

Impact case guidelines

Each case study should include sufficiently clear and detailed information to enable the evaluation committee to make judgements based on the information it contains, without making inferences, gathering additional material, following up references or relying on members' prior knowledge. References to other sources of information will be used for verification purposes only, not as a means for the evaluation committee to gather further information to inform judgements.

In this evaluation, impact is defined as an effect on, change or benefit to the economy, society, culture, public policy or services, health, the environment or quality of life, beyond academia.

Timeframes

- The impact must have occurred between 2012 and 2022
- Some of the underpinning research should have been published in 2012 or later
- The administrative units are encouraged to prioritise recent cases

Page limit

Each completed case study template will be limited to **five pages** in length. Within the annotated template below, indicative guidance is provided about the expected maximum length limit of each section, but institutions will have flexibility to exceed these so long as the case study as a whole remains no longer than **five pages** (font Calibri, font size 11). Please write the text into the framed template under the sections 1–5 below. The guiding text that stands there now, can be deleted.

Maximum number of cases permitted per administrative unit

For up to 10 researchers: one case; for 10 to 30 researchers: two cases; for 30-50 researchers: three cases; for 50-100 researchers: four cases, and up to five cases for units exceeding 100 researchers.

Naming and numbering of cases

Please use the standardised short name for the administrative unit, and the case number for the unit (1,2,3, etc) in the headline of the case. Each case should be stored as a separate PDF-document with the file name: [Name of the institution and name of the administrative unit] [case number]

Publication of cases

RCN plans to publish all impact cases in a separate evaluation report. By submitting the case the head of the administrative units consents to the publication of the case. Please indicate below if a case may not be made public for reasons of confidentiality.

If relevant, describe any reason to keep this case confidential:

Not relevant

Norwegian Institute of Public Health, Division of Mental and Physical Health, case number 2

Institution: Norwegian Institute of Public Health
Administrative unit: Division of Mental and Physical Health
Title of case study: CO-CREATE - Confronting Obesity: Co-creating policy with youth
Period when the underpinning research was undertaken: 2018-2023
Period when staff involved in the underpinning research were employed by the submitting institution: 2018-2023
Period when the impact occurred: 2018-2023

1. Summary of the impact (indicative maximum 100 words)

The H2020 funded “CO-CREATE - Confronting Obesity: Co-creating policy with youth” developed tools, methodologies and resources that have had an impact on youth involvement in policy decision making processes; a [dialogue forum tool](#), methods for [youth involvement in policy making](#), [Youth-led Change toolkit](#) developed by youth; and a [Youth Task Force declaration](#) written by youth. In addition, CO-CREATE had a role in the development of MOVING policy database complementing the NOURISHING database <https://policydatabase.wcrf.org/>, which were benchmarked for their youth relevance.

2. Underpinning research (indicative maximum 500 words)

The CO-CREATE was coordinated by the NIPH and the Centre for Evaluation of Public Health Measures. The project has published more than 45 scientific papers, with several new papers in the pipeline. The project synthesized systematic reviews of interventions aimed at preventing overweight and obesity among adolescents. The findings revealed a scarcity of evidence supporting interventions' impact on adolescents' body mass index and physical activity levels, and little evidence of youth involvement in the research literature (Flodgren et al 2020).

The project conducted group building sessions with youth groups in five European countries (2019-2020) and delivered of a set of visual system maps of policy-dependent multi-level drivers of adolescent obesity across five countries: the Netherlands, Norway, Poland, Portugal, and the United Kingdom. These sessions provided new research evidence of European youth's perspectives on factors influencing their energy balance related behaviour. We found that youth's perspectives somehow the evidence from the research literature.

In each of the five countries, 15 Youth Alliances in five European and South Africa were established with the aim to engage and empower diverse youth and co-create policy proposals for overweight and obesity prevention. The project successfully engaged youth in participatory action towards system-directed obesity prevention. A total of 199 adolescents were engaged coming from diverse backgrounds in terms of urban/rural, economic, and ethnic backgrounds. Together with youth organizations and building on youth led participatory action, the alliances developed and implemented a set of participatory activities which were flexibly applied according to local conditions and the youth-led process in the Alliances. Through the Youth Alliances, over 100 ideas for overweight and obesity prevention policies were generated and 29 of those were further developed through participatory action. Adolescents were empowered, had new experiences, and were trained in policy planning and negotiations.

In CO-CREATE we developed both a digital and a physical Dialogue Forum tool which is an inclusive space for discussion and co-creation across generations and sectors. The free canvas and a five-step process are designed to allow 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 policy decision making. The Dialogue Forum tool has been used both within the project but also in many occasions outside the project.

The key researchers at the administrative unit at the time of the research were: Knut-Inge Klepp (PI), Arnfinn Helleve (WP-leader), Anne-Siri Fismen (2019-2022, post doc), Jonas Rekdal Mathisen (2021-2022, researcher), Isabelle Budin Ljøsne (researcher), Gerd Flodgren (researcher)

3. References to the research (indicative maximum of six references)

Most recent, relevant research output:

Klepp K-I, Helleve A, Brinsden H, et al. Overweight and obesity prevention for and with adolescents: The “Confronting obesity: Co-creating policy with youth” (CO-CREATE) project. *Obesity Reviews*. 2023; 24(S1):e13540. doi:10.1111/obr.13540

Bröer C, Ayuandini S, Baillergeau E, Moerman G, Veltkamp G, Luszczynska A, Budin-Ljøsne I, Rito AI, Stensdal M, Lien N, Klepp KI. Recruiting and engaging adolescents in creating overweight and obesity prevention policies: The CO-CREATE project. *Obes Rev*. 2023 Feb;24 Suppl 1:e13546. doi: 10.1111/obr.13546. Epub 2023 Jan 9. PMID: 36623291

C. Bröer, G. Veltkamp, S. Ayuandini, E. Baillergeau, G. Moerman, R. de Sauvage, A. Banik, A. Luszczynska, A. Rito, S. Mendes, K.-I. Klepp, A. Helleve, S. Nesrallah, N. Lien, N. Kaur Grewal, Negotiating policy ideas: Participatory action research projects across five European countries, *Ethics, Medicine and Public Health*, 28, 2023, <https://doi.org/10.1016/j.jemep.2023.100905>.

Budin-Ljøsne I, Ayuandini S, Baillergeau E, et al. Ethical considerations in engaging young people in European obesity prevention research: The CO-CREATE experience. *Obesity Reviews*. 2023; 24(S1):e13518. doi:10.1111/obr.13518

Conway-Moore K, Knai C, Finegood D, et al. Co-creating obesity prevention policies with youth: Policy ideas generated through the CO-CREATE project. *Obesity Reviews*. 2023; 24(S2):e13623. doi:10.1111/obr.13623

Ulloa MA, Nesrallah S, Shafafi P, et al. Designing a youth-led Dialogue Forum tool: The CO-CREATE experience. *Obesity Reviews*. 2023; 24(S2):e13611. doi:10.1111/obr.13611

4. Details of the impact (indicative maximum 750 words)

The research activities in CO-CREATE on youth involvement were theoretically guided by models on youth involvement by the leading academic work on youth involvement (i.e. Hart (1992), Shier (2001) and OECD (2017)). These models describe the different degrees of involvement, where CO-CREATE aimed involving youth through collaboration (i.e. exploring youth perspectives through group model building, development of policy idea in youth alliances and dialogue with policy makers) and empowerment (i.e. the youth initiated CO-CREATE Youth Task Force). The Youth Alliances in the five European countries were implemented as participatory action research (PAR), guided by the four principles of benefitting from young people’s direct experience, valuing knowledge in action, conducting research as a transformative process and through collaboration in dialogue (Cornish et al 2023). The impact of the CO-CREATE tools and resources was secured actively dissemination through the youth organisation involved in the project, presentations and

demonstrations at national (i.e. Norwegian Public Health conference, 2022) and international conferences (Health and Well-being Forum for Youth, 2023), a designated web-site (Healthy Voices: <https://www.worldobesity.org/healthy-voices>) and in other settings.

CO-CREATE was initiated and coordinated by Knut-Inge Klepp, and the administrative unit for the project was Centre for Evaluation of Public Health Measures. The project had 14 partners in total: 1 youth organisation, 3 policy organisations and 10 academic research institutions across Europe. It was organised into 10 work packages, but with integrated and interdependent research activities. As coordinator, the Centre was involved in all the WPs and activities in the project.

The beneficiaries of the projects outcomes are relevant for policy processes in any constituency or organisation, but particularly when children and youth are involved. The tools and resources developed by the project will secure the integrity of children and youth in policy processes where they are involved as stakeholders. The CO-CREATE tools and resources can furthermore be seen in relation to UN Convention on the Rights of the Child, particularly §15 stating children and youth have their rights to express their views freely in all matters affecting themselves and they shall be provided an opportunity to be heard.

CO-CREATE has provided several innovative, evidence-based and ready-to-use tools and strategies. The description of and experiences with youth involvement through group model building and alliances activities are innovative ways to bring young people's own perceptions and perspectives forward. The dialogue forum tool, both the digital and physical versions, is freely available and has already been used by other organizations and in other settings than those created by CO-CREATE. The experiences from using the dialogue forum in the variety of policy settings and have demonstrated the applicability and impact of the tools.

The tools develop by CO-CREATE have been used in relation to the EU School Fruit & Vegetable Scheme, in the process leading towards the WHO report "Youth engaged for mental health. A framework for youth participation under the WHO Pan-European Mental Health Coalition", it has been used as a tool for involvement applied by the Norwegian Police Directorate, it has been presented to 48 WHO national focal points and at Youth Health Conferences.

The impacts occurred throughout the project period (2018-2023), but with particular strength in the final years (2021-2023). Throughout the project period, CO-CREATE has been presented at more than 90 conferences, had two symposia at international conferences, produced 11 policy briefs, 38 practice abstracts and 11 webinars.

5. Sources to corroborate the impact (indicative maximum of ten references)

1. Commentary by a CO-CREATE Youth Task Force member: Burzyńska Z. Young people will shape the future. *Obesity Reviews*. 2023; 24(S1):e13551. doi:10.1111/obr.13551 (Commentary by one of the youth task force members)

2. Description of the content and availability of the Dialogue Forum developed by CO-CREATE: <https://eatforum.org/initiatives/co-create/>

3. Description of the Youth Advocacy Tool Kit developed by youth involved in CO-CREATE: <https://www.worldobesity.org/healthy-voices/advocate/co-creates-youth-advocacy-toolkit>

4. CO-CREATE's Youth Taskforce reflection from participation at Health and Well-being Forum for Youth #Youth4Health 25–27 October 2022, Tirana, Albania.

<https://www.worldobesity.org/healthy-voices/discuss/blog/co-creates-youth-taskforce-send-a-postcard-from-the-youth4health-event-in-tirana>

5. CO-CREATE final conference. At the conference, 48 WHO national focal points for nutrition from European countries attended. October 2023. <https://www.fhi.no/en/li/studies/co-create/co-create-final-conference/>

6. The Co-Create Dialogue Forum tool was used to support the co-creation of a methodology to develop a youth participation framework for the WHO Euro pan-European Mental Health Coalition. https://cdn.who.int/media/docs/librariesprovider2/euro-health-topics/child-and-adolescent-health/youth-engaged-for-mental-health-eng.pdf?sfvrsn=938e0658_3&download=true

7. The CO-CREATE dialogue Forum tool was used in collaboration with the Norwegian Police Directorate, to support their "Citizens' Voice" work. A follow-up presentation was given to the local Tøyen Police Department in Oslo in September 2023, with the goal of the police using the Dialogue Forum tool for future youth engagement activities.

8. CO-CREATE dialogue forum tool was used in relation to the EU School Fruit & Vegetable Scheme. <https://www.fhi.no/contentassets/0a74196d35c64da89d337e25af982f5f/co-create-report-on-pupils-views-on-the-eu-food-schemes-using-the-dialogue-forum-tool.pdf>

9. Pre-conference on youth involvement in public health at the Norwegian Conference of Public health, 17.10.2022: <https://folkehelsekonferansen.no/program/forkonferanse-barn-unge-og-folkehelse>

10. The tools and resources from CO-CREATE will be applied in the new, large Joint Action on prevention of NCDs and cancer, coordinated from Norway <https://hadea.ec.europa.eu/system/files/2022-11/JA%20on%20Cancer%20and%20other%20NCDs%20prevention%20action%20on%20health%20determinants.pdf>