough time is spent on learning and planning, youth are more likely to succeed when acting. In terms of mobilizing on a local level, some participants argued that volunteering in small groups and getting involved in local youth communities can be very powerful on the journey towards real change.

### Q4: How can you work together to take further actions in your own countries and communities?

The final question sparked many interesting ideas on how participants could collaborate across generations in their countries and communities. The participants committed to the following:

- Capitalize on local networks, such as convening meetings at community cafes to discuss, collaborate and share lessons learned.
- Conduct advocacy workshops focusing on women and girl's empowerment.
- Use social media as a platform to engage on a more global level.
- The adult stakeholders committed to inspire, share and communicate with youth in their own communities.
- Youth participants committed to not be afraid to engage.
- Join forces and break silos on a local level for continuous cross-collaboration.
- Continue to raise awareness of the importance of working across generations.

## Outcomes and Next Steps

This regional Dialogue Forum showcased the importance of supporting local initiatives where young people are involved and scaling them up to a global level. The Act Food Act4Change global movement was specifically highlighted as important to support and participants were urged to

encourage other young people to join. One of the key messages from the Dialogue was that youth participation should be systematically implemented in all forms of decision-making processes worldwide and that tokenism needs to be avoided all together to make room for mainstream inclusion of youth. Finally, there was consistent agreement throughout the Dialogue that intergenerational collaboration is essential to open dialogue, developing new ideas, acting and creating real change.

Based on the Dialogue, EAT will register commitments on the N4G platform *Nutrition Accountability Framework* to help inform, shape and inspire strong global commitments for nutrition towards 2030. This will be done in collaboration with Act4Food Act4Change, WWF and the Food Foundation. These commitments will be publicly available through the platform to enable transparent and accessible sharing of data, evidence and best practice. This will also allow the global community to track and monitor nutrition action.

## Communication and Dissemination

World Obesity Federation (WOF) has been active on social media using the CO-CREATE Twitter to communicate and disseminate the N4G side event and the outcomes of this regional Dialogue Forums. Below are some examples of the communication and dissemination efforts.

### **@EU\_COCREATE**

We are excited to collaborate with [@Act4FoodGlobal](#) [@Food\\_Foundation](#) to bring this discussion to life 🙌 As a collective force, young people have extraordinary potential to influence tangible, positive change in our world's food systems 🌍

And we're live! [@priyasblog](#), moderator for today's [#N4GSummit2021](#) side-event introduced [@Act4FoodGlobal](#), reiterating the role of [#youth](#) in driving [#action](#) towards healthier [#food](#) environments. We look forward to hearing case studies from [@Food\\_Foundation](#) Tailored Food, & more!

Young people should believe in themselves and be confident in their abilities! We look forward to future collaborations with [@Act4FoodGlobal](#) [@World\\_FoodForum](#) [@Food\\_Foundation](#)

# Regional Dialogue Forum Report 5

This report provides context and key findings from the World Café Dialogue Forum organized by the World Obesity Federation (WOF), in collaboration with EAT.

## Dialogue Forum Context

STOP, CO-CREATE, JA Best-ReMaP and PEN are four European projects that address the global childhood obesity epidemic. Through innovative and rigorous research methods, the projects aim to generate new evidence and develop robust and sustainable findings, recognising that current interventions to curb the rise in child and adolescent obesity have failed. In 2020, a joint symposium was held to showcase the four projects' innovative approaches to refine current obesity-related interventions (I) evidence-based policies, (II) accountability and (III) youth engagement. To build on the discussion, and welcome Joint Action Best-ReMaP as a partner, CO-CREATE hosted four 1-hour online briefings, called the World Café, to present the progress to-date. These briefings commenced with a series of consecutive events in June to explore food and physical activity related determinants of childhood obesity-related outcomes, including the root causes of the growing pandemic.

On September 14<sup>th</sup>, 2021, CO-CREATE hosted a World Café on *Youth as a driving force for change*. The World Café showcased how the CO-CREATE project is involving young people as genuine project partners to identify the drivers of obesity and obesity-related policies that hold promise in building a healthier future. The Dialogue Forum tool was used to convene youth and stakeholders to discuss meaningful youth engagement and inclusion. The Dialogue Forum began with a presentation by the Norwegian Institute of Public Health (NIPH) on policy actions and interventions targeting young people, followed by a Dialogue with 2 youth and 2 stakeholders and an open Q&A. One representative from EAT moderated the Dialogue. The session was open to members of the public with more than 160 participants who participated in the Q&A session.

The core message of the Dialogue Forum were as follows:

*Young people need to be engaged in a meaningful and inclusive way consistently. They are aware of the systemic changes that are needed for improved human and planetary health. Their contributions to dialogues at all levels (local, national, and international) is a powerful lever to identify collective actions for a healthier future.*

The objectives of the Dialogue were the following:

1. To discuss how young people can be meaningfully engaged in policy-making processes and projects at local, national and international levels.
2. To showcase how youth-led dialogues can be harnessed as a powerful lever to build upon each other's perspectives, to connect individuals and to identify solutions and collective actions.

3. To explore obesity-related policy actions and interventions targeting young people.

Prior to the Dialogue Forum, EAT, WOF, the speakers from the consortium and the Dialogue Forum participants met through a series of preparatory meetings to train and familiarize themselves with the digital tool, the activities and the moderator role.

## Dialogue Forum Findings

This Dialogue Forum centered around four questions to guide the participants in a discussion on meaningful youth engagement and inclusion. The participants were asked to reflect on the following questions:

1. From your point of view, how would you define meaningful youth engagement and inclusion, and can you share an example?
2. What are the main barriers to meaningful youth engagement and inclusion in policy and decision-making processes at national levels?
3. How can we address these barriers to meaningful youth engagement and inclusion at national levels?
4. How can we ensure that youth priority actions to address adolescents overweight and obesity are consistently incorporated in high-level discussions such as the forthcoming UN Food Systems Summit?

The following section provides insight into the regional Dialogue Forum and some key findings.

### Q1: From your point of view, how would you define meaningful youth engagement and inclusion, and can you share an example?

The stakeholders highlighted the importance of consistently engaging young people in decision-making processes and ensuring that youth are heard. This also includes creating a safe space for all voices, as well as ensuring genuine commitments to integrate young people's ideas into policies and programs. Youth participants emphasized two key points: young people must be involved at all stages of a process, and young people must be at the table to discuss issues that affect them. All participants agreed that tokenism must be avoided at all costs.

### Q2: What are the main barriers to meaningful youth engagement and inclusion in policy and decision-making processes at national level?

The stakeholders highlighted the difficulty to convince decisionmakers and policymakers that young people are affected by long-term decisions. Specific barriers identified were that young people do not have the same seat at policy discussion table and are not taken seriously in government circles. Other barriers identified were that young people do not have the same financial backing and are not formalized in these processes. The young participants highlighted tokenism as a significant barrier, which often leads to youth not being in a position of power and responsibility. Access to authorities and transparency in policymaking were also identified, including the difficulty of reaching out to young people offline or rural youth.

Q3: How can we address these barriers to meaningful youth engagement and inclusion at national levels?

The stakeholders suggested several mechanisms for engagement, such as funding, transparency and equitable financing. Specific examples include forming youth boards that can influence at the organizational level and engage in projects like CO-CREATE where youth are involved in a participatory manner. Youth participants suggested mandates for youth representation in policy consultations, such as youth advisory boards or advisory seats. The employment of young people was also brought up as a way of addressing the barriers. All participants agreed that the narrative on youth involvement and the impact they can have need to change.

Q4: How can we ensure that youth priority actions to address adolescents overweight and obesity are consistently incorporated in high-level discussion such as the forthcoming UN Food Systems Summit?

The stakeholders called on organizations to make institutional change so that young people are meaningfully involved. It was also suggested to take learnings from CO-CREATE and STOP to influence implementation of youth involvement from member states. Youth participants highlighted that young people have a lot of power, both as consumers and voters, and that they can make changes to bend the curve of overweight and obesity. In addition, it was stressed that overweight and obesity cannot be ignored if we are to achieve the Sustainable Development Goals (SDGs). Finally, all participants agreed that in order to ensure that youth priority actions are consistently incorporated in high-level discussions, there need to be spaces at high-level events for youth involvement.

## Outcomes and Next Steps

The importance of meaningful youth involvement in decision-making processes emerged as a key theme throughout the Dialogue Forum. The level of youth participation was also emphasised as needed to be youth-initiated and youth-led, meaning that young people should be given the tools and spaces to be in leadership roles. One of the key messages from the Dialogue was the significance of including a diverse representation of youth and to avoid tokenism. Participants agreed that it is crucial to change the power structures that prevent young people from being considered experts when it comes to their own needs and priorities, while also building their leadership capacities.

Both the Dialogue Forum tool and discussion garnered great feedback from the audience. Below are some examples of the feedback:

- *The forum highlighted the importance of involving young people in the preparation of strategies. In fact, there is no point in drafting policies that do not address young people.*
- *It allowed me to consider an online approach to engaging young people in my PhD research project. Thank you for sharing the insight.*
- *I had no idea about the wonderful possibility to engage youth in policy making processes - thank you very much for giving such a tangible demonstration.*

Ultimately, the World Café was an excellent platform to showcase how the Dialogue Forum tool can be used for intergenerational dialogue across borders.

## Communication and Dissemination



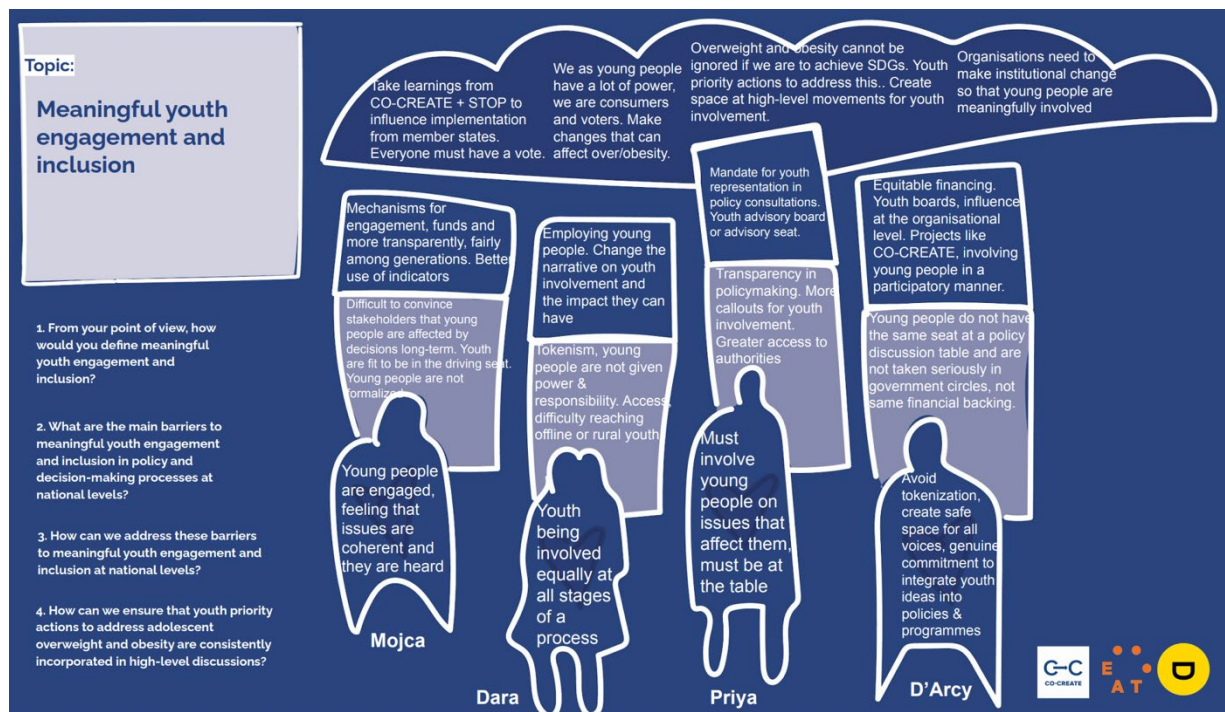
WOF led communication and dissemination activities related to the World Café on social media. The CO-CREATE Twitter was used to disseminate the World Café, the Dialogue Forum tool and the outcomes of the Dialogue. The Dialogue Forum produced one shareable output, which is the final populated canvas with all the ideas and inputs from the participants (Picture 1). The full session was published and disseminated on [WOF's YouTube channel](#). Below are some other examples of the communication and dissemination efforts.

**@EU\_COCREATE**

True & lasting effects to positively impact [#youth](#) [#health](#), including [#obesity](#), will need to include the initiative & leadership of young people. Join us on September 14th, 12pm BST as we recommence the [#WorldCafe](#) series! [@STOPobesityEU](#) [@PEN\\_EU1](#)

[@EU\\_COCREATE](#) is working with young people to identify the drivers of [#obesity](#) & obesity-related policies that hold promise in building a healthier future. Interested in learning more? Join our [#WorldCafe](#)!

Let's talk about [#childhoodobesity](#)! We have joined forces with [@STOPobesityEU](#), [@PEN\\_EU1](#) & Best Re-MaP to bring you a series of briefings to showcase the innovative, rigorous research methods used across the projects. Join us next Tuesday at 12pm BST!



Picture 1: Final populated canvas from the Dialogue Forum.

## G. Healthy Canteen report

### Meeting Healthy canteen

Restaurant group: meeting with The Healthy Canteen and AAGG Friday 26 June 2020 13.00-14.00 hr.

Report: Gerlieke Veltkamp (created on 26-06-2020)

### *Exchange of experiences*

Beforehand I had sent Tamara the plan and the recipes in the appendix. She responded enthusiastically by email to the young people and with this she also opened the conversation. "The floor is yours," she said to them. We first did a round of proposals. Before that was finished, Safae asked "what do you want to know about us?", Tamara suggested to finish the round first. Then she initiated that the youth could ask her questions. The youth said they didn't have any questions. I explained that we had talked about this last night with Safae, Imane and Gidion at dinner (they all said that they found it quite exciting), and that they wanted to share their experiences, share their idea, wanted to hear from Tamara what she does with the Healthy Canteen and her tips for their idea. Tamara thought that was very good. Safae started by telling how they came up with the idea "We didn't like the food in the canteen at all." She said that they had started cooking themselves and also said that they wanted to make it "bigger", but this did not succeed due to corona. Tamara asked what she meant by bigger. Safae replied that they wanted to teach young people to cook and that they wanted to cook in other school locations, so that it came to other schools. Then Gidion told how they had handled it: they had divided the roles; his role was emailing. They had asked the teachers who had anything to do with it. They also had to discuss the recipes with a teacher. They had gone shopping and started cooking.

Dennis asked what the canteen looked like before their action. Safae said you could buy lollipops and chips in the morning break and soup and wraps in the afternoon break. Dennis said he didn't like that either. Safae laughed and said "you see?". Dennis asked what the reactions of fellow students who came into the canteen were. Safae responded that they "didn't give compliments or anything, but they came back to buy more." Some teachers had also said that it was very tasty. Dennis was very curious about the reactions from school: had they done something with it, is the supply now changing, did they want to do more with it, have they learned anything from it at school? Was there a caterer, what did he think? Safae responded that they had not done much with it, but that it had also been stopped by corona. I mentioned that teacher Elodie had said that they knew now that about a need for warm meals, even in the morning, and she wanted to take it with her. Gidion and Safae confirmed. Safae also pointed out that teacher Elodie was not so positive.

When Safae and Gidion had finished talking, I said from my perspective that with Co-Create we want young people to participate more and to determine about a healthy environment. This group surprised us because they were critical, including to us, and less interested in following our steps and writing things down, but that they wanted to cook quickly, and we supported them in this. I suggested to Gidion and Safae that they probably still thought it took long before they could actually

cook, which they confirmed. I told them we found that they were able to act very quickly, turning their criticism into action and into an alternative they envisioned. They were able to divide tasks, do the shopping, negotiate, and cook. The people of school were also surprised by this and found it quite difficult. At the same time, this is exactly what the project is intended for. I said that we often take this cooking project as an example among our colleagues internationally, and that they have done it very well.

Safae said that they have adjusted their recipes and added more vegetables and a sauce with fewer calories. Tamara suggested that she had read her email. I said: "I think you mean your teacher Masja, Safae, who is involved in the Healthy Canteen at school? Safae confirmed. Tamara indicated that she had also emailed about this (with teacher Masja). Tamara asked about the multiple locations of PRO. Safae spoke about the three different locations. "The canteens were also very different, right?" I asked. Safae indicated that the Tom Poes location only sells grilled cheese and snacks. That's why they wanted to cook there too. Tamara said again that she thinks this is a very good idea. Safae meanwhile dropped out due to a bad connection.

Tamara said she is very enthusiastic about the idea. Especially for practical schools, because cooking lessons are often offered there as part of the curriculum. But, she agreed, it is indeed determined by adults what is being cooked. "This idea is new to me, that young people cook what they like themselves". Tamara thinks this is a very good idea. In other schools there is often a kitchen available as well, but if they are large schools for 1000 students, there is usually also a caterer. Students often have the course "Care/ Household", but not cooking. I mentioned that one of our other groups at the Montessori College also wanted to give cooking lessons and visit the young people from Almere. So, this idea lived with them too. They eventually went to the OSB high school to attend a cooking class, and cooking was the most popular class at the OSB. The group from Almere had made a questionnaire for young people, but in the end they did not distribute it, so we cannot say what the interest among young people is there, but Montessori and OSB did show an interest among young people in cooking. Tamara nodded and confirmed that she is also in contact with both schools and knows about the cooking class at the OSB. Dennis also mentioned that he is very enthusiastic about the idea and that in his opinion it fits perfectly with what could be done in practical schools and MBOs in Amsterdam.

### ***Next steps***

Dennis asked (to me) if there are people who are picking this idea up and move forward; the school board, someone from the Municipality of Almere: what next? Because it would be a shame when this turns into a one-time action. I indicated that I would respond to this soon, but first, Gidion might want to tell a bit more about what their plans were to move forward. Safae had already said something about learning to cook for other young people, which has not happened in the end. What other plans do they have? Gidion said they wanted to make a cookbook of the recipes (Dennis started nodding enthusiastically). Gidion also mentioned they wanted to meet up with Sharon de Miranda at her cafe and that she could help with the cookbook. It still seems like a lot of fun to Gidion if they can make that cookbook. I explained a bit more about Sharon de Miranda: TV chef, who gives cooking lessons at café Tante Nel, and who has also written a cookbook herself. It is a

multicultural cookbook, which also fits well with the recipes of this group. I asked Gidion, "Because you can all cook very well, right?" Gidion laughed and confirmed that this is correct. I mentioned that these young people all have a lot of skills from home with cooking, a lot of feel for cutting, herbs, recipes and that they also contribute different knowledge and experiences. That is why they wanted to teach this to other young people who do not have this. In addition, they also add something from different kitchens, which is perhaps even less present in De Healthy Kantine (more oriented towards cheese sandwiches than warm meals, according to the youth). In response to Dennis's question, I indicated that this conversation is a first step to see if the idea can be taken further: the young people have snow hared their idea and it is already with Tamara, and also with Dennis. We spoke to another group about sugar tax (Dennis asked about it and he indicated that they are also working on a sugar tax in Amsterdam). We spoke to the alderman of Almere with the other group, and we could also involve her in this project. Teacher Masja from PRO wanted to participate today and is interested. Gidion mentioned that she had classes today and couldn't attend, but he confirmed she wanted to come. I also mentioned that Aeres MBO is working on a Healthy School Environment course, including the Healthy Canteen, with input from Aeres HBO. We are in contact with them and can also involve them. Maybe Gidion or others in the group can and will join us some time to give input and share experiences. Gidion confirmed. Tamara and Dennis nodded and indicated that it would be very good to get Aeres involved. With Co-Create we also do a policy implementation and policy evaluation plan and for this plan, we also want to engage with relevant stakeholders in the field. This conversation can be a first step. I suggested to Gidion that he and some of the group might also want to go somewhere or give advice once. And Tamara and Dennis, maybe they want to be involved in the next steps too? Both confirmed.

Tamara mentioned that they are working on student involvement and that this project fits in very well. This is already an existing network and the Healthy Canteen is an existing platform, so she could roll out the idea. Would Gidion want to come along if she went to other PRO locations, for example, to implement their plan there? I asked Gidion what he thought of this. Gidion responded positively, saying that it is a good thing that it is not only for others for young people to determine what kind of food there is without having any influence on it.

Dennis said he was very enthusiastic about what is happening in Almere. He envisioned working together on this as "Almere and Almere-West" (meaning Amsterdam, the western city but larger capital), certainly at practical schools and MBOs.

Tamara also mentioned that she can provide feedback on the recipes they have and give some tips, to meet the guidelines of the Healthy Canteen, and she can help with the cookbook. She asked Gidion if they also wanted to know more about the guidelines. He confirmed. There is a lot of work behind the Healthy Canteen and many people have worked on it and thought about it. Do we like it when Tamara sends some information about that? We all like that very much. I suggested that maybe after the holidays we can sit with Sharon after all with those from the group who are interested, and then read and watch it together.

We closed with the statement that it will be continued. I will send Dennis the plan and the recipes. Tamara sends us the information and feedback on the recipes. We will keep in touch to find opportunities for a follow-up. Gidion thanked Tamara and Dennis for their time. We all indicated that we thought it was a very nice conversation. Safae indicated afterwards that she liked the conversation very much and it was a shame she had technical problems. Imane, who could not make it in the end, also regretted that she could not make it.

## H. Summary document template

### Summary document- Dialogue Forum

Use this document to write the outcomes of each breakout discussion right after the Dialogue Forum. All the information required for this document is already captured on the Dialogue Tool digital canvas. The summary is to be used by moderators, facilitators or co-facilitators so they can capture the results of their discussion. Please store in your respective WP6 Microsoft Teams folder.

**Alliance:**

**Date and time:**

**Total number of participants:**

#### 1. Policy idea being discussed

##### 1. Who are we

Write down the stakeholder category of each participant.

#	Stakeholder category (youth, policymaker, business representative, etc.)
1	
2	
3	
5	
6	

##### 1. What we care about

Write down what each participant has identified that they care about with respect to the policy idea.

#	What I care about is...
1	
2	
3	
4	
5	
6	

##### 1. Obstacles

Write down the obstacles identified by the participants

#	
1	
2	
3	
4	
5	



**1. Opportunities**

Write down the opportunities identified by the participants.

#	
1	
2	
3	
4	
5	

**1. New ideas and improvements**

Write down the idea suggested by participants to improve the policy.

#	
1	
2	
3	
4	
5	

**1. Common vision**

Write the group’s common vision down below.

**1. Actions and commitments**

Name	Action offered	Who took the offer

**1. Evaluation Survey Results**

Please include the participant responses to the evaluation survey, categorized by stakeholder category.

**1. Additional information**

Please include any additional information that was not captured by the previous sections, including questions youth have for stakeholders.



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