

2023



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 774210



# CO-CREATE's Exploitation Plan / D9.4

Final business plan and report on in-project and post-project exploitation actions.

World Obesity Federation  
31.10.2023



Deliverable administration and summary			
<b>Due date</b>	31.10.2023		
<b>Submission date</b>	31.10.2023		
<b>Deliverable type</b>	Report		
<b>Contributors:</b>	<b>Name</b>	<b>Organisation</b>	<b>Role / Title</b>
Deliverable Leader	Hannah Brinsden (to 04/23) Tim Lobstein (from 05/23)	WOF (IASO-IOTF)	Director of Policy
Contributing Author(s)	Michael Redmond Maggie Wetzel	WOF (IASO-IOTF)	Policy & Projects Coordinator;  Head of Policy & Advocacy
Reviewer(s)	Knut-Inge Klepp	NIPH	CO-CREATE Principal Investigator
Final review and approval	Executive Board members	CO-CREATE Executive Board	CO-CREATE WP leaders

Document change history				
Version	Release date	Reason for Change	Status (Draft/In-review/Submitted)	Distribution
1.0	24.07.2023	Initial version	Draft	Internal: WOF personnel
1.1	02.08.2023	Revisions following internal review	In-review	Internal: Executive Board
1.2	22.10.2023	Comments from Executive Board	In-review	Internal: Project Steering Committee
2.0	31.10.2023	Final updates at project completion	Submitted	European Commission

Dissemination level		
PU	Public	X



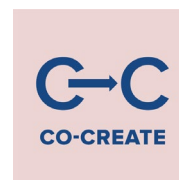
## Abstract

Deliverable D9.4 of the CO-CREATE project consists of the end-of-project ‘Final business plan’ and takes the form of a report on the actions taken in the project, and to be taken post-project, to ensure the outputs of the project are exploited to the benefit of the European community. In this present report we refer to Deliverable D9.4 as the **Exploitation Plan**.

In the Exploitation Plan we describe the outputs from the CO-CREATE project and the potential exploiters and beneficiaries of these outputs. In this respect, the present Exploitation Plan should be read in the context of Deliverable D9.1: the earlier report of the dissemination and exploitation strategy for the CO-CREATE project, and in particular Annex A, Table 4: *Examples of exploitable outputs in CO-CREATE*. In addition, the present report should be read in the context of Deliverable D9.3: the strategy for managing the intellectual property ownership of the project outputs; and also the evidence for scientific outputs and practice abstracts shown in Deliverables D9.2, D9.5 and D9.6.

In the Exploitation Plan the main outputs are listed in Table 1, alongside the potential exploitation avenues and anticipated end-users. Following Table 1, the specific outputs are considered in more detail, with their exploitable benefits described and their value to the European community emphasised. A comparison between actual project outputs and the expected outputs in the Grant Agreement is shown on pages 31-33.

The project website is found here: [www.co-create.eu](http://www.co-create.eu).



## Table of contents

Abstract .....	3
Table of contents.....	4
List of acronyms / abbreviations .....	5
Introduction.....	6
Summary table: Principal exploitable outputs from CO-CREATE.....	7
Details of principal outputs from CO-CREATE .....	11
1. CO-CREATE project website and resources.....	11
2. MOVING and NOURISHING databases .....	12
3. Policy benchmarking and Policy Index scores .....	13
4. Healthy Voices website .....	14
5. Dialogue Forum tool.....	16
6. Youth Advocacy Toolkit .....	19
7. Youth Alliances protocol.....	20
8. Systems mapping for childhood obesity .....	21
9. STAR framework to guide systems research .....	23
10. System Dynamics Modelling using health data.....	24
11. Policy briefs .....	26
12. CO-CREATE Youth Declaration .....	27
13. Practice abstracts .....	28
14. Open access survey data .....	29
Grant Agreement proposed outputs and CO-CREATE actual outputs .....	32
Annex 1: Post-project IPR data obligations and statements of financial support .....	35
Annex 2: Intellectual Property Rights (IPR) ownership .....	36



## List of acronyms / abbreviations

Acronyms and abbreviations for other **project partners** and collaborators are listed in the Grant Agreement.

**CO-CREATE:** Confronting Obesity: Co-creating policy with youth

**DEC:** Dissemination, Exploitation and Communication

**IASO/IOTF:** see **WOF**

**IPR:** Intellectual property rights

**MOVING:** Database of physical activity policies

**NIPH:** Norwegian Institute for Public Health (**Folkehelseinstituttet**)

**NOURISHING:** Database of food and nutrition policies

**Press:** Press – Save the Children Youth Norway

**Sikt:** Norwegian data depository

**UvA:** University of Amsterdam

**WCRF:** World Cancer Research Fund (UK and International)

**WHO:** World Health Organization

**WOF:** World Obesity Federation also known as **IASO/IOTF**, the international Association for the Study of Obesity / International Obesity TaskForce

**Acronyms and abbreviations** for other CO-CREATE project partners and collaborators are listed in the Grant Agreement (page 4 of 57).



## Introduction

*In the original Grant Agreement for the CO-CREATE project, the text states ‘The CO-CREATE model and outputs will be applicable for obesity policy making officials at EU, national and local (city) level. There is a “market” need for new tools and models for obesity policy development, not the least that involves adolescents as active and engaged citizens. By involving large health policy organizations like WCRF and IASO-IOTF, and youth policy organisations like Press – Save the Children Youth Norway, there is a structure that will maintain the use of the method, materials developed also after the project ends. This diverse project that involves stakeholders from different disciplines, will present a range of mechanisms for enhancing individual partner growth and competitiveness.’ (p30/124)*

In the subsequent actions by partners and collaborators, the CO-CREATE project has produced multiple important outputs, assets and research findings related to childhood and adolescent obesity, including databases, interactive websites, tools for the co-creation of obesity-related policies with young people, and tools for teaching young people about obesity and policy development. Throughout the project, attention has been given to advancing the research while also disseminating key outputs and establishing mechanisms and platforms designed to ensure the findings are relevant, usable and accessible during the project. With the completion of the project (end of October 2023) the outputs will continue to benefit from sustained dissemination and exploitation for at least four further years.

The present report should be read in the context of the evidence for scientific outputs and practice abstracts shown in Deliverables D9.2, D9.5 and D9.6, along with Deliverable D9.3 (the strategy for managing the intellectual property ownership of the project outputs – see also Annex 2 of the present report).

For quick reference, links to many of the resources described in this report are available here: <https://www.worldobesity.org/healthy-voices/learn/resources-produced-by-co-create> and links to available deliverables can be found here: <https://www.fhi.no/en/li/studies/co-create/publications/>.



## Summary table: Principal exploitable outputs from CO-CREATE

The principal exploitable outputs from the CO-CREATE project, their owners, the anticipated users, and the availability and access beyond the end of the project, are summarised In Table 1, below.

In this table, the phrase '**Free access**' indicates that there is no charge for viewing the resource on the websites shown. However, use of the CO-CREATE products is subject to copyright, and the authors, publishers or website owners should be contacted to discuss the use of their materials.

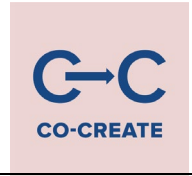
*Table 1: Principal exploitable outputs from CO-CREATE*

<b>Exploitable output</b>	<b>Output owner</b>	<b>Target users</b>	<b>Access and availability</b>
<b>CO-CREATE website, deliverables and resources</b>	Norwegian Institute for Public Health	Policy-makers and officials, civil society and advocacy organisations, researchers, teachers, other Horizon Europe and similar research projects	Free access. The CO-CREATE website is here <a href="http://www.co-create.eu">www.co-create.eu</a> and includes news items, publications, details of project outputs, and youth-relevant videos. It will be maintained by the NIPH for at least four years after project.
New: physical activity policy database " <b>MOVING</b> "	World Cancer Research Fund International	Policy-makers and officials, researchers, teachers, youth, advocacy organisations, media	Free access. The database is maintained on the WCRF website <a href="https://www.wcrf.org/policy/policy-databases/moving-framework/">https://www.wcrf.org/policy/policy-databases/moving-framework/</a> It will be maintained and updated for at least four years after project.
Updated food and nutrition policy database " <b>NOURISHING</b> "	World Cancer Research Fund International	Policy-makers and officials, researchers, teachers, advocacy organisations, including youth groups, media	Free access. The database is maintained on the WCRF website. <a href="https://www.wcrf.org/policy/policy-databases/nourishing-framework/">https://www.wcrf.org/policy/policy-databases/nourishing-framework/</a> . It will be maintained and updated for at least four years after project.
Tools for <b>benchmarking policies</b> and generating a composite <b>Policy Index</b> score	World Cancer Research Fund International	Policy-makers and officials, civil society and advocacy organisations, youth organisations, policy-makers, opinion polling bodies, Horizon Europe and similar research projects	Free access. See <a href="https://onlinelibrary.wiley.com/doi/epdf/10.1111/obr.13541">https://onlinelibrary.wiley.com/doi/epdf/10.1111/obr.13541</a> and <a href="https://onlinelibrary.wiley.com/doi/epdf/10.1111/obr.13532">https://onlinelibrary.wiley.com/doi/epdf/10.1111/obr.13532</a> . Maintenance and support to key users for the further exploitation of the tools will be undertaken by WCRFI during the four years after the project, along with translations of policy indexes and country snapshots – see here <a href="https://www.wcrf.org/policy/co-create-library-of-resources/">https://www.wcrf.org/policy/co-create-library-of-resources/</a> .
Youth-facing " <b>Healthy Voices</b> " interactive website	World Obesity Federation	Young people, youth organisations, teachers, parents, general public	Free access. The Healthy Voices website is maintained on the WOF website <a href="https://www.worldobesity.org/healthy-voices">https://www.worldobesity.org/healthy-voices</a> . It will be maintained and updated for at least four years after project.

<b>Dialogue Forum</b> tools, providing guidance and protocols for physical and digital forums	EAT	Civil society and advocacy organisations, youth organisations, policy-makers, opinion polling bodies, Horizon Europe and similar research projects. The tools are available in 10 languages.	Free access. The Dialogue Forum tools are available and maintained on the EAT website <a href="https://eatforum.org/initiatives/co-create">https://eatforum.org/initiatives/co-create</a> , the Healthy Voices website <a href="https://www.worldobesity.org/healthy-voices/advocate/co-create-dialogue-forum-tool">https://www.worldobesity.org/healthy-voices/advocate/co-create-dialogue-forum-tool</a> and on the project website hosted by NIPH, <a href="https://www.fhi.no/en/li/studies/co-create/the-dialogue-forum-tools-is-available">https://www.fhi.no/en/li/studies/co-create/the-dialogue-forum-tools-is-available</a> . Further information is available on the NIPH pages: <a href="http://www.fhi.no/contentassets/afcf7d902983475494d1ae780a79e08a/considerations-for-multi-actor-dialogue-forums.pdf">www.fhi.no/contentassets/afcf7d902983475494d1ae780a79e08a/considerations-for-multi-actor-dialogue-forums.pdf</a> and <a href="http://www.fhi.no/en/li/studies/co-create/news2/youth-led-dialogues-turn-policy-ideas-into-action">www.fhi.no/en/li/studies/co-create/news2/youth-led-dialogues-turn-policy-ideas-into-action</a> and a video is also available <a href="https://vimeo.com/696516350">https://vimeo.com/696516350</a> . These will be maintained for at least four years after project.
<b>Youth Advocacy Toolkit</b> to learn about systems thinking and advocacy.	World Obesity Federation (with Press)	Youth advocacy groups, other civil society groups, researchers, other Horizon Europe and similar research projects	Free access. The toolkit will be maintained by WOF via the Healthy Voices site here <a href="https://www.worldobesity.org/healthy-voices/advocate/co-creates-youth-advocacy-toolkit">https://www.worldobesity.org/healthy-voices/advocate/co-creates-youth-advocacy-toolkit</a> and be available for at least four years after the project.
<b>Youth Alliances</b> , protocol for and experience of recruitment and engagement of young people	University of Amsterdam	Action-research practitioners, including youth advocacy groups, other civil society groups, researchers and Horizon Europe project participants	Free access. The protocol is published here <a href="https://onlinelibrary.wiley.com/doi/10.1111/obr.13546">https://onlinelibrary.wiley.com/doi/10.1111/obr.13546</a> maintained by the publisher (Wiley) and the University of Amsterdam for at least four years after the project. Country-specific policy briefs arising from the Alliances are available here: <a href="https://www.fhi.no/en/li/studies/co-create/news2/co-create-youth-policy-briefs-released/">https://www.fhi.no/en/li/studies/co-create/news2/co-create-youth-policy-briefs-released/</a>
Childhood obesity system mapping, protocol for <b>group model building</b> .	London School of Hygiene and Tropical Medicine	Policy-makers and officials, civil society and advocacy organisations, researchers, teachers, other Horizon Europe and similar research projects	Free access. The mapping methods using group model building are published here <a href="https://onlinelibrary.wiley.com/doi/10.1111/obr.13506">https://onlinelibrary.wiley.com/doi/10.1111/obr.13506</a> maintained by the publisher (Wiley) and LSHTM for at least four years after the project. Public summary available here <a href="https://www.fhi.no/en/li/studies/co-create/news2/identifying-the-views-of-adolescents-in-five-european-countries-on-the-driv/">https://www.fhi.no/en/li/studies/co-create/news2/identifying-the-views-of-adolescents-in-five-european-countries-on-the-driv/</a>
<b>Systems Thinking Across Research</b> (STAR) framework for promoting systems	London School of Hygiene and Tropical Medicine	Researchers and research funding agencies concerned with Horizon Europe and similar research projects, along with policy-makers	Free access. The framework and methodology are published here <a href="https://doi.org/10.1111/obr.13624">https://doi.org/10.1111/obr.13624</a> maintained by the publisher (Wiley) and LSHTM for at least four years after the project.



approaches in research projects		and officials, civil society and advocacy organisations when assessing evidence.	
<b>Systems Dynamics Modelling</b> for policy development using large health databases	University of Bergen	Policy-makers and officials, civil society and advocacy organisations, researchers, teachers, other Horizon Europe and similar research projects	Free access. The methodology and evidence of effectiveness are published here <a href="https://onlinelibrary.wiley.com/doi/10.1111/obr.13519">https://onlinelibrary.wiley.com/doi/10.1111/obr.13519</a> maintained by the published (Wiley) and University of Oslo for at least four years after project.
<b>Policy briefs</b> on inequalities and on sugar-sweetened beverages. Additional country-specific policy briefs for Norway, The Netherlands, Poland, Portugal and the UK.	Norwegian Institute of Public Health	Policy-makers and officials, civil society and advocacy organisations, commercial stakeholders, researchers, teachers, other Horizon Europe and similar research projects	Free access. Two general briefs (published here <a href="https://www.fhi.no/en/li/studies/co-create/news2/policy-briefs-assess-data-on-socioeconomics-of-obesity-and-pan-european-ssb/">https://www.fhi.no/en/li/studies/co-create/news2/policy-briefs-assess-data-on-socioeconomics-of-obesity-and-pan-european-ssb/</a> ) and five country-specific briefs (published here <a href="https://www.fhi.no/en/li/studies/co-create/news2/co-create-youth-policy-briefs-released/">https://www.fhi.no/en/li/studies/co-create/news2/co-create-youth-policy-briefs-released/</a> ) will be shared widely for stakeholders to use in their projects, papers and wider policy work. Policy-makers will be able to draw on this evidence when designing effective policies.
<b>Youth Alliance Declaration:</b> the CO-CREATE Youth Taskforce statement to policy-makers and stakeholders	Press and NIPH	Youth, civil society and advocacy organisations, researchers, teachers, policy-makers and policy stakeholders.	Free access. An infographic and background to the first Declaration are posted here <a href="https://www.worldobesity.org/news/the-co-create-youth-declaration-has-been-adopted">https://www.worldobesity.org/news/the-co-create-youth-declaration-has-been-adopted</a> and the first Declaration here <a href="https://www.fhi.no/en/li/studies/co-create/news2/adoption-of-the-co-create-youth-declaration/">https://www.fhi.no/en/li/studies/co-create/news2/adoption-of-the-co-create-youth-declaration/</a> where it will be available for at least four years after project. A second Declaration is launched in October 2023 and will be available on the same sites.
<b>Practice Abstracts:</b> 38 short descriptions of CO-CREATE findings and outputs.	Norwegian Institute of Public Health	Policy-makers and officials, civil society and advocacy organisations, researchers, teachers, other Horizon Europe and similar research projects	Free access. The abstracts are posted on the NIPH site here <a href="https://www.fhi.no/en/li/studies/co-create/publications/">https://www.fhi.no/en/li/studies/co-create/publications/</a> where they will be available for at least four years after project. Open access to the practice abstracts is also provided on EIP-AGRI and EU CAP (in process).
<b>Open access data:</b> five-country youth survey on political and civic engagement,	University of Bergen	Teachers, students, youth organisations, civil society and advocacy organisations, researchers,	Free access for non-commercial use. The results of the surveys will be available and managed by Sikt (Norwegian data depository, accessed here <a href="https://sikt.no/en/find-data">https://sikt.no/en/find-data</a> ) and available for at least four years after project.



advocacy and views on obesity.		other Horizon Europe and similar research projects	
--------------------------------	--	--	--



## Details of principal outputs from CO-CREATE

### 1. CO-CREATE project website and resources

Lead partner and IPR owner: NIPH

#### Summary

The CO-CREATE website [www.co-create.eu](http://www.co-create.eu) was launched in 2018 and is the principal point for public-facing dissemination. It provides a first point of contact for many members of the public as well as for professionals and others seeking information about the activities undertaken in the project. Its pages detail the project's publications, news, audio-visual materials, overall objectives, resources and links to further content streams (e.g. the Newsletter and social media channels).

The website:

- Includes a library of resources created by the project and external resources which are relevant for childhood obesity.
- Includes information about all project deliverables and responsible partners.
- Directs people to the project's social media channels and gives contact information.
- Is the repository for the project's findings and results.

#### Exploitation and access

The website is freely accessible here: [www.co-create.eu](http://www.co-create.eu) (which re-directs to here <https://www.fhi.no/en/li/studies/co-create/>) and will be maintained for at least four years after the project by the Norwegian Institute for Public Health. The site will be updated with information about CO-CREATE publications and exploitation activities during that period.

#### Users and beneficiaries

As one of the largest research programmes for tackling obesity, and as an interesting model for action-research funded by the Horizon 2020 programme, the content of the CO-CREATE project will be of particular interest to other researchers and applicants for Horizon Europe and related programmes. For policy-makers, the findings from CO-CREATE have important bearing on democratic citizen involvement in policy-making, particularly in understanding the acceptability and priorities of population groups – especially groups that are often under-represented and excluded from policy-making, such as adolescents and young adults. Funding for action-research projects of this size and complexity is rare, and the CO-CREATE results, publications and media outputs are likely to be the best available for many years to come.

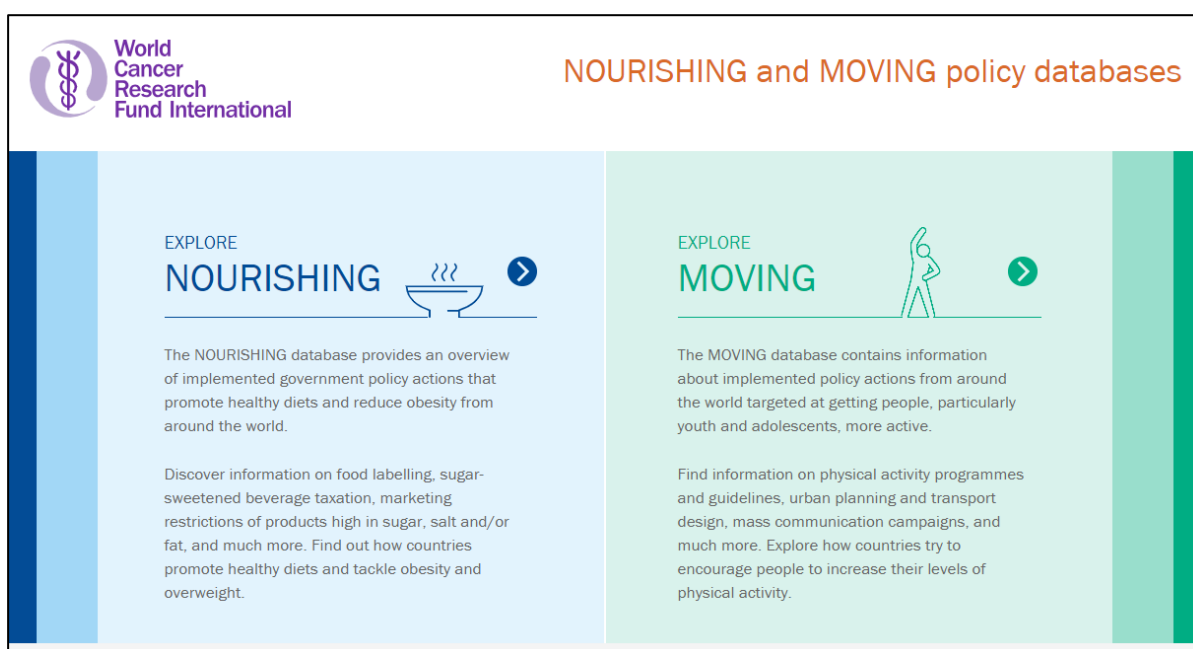
## 2. MOVING and NOURISHING databases

Lead partner and IPR owner: WCRF International

### Summary

As part of the CO-CREATE project, the existing NOURISHING database of policy initiatives around the world developed by World Cancer Research Fund International has been updated and expanded with particular attention to policies in the European region. In addition, a new database of policy initiatives on physical activity has been designed, built and populated based on a framework titled MOVING. Both databases are hosted by WCRF (here <https://www.wcrf.org/policy/policy-databases/>), and aspects of it are also presented on the Healthy Voices website hosted by the World Obesity Federation in the form of an interactive page to engage young people with the tools (see No. 3 below).

Home page of the NOURISHING and MOVING databases: <https://policydatabase.wcrf.org/>

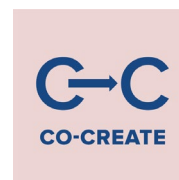


The screenshot shows the homepage of the NOURISHING and MOVING policy databases. The header features the World Cancer Research Fund International logo on the left and the title "NOURISHING and MOVING policy databases" on the right. The main content is divided into two columns. The left column, titled "EXPLORE NOURISHING", includes an icon of a bowl and a right-pointing arrow. Below the title, it states: "The NOURISHING database provides an overview of implemented government policy actions that promote healthy diets and reduce obesity from around the world." and "Discover information on food labelling, sugar-sweetened beverage taxation, marketing restrictions of products high in sugar, salt and/or fat, and much more. Find out how countries promote healthy diets and tackle obesity and overweight." The right column, titled "EXPLORE MOVING", includes an icon of a person walking and a right-pointing arrow. Below the title, it states: "The MOVING database contains information about implemented policy actions from around the world targeted at getting people, particularly youth and adolescents, more active." and "Find information on physical activity programmes and guidelines, urban planning and transport design, mass communication campaigns, and much more. Explore how countries try to encourage people to increase their levels of physical activity."

### Exploitation and access

During the course of the project, the databases and indexes have been extensively promoted with webinars to launch the new databases and indexes, news releases and social media dissemination. Beyond the end of the project, WCRF International will continue to promote the databases and will seek new funding to continue to update and review the policies included in both databases. The links will also remain on the Healthy Voices website and the CO-CREATE website which will be available for at least four years after the end of the project.

A YouTube video of a webinar promoting the NOURISHING and MOVING databases, created during the CO-CREATE project, is available here <https://www.youtube.com/watch?v=log83HF2DTs>



The databases are freely available to the public here: <https://www.wcrf.org/policy/policy-databases/>.

#### Users and beneficiaries

The policy databases provide valuable reference material for officials and legislators responsible for policy development in local, national and supra-national bodies, and for commercial stakeholders with interests in food and nutrition policies and physical activity promotion policies. The databases provide support for health and advocacy bodies comparing developments in different countries and regional authorities. The databases also provide reference material for academic researchers, for teachers and students, and for media researchers.

### 3. Policy benchmarking and Policy Index scores

Lead partner and IPR owner: WCRF International

#### Summary

Two types of tools have been developed in the CO-CREATE project: one is a set of indicators and policy attributes for benchmarking progress in the development of national policies (in the areas of food, nutrition and physical activity) and the second is a method for combining those assessments to develop a composite Policy Index score for each policy area of the NOURISHING and MOVING policy frameworks for a given country, which can be used to identify gaps and to compare one country with another. Both tools are valuable for monitoring, evaluation and advocacy purposes.

#### Exploitation and access

The two policy analysis tools have been published in a peer-reviewed journal and available open-access. The tools will be maintained and further exploited by WCRF International, made freely available on their websites, and promoted by their communications and dissemination teams. Advice and support will be offered to interested stakeholders interested in applying these tools in other settings, for example outside Europe.

The peer-reviewed papers are available open access here:

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/obr.13541> (benchmarking) and

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/obr.13532> (policy index)

NOURISHING and MOVING policy briefs are available in English, French, German and Spanish, here <https://www.wcrf.org/policy/co-create-library-of-resources/>.

Sixty country reports, available in English and translated into the country language, are also available at this site <https://www.wcrf.org/policy/co-create-library-of-resources/>.

YouTube videos of webinars promoting the launch of NOURISHING and MOVING indexes, created during the CO-CREATE project, are available here



<https://www.youtube.com/watch?v=hcVPu0BM48E> (NOURISHING) and here <https://www.youtube.com/watch?v=YI3wugSlg6I> (MOVING).

#### Users and beneficiaries

Tools for policy analysis provide valuable support for officials and legislators responsible for policy development in local, national and supra-national bodies, and for commercial stakeholders with interests in food and nutrition policies and physical activity promotion policies. The policy benchmarking and Policy Index tools provide support for health and advocacy bodies and media researchers comparing developments in different countries and regional authorities. The tools also provide analytical methods for academic researchers, and demonstration material for teachers and students.

## 4. Healthy Voices website

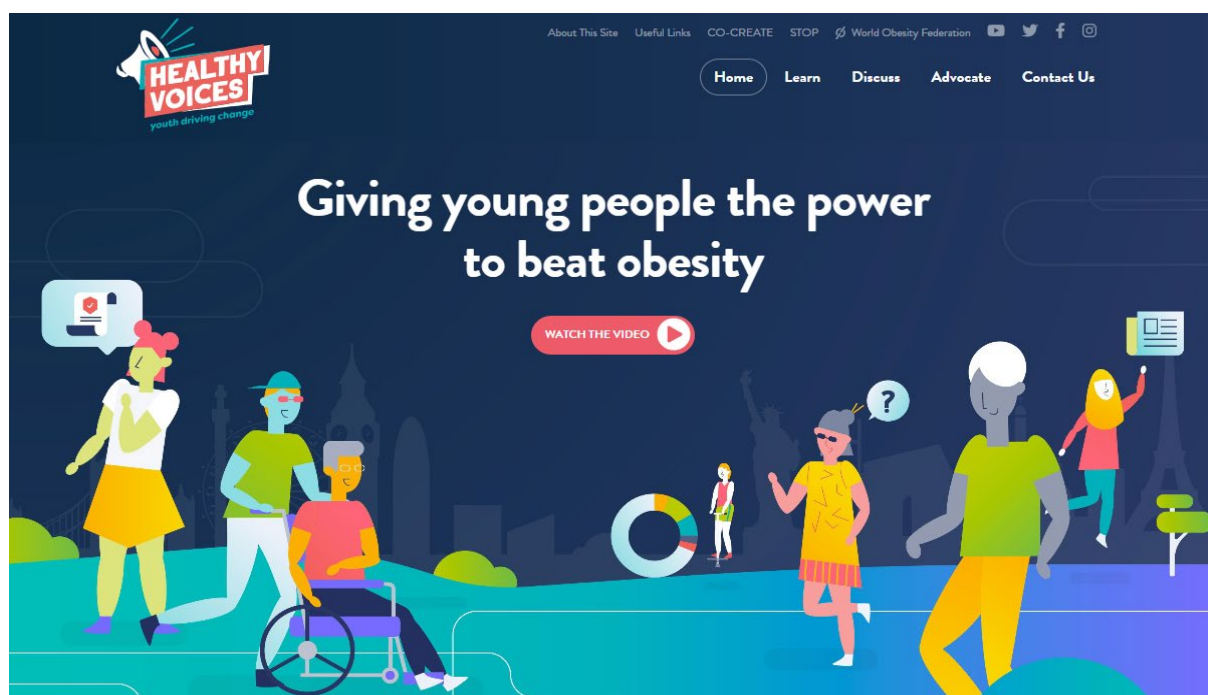
Lead partner and IPR owner: World Obesity Federation

#### Summary

**Healthy Voices** is a suite of youth-friendly webpages developed in the CO-CREATE project (<https://www.worldobesity.org/healthy-voices>). This is an online capacity-building website developed collaboratively with the Horizon 2020 STOP project (<https://www.stopchildobesity.eu/>) and is hosted by the World Obesity Federation. The CO-CREATE youth-friendly pages hosted on Healthy Voices complement other content hosted on the website also developed by the STOP project and the World Obesity Federation. This includes blogs, policy briefs, evidence, toolkits and videos.

The youth-friendly webpages in Healthy Voices have been developed from the CO-CREATE work packages, particularly WP1, WP2, WP5 and WP6, and draw directly from the activities which have engaged young people in the CO-CREATE project. All project partners have contributed to the content included on the website.

Home page of the Healthy Voices website: <https://www.worldobesity.org/healthy-voices>



### Exploitation and access

WOF will continue to maintain Healthy Voices beyond the end of the project, using it as a way to engage young people including as part of World Obesity Day. It will also be a way in which to ensure that CO-CREATE research and other outputs described in this report continue to be communicated to a key target audience of young people beyond the end of the project. CO-CREATE is committed to the principle of open access, ensuring that, wherever possible, the qualitative and quantitative data generated by the project is publicly and freely accessible. The key knowledge and data produced by the project will be released through open access and none of the partners expects to claim or profit from intellectual property rights.

The Healthy Voices site will continue to be updated and maintained as part of World Obesity's ongoing youth engagement strategy. World Obesity works closely with UNICEF and with civil society organisations and networks on youth engagement, including the Health Climate Network, Youth Health Organization, Healthy Caribbean Coalition, Act4Food Act4Change, Biteback2030 and PHFI/Hriday, and will continue to seek opportunities to engage young people via the site.

### Users and beneficiaries

The site is designed to be attractive for members of the general public in younger age groups, and relevant youth organisations, civil society organisations, school and college teachers, parents, and media writers.

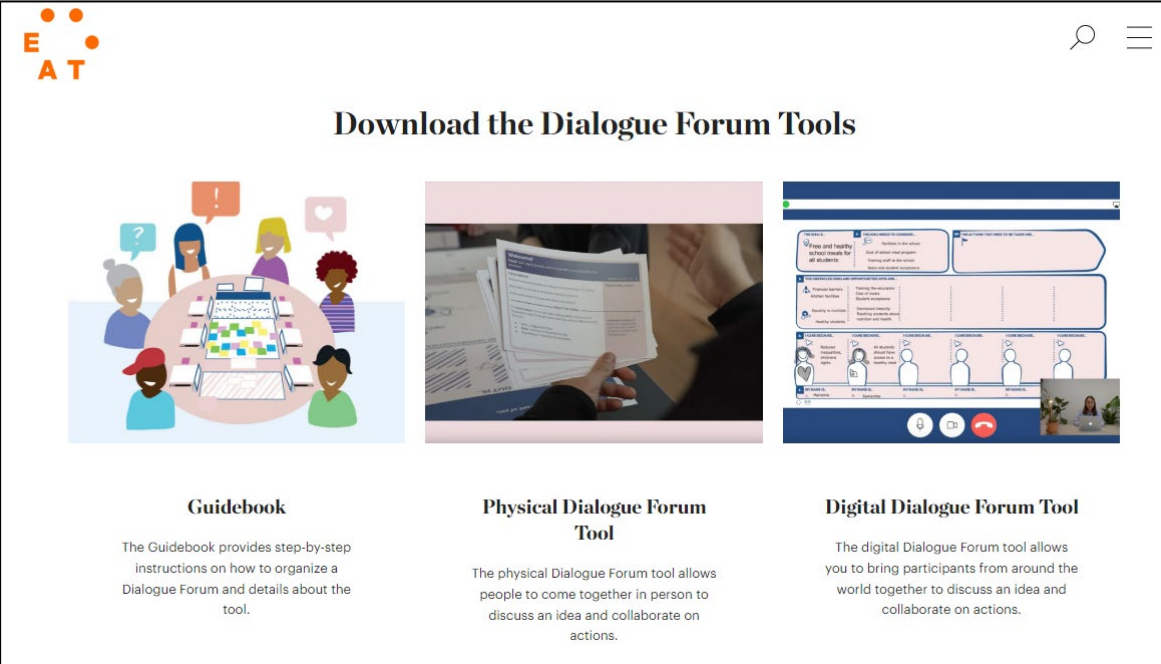
## 5. Dialogue Forum tool


Lead partner and IPR owner: EAT

### Summary

The Dialogue Forum tools have been designed for the CO-CREATE project to facilitate discussion and co-creation across generations and sectors, including young people, policymakers, researchers and advocates (available on <https://eatforum.org/initiatives/co-create>). A Dialogue Forum can be hosted either digitally or in-person, with both versions of the tool available for free download online. The tools provide a five-step process centred around a particular policy, idea or intervention, which is expanded and developed through the Dialogue Forum. A group of six or more participants is required to hold a Dialogue Forum, with one moderator and an equal balance of adults and young people. The tools are hosted on the EAT (<https://eatforum.org/initiatives/co-create>), Healthy Voices (<https://www.worldobesity.org/healthy-voices/advocate/co-create-dialogue-forum-tool>) and project (<https://www.fhi.no/en/li/studies/co-create/the-dialogue-forum-tools-is-available>) websites, and provide protocols to download for both physical and digital meeting formats, along with a step-by-step **Guidebook** ([https://eatforum.org/content/uploads/2022/04/CO-CREATE\\_Dialogue\\_Forum\\_Guidebook.pdf](https://eatforum.org/content/uploads/2022/04/CO-CREATE_Dialogue_Forum_Guidebook.pdf)).

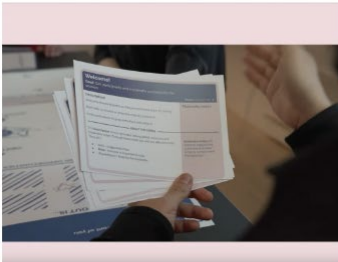
Home page for the Dialogue Forum tools: <https://eatforum.org/initiatives/co-create/>





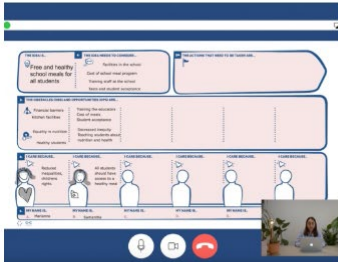
**Guidebook**

The Guidebook provides step-by-step instructions on how to organize a Dialogue Forum and details about the tool.



**Physical Dialogue Forum Tool**

The physical Dialogue Forum tool allows people to come together in person to discuss an idea and collaborate on actions.



**Digital Dialogue Forum Tool**

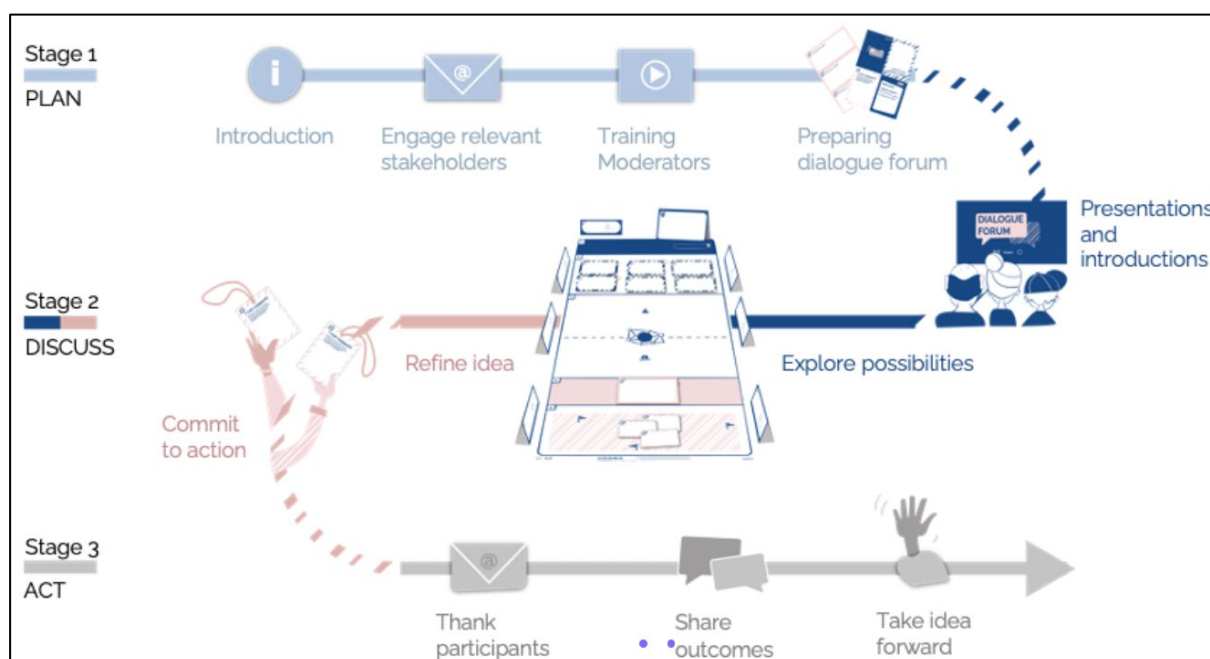
The digital Dialogue Forum tool allows you to bring participants from around the world together to discuss an idea and collaborate on actions.



### Exploitation and access

The Dialogue Forum has had success throughout CO-CREATE, as a key dialogue-focused output and resource. Twenty Dialogue Forums have been hosted as part of the CO-CREATE project work (reported in Deliverable D6.5 available here <https://www.fhi.no/en/li/studies/co-create/publications/#deliverables>). It has been presented at events such as the World Food Summit 2021, World Food Forum, the International Congress on Obesity (ICO 2022), the Youth Health Organisation 'Nutrition Policy Advocacy School' 2023 event in London, and the International Society of Behavioral Nutrition and Physical Activity (ISBNPA 2023). Organisations receiving presentations and information about the tools for their own potential use and adaptation include UNICEF, BiteBack 2030, the European Youth Parliament and the WHO Regional Office for Europe. In non-CO-CREATE settings, the Dialogue Forum tool has also been considered by the EU School Fruit, Vegetables and Milk Scheme, the EU-funded Horizon 2020 Food Trails and FoodSHIFT 2030 projects, WHO Euro, and by UNICEF Sweden and the Swedish Heart Lung Foundation.

*Using the Dialogue Forum tools: taking steps from plans to action (extract from the Guidebook):*



The tools have great potential for further usage and adaptation, and the pages on EAT and on Healthy Voices websites will continue to be hosted by EAT and WOF. Both EAT and WOF will continue to promote the tools as a resource through their media channels and professional networks. There is demonstrated potential for the tools to be adapted and used outside of the health and adolescent obesity sphere; the tool can be applied to any idea or initiative beyond discussion of obesity prevention policies e.g. in other policy dialogues on civic issues, by various communities, and as a mechanism to involve young people in decision-making processes. The tools can be used



internationally and have been translated and made available for free download in the following languages: French, German, Spanish, Catalan, Dutch, Polish, Swedish, Norwegian and Portuguese, as part of the CO-CREATE project (<https://eatforum.org/initiatives/co-create/#languages>).

All Dialogue Forum methods and materials can be used free of charge, in a non-commercial way, and are licensed under a Creative Commons Attribution, ShareAlike 4.0 International (CC BY-SA 4.0). CO-CREATE and EAT must be credited and the “Dialogue Forum” title must be licensed using identical terms.

### Users and beneficiaries

As can be seen in the list of users engaged with the Dialogue Forum shown above, the tools have significant value in allowing participants to connect with others, discuss an idea or intervention, and collaborate on action. The tool and process, developed for and with young people, promotes youth inclusion and leadership in decision-making. The Dialogue Forum tool was designed to connect participants across ages, sectors and geographies. While anyone can organize or attend a Dialogue Forum, the target audiences are young people or youth organizations looking to engage decisionmakers to increase awareness and action on an idea, and decisionmakers (policy, private sector, experts) who are looking to engage and meaningfully involve young people in the design, implementation or evaluation of interventions. The tools can be used by policy authorities, civil society, advocacy organisations, youth organisations, opinion polling bodies, and to support opinion-gathering in Horizon Europe and similar research projects.

### Indicators of exploitation

As a freely available resource, the use of the CO-CREATE website is accessible via search tools. In late October 2023 a Google advanced search showed:

- Web pages containing "Dialogue forum tool" = 1,040
- Web pages containing "Dialogue forum tool" and "CO-CREATE" = 858

Since the launch of the Dialogue Forum tool and dedicated page on the EAT website in April 2022 (<https://eatforum.org/initiatives/co-create>), the webpage received 1951 number of views. Since April 2022, the Physical Dialogue Forum tool was downloaded 143 number of times (<https://eatforum.org/initiatives/co-create/physical-dialogue-forum-tool>), and the Digital Dialogue Forum tool was downloaded 133 number of times (<https://eatforum.org/initiatives/co-create/digital-dialogue-forum-tool>).

In 2023 alone, the <https://eatforum.org/initiatives/co-create> page received 1622 views (868 users), the webpage dedicated to the step-by-step Guidebook ([eatforum.org/initiatives/co-create/guidebook](https://eatforum.org/initiatives/co-create/guidebook)) received 249 views (149 users), the Physical Dialogue Forum tool webpage received 218 views (123 users), and the Digital Dialogue Forum tool webpage received 170 views (125 users).

## 6. Youth Advocacy Toolkit

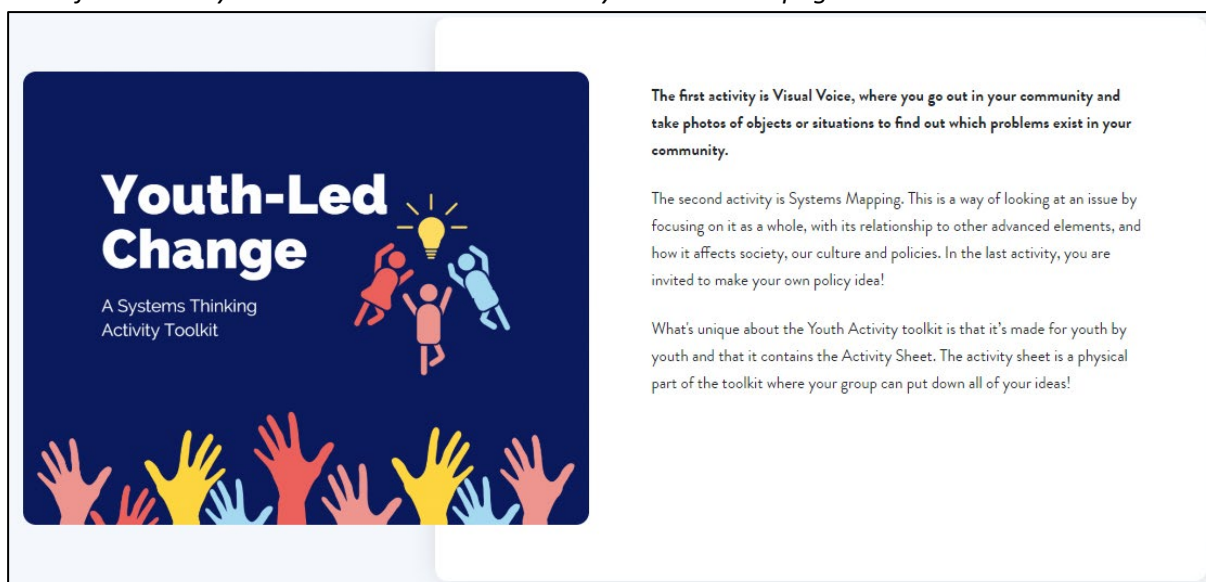
Lead partner and IPR owner: Press - Save the Children Youth Norway

### Summary

As part of the CO-CREATE project, a Youth Advocacy Toolkit titled ‘Systems-Led Change, A Systems Thinking Toolkit’ was launched on 21 June 2023. This resource is aimed primarily at youth advocates developing ideas to drive change, and the inclusion of youth voices in policies which will affect them into adulthood. The Toolkit was developed by Press - Save the Children Youth Norway, and was designed by WOF. It follows a systems thinking, theory-based approach, and comprises three interactive steps (taking photos of potential obesogenic environments in the local community, a session to develop interactive systems maps, and use of a policy solutions activity sheet). It is also made to be done stand-alone or before engaging in the Dialogue Forum tool. The concept is a set of group-based activities which amplify youth voices in policy idea creation, and encourage discussion of issues affecting public health (including but not only adolescent obesity).

The Toolkit was launched via a well-attended webinar on 21 June 2023, and saw speakers discussing CO-CREATE’s goals, the Toolkit’s background, systems thinking theory and pressures faced by young people today, and the Toolkit user’s experience. The Toolkit is hosted on the Healthy Voices website (here <https://www.worldobesity.org/healthy-voices/advocate/co-creates-youth-advocacy-toolkit>).

*Part of the Healthy Voices website: Youth Advocacy Toolkit home page*



**Youth-Led Change**  
A Systems Thinking Activity Toolkit

The first activity is Visual Voice, where you go out in your community and take photos of objects or situations to find out which problems exist in your community.

The second activity is Systems Mapping. This is a way of looking at an issue by focusing on it as a whole, with its relationship to other advanced elements, and how it affects society, our culture and policies. In the last activity, you are invited to make your own policy idea!

What's unique about the Youth Activity toolkit is that it's made for youth by youth and that it contains the Activity Sheet. The activity sheet is a physical part of the toolkit where your group can put down all of your ideas!

### Exploitation and access

The Youth Advocacy Toolkit can be utilised beyond CO-CREATE in engaging young people in health advocacy efforts, policy idea identification and creation, and as an empowering dialogue resource.

The Toolkit will remain on the Healthy Voices website, displaying download links to the various Toolkit elements and Activity Sheets, accompanying guidance and translated versions.

The Toolkit has been translated into: Dutch, German, Norwegian, Polish and Portuguese. Press -Save the Children Youth Norway will promote the Advocacy Toolkit within its youth engagement strategy, and will assist external stakeholders (e.g. scout groups or youth health assemblies) in navigating the Toolkit activities, and getting the most from the user experience. WOF will continue to promote the Toolkit through its media channels. The Toolkit provides a set of valuable resources that extend the potential activities relating to the Dialogue Forum tools by adding community mapping in Photovoice, and systems mapping in group model-building sessions. The Toolkit specifically supports young people in their understanding of the obesity-promoting environments they live in, and the policies being tried in various areas, as a precursor to engagement with policy developers in the Dialogue Forums.

Press - Save the Children Youth Norway has plans to host further virtual and in-person groups exploring the Toolkit.

#### Users and beneficiaries

The Toolkit has had success in the CO-CREATE youth advocacy groups and will continue to do so through the activities of several CO-CREATE partners. It will also be valuable to youth organisations, and other civil society and health promotion groups, and can be used for training and teaching, and by researchers engaging with young people in other Horizon Europe and similar projects.

## 7. Youth Alliances protocol

Lead partner and IPR owner: University of Amsterdam

#### Summary

The principles of youth-led participatory action research were employed in the CO-CREATE project to design Youth Alliances in which adolescents and adults could collaborate. These Alliances were designed to promote and support adolescent participation in action research and to develop policy ideas that would contribute to obesity prevention. Alliance members were recruited in at least two local geographical areas in each of five countries with a focus on reaching out to under-represented youth. Fieldwork assessed the locally relevant forms of inclusion and exclusion. The methodology entailed a handbook combining existing tools which could be used flexibly, a collaborative organization, and budgets for the Alliances.

Engagement started in local organizations including schools and scouts, and with peers. The CO-CREATE Alliances provide a concrete example of how to engage youth in public health, in a manner that strives to be participatory, transformative, and inquiry based. The Youth Alliances protocol provides the theoretical basis and methodological approach to recruitment and engagement in research projects.

### Exploitation and access

The protocol has been published open access (here: <https://onlinelibrary.wiley.com/doi/10.1111/obr.13546>) along with some lessons from the research (here: <https://www.sciencedirect.com/science/article/abs/pii/S2352552523000361>). These papers provide researchers with the approach used in the CO-CREATE project including the recruitment, engagement and lessons for further development. The outcomes of the Youth Alliances can be collated into a statement, such as a policy brief: in CO-CREATE the Youth Alliances produced a series of five country-specific policy briefs (see no. 10: **Policy Briefs**, below).

### Users and beneficiaries

The insights from the Youth Alliances and their development of country Policy Briefs will be of value to action-research practitioners, including youth advocacy groups, other civil society groups, researchers and Horizon Europe project participants.

## 8. Systems mapping for childhood obesity

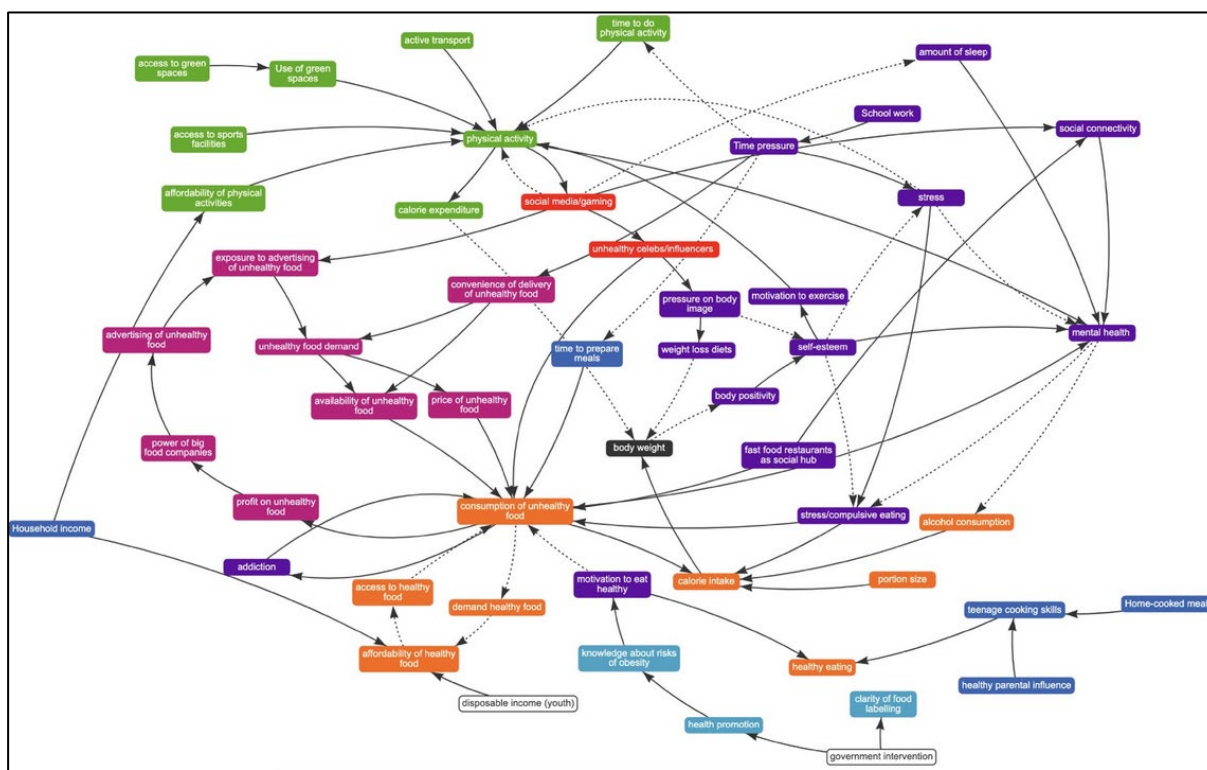
Lead partner and IPR owner: London School of Hygiene & Tropical Medicine

### Summary

A method for involving young people directly in research is to create ‘system maps’. In the CO-CREATE project, young people worked in groups to describe the factors they believe contribute to diet and physical activity, and hence body weight, amongst their age group, and create maps on the links between these factors, with a focus on the external, ‘upstream’ influences on diet and physical activity rather than the individual-level behaviours. Mapping tools are used to show how physical, digital, or commercial environments may influence food choices or motivation to exercise. The co-creation of systems maps showing these interwoven factors can demonstrate what the participants consider important, and this in turn can help them to make suggestions about potentially effective responses to encourage healthier eating and increased physical activity.

‘Group model building’ uses a live, web-based system mapping software called STICKE, developed by CO-CREATE consortium partner Deakin University in Melbourne, Australia. In total, 257 young people took part in group model building sessions, to produce the 20 maps that were amalgamated into one ‘master’ map, which shows the factors identified by the participants to influence body weight. The findings were very broadly similar between countries. Feedback loops within a system map are considered to provide particularly effective entry points for achieving change within a system. In the master map, three of these stand out: commercial drivers of unhealthy diets; mental health and unhealthy diets; and social media use, body image, and motivation to exercise. Notably, mental health issues and social media are subjects that have had little attention in obesity policy.

### Example of a map produced by group model building in CO-CREATE



### Exploitation and access

The methodology employed for group model building in order to produce maps is available open access here <https://onlinelibrary.wiley.com/doi/10.1111/obr.13506> maintained by the publisher (Wiley) and LSHTM for at least four years after the project and here <https://academic.oup.com/eurpub/article-pdf/31/2/391/37367856/ckaa251.pdf> also available open access and maintained (by Oxford Academic) for at least four years after the project. A public summary of the CO-CREATE group model building activity is available on the NIPH website here <https://www.fhi.no/en/li/studies/co-create/news2/identifying-the-views-of-adolescents-in-five-european-countries-on-the-driv/>. The construction of maps in digital format based on the input from group model building benefits from software called STICK-E (Systems Thinking In Community Knowledge Exchange), developed by Deakin University in Melbourne, Australia (a CO-CREATE collaborator). The STICK-E software is accessed through registration at Deakin here <https://sticke2.deakin.edu.au/>.

### Users and beneficiaries

Group model building processes and maps provide insights into policy priorities and acceptability among specified groups. The processes provide valuable information for policy-makers and officials, and civil society and advocacy organisations. The process is recommended for researchers undertaking action-research, and may be used by other Horizon Europe and similar research



projects. The techniques are also useful for schools and colleges in teaching and training for public opinion assessment.

## 9. STAR framework to guide systems research

Lead partner and IPR owner: London School of Hygiene & Tropical Medicine

### Summary

The CO-CREATE project aimed to work with young people to create, inform and disseminate obesity-prevention evidence-based policies using a systems perspective. From the experience gained and with learning from existing systems thinking frameworks, a protocol for a novel Systems Thinking Across Research (STAR) framework. For future research projects, the STAR framework protocol provides specific points to ensure systems thinking: incorporating ‘boundary critique’ by capturing key stakeholder (e.g. adolescent) values and concerns; working to avoid social exclusion; ensuring methodological pluralism to allow for reflection and responsiveness (with methods ranging from group model building, Photovoice, and small group engagement); getting policy recipients to shape key questions by understanding their views on the critical drivers of obesity early on in the project; and providing opportunities for intra-project reflection along the way.

### Exploitation and access

The STAR framework protocol helps applicants for grant funding to consider how their research proposals can incorporate systems thinking and systems perspectives, and can assist in the design of projects that have public engagement. It can also support the researchers in meeting the requirement by some funding bodies that all grant proposals should include ‘patient and public involvement’ (PPI). The details of the STAR framework protocol are published in a peer-reviewed journal and available open access here <https://doi.org/10.1111/obr.13624>. The publication will be maintained open access by the publisher (Wiley) for at least four years after the project.

### Users and beneficiaries

The use of STAR framework protocol will benefit researchers designing complex public health policy research projects with a systems approach, as well as making grant applications, and benefit funding agencies seeking to ensure that systems thinking and public participation are included in applications for research programme support. This includes participants and beneficiaries of Horizon Europe and other funding programmes (including civil society and advocacy organisations and health professional organisations). The outcomes subsequently benefit civil society generally and public democratic processes in general.



## 10. System Dynamics Modelling using health data

Lead partners and IPR owners: University of Bergen, System Dynamics Group

The preliminary approach for WP7 was to develop a single Systems Dynamics (SD) model which would serve as a knowledge repository as well as be used to simulate the direct and indirect, short- and long-term consequences of the most suggested co-created policies. This followed the framework of Objective 7.1 To develop an adaptable SD core model (knowledge repository) for quantitative modelling of the system structure governing the development of obesity, and a model-based assessment of selected policies, both based upon state-of the art evidence (WP3) and the system maps (WP4). While completing Objective 7.1 it was found that adopting a single SD model to act as both a knowledge repository and a tool for simulation and assessment of policy effects was not the best approach for the modelling work. It was found that the quality of deliverable D7.2 Articles of simulation of policy effects, and deliverable D7.3 An SD model (knowledge repository) was improved by applying the SD method to each deliverable in a different way.

### **Model 1: Knowledge repository**

#### Summary

A first system dynamics computer simulation model captures the dynamics of adolescent overweight and obesity at a population level by integrating the processes of human metabolism, body composition, physical activity environment, food environment, and mental wellbeing. Each process is not independent, and the model captures the complex interdependencies between them in the regulation of body weight and energy dynamics, and the environment.

The model is based on D7.1 A systematic review on existing system dynamics models on overweight and obesity in children and adolescents and previous systems approaches to childhood obesity, a master system map drawing on all the system maps made in D4.2 in WP4 (also D4.6 Country and master maps and D4.5 Structures for modelling), a translation of the consensus map into a stock and flow diagram, and quantification of the diagram. The model draws upon data from the Health Behaviour of School-Aged Children (HBSC) survey. Moreover, from the policy briefs generated in Deliverable 5.3 CO-CREATE youth alliances' policy briefs, five policies were selected and incorporated in the model to conduct sensitivity and scenario analyses. The model serves as a knowledge repository in that it integrates previous work packages results and other sources. The model can be used to conduct a series of simulation experiments to understand the major feedback mechanisms driving youth obesity.

For the benefit of those not familiar with system dynamics models, the project also developed a user-friendly interface where data can be manipulated and experimented with without prior knowledge of or experience with system dynamics models.

#### Exploitation and access





The computer model, data file required to run the model and full model documentation are available for download from <https://github.com/bkopains/Co-Create-CoDyMAdOb-model>. A publication based on this model is published here <https://onlinelibrary.wiley.com/doi/10.1111/obr.13628>.

The user-friendly interactive learning environment is freely available on the isee exchange server: <https://exchange.iseesystems.com/public/birgit/co-create-simulation-tool-of-adolescent-obesity/index.html#page1>

## **Model 2: Policy model**

### Summary

Interrogation of large health-related databases, such as the Health Behaviour of School-Aged Children (HBSC) survey, can provide a means of assessing potential policy options. In the CO-CREATE project a novel 'systems dynamic model' was developed using data from the HBSC study across 31 European countries to assess the linkages between child health and 'upstream' explanatory factors where policies might be targeted. Ten variables measured in the HBSC were identified as potential direct or indirect drivers of obesity in adolescents and included in a dynamic model, of which seven were at the level of the individual and three related to the social environment. The model analysed intervention potential in the HBSC data for five CO-CREATE countries (The Netherlands, Norway, Poland, Portugal, and the UK) and for Europe overall. Out of 10 possible intervention points tested, exercise, fruit, life dissatisfaction, school pressure, and skipping breakfast were identified as the top five most influential ones across the explanatory factors. These model-based priorities can be compared with existing policies and with the policy ideas suggested by the CO-CREATE adolescents. The methodology can be used with other databases that include health outcomes and potential intervention factors.

### Exploitation and access

The system dynamics model methodology and application using HBSC have been published in a peer-reviewed journal and are available here <https://onlinelibrary.wiley.com/doi/10.1111/obr.13519>. This will be maintained by the publisher (Wiley) and University of Oslo for at least four years after project completion.

### Users and beneficiaries

The exploitation of large databases to evaluate public health interventions has important potential to identify policy proposals, and to serve as the basis for simulation tools for exploring the underlying feedback mechanisms governing youth obesity. The models permit policy simulation testing to explore the short- and long-term impact of policy proposals, including youth-generated proposals.

In addition, policymakers can utilise the CO-CREATE approach to explore leverage points for obesity prevention and intervention assessment. The systems dynamic models aim to support broad discussion among key stakeholders and policymakers. It follows that system dynamics modelling is a



useful approach for policy analysis, policy discussion and advocacy, and will be valuable for policy-makers and officials, civil society and advocacy organisations, researchers and participants in Horizon Europe and related programmes.

## 11. Policy briefs

Lead partners and IPR owners: NIPH

### Summary

The policy analyses and recommendations of the CO-CREATE project have been summarised for convenient access and published in the form of two general policy briefs and five country-specific policy briefs. The two general briefs concern (i) inequalities in health and obesity in children and adolescents, and (ii) sugar-sweetened beverage (SSB) consumption among adolescents in Europe. The first shows consistent inequalities in children and adolescents affected by overweight or obesity, and recommends increased evaluation of intervention efficacy, and coordinated policy responses which target these inequalities. The second shows variation for SSB consumption, with an overall decline in consumption in the region but with widening socioeconomic differences observed in some countries. This difference may be related to differing nutrition policy strategies.

Young people involved in the CO-CREATE project across five European countries have worked in Youth Alliances and through a range of participatory activities to develop and refine policy ideas to address the systemic factors which influence adolescent obesity and health in their respective countries. Their conclusions have been published as policy briefs, with country-specific recommendations for tackling obesity and promoting health for adolescents, including marketing restrictions, sugar taxes, in-school exercise facilities and better canteen menus, and greater use of social media for health promotion.

### Exploitation and access

All briefs are freely available. The two general briefs are available here <https://www.fhi.no/en/li/studies/co-create/news2/policy-briefs-assess-data-on-socioeconomics-of-obesity-and-pan-european-ssb/>), the MOVING and NOURISHING briefs are available here (in multiple languages) <https://www.wcrf.org/policy/co-create-library-of-resources/>, and the five country-specific policy briefs here <https://www.fhi.no/en/li/studies/co-create/news2/co-create-youth-policy-briefs-released/>. WOF will include the policy briefs in their promotion of tools for advocacy when working with their member organisations in the relevant countries.

### Users and beneficiaries

The policy briefs have been shared widely for stakeholders to use in their projects, papers and wider policy work, and for commercial operators to use for market development. Policy-makers will be able to draw on this evidence when designing effective policies. Youth organisations and other civil society groups have a set of recommendations available for advocacy. Teachers and students may use the material to stimulate health promotion discussions and project work.



## 12. CO-CREATE Youth Declaration

Lead partner and IPR owner: NIPH and Press – Save the Children Norway

### Summary

The CO-CREATE Youth Alliances convened during the project led some members to take their engagement a step further and form a Youth Taskforce, composed of eight youth representatives from Portugal, Poland, the Netherlands and Norway. They undertook the task of drafting a Youth Alliance Declaration. The Taskforce engaged in regular meetings, and to reach a mutual consensus on key asks that the declaration should highlight. The Declaration highlights the perceived priorities of the Taskforce, and makes four key demands:

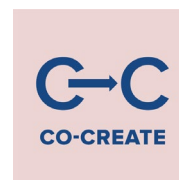
- Ban marketing of unhealthy foods to children under the age of 18 years old
- Secure all children high-quality, practical based food and nutrition education in school and a healthy school cafeteria
- Implement a sugar-sweetened beverage tax to make unhealthy foods more expensive
- Offer all children and adolescents free, organised physical activities at least once a week

### Exploitation and access

A web-page providing an infographic summary of the Declarations, plus the background to its creation and a link to the Declarations, is freely available on the WOF website here <https://www.worldobesity.org/news/the-co-create-youth-declaration-has-been-adopted>. The Declarations are posted on the WOF website here [https://www.worldobesity.org/downloads/healthy\\_voices\\_downloads/CO-CREATE\\_Youth\\_Declaration\\_-\\_Adpoted\\_version.pdf](https://www.worldobesity.org/downloads/healthy_voices_downloads/CO-CREATE_Youth_Declaration_-_Adpoted_version.pdf) and the NIPH website here <https://www.fhi.no/en/li/studies/co-create/news2/adoption-of-the-co-create-youth-declaration/> and will be available for at least four years after project. The first Declaration was launched with wide publicity on World Youth Day, 17 November 2020. A follow-up open letter to policy-makers was launched at the CO-CREATE final conference 12 October 2023.

### Users and beneficiaries

Young people's voices are often hard to hear in policy-setting environments. The Youth Declarations provide an opportunity for policy developers and legislators to include the views of the targets for policy in their assessment of the demand for, and acceptability of, specific policy interventions. The Declarations will be of value to policy-makers and policy stakeholders, youth, civil society and advocacy organisations, and provide stimulus material for teachers and students.



## 13. Practice abstracts

Lead partner and IPR owner: NIPH

### Summary

Practice abstracts aim to provide short and concise practice information arising from the project and made available in a concise format, freely available for all. The individual abstracts outline the main findings of a specific aspect of the project and follow the recommended “EIP common format” for uploading on the European Commission hosting site. Each abstract includes a short, understandable title, a succinct summary of the issue tackled as well as a presentation of the main outcomes and recommendations on the selected topic. When available, these will be shared in English as well as the language of the partner or work package in charge of a specific practice abstract.

The titles of the abstracts are:

#### **Practice abstracts set 1**

Practice Abstract 1: From individual level interventions to societal change – working with young people to prevent overweight and obesity

Practice Abstract 2: How to secure youth participation in projects and processes

Practice Abstract 3: Benchmarking and country index for nutrition and physical activity policies

Practice Abstract 4: The MOVING physical activity policy framework

Practice Abstract 5: Prevention of overweight and obesity in adolescents aged 10-19 years

Practice Abstract 6: Investigation of system-level drivers of obesity

Practice Abstract 7: Engaging adolescents in obesity research – group model building for a systems approach

Practice Abstract 8: CO-CREATE training for facilitators and co-facilitators

Practice Abstract 9: Recruiting a diversity of young people to contribute to health promotion

Practice Abstract 10: What is Youth-led Participatory Action Research (YPAR)

Practice Abstract 11: The CO-CREATE Portuguese Youth Alliances – facing challenging times with remarkable enthusiasm

Practice Abstract 12: Designing a multi-stakeholder Dialogue Forum model for youth-led policy co-creation

Practice Abstract 13: Policy co-creation dialogues with youth – recommendations for policymakers and practitioners

Practice Abstract 14: System dynamic models on obesity in youth

Practice Abstract 15: An overview of CO-CREATE’s use of Microsoft Teams

Practice Abstract 16: Data management plan – recommendations to provide high quality data

Practice Abstract 17: Healthy Voices – an online capacity-building platform for adolescents

Practice Abstract 18: What is positive youth engagement and why is it important in obesity prevention interventions?

Practice Abstract 19: Ethically engaging adolescents in Participatory Action Research (PAR) to combat obesity

Practice Abstract 20: A step-by-step guide - how to set up and run an international consortium in research and innovation projects

#### **Practice abstracts set 2**

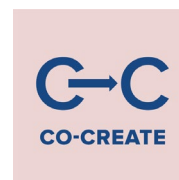
Practice Abstract 1: Nutrition policy– status in 30 European countries

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

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

Practice Abstract 4: Socioeconomic differences in food habits among children

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



- Practice Abstract 6: What do adolescents in five European countries think about the drivers of obesity?
- Practice Abstract 7: Co-creating policy ideas with young people
- Practice Abstract 8: Participatory action and co-creation with adolescents
- Practice Abstract 9: Youth involvement in the development of health-related policies in Portugal: recommendations from the CO-CREATE youth
- Practice Abstract 10: COVID-19 and digital connection: insights from shifting to digital convenings with youth
- Practice Abstract 11: Policy co-creation with youth: considerations for multi-actor dialogue forums
- Practice Abstract 12: Developing implementation and evaluation plans for obesity prevention actions
- Practice Abstract 13: System Dynamics model on poor mental wellbeing and obesity in adolescents
- Practice Abstract 14: Making data on adolescent's civic engagement and energy balance related behaviours open access: Processes and challenges in the CO-CREATE project
- Practice Abstract 15: Making data accessible to support young people's civic engagement and energy balance related behaviours
- Practice Abstract 16: The CO-CREATE Youth Conference
- Practice Abstract 17: Capturing CO-CREATE activities through video formats
- Practice Abstract 18: Photovoice as a method to assess youth perspectives on obesity-prevention policies

### Exploitation and access

Access to the Practice abstracts is freely available online. The abstracts are published on the [EIP-AGRI](https://ec.europa.eu/eip/agriculture/en/find-connect/projects/confronting-obesity-co-creating-policy-youth.html) website (first set: <https://ec.europa.eu/eip/agriculture/en/find-connect/projects/confronting-obesity-co-creating-policy-youth.html>) and the EU CAP website (under construction) The abstracts are also available in the CO-CREATE website list of deliverables (Deliverables D9.5 and D9.6) on the site of the Norwegian Institute for Public Health <https://www.fhi.no/en/li/studies/co-create/publications/> where they will be available for at least four years.

### Users and beneficiaries

Health-related practice abstracts are increasingly used by professionals and professional organisations to inform their intervention strategies and advocacy positions. They are also available to policy-making officials and legislators, civil society and advocacy organisations, the media and the public including young people. They serve as a background set of material for researchers when designing projects and proposals for Horizon Europe and related research programmes.

## 14. Open access survey data

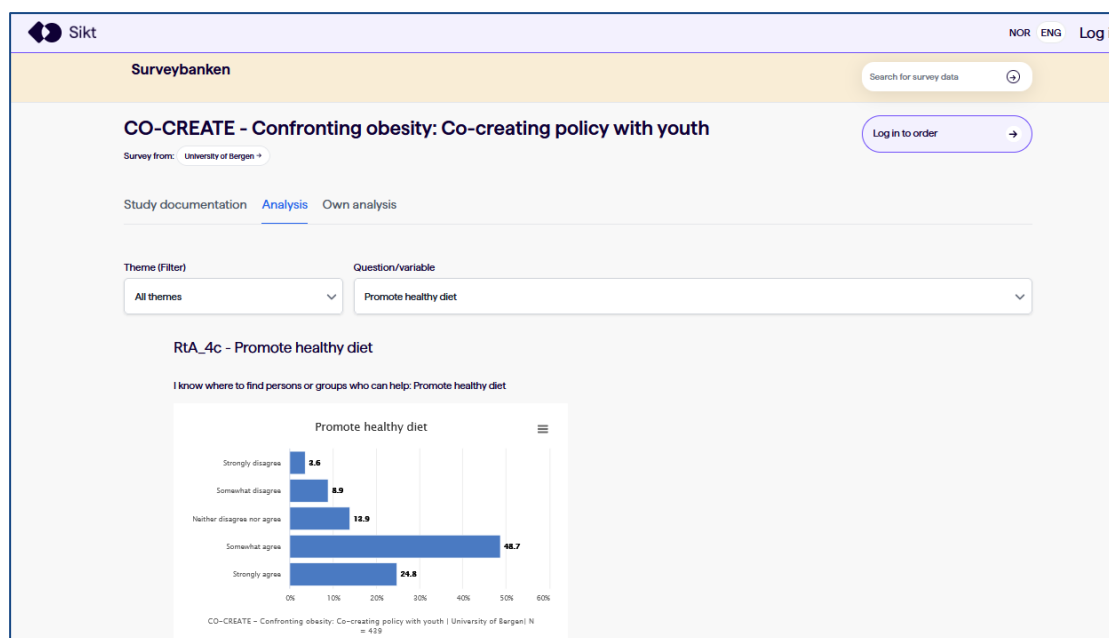
Lead partner and IPR owner: University of Bergen and NIPH

### Summary

Throughout the project, CO-CREATE has compiled large amounts of data directly from youth through surveys and interviews. For ethical reasons, working with adolescents requires an extensive focus on data privacy and securing anonymity. According to the Grant Agreement Article 29.3, CO-CREATE has committed to share anonymised survey and interview data openly to allow third parties to 'access, mine, exploit, reproduce and disseminate' the content, free of charge. The project will deposit the data at the Norwegian databank depository, named Sikt (<https://doi.org/10.18712/NSD-NSD3081->

V1), which makes data available at no cost for non-commercial purposes. A large amount of summary results are available without registration (see screenshot below).

*Example of data graphic on the Sikt databank*



### Exploitation and access

The data available through Sikt can be used by researchers and future Horizon Europe and related programmes. The data are also available for any interested organisation, including, for example, schools, colleges and youth organisations, where they have the potential to be used in a number of ways, including:

- Teacher-led sessions where the students explore the open access data and develop policy actions for preventing adolescent obesity.
- Group exercises which challenge students to explore the data themselves, and to suggest relevant policies based on the findings they observe.
- Empirical background for teachers to initiate dialogue with their students on how obesity among adolescents can be prevented and get the students to reflect on their own eating and physical activity behaviours.
- Interdisciplinary collaboration and policy development across subject areas, including food, health, biological and social science, survey methodology and data analysis methods.

Making the CO-CREATE data available provides an opportunity for data use to continue after the end of the project, while also creating awareness and supporting the development of national and international policies on obesity. The use of CO-CREATE data may also inspire dialogue, participation and awareness, particularly amongst students who are likely to relate to the data which, in turn, may



evoke policy interest in students and engage them in taking action to prevent obesity in their communities.

#### Users and beneficiaries

Survey results are sometimes kept behind pay-walls or academic library sites, or require registration and permissions for access, making it difficult for many people to exploit this resource. The Norwegian open access scheme allows non-commercial use of the anonymised data, opening the material for teachers, students, youth organisations, civil society and advocacy organisations, researchers, other Horizon Europe and related programmes, and member of the public interested in the CO-CREATE project findings.

The databank owners will keep records of requests for data access.

## Grant Agreement proposed outputs and CO-CREATE actual outputs

The Grant Agreement negotiated in 2017 anticipated a number of exploitable results from the project. In the present report we compare the original expectations and the actual exploitable results listed above.

The Grant Agreement described the need for exploitation and the project plan and added *‘The exploitation will be further developed in line with the individual partners’ strategies for exploiting research outputs but under the terms agreed within the Consortium Agreement.’*

The following table shows the original proposals for exploitable outputs listed in the Grant Agreement (*Table 2.6. Overview for exploitable project results and exploitation strategy (pp31-32 of 124)*) against the outputs produced during the CO-CREATE project. The table also indicates the partners and collaborator responsible for maintaining the outputs.

*Table 2: Anticipated and actual exploitable outputs from specified partners*

Anticipated exploitable result	Actual outputs for exploitation	Responsible partners and collaborators
CO-CREATE model and process	(i) See no. 1 above: <b>CO-CREATE project website and resources</b> (ii) See also the various tools, toolkits, benchmarking and scoring methods (no. 3, 5, 6, 7, 8, and 9).	NIPH 1, WCRFI 3, EAT 5, Press 6, U Amsterdam 7, LSHTM 8 & 9
Models for building Youth Alliances	See no. 7 above: <b>Youth Alliances protocol</b>	U Amsterdam 7
Infrastructure for implementation and evaluation of co-created policies	See no. 10: <b>Systems Dynamic Modelling using health data</b> ; see no. 5: <b>Dialogue forum tools</b> ; see no. 6: <b>Youth Advocacy Toolkit</b> , see no. 8: <b>Systems maps</b> , and see no. 3: <b>Policy benchmarking and a Policy Index score</b> .	U Bergen 10, EAT 5, Press 6, LSHTM 8, WCRFI 3
(i) Evidence and policy briefs (ii) Additional modules for online specialist training (iii) Youth-oriented materials for stigma reduction (iv) Youth-oriented website for weight debate	(i) See no. 11: <b>Policy Briefs</b> , and no. 13 <b>Practice Abstracts</b> . (ii) See no. 1 and no. 2 for specialist support using the <b>policy benchmarking and policy indexing tools</b> , no. 4 for guidance for using <b>Dialogue Forum tools</b> , no. 6 for guidance on <b>setting up Youth Alliances</b> , no. 8 for guidance on using <b>systems mapping in group model building</b> , and no. 9 for guidance on <b>research using systems approaches</b> .	WCRF (1 and 2), EAT (4), U Amsterdam (6), LSHTM (8 and 9), and WOF (IASO/IOTF) (10, 12 and 3).NIPH 11 & 13, WOF 11, 13 & 4



	(iii and iv) See no. 3(ii) Youth views have been incorporated into some WOF training and teaching modules but not with specified reference to CO-CREATE. (iii and iv) See no. 4: <b>Healthy Voices website</b> for youth-oriented materials on stigma and weight debate.	
(i) Development of a Europe-specific methodological approach to co-created group model building (ii) Engagement of national and European youth groups in both health and systems thinking (iii) A set of system maps to act as a core resource to guide and support obesity prevention activities within member states and across Europe	(i, ii and iii) See no. 8: <b>System maps</b> , no. 10: <b>Systems Dynamic Modelling using health data</b> , no. 5: <b>Dialogue Forum tools</b> , no. 7: <b>Youth Alliances toolkit</b> , and no 4: <b>Healthy Voices website</b> .	LSHTM 8, U Bergen 10, EAT 5, U Amsterdam 7, WOF 4
The CO-CREATE process	See the depository of anonymised youth views and survey responses in the CO-CREATE project – see no. 14: <b>Open Access survey data</b> (no. 13). For youth advocacy tools see no. 6: <b>Youth Advocacy toolkit</b> .	U Bergen (13), WOF (IASO/IOTF) and Press (5)14, NIPH 14, Press 6
(i) Increased and updated number of policies available in policy monitoring tool on promoting healthy diets and additional new policy monitoring tool on physical activity policies. This includes a global policy scan and additionally a focused policy scan of implemented policies in Europe.	See no. 2: <b>MOVING and NOURISHING databases</b> , and also policy progress assessment tools in no.3 above: <b>Policy benchmarking and a Policy Index score</b> .	WCRFI 2 & 3
The prototype for dialogue forums	See no. 5: <b>Dialogue forum tools</b> , also no. 7: <b>Youth Alliances protocol</b> .	EAT 5, U Amsterdam 7.
(i) CO-CREATE protocols, forums and dialogues adapted for the U.S. (ii) Webinars and blog stories to further dissemination efforts in the U.S.	Advocacy of the CO-CREATE project by the University of Texas Center for Healthy Living. See dissemination deliverables and project periodic technical reports.	UT Health
Model for youth advocacy	See no. 6: <b>Youth Advocacy toolkit</b> , also no. 5: <b>Dialogue Forum tools</b> and no. 7: <b>Youth Alliances protocol</b> .	Press 6, EAT 5, U Amsterdam 7.



In WP 7.1 a core System Dynamics Model will be developed, documented and made available. This model constitutes a shared repository of the structural knowledge gained in the course of the project.	See no. 10: <b>Systems Dynamic Modelling using health data.</b>	U Bergen 10
The open access data provide a unique opportunity to develop teaching material to be used in schools and youth health services and dialogue material to be used with policy makers, program developers and young people themselves.	See no. 14: <b>Open Access survey data</b>	U Bergen 14
Proposing a framework for development, evaluation of processes and outcomes of policies/interventions; checklists for best-practices for policies/intervention development, evaluation and implementation	See no. 3: <b>Policy benchmarking and a Policy Index score</b>	WCRFI 3
CO-CREATE model and process.	The CO-CREATE approach is outlined on the project website (no. 14 <b>CO-CREATE project website and resources</b> ), and includes Youth Alliances (no. 6) for policy co-creation and Dialogue Forums (no. 4) for stakeholder discussions with youth. Methodology also used by collaborators (Deaken and UTHealth)	NIPH (14), U Amsterdam (6), EAT (4) and Deakin and UT Health
	Additional exploitable outputs	
	The CO-CREATE Youth Declaration. Is a statement from a youth task force and addressed to policy-makers and policy-stakeholders. See no. 13: <b>CO-CREATE Youth Declaration</b>	NIPH 13, Press 13
	Youth-relevant <b>videos</b> <i><u>Why do you(th) matter?</u></i> and <i><u>Youth Alliances ask for action</u></i> and <i><u>You Matter!</u></i> See no. 1: <b>CO-CREATE project website and resources.</b>	NIPH 1
	Research tool: rating for systems thinking in research projects. See no. 9: <b>STAR rating of systems research</b>	LSHTM 9

## Annex 1: Post-project IPR data obligations and statements of financial support

After the conclusion of the CO-CREATE project, the IPR provisions, including the obligations regarding confidentiality, exploitation and dissemination, will remain in force. Consequently, CO-CREATE project participants are required to properly manage the post-contract phase and to consider the following:

- During implementation of the action and for four years after the end of the project (or such time as is determined in the national jurisdiction where the data are stored), in accordance with the Grant Agreement, participants must keep confidential any data, documents or other material (in any form) that is identified as confidential. This confidentiality time limit may be extended for the information shared among the consortium partners in accordance with the CO-CREATE Consortium Agreement.
- Without time limit, any data subject to confidentiality under the provisions of the General Data Protection Regulation and its local implementation remains confidential under the Regulation.
- Without time limit, any data collected by a partner under the terms of the partner's institutional ethical approval procedures shall remain subject to the terms of the ethical approval procedure.
- When disseminating results without protecting them first, deciding to stop protecting the results or not seeking an extension of the protection of the results, participants that have received EU funding must formally notify the Commission in advance, according to the requirements established in the Grant Agreement, for up to four years after the project.
- Subject to the requirements of national GDPR regulations, participants are entitled to request access rights up to one year (or any other time limit agreed) after the conclusion of the project and must obtain prior written waiver of rights from the other consortium partners concerned during this period.

### Financial support

- The obligation to protect results remains, including the need to include the statement of financial support in any application for the protection of results.
- Dissemination obligations also stay in force, including the need to **acknowledge EU funding and to include a disclaimer**.

## Annex 2: Intellectual Property Rights (IPR) ownership

The exploitable CO-CREATE outputs will benefit from continued availability after the end of the project (October 2023). The post-project IPR ownership of these resources is indicated in Table 3 below.

*Table 3: IPR for exploitable outputs from the CO-CREATE project.*

<b>Exploitable output (no.)</b>	<b>IPR owner</b>
CO-CREATE website, deliverables and resources (no. 1)	Norwegian Institute for Public Health
New: physical activity policy database "MOVING" (no. 2)	World Cancer Research Fund International
Updated food and nutrition policy database "NOURISHING" (no. 2)	World Cancer Research Fund International
Benchmarking policies methodology (no. 3)	World Cancer Research Fund International
Composite policy index methodology (no. 3)	World Cancer Research Fund International
Youth-facing interactive website "Healthy Voices" (no. 4)	World Obesity Federation (IASO/IOTF)
Protocols and guide for interactive Dialogue Forums (no. 5)	EAT
Youth Advocacy Toolkit (no. 6)	Press – Save the Children Youth Norway
Youth Alliances protocol (no. 7)	University of Amsterdam
Systems mapping for childhood obesity in Europe (no. 8)	London School of Hygiene & Tropical Medicine
STAR framework protocol to design systems approaches in policy research (no.9)	London School of Hygiene & Tropical Medicine
Systems Dynamic Modelling using health data (no. 10)	University of Oslo and University of Bergen
Policy briefs (no. 11)	Norwegian Institute of Public Health
CO-CREATE Youth Declaration (no. 12)	Norwegian Institute of Public Health / Press
Practice abstracts (no. 13)	Norwegian Institute of Public Health
Open access data: youth survey results (no. 14)	University of Bergen



→ The CO-CREATE project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 774210. The products of the research are the responsibility of the authors: the European Commission is not responsible for any use that may be made of them.

