

# Approved minutes



Project Steering Committee (PSC)

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Date: 04062020

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Venue: Zoom

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Subject: Project progress

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## **PSC representatives in attendance:**

Knut Inge Klepp (NIPH - chair), Christian Bröer (UvA), Nanna Lien (UoO), Hannah Brinsden (WOF), Cecile Knai (LSHTM), Janetta Harbron (UCT), Ana Rito (CEIDSS), Sudhvir Singh (EAT), Deanna Hoelscher (UTHealth), Margrete Bjørge Katanasho (Press), Oddrun Samdal (UoB), Steven Allender (Deakin), Kate Oldridge-Turner (WCRF), Aleksandra Luszczynska (SWPS)

## **Absences: None**

## **Other attendees**

Harry Rutter, Tim Lobstein, Elin Bergstrøm, Therese Bakke

## **Editor minutes:**

Therese Bakke

**1. Approval of the agenda and calling of the meeting**

The calling of the meeting was approved. Rounds from overseas partners was added to the agenda.

**2. Reported agenda items**

The list of agenda items announced in the calling of the PSC meeting is summarised in table 1, and the full agenda is included as Annex 1. Summaries of the reported items and case documents were available for items PSC 2019 1-4 at the calling of the meeting. Each included agenda item was announced indicating the need for a decision (D), having financial implications (F) or for information/discussion (I).

Summaries of the discussion and, where relevant, decisions for each reported agenda item follows below table 1. Decisions are marked in yellow.

<b>Item number</b>	<b>Title</b>	<b>Responsible</b>	<b>Type of item*</b>
PSC 2020-1	Follow-up from the Advisory Board meeting - Impacts of COVID-19 on current project delivery	Knut-Inge	I/F
<a href="#">PSC 2020-2</a>	Sustainability and transferability of youth alliances	Knut-Inge	I
PSC 2020-3	Wroclaw meeting in November	Knut-Inge	D
<a href="#">PSC 2020-4</a>	Meeting schedule 2021	Knut-Inge	I
PSC 2020-5	Publications	Hannah	I
PSC 2020-6	Meeting on CO-CREATE adaptations to COVID-19	Knut-Inge	D
PSC 2020-7	Joint CO-CREATE, STOP, PEN project meeting June 30	Knut-Inge	D

*Table 1: List of reported agenda items*

## **PSC 2020 – 1**

The situation with the pandemic is affecting all societies and activities, including CO-CREATE.

The timing is particularly unfortunate, as it has struck in the middle of very active phases of activities and data collections with the Youth Alliances in all countries, and preparations for Dialogue forums. It is impressive how all partners, WP-leads and country leads, alike, have been able to mitigate negative impact on concrete activities: going online with the young people and stakeholders, and adapting the Dialogue Forum for online format to allow for pursuing the original timeline of activities.

The covid situation has changed the general order of society significantly in all countries, including the physical activity and the food environment. This provides both challenges and opportunities, which were discussed with the Advisory Board on June 3<sup>rd</sup> 2020 under the following main bullets:

1. How does covid impact ongoing work?
2. How do we take covid into account for upcoming work and publications?

Reflections following the AB meeting are summarised below:

We need to think deeply about how to plan the next phase, weaving the new reality into the project. It does pose significant challenges, but not responding is also not really an option. This has started in a small way, for example the UK has built questions specifically related to covid into ongoing surveys with the Youth Alliances.

There is more appreciation for public health and potentially also systemic solutions in the covid context, which may open new opportunities for the next project period. In the Netherlands this expands to co-creation, and the team at UvA has started connecting with the Ministry of health to pursue this further. In the project, it is important to focus on moving towards impact, which was also highlighted by the AB.

In Portugal, the Alliances has been very active in the online format, with the Portuguese team embracing opportunities provided by the pandemic with the young people. One of the impacts of covid on the project is that the timelines of the different countries will need to deviate pending on local and national restrictions. Consequences of this needs to be discussed, as countries will have less opportunity to support each other's efforts as they will rely much more on specific local contexts.

The policies that come out of the project should be a main focus as we move ahead. These are key to our project impact, and there is a question of whether the proposals that have been prioritised pre-covid, are still relevant and interesting in a post-covid world.

We need to keep in mind that the method is adaptive, and method development is also an impact from the project.

Have we discussed with the young people how covid impacts their physical activity and food environment, and how the situation has impacted their lives? We know that covid significantly changes how physical activity can be pursued, both which activities pose less risk for spreading infection and for being active at all within the confinement of the restrictions. Furthermore, online time has increased. In the US, there is concern that the pandemic may exacerbate the obesity epidemic. The project should embrace the situation as a learning opportunity.

There is increasing momentum behind policy makers investing in new infrastructure, and discussions are ongoing on how sustainability and health can be built into this. We should invite young people to input towards these discussions. Financing these infrastructures is also being sought and made available in a large scale, and it would be interesting to position the project in this context.

In summary, the AB challenged us in several ways:

- concept clarity
- defining and embracing our impact
- expand and capitalise on synergies across work packages
- training of coders for the policy surveillance
- making the most of the opportunities of going digital (new groups, across borders setting etc.),
- addressing covid impact on activities and publications
- use the project to assess the impact of covid on young people

#### **Actions:**

- o We will urgently arrange a dedicated meeting to discuss and make a plan, including how to get input from the AB on the specifics of this plan (Knut-Inge, Harry)
- o Knut-Inge will summarise the AB comments and ask them for input

#### **PSC 2020 – 2**

The concepts of sustainability and transferability is mentioned in the grant agreement for the Youth Alliances and Dialogue forums without being defined more specifically. There is a need to collectively discuss and determine how we report to these concepts as we move forward.

Sustaining activities beyond a project is challenging. Experiences from Australia shows that in most instances this does not happen. Where it does happen, it seems to depend on dedicated members of community having capacity and confidence to take leadership, and availability of start up support for the initiatives. In the US you see the same thing. One important factor to address is matching complexity of the task to capacity of the people who are asked to deal with the challenge.

For Press, local chapters of the organisation are transient and depending on social structures; typically, a group of committed friends who stay engaged and involved for three years and then it levels off. One tool to support and sustain engagement that has proved efficient is the availability of funding for activities. Press could be an organisation that it would be interesting to study in the context of sustainability.

Sustainability in the context of the project activities with young people can take many forms pending on what it is we seek to sustain – below is a list of topics and views presented during the discussions:

#### 1. Keep the Alliances going in the current format

The continued running of Youth Alliances or setting up new Alliances in the model we have tested, is very labour intensive and not seen as realistic where facilitators are no longer part of the team. Some countries are planning to do this pending availability of facilitator staff.

Recruitment channels has had an impact on sustainability in the different countries. These experiences should be synthesised and inform the further running of Alliances where that is being pursued.

#### 2. Transferability and sustainability of project methods

This includes protocols, training material and experiences in running the Youth Alliances, the Dialogue Forum model (both in person and digital) that will be freely available after the project.

#### 3. Continued engagement of youth from the alliances

Support for engaged youth from the project is needed in order to finalise Dialogue forums in the different countries. There are efforts supporting this coming from different partners of the project:

- Press is working with engaged members across countries in the Youth Alliance task force to synthesise the lessons learned by youth into a statement, and to organize a youth conference spring 2021.

- Experiences from Portugal shows that sustained engagement needs to be planned and connected to specific activities, such as the national meeting to be arranged after summer inspired by the international meeting planned for September which was cancelled due to covid.
- EAT has a budget that can be implemented in this context. Country partners also have budget connected to the Alliances that can be implemented in support of sustained engagement.
- Connect engaged youth with existing organisations and infrastructure, and also ongoing policy processes that represents opportunities for the youth to raise their voice.
- Taking policies forward, inspired by implementation plans from WP 7, is a concrete way in which to further engagement. The European Youth Parliament and the International Youth Health Organization are also concrete opportunities for securing impact and sustainability.

Sustaining engagement needs to be flexible and tailored to each country setting and discussed with the youth themselves.

#### 4. Sustain the output produced by young people

Raising awareness regarding the project methods, youth developed policy proposals and ideas and reflections shared in the Alliances is important, capitalizing also on the networks of WOF and Press.

Furthermore, expand to make young people contributions sustainable; sharing them with other young people along the way, and include them in the work we are doing for policies, publications etc moving forward.

CO-CREATE is a research project, and in the systems perspective also a lever in the same system we are aiming to research and impact. Using the platform of the project to raise the all of society approach to obesity, listening to the voice of young people, and engaging with other stakeholders is also a way of ensuring sustainability.

Summarising remarks:

- What is important is a critical mass of youth involvement.
- The discussion on sustainability is linked to the discussion on impact.

Research questions raised under this point included:

“Was the model for the Alliances chosen by the project sustainable outside the project?”

“What are critical barriers and facilitators to implementation of policies in the context of sustainability”

#### **Actions:**

- o Each country partner will discuss with youth alliance members and make a plan for their sustained engagement, using the opportunities organised from the project (ex. Youth Alliance task force, Dialogue forums, Press Youth conference spring 2021, and local/national events) and opportunities available with other organisations (Ex. local/national youth organisations, YHO, EYP) supported by the budget at country partners and EAT (country partners)

- Sustainability in terms of organizational structure and resource requirement will be addressed in research papers evaluation the Youth Alliances and specific components (i.e. Dialogue forums) (WP 5,6,7)
- A short memo by a working group to be appointed by NIPH presenting how we within the remaining CO-CREATE project period will be working in order to secure sustainability of project methods and tools will be developed and presented to the EB

### **PSC 2020 – 3**

The upcoming meeting in Wroclaw on November 11-12 needs to be decided upon in the context of covid.

The Polish borders are currently closed and no bookings of flight and hotels should take place at this point. It is not expected that hotel availability should become a problem. Flights have been available direct from some countries (e.g., Oslo, Amsterdam, London-Stansted) or via Frankfurt, Munich, or Warsaw. There is no specific cancellation date with regard to room bookings.

It is unlikely that travel across all borders is an option. Do we go ahead with a hybrid meeting?

Online meetings are not as good as in-person, however we will need to adapt.

Hybrid meetings need to be carefully planned to accommodate satisfactory participation of those not present in person, and will also depend on technical facilities at the venue. This needs to be investigated.

**Decision: The decision was postponed.**

#### **Actions:**

- Aleks will investigate technical facilities for doing a hybrid meeting
- EB will follow up and make a decision over the summer
- Therese will follow up to collect feedback from the online meeting to inform our upcoming meetings

### **PSC 2020 – 4**

Discussion and decision was postponed.

#### **Actions:**

- EB to follow up
- Sudhvir to investigate dates for EAT forum

### **PSC 2020 – 5**

The publication list that was started in Oslo in November 2019 was discussed. We need to make sure we keep this work moving and identify how to coordinate this work to be as impactful as possible.

Having supplements with a selection of papers is positive in the way that 1) creates a fuller body of work from the project that is easy to share, 2) can be a less complicated process from submission to publishing and 3) it focuses the mind. Salient sets of papers include:

1. Design papers
2. Youth involvement

We are committed to 1) publish and 2) publish open access, not to the how the papers are published. This means that we can publish separate papers or supplements pending on what is deemed to be best.

We need to address the implication of covid for publications that include activities that were happening (partially or fully) within the context of the pandemic.

NIPH are planning for a writing workshop on October 14-16 for the Norwegian team members. This could be planned to include team members in other countries by focussed meetings online during the seminar.

Management of the GDPR requirements would also be interesting to specifically address, as these are still quite new, and especially in the setting of a project like CO-CREATE.

Put together a set of papers that would be useful to get out, but hard to publish alone to pursue a supplement for these, and then decide whether we pursue a results supplement later on.

### **PSC 2020 – 6**

The first follow up meeting regarding PSC 2020 – 1 will be the EB meeting on June 25<sup>th</sup>.

### **PSC 2020 – 7**

The CO-CREATE/STOP/PEN meeting is on June 30<sup>th</sup>, and is an opportunity to discuss with colleagues across the projects. The three projects are doing work that are related and would benefit from coordination and collaboration.

We will take the opportunity to present WP-2, WP-5 and WP-7 work in the meeting.

### **Added agenda item: rounds from overseas partners**

#### **Steven (Deakin):**

Besides locking down society, including schools, the pandemic has caused a halt in progress of new grants to further research that is ongoing. Hopefully these processes will be picked up again within not too long. There is work going in to adapt research angles into the situation with the pandemic: one looking at the adaptability of communities, and how one can build crisis preparedness into interventions. Another direction is to shorten the feedback loop from learning something to spreading the learning, building a central engine for real time learning.

#### **Janetta (UCT):**

Lock down since beginning of March, with home schooling and universities locked. Uncertain when opening will be an option. A grant was sent to the MRC UK to further CO-CREATE activities, specifically the Youth Alliances and Dialogue forums in the South African context. The grant went through to the final round where it was unfortunately not funded. Exchange rate has been favourable, so she is investigating if it is possible to add Youth Alliances in a shortened form. This is providing an interesting opportunity to add the context of covid specifically into the activities.

#### **Deanna (UTHealth):**

Starting to open up in Texas, with hopefully the opportunity to restart research activities in schools in the fall. Submitted a grant to the NIH in February to start up CO-CREATE activities in the US. It was unfortunately reviewed in the not fundable range, with reviewers having very different takes on it. Feedback from reviewers has been used to revise the proposal with the aim of resubmitting for the July deadline. NIH is still funding, and it looks like public health has had some increased interest with the pandemic. Feedback will be requested from selected partners in the time to come.





# Agenda



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## **PSC representatives not attending:**

### **Other attendees**

Harry Rutter (deputy coordinator - chair)

### **Minutes:**

Therese Bakke

## **Background documents:**

- [Approved minutes](#) from in person PSC meeting in Amsterdam 2019.

## **Agenda items (description of all items and attachments are on the links – project background documents are linked to in the text):**

1. Approval of the agenda and calling of the meeting
2. Reported agenda items with hyperlinks to background documents

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PSC 2020-7	Joint CO-CREATE, STOP, PEN project meeting June 30	Knut-Inge	D

\*D = decision needed, F = financial implication, I = information/discussion