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## D2.7: Expert Meeting

World Cancer Research Fund (WCRF)  
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## Executive Summary

This deliverable provides an Administrative Summary of the CO-CREATE Expert Meeting to discuss the draft NOURISHING and MOVING benchmarking tools, held in London (United Kingdom) on 20<sup>th</sup> and 21<sup>st</sup> February 2019.

The Expert Meeting lasted two full days and was attended by experts in the fields of diet, physical activity and benchmarking, and included several CO-CREATE partners as well as participants involved in other relevant EU funded projects. The programme was focused on in-depth discussions around the specific draft benchmarks and indicators developed for both diet and physical activity, with day 1 dedicated to discussing physical activity and day 2 on diet. The feedback from the two day discussion will provide valuable input and direction into the further development of the benchmarking tools.

The final 'Criteria for benchmarking policies and a policy index' – Deliverable D2.8 – is due for delivery to the EU Commission by M16 (August 2019). Detailed minutes and action points from the Expert Meeting will be made available as part of the finalisation of the NOURISHING and MOVING benchmarking tools.

Included in this deliverable are an Administrative Summary of the discussion, as well as an Annex containing the agenda, programme information, and list of participants, as well as the signed list of participants with Declaration of Interests.



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## 1. Introduction

### Deliverable description

The Expert Meeting was held on February 20<sup>th</sup> and 21<sup>st</sup> in London. The aim of the meeting, as according to the Grant Agreement, was to “engage an external group of experts and youth representatives to develop and validate criteria for benchmarking policies and to develop policy indices for assessing adolescent-relevant ‘policy status’ of a country in the areas of promoting healthy diets and physical activity. The policy indices will take into account the strength of implemented policies (using benchmarking criteria) and level of policy implementation. This will include bringing the group together for a face-to-face meeting”.

### Objective of deliverable

This deliverable provides an Administrative Summary of the Expert Meeting, and includes an agenda and list of participants.

## 2. Administrative Summary

All of the participants at the Expert Meeting had already been consulted on the draft versions of the NOURISHING and MOVING benchmarking tools and provided feedback as part of the development process. As such, the participants were therefore familiar with the draft benchmarking tools being discussed at the Expert Meeting. The participants of the Expert Meeting were provided with pre-meeting information, which included:

- A detailed agenda with programme information and list of participants;
- A copy of the draft NOURISHING and MOVING Benchmarking tools, including a detailed outline of consultation and development process to date and key questions for consideration at the Expert Meeting;
- A PowerPoint presentation giving an overview of other international benchmarking tools (across alcohol, breastfeeding, tobacco, diet and physical activity) consulted to date in the development of the draft NOURISHING and MOVING benchmarking tools.

At the Expert Meeting, participants were provided with:

- Copies of all of the above;
- A copy of the (confidential) Interim Methods Document (Deliverable 2.3) – due for submission to the EU Commission by M10 (February 2019);
- A copy of the MOVING framework (Deliverable 2.1) submitted to the EU Commission in M6 (October 2018);



- An overview of the NOURISHING and MOVING frameworks and sub-policy action areas (for reference).

The Expert Meeting was kicked off with presentations to set the scene, including an introduction by Louise Meincke outlining the CO-CREATE project as a whole, and with specific information about the deliverables of work package 2, led by WCRF International. Ms Meincke also highlighted how the deliverables of work package 2 links to other work packages in CO-CREATE, in particular how the benchmarking tools will be used as part of the analysis done in work package 3, where the aim is to use the benchmarking tools for assessing the 'policy status' of European countries against prevalence rates of childhood overweight and obesity.

Fiona Sing then gave an overview of the NOURISHING and MOVING frameworks, including the frameworks' domains and policy action areas, and how MOVING was created as part of the CO-CREATE project to compliment the already existing NOURISHING framework (Deliverable 2.1).

Katy Cooper followed Ms Sing's presentation by highlighting the Interim Methods Document including its Technical Annex, which is being developed as part of CO-CREATE (Deliverable 2.3), to outline the process by which WCRF International will source, verify and include policies related to diet and physical activity in the NOURISHING and MOVING policy databases (the databases accompanies the policy frameworks). The Interim Methods Document and the Technical Annex outlines in particular the process by which two as 'comprehensive as possible' policy scans will be undertaken for 38 European countries for the purposes of the CO-CREATE project. The policies sourced from the scans will form part of the policies used in the benchmarking tools to assess countries' 'policy status'.

Ms Sing then gave a comprehensive overview of the process undertaken in developing the benchmarking tools, including the consultation process and analysis of other relevant benchmarking tools to date, as well as the deliverables overarching principles, which focused on:

- Policies needing to be adolescent-relevant;
- Youth involvement being key to CO-CREATE;
- Focusing the benchmarking tools on implemented national-level policies only;
- Looking for 'good practice' (e.g. aspirational), as opposed to 'best practice' (what countries are currently doing) within the benchmarking tools.

Following this, the discussion was opened for each benchmark, indicator and scale of the NOURISHING and MOVING benchmarking tools, with day 1 dedicated to the MOVING benchmarking tool, and day 2 dedicated to the NOURISHING benchmarking tool. The

discussion was intense and very productive, with feedback given for all areas of the benchmarking tools – each indicator and scale was debated and amended in accordance with group consensus. The next steps will be for the feedback to be incorporated into the next draft of the benchmarking tools and sent around for further consultation with experts in order to refine the benchmarking tools and finalise them for final submission to the EU Commission (August 2019).

## Conclusion

The Expert Meeting has been delivered, and the Administrative Summary has been submitted. Detailed minutes and action point from the Expert Meeting will be made available as part of the continuing development and finalisation of the benchmarking tools (due for delivery to the EU Commission by M16 (August 2019)).



## Annex

1. Expert meeting agenda, including programme information and participants list
2. Signed list of participants with Declaration of Interest



**Expert meeting – benchmarking tools**  
***Confronting Obesity: Co-creating policies with youth***  
**20-21<sup>st</sup> February 2019**

**Aim:**

To develop and validate criteria for benchmarking policies and develop a policy index for assessing adolescent-relevant 'policy status' of European countries in the areas of promoting healthy diets and physical activity.

**Venue:**

The Hospital Club (The Forest Room)  
24 ~~Endell~~ Street  
London WC2H 9HQ

**Accommodation:**

The Academy London  
21 Gower Street  
London WC1E 6HG  
<https://www.ylhotels.com/resorts-and-hotels/the-academy-london>  
*10min walk or 5min taxi ride to the meeting venue*

**Dinner 20<sup>th</sup> February:**

Le Beaujolais  
25 Litchfield Street  
London, WC2H 9NJ  
<https://www.lebeaujolais.london>  
*5min walk from meeting venue; 15min walk or 7min taxi ride from accommodation;  
10min walk from RSA.  
Please note that alcohol consumption cannot be expensed to WCRF/CO-CREATE.*

**EAT-LANCET report London launch:**

The London launch of the recent EAT-Lancet Commission report on food, health and planet will take place on 20<sup>th</sup> February 6-7.15pm at the RSA, 8 John Adam Street, London, WC2N 6EZ. The event is fully subscribed but some participants will be attending.  
*10min walk from meeting venue.*

**Communications and social media:**

#CC4EU  
@EU\_COCREATE  
@EU\_H2020  
[www.co-create.eu](http://www.co-create.eu)

**Expenses:**

All expenses will be reimbursed (except for alcohol consumption). Please ensure that you retain receipts!

## AGENDA

### DAY 1:

<b>Time</b>	<b>What</b>
10 - 10.15am	ARRIVAL and tea/coffee
10.15 - 10.35am	Introductions and setting the scene
10.35 - 10.55am	Overview of NOURISHING and MOVING frameworks
10.55 - 11.15am	Overview of methods for policy scan
11.15 - 11.30am	TEA/COFFEE BREAK
11.30 - 12am	Overview of policy index process to date; Presentation and discussion of other policy indices
12 – 12.30pm	Presentation of MOVING; Discussion of MOVING indicators and metrics [M1.1 – M1.2]
12.30am – 1.15pm	LUNCH BREAK
1.15 – 3.30pm	Continued - Discussion on MOVING indicators and metrics [M1.3 – M4.4]
3.30 – 3.45pm	TEA/COFFEE BREAK
3.45 - 5.25pm	Continued - Discussion on MOVING indicators and metrics [M4.5 –M6.4]
5.25 - 5.30pm	Wrap up and next steps
6 - 7.15pm	EAT-Lancet report launch (optional if space secured)
7.30 - 9pm	DINNER (optional)

**DAY 2:**

<b>Time</b>	<b>What</b>
9 - 9.15am	ARRIVAL and tea/coffee
9.15 - 9.30am	Welcome and recap of Day 1
9.30 - 10.45am	Presentation of NOURISHING framework; Discussion on NOURISHING indicators and metrics [N1.1-N2.3]
10.45 - 11am	TEA/COFFEE BREAK
11am - 12.15pm	Continued - Discussion on NOURISHING indicators and metrics [N2.4.-N5.1]
12.15 - 1.15pm	LUNCH BREAK
1.15 - 3pm	Continued - Discussion on NOURISHING indicators and metrics [N5.2-N8.2]
3 - 3.15pm	TEA/COFFEE BREAK
3.15 - 4.45pm	Continued - Discussion on NOURISHING indicators and metrics [N9.1.-N10.5]
4.45 - 5pm	Wrap up, next steps and close

**PARTICIPANTS**

<b>Name</b>	<b>Affiliation</b>
<u>Arnfinn Helleve</u>	Researcher Norwegian Institute of Public Health  <i>Leading WP3 of CO-CREATE</i>
Catherine Woods	Chair, Physical Activity for Health, Department of Physical Activity and Sport, University of Limerick  <i>Involved in the Policy Evaluation Network (PEN), another EU focused project</i>
<u>Janas Harrington</u>	Senior Lecturer Dept of Epidemiology & Public Health School of Public Health University College Cork  <i>Involved in the Policy Evaluation Network (PEN), another EU focused project</i>
<u>Jessica Beasley</u>	Policy Research Manager NCD Alliance
Jo Jewell	Technical Officer – Nutrition World Health Organization Regional Office for Europe  <i>Involved in CO-CREATE &amp; EU H2020 funded project STOP</i>
Jonas Finger	Researcher Dept of Epidemiology and Health Monitoring Robert Koch Institute  <i>Involved in the Policy Evaluation Network (PEN), another EU focused project</i>
<u>Karoline Nylander</u>	Project Manager PRESS - Save the Children Youth Norway  <i>Involved in CO-CREATE – ensuring voices of youth</i>
<u>Knut-Inge Klepp</u>	Executive Director Norwegian Institute of Public Health  <i>Co-chair of CO-CREATE</i>
Maisha Hutton	Executive Director Healthy Caribbean Coalition  <i>HCC recently created the Childhood Obesity Prevention Scorecard for the Caribbean</i>
<u>Stefanie Vandevijvere</u>	Honorary Senior Research Fellow Dept of Epidemiology & Biostatistics University of Auckland

	<i>Involved with INFORMAS – benchmarking food environments</i>
Paul Vos	Senior Research Manager Access to Nutrition Foundation
	<i>Involved in the Access to Nutrition Index</i>
Fiona Sing	Policy and Public Affairs Manager WCRF International
	<i>Author of benchmarking tools for CO-CREATE</i>
<u>Giota Mitrou</u>	Acting Director – Science & Public Affairs WCRF International
Kate Allen	Executive Director – Science & Public Affairs WCRF International
Katy Cooper	Policy Analyst WCRF International
	<i>Author of methods for policy scan for CO-CREATE</i>
Louise Meincke	Head of Policy and Public Affairs WCRF International
	<i>Leading WP2 of CO-CREATE</i>
Martin Wiseman	Scientific Advisor WCRF International
	<i>Chairman of Expert Meeting</i>



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**Expert meeting – benchmarking tools  
Confronting Obesity: Co-creating policies with youth  
20-21<sup>st</sup> February 2019**

Deliverable 2.7 – 'Expert meeting'

Name	Affiliation	Declaration of perceived or actual conflicts of interest – if not applicable, write 'None'	Signature
Arnfinn Helleve	Researcher Norwegian Institute of Public Health	None	<i>A. Helleve</i>
Catherine Woods	Chair, Physical Activity for Health, Department of Physical Activity and Sport, University of Limerick	None	<i>Catherine Woods</i>
Janas Harrington	Senior Lecturer Dept of Epidemiology & Public Health School of Public Health University College Cork	None	<i>Janas Harrington</i>

		Declaration	Signature
Jessica Beagley	Policy Research Manager NCD Alliance	none	<i>Jessica Beagley</i>
Jo Jewell	Technical Officer – Nutrition World Health Organization Regional Office for Europe	None	<i>Jo Jewell</i>
Jonas Finger	Researcher Dept of Epidemiology and Health Monitoring Robert Koch Institute	None	<i>J. Finger</i>
Karoline Nylander	Project Manager PRESS - Save the Children Youth Norway	None	<i>Karoline Nylander</i>
Knut-Inge Klepp	Executive Director Norwegian Institute of Public Health	None	<i>Knut-Inge Klepp</i>
Maisha Hutton	Executive Director Healthy Caribbean Coalition	None	<i>Maisha Hutton</i>
Stefanie Vandevijvere	Honorary Senior Research Fellow Dept of Epidemiology & Biostatistics University of Auckland	none	<i>Stefanie Vandevijvere</i>
Paul Vos	Senior Research Manager Access to Nutrition Foundation	None currently, but former Danzon - employee (until June 2017)	<i>Paul Vos</i>



		Declaration	Signature
Fiona Sing	Policy and Public Affairs Manager WCRF International	None	<i>[Signature]</i>
Giota Mitrou	Acting Director – Science & Public Affairs WCRF International	None	<i>[Signature]</i>
Kate Allen	Executive Director – Science & Public Affairs WCRF International	None	<i>[Signature]</i>
Katy Cooper	Policy Analyst WCRF International	None	<i>[Signature]</i>
Louise Meincke	Head of Policy and Public Affairs WCRF International	NONE	<i>[Signature]</i>
Martin Wiseman	Scientific Advisor WCRF International	<i>[Signature]</i>	None



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