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D2.5: Physical Activity Policy Database

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Executive Summary

WCRF International has developed a new physical activity database as part of the CO-CREATE project. The new physical activity database holds specific information about implemented policy actions (as outlined by the Methods Document Deliverable 2.3) which have been sourced through a comprehensive European Scan and a global scan. The physical activity database is housed on an excel spreadsheet in the form of an extraction sheet with pre-defined data points. The extraction sheet was developed from the extraction sheet for the NOURISHING database. Both databases collect the same type of information to ensure comparability and to support the search function on a web platform.

The extraction sheet is structured to hold information about the search results of the policy scans. Once the information is verified, it is assigned to a sheet corresponding to the MOVING policy areas.

As of 14 October, the database holds information on 91 unverified policies from Latvia, the Netherlands and the UK. This deliverable is developed and submitted in conjunction with Deliverable 2.6, a new web platform for the MOVING and NOURISHING databases as verified data from the extraction sheet will be displayed on the new web platform in due course. The database will continue to be populated with the results of the comprehensive European scan and the global scan and should be viewed as a living document.



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List of acronyms / abbreviations

EC European Commission

GAPPA Global Action Plan for Physical Activity

WCRF World Cancer Research Fund

WP Work Package

WHO World Health Organization

Introduction

Deliverable description

A physical activity policy database will be prepared, that links to the already established healthy diets policy database (NOURISHING).

Objective of deliverable

To develop a physical activity monitoring tool similar to the World Cancer Research Fund International's NOURISHING policy monitoring tool.

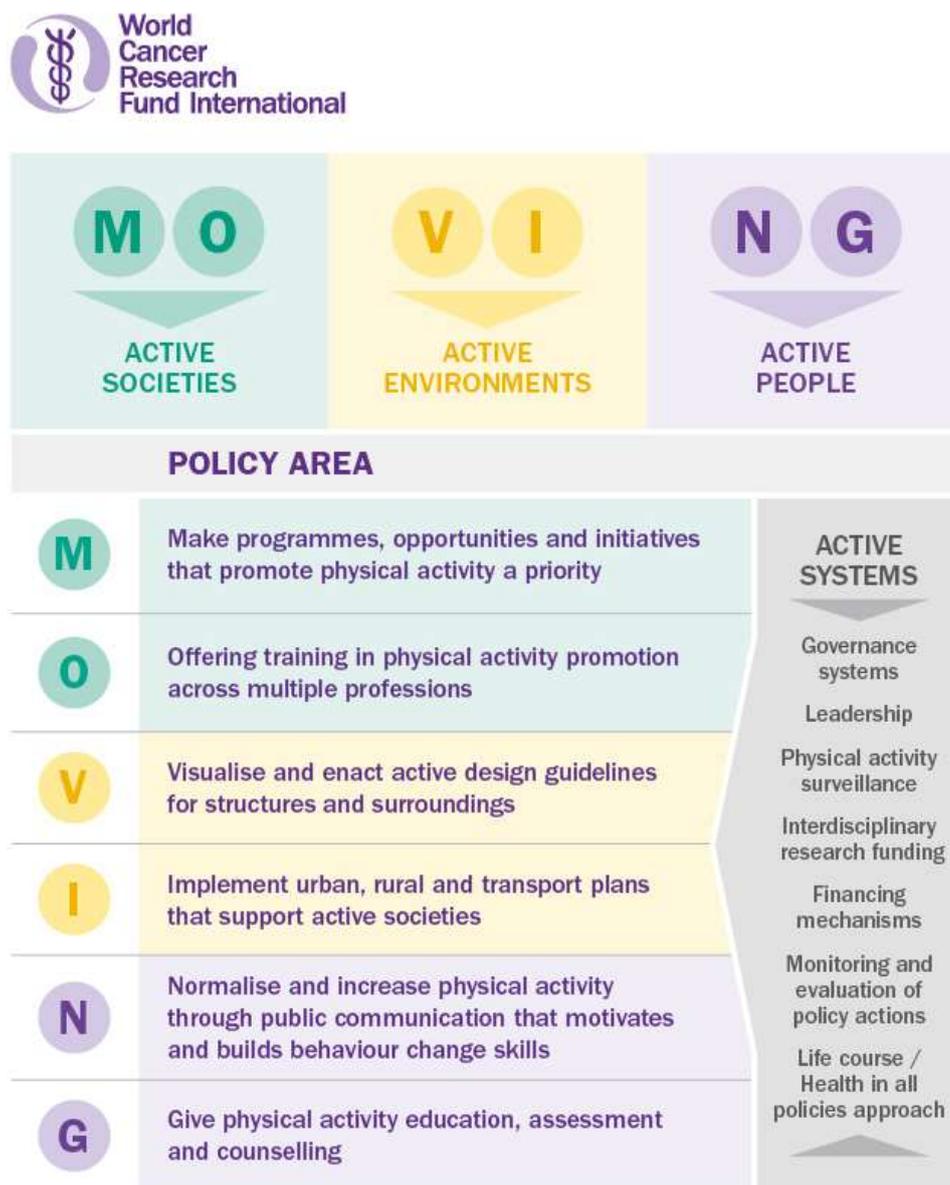
Background

As part of the EU-funded project “Confronting Obesity: Co-creating policy with youth”, known as the “CO-CREATE” project, World Cancer Research Fund (WCRF) International is responsible for deliverables in Work Package (WP) 2. As part of Deliverable 2.5 (D2.5), WCRF International has developed a new database for physical activity policy actions based on the MOVING framework (D2.1)

This report discusses the process of developing the new MOVING physical activity database. The development of the new physical activity database should be considered amongst a number of other WP2 deliverables:

1. *D2.1 MOVING framework*. WCRF International has developed a physical activity policy framework equivalent to the WCRF International NOURISHING policy framework. The MOVING physical activity policy framework (the MOVING framework) is the basis for the new MOVING database of government implemented physical activity policy actions. The framework categorises and organises the policy actions into policy areas and sub policy areas. The framework was developed following an analysis of the global physical activity policy literature (including the World Health Organization's 2018 Global Action Plan for Physical Activity, GAPPA) and consultation with physical activity experts. The MOVING framework's six policy areas and the active systems domain align with the four policy domains in the GAPPA: active societies, active environments, active people and active systems. Data is not collected on the Active Systems domain, however case studies will be collected as examples. The MOVING framework was submitted to the European Commission in M6.

Figure 1. The MOVING framework



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2. *D2.3 Methods document.* The methods document outlines the process by which policy scans will be undertaken to populate a new physical activity policy database (organised around the MOVING framework) and the NOURISHING database. The methods document outlines the methodology (and how it was developed) for a global scan and a comprehensive European scan of up to 38 countries. The comprehensive European scan will be conducted twice

throughout the course of the CO-CREATE project. The methods document was submitted to the European Commission in M9. The methods document is explained in more detail in due course.

3. *D2.6 Web platform.* The physical activity database (the MOVING database) will be made accessible to users on a new web platform. The MOVING database will be displayed next to the NOURISHING database on the platform to allow users to search both databases simultaneously and individually. Users will be able to search for policies relating to specific topics with the MOVING and NOURISHING frameworks and will be able to perform country searches. The web platform will be submitted in draft format to the EC in M18 in conjunction with this deliverable. It will be finalised ready to be launched in 2020.

About the NOURISHING policy framework and current NOURISHING database

WCRF International developed the NOURISHING database in 2013 to collect policy actions from around the worldwide relating to the NOURISHING framework. The NOURISHING framework is focused on areas where governments should take action to promote healthy diets and tackle obesity. The NOURISHING database is displayed on the WCRF International website <https://www.wcrf.org/int/policy/nourishing-database>.

The web platform displays information collated about policy actions related to diet and nutrition. The NOURISHING methods¹ document articulates the process by which polices are collected and recorded. The NOURISHING methods document was developed by WCRF International and a sub group of the WCRF International Policy Advisory Group.

When relevant policies are identified, an extraction spreadsheet is used to capture the following information (See Appendix 1):

- Policy identifier (similar to reference identifier, and labelled in the following way: Country_Letter_Policy name)
- Implementation year (if the policy is not yet implemented, the future implementation year if known, otherwise 000)
- Policy name
- Policy level (international, regional, national, state/territorial/provincial, local)
- Key policy characteristics (see Section 3.2 for specific information needed for the different policy areas)
- References (using the unique reference identifier)
- Source (URL to the websites used; title of publication if not available online; name of expert who provided unpublished information)
- Expert(s) who verified the policy action
- Level of implementation (full/partial/not)

1. NOURISHING Methods for compiling and updating the database
<https://www.wcrf.org/sites/default/files/NOURISHING-method.pdf>

- Evaluated (Y/N): if there is any information available about an evaluation of the policy (including evaluation of intermediary outcomes or process), mark “Y”
- Link to published evaluation (if applicable)
- Evaluation identifier (similar to reference identifier: Country_Letter_Policy name_Journal Year)
- Flagged for update (Y/N): if there is time sensitive information in the policy description, include the quarter and year in which the update is planned to ensure this policy is flagged for the next update, e.g. “Y (Q2 2017)”
- Reason for not including a policy in the database (if applicable)
- WHO Region

The development of the Methods document (D2.3) for the new MOVING framework and database

As part of CO-CREATE and the requirement to develop a new web platform and database for physical activity policy actions that was based on the NOURISHING database, a new Methods Document was created (D2.3). The new Methods Document drew on the experiences of WCRF International in developing and managing the NOURISHING database.

The Methods Document was developed following a set of 12 research interviews that drew on the knowledge of organisations have established and maintain databases of health legislation / policy/ actions. (A full list of interviewees in Appendix 5 of D2.3).

The Methods document explains how the policy databases are structured on the NOURISHING and MOVING frameworks. It sets out the processes for two distinct scans of policy actions to populate the databases in a consistent way over time:

- a global scan of policy actions aimed at promoting physical activity and healthy diets, which uses a wide variety of sources to provide a full overview from around the world as policy actions come into force. Updates are published several times a year;
- a comprehensive European scan which takes a structured, systematic approach to searching for policy actions in up to 38 countries. This builds on the findings of the global scan but with additional specific steps within each of these countries, including searching legislation databases (using standard search terms) and ministries. This comprehensive scan will be undertaken twice throughout the course of the project.

The documents lists inclusion/exclusion and verification requirements, and many of the most relevant sources, as well as providing a flowchart of process for undertaking the scans. The document describes how the information in the databases is verified externally and presented on a new web platform in an easily accessible and searchable format. The new web platform will include the name of the policy action (e.g. name of campaign, or title of an act); the date on which the policy action was adopted (if applicable) and date of implementation; and a reference and link to any published evaluation of the policy action.

A Technical Annex to the Methods Document stipulates that the information captured from the comprehensive European scan and global scan is stored in an extraction sheet The data points for the

NOURISHING database were used a basis for the development of the extraction sheet structure in the Methods document (D2.3).

Description of activities

Following the processes outlined in the Methods document (D2.3) a data extraction spreadsheet was created which records the following data points for results of both the global and comprehensive European scan for physical activity. The current extraction sheet used for the NOURISHING database is being used to capture the results of the policy scan related to diet and nutrition.

In line with the Methods document (D2.3) a spreadsheet was created to capture physical activity policy actions with the following headings:

- Policy identifier, which is similar to the reference identifier (section T6.1.2) and labelled in the following way: Country_M/N letter_Policy area letter_Policy name)
- Implementation year (if the policy is not yet implemented, the future implementation year if known, otherwise 000)
- Policy level (international, regional, national, state/territorial/provincial, local)
- Key policy characteristics (as outlined in the methods document D2.3)
- Policy description
- References (using the unique reference identifier) [source documents]
- Source (URL to the websites used; title of publication if not available online; name of expert who provided unpublished information)
- Expert(s) who verified the policy action
- Level of implementation (full/partial/not)
- Evaluated (Y/N): if there is any information available about an evaluation of the policy (including evaluation of intermediary outcomes or process), mark “Y”
- Link to published evaluation (if applicable)
- Evaluation identifier (similar to reference identifier, below – i.e. Country_M/N letter_Policy arealetter_Policy name_Journal year)
- Reason for not including a policy in the database (if applicable)
- WHO region (<http://www.who.int/about/regions/en/>)

Five extra data points were added during the pilot of the comprehensive European scan of three countries (Latvia, Netherlands and the UK).

- Country
- Policy name
- Type of policy (Mandatory/Voluntary)
- Date the policy was included in the database
- Scan Methodology: global scan or comprehensive European Scan

The spreadsheet has a separate sheet for each policy area of the MOVING framework. All initial search results are saved on the MASTER sheet. Once a policy action is verified, it is moved to the

corresponding policy area sheet and a policy identifier is generated. Once added to the relevant sheet corresponding to the MOVING acronym, the data is ready to be uploaded to the web platform. See Appendix 2 for an image of the structure of the MOVING extraction sheet.

If a policy action cuts across both NOURISHING and MOVING, the action is stored twice – once in each of the two databases.

Source documents used to develop policy descriptions are saved on WCRF International's internal files server. Each document is saved with a unique reference identifier and referenced in the extraction document.

The unique reference identifier has the following structure:

Country_M/N letter_Policy area letter_Name of document

where

'M/N letter' refers to whether the document relates to a policy action in MOVING or NOURISHING and

'Policy area letter' refers to the letter in the word 'MOVING' or 'NOURISHING'. For example:

- in MOVING, O = Offer training in physical activity promotion across multiple professions

Results

The physical activity database (in Appendix 3) sets out the data points as outlined above, organised in line with the MOVING policy areas. For data protection purposes, personal information of experts who verify policy actions have been removed. We have also added five extra columns to record the Policy name, country, type of policy, date the policy was added to the database and the methodology used to source the information.

As of 14 October there are 91 policy actions recorded in the extraction sheet from 3 countries (the UK, Latvia and the Netherlands), which are undergoing verification with in-country experts (as per the methodology in D2.3). At this time there are no verified policy actions within the physical activity database.

As policy actions are verified, the extraction sheet will be updated and the results will also be put on the web platform. Consequently, no verified data is currently available to populate the MOVING online database on the new web platform.

It is important to note that this is a working document and as the global and comprehensive European scans progress, more information will be inputted into the extraction sheet and uploaded to the web platform.

Discussion

Due to the fact that the identified policy actions in the extraction sheet have not been verified yet by an in-country expert, a unique policy reference identifier has not been assigned to them. Until the verification process is completed, an extra column listing the policy name has been created in the extraction document to identify the policy name. The unique policy identifier will then be added once the policies is verified.

Furthermore, the policy identifier also provides us with information about the country that the policy action belongs to. However, since this information is missing at this time, an extra column with the country name to help us to be able to filter results within the extraction sheet and identify countries easily was created.

In addition, an extra column with information on the type of the policy action was added. The type of policy action regards to if the policy is mandatory or voluntary. This information is expected to help with the benchmarking of the policy actions at a later stage.

As mentioned before, the EU comprehensive scan will take place twice during CO-CREATE therefore, there was a need to create an extra column with the date that a policy action is verified and included in the database. That information will help us keeping a track with the policies when updating the database for the second policy scan.

Furthermore, we have added another column to record which methodology (global scan or comprehensive European scan) was used to source each policy action. This is to help us record how many results each methodology generates and also provide us with the option to filter results by the methodology used. This will help us to assess how comparable the results are between countries and then articulate this to users of the web platform. (See the Discussion in D2.6 report).

It is important to note that the extraction sheet lists more information than the web platform (D2.6) as this supports ongoing monitoring activities of policy actions. It will also contain information about policy actions that may not meet the criteria for the web platform such as policy actions in pipeline (which do not meet the criteria of implemented policy action for the web platform); however information is retained for monitoring purposes.

Conclusion

The new physical activity database follows a process and protocol that ensures consistent storage and accurate tagging of material. The standardisation of the extraction sheet is crucial to ensure the accuracy and ease of use of the databases. By using the same format as the NOURISHING extraction sheet, it ensures that both databases are linked and collect comparable information. Furthermore labelling of the information facilitates easier updating in the future.



The detailed information collected in the database will support the clear and simple formatting of the front end of the database, which will allow users to find the information that they need quickly and easily.



Appendix 1

An example of the NOURISHING extraction sheet from D2.3 Interim Methods Document.

POLICY IDENTIFIER	IMPLEMENTATION YEAR	POLICY NAME	POLICY LEVEL (INTL, REGIONAL, NATIONAL, PROV/TER/STATE, LOCAL)	KEY POLICY CHARACTERISTICS	REFERENCES	SOURCE	VERIFICATION CONTACTS	IMPLEMENTED (Y/N)	EVALUATED (Y/N)	LINK TO PUBLISHED EVALUATION	REFERENCE TO EVALUATION	LAGGED FOR UPDATE (Y/N)	Reason for not including in NOURISHING	WHO REGION (AFRO, EMRO, EURO, PAHO, SEARO, WPRO)	
France_N1_Nutri-logs	2017	Healthy Choice logo	National	Questions asked: What products may bear the logo? Only imported cooking oils? What requirements do the products have to fulfil to be allowed to bear the logo? Which agency/organisation has the authority to allow use of the logo? When has the logo been implemented? 2004? Is the logo used on menu boards? France has decided to recommend the Nutri-Score system, "a straightforward labelling system that uses colour codes to guide consumers at a glance on the nutritional value of food products" voluntary (due to EU regulation) Decree to be announced in April, at which point companies can begin using label. Nutri-score was chosen after 4 types of label were tested in 80 supermarkets in September 2016.		http://www.sciencedirect.com/science/article/pii/S2468266716300044 http://www.moh.gov.tr/istatistik/istatistikler/temel-saglik/temel-saglik-2016									
France_N1_Nutri-Score	decree to be in place in April		National			http://www.euro.who.int/en/press-room/news/2017/03/france-becomes-one-of-the-first-countries-in-region-to-recommend-colour-coded-nutrition-labelling-system http://www.reparation.fr/associe/manuel/feuille-sommaire-groupe-nutri-score-classe-les-aliments-par-couleur-15-09-2017-4762866.asp http://press.inrae.fr/en/the-5-colour-nutritional-labelling-system-is-the-most-effective-for									
India_N1_calorie labelling in restaurants	under discussion		National	Proposal to have fine-dining restaurants label calories on their menus		http://www.industrytoday.com/india-news/food-regulator-wants-restaurants-to-disclose-calorie-intake-nutrition-labels		not	N			N	not yet adopted	SEARO	
India_N1_health warnings on packaged foods	under discussion		National			http://www.foodnavigator.com/Policy/Ministry-multi-tobacco-style-health-warnings-on-food-packaging		not	N			N	not yet adopted	SEARO	
Ireland_N1_Calorie labelling in restaurants	2017?		National	The Department of Health is currently preparing Heads of Bills for Government on the introduction of calorie labelling of menus				not							
Macedonia_N1_Keyhole FOP labelling	2017?	Nordic Keyhole programme	National	The Department of Health is currently preparing Heads of Bills for Government on the introduction of calorie labelling of menus in the second half of 2017 the Food and Veterinary Agency of the Republic of Macedonia has signed a contract with the Swedish National Food Agency for using the Keyhole logo in its country. In that regard, the Food and Veterinary Agency of the Republic of Macedonia with the authorization from the National Food Agency of Sweden, provides trademark protection for the Keyhole in accordance with the national legislation in force in the Republic of Macedonia At this (summer 2016), we are in process of preparation of the technical regulations, we are planning to organize trainings for the staff of the food and Veterinary Agency, staff from laboratory and the business sector and after completion of these activities we will proceed with implementation of the keyhole logo. Mazavia has almost completed the criteria for the major eight product groups in good dialogue with industry and is expected to launch its guideline logo in mid-2017.				not				Y (2017)			EURO
Malaysia_N1_interpretative FOP labelling	mid-2017		National			Choices International newsletter									
Netherlands_N1_FOP labelling	2016/2017?		National			Scrum and Dail									

Appendix 2

Layout and structure of the new MOVING extraction sheet.

COUNTRY	POLICY NAME	POLICY BODY	IMPLEMENTATION YEAR	POLICY LEVEL (INTL, REGIONAL, NATIONAL, PROV/TER/STATE, LOCAL)	TYPE OF POLICY (Mandatory, Voluntary)	KEY POLICY CHARACTERISTICS	REFERENCES	VERIFICATION CONTACTS	LEVEL OF IMPLEMENTATION (Y/N)	EVALUATED (Y/N)	LINK TO PUBLISHED EVALUATION	EVALUATION'S KEY DATE INCLUDED (Y/N)	REASON FOR NOT INCLUDING A POLICY	WHO REGION	EUROPEAN GLOBAL SCAN
DK	Let's Move! - A physical activity for all Government's initiative			National	Mandatory	Let's Move! is a national initiative to promote physical activity and healthy eating. It is a joint effort between the Danish Ministry of Health and the Danish Sports Council. The initiative aims to increase the number of people who are physically active and eat a healthy diet. The initiative is implemented through a series of measures, including: promoting physical activity in schools, workplaces, and leisure time; providing information and advice on healthy eating; and supporting the development of physical activity facilities. The initiative is implemented through a series of measures, including: promoting physical activity in schools, workplaces, and leisure time; providing information and advice on healthy eating; and supporting the development of physical activity facilities.	http://www.letsmove.dk/							European Region	European
DK	Let's Move!		2013	National	Mandatory	The Danish National Agency for Health Promotion and Physical Activity is responsible for the implementation of the Let's Move! initiative. The initiative aims to increase the number of people who are physically active and eat a healthy diet. The initiative is implemented through a series of measures, including: promoting physical activity in schools, workplaces, and leisure time; providing information and advice on healthy eating; and supporting the development of physical activity facilities.	http://www.letsmove.dk/		not					European Region	European
DK	Physical activity and the environment Guidelines		2018	National	Voluntary	The guidelines aim to promote physical activity and healthy eating in a sustainable way. The guidelines are intended for use by schools, workplaces, and leisure time. The guidelines are implemented through a series of measures, including: promoting physical activity in schools, workplaces, and leisure time; providing information and advice on healthy eating; and supporting the development of physical activity facilities.	http://www.letsmove.dk/							European Region	European
DK	Physical activity and the environment Guidelines			National	Voluntary	The guidelines aim to promote physical activity and healthy eating in a sustainable way. The guidelines are intended for use by schools, workplaces, and leisure time. The guidelines are implemented through a series of measures, including: promoting physical activity in schools, workplaces, and leisure time; providing information and advice on healthy eating; and supporting the development of physical activity facilities.	http://www.letsmove.dk/							European Region	European
DK	Healthy			National	Voluntary	The guidelines aim to promote physical activity and healthy eating in a sustainable way. The guidelines are intended for use by schools, workplaces, and leisure time. The guidelines are implemented through a series of measures, including: promoting physical activity in schools, workplaces, and leisure time; providing information and advice on healthy eating; and supporting the development of physical activity facilities.	http://www.letsmove.dk/							European Region	European

Appendix 3

Accompanying excel document “D2.5 Physical Activity database spreadsheet”



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