

Conditions for successful implementation and transferability of good practice policies and multi-component interventions for dietary, physical activity and sedentary behaviours across Europe

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on behalf of the DEDIPAC team



Overall aim (DEDIPAC-KH)

“To gain a better insight into the facilitators and barriers to successful implementation and transfer of multi-component interventions and policies addressing diet, physical activity (PA) and/or sedentary behaviours (SB) across Europe”





Research question

“What do health promotion professionals and policy makers believe is important for adoption, implementation and transferability of multi-level interventions and policies promoting healthy eating, PA and/or SB in Belgium, Germany, Ireland, Norway, and Poland”?





Work Package 3.1:

- **Good practice policies and multi-component interventions for dietary, physical activity and sedentary behaviours including conditions for successful implementation across Europe**
Work Package Leader: Gun Roos (Norway)
- **Task 3.1.2** *Qualitative research into the conditions for successful implementation and transfer of good practice interventions across Europe.*



Task 3.2.1 subtasks)

- 3.1.2.1 Rapid umbrella literature review of the critical conditions for successful implementation and transferability (Lead partner: Poland)
- Development of methodology on how these conditions can be studied based on rapid review (Lead partner: Ireland)
- 3.1.2.2 Case studies investigating implementation and transferability issues (BEL, DEU, IRL, POL, NOR) (Lead partner: Germany)



Rapid review

- Aim
 - To identify evidence-based conditions important for successful implementation of interventions and policies promoting a healthy diet, PA, and a reduction in (SB). In particular, whether the implementation conditions identified were intervention- specific or policy-specific
- Method
 - 1) systematic reviews analyzing original research on implementation conditions for policies/interventions (*Policies NOR, Interventions POL*)
 - 2) position papers that offered a comprehensive (but not systematic) review of research evidence (*Policies NOR, Interventions POL*), and
 - (3) documents issued by major national and international stakeholders (IRL)
 - At least two researchers were involved at all stages of data selection, data evaluation and coding.



Rapid Review - Results

- 312 potential conditions relevant for successful implementation
- 83 received sufficient support (identified in at least 4 documents)
- Classified by RE-AIM
 - **Reach** in target population - 8
 - **Effectiveness** of implementation process - 5
 - **Adoption** by staff, setting, institution – 24
 - **Implementation** process – fidelity, adaptations, costs - 43
 - **Maintenance** - 3
- 88% referred to both interventions and policies



Publication

- Horodyska K, Luszczynska A, Hayes CB, O'Shea MP, Langøien, LJ, Roos, G, van den Berg, M, Hendriksen, M, De Bourdeaudhuij I, Brug, J. **Implementation conditions for diet and physical activity interventions and policies: an umbrella review.** *BMC Public Health*. 2015;15(1):1-22.



3.1.2.2 Case studies

- Aim
 - to explore what health promotion professionals, policy makers, and various other stakeholders think facilitates or impedes the adoption, implementation and maintenance of multi-component interventions/policies



Case Selection

- 5 countries
 - Brief scoping review of literature, professional networks (BEL, IRL, POL)
 - Literature search-national & international databases (GER)
 - Results from previous policy evaluation - DEDIPAC (NOR)
- Inclusion criteria
 - Completed in past decade or ongoing
 - Targeted diet and /or PA/SB
 - Description of all intervention components and levels, including results of an outcome evaluation or a description of the policy available
- Convenience Sample



Case Selection (2)

- Six multi-level interventions, Six policies
 - Multi-level interventions:
 - theory-based interventions, which use knowledge of the behavioral determinants at different levels (i.e. individual, social environmental) to improve dietary behavior, PA and/or SB
 - Policy:
 - A purposive and consistent course of action to stimulate a healthy diet and/or PA, formulated by a specific political process, and adopted, implemented, and enforced by a public agency, such as the EU, EU member states, or regional or local governments.



Case Selection by Country

Case study	Interviewees				
	Project coordination	Implementer (e.g., school staff)	Government	Other stakeholder	Total
Belgium					
<i>Intervention:</i> 10,000 steps	2	0	0	0	2
<i>Intervention:</i> Tutti Frutti	1	0	1	0	2
Germany					
<i>Intervention:</i> IDEFICS	1	2	0	1	4
<i>Policy:</i> Federal state offices coordinating networks for the provision of healthy food options in schools	0	3	0	0	3
Ireland					
<i>Intervention:</i> Food Dudes Healthy Eating Programme	2	3	1	1	7
<i>Intervention:</i> Green Schools Programme - Travel theme	3	3	1	1	8
Norway					
<i>Policy:</i> Keyhole labelling	2	0	0	1	3
<i>Policy:</i> Free school fruit	1	0	1	1	3
Poland					
<i>Intervention:</i> European Schools for Healthy Food - Slow Food in the Canteen	0	2	0	0	2
<i>Policy:</i> Fit Student	2	0	0	0	2
<i>Policy:</i> Tasty, Healthy, Valuable	1	1	0	0	2
<i>Policy:</i> Fit City	1	1	0	0	2
Total	15	15	7	3	40



One-to-one interviews

- Purposive sampling of key informants
- Semi-structured
- Topic guide* (guided by results of RR)
 - Factors facilitating implementation
 - Factors hindering implementation
 - Strategies to overcome barriers
 - Strategies to boost sustainability
- Audio-record (preferable) or extensive note taking in national language.
- Transcription in national language.
- Analysis in national language.



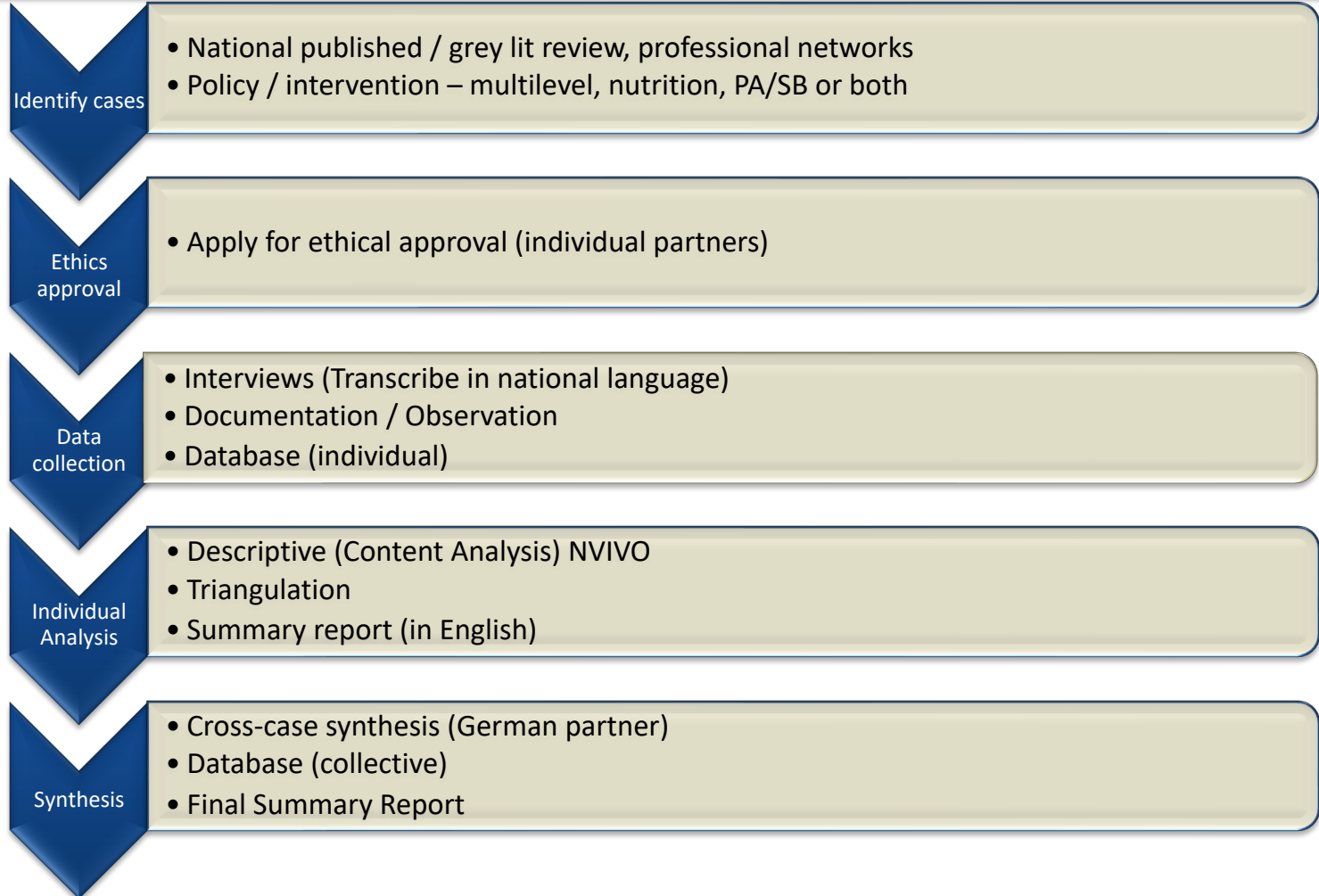


Analysis

- Individual cases analysed by partners.
- Content analysis (individual cases).
- Coding (NVIVO)-common categorisation matrix
- Individual summary reports (English)
- Collective data analysed (GER)
- Final report



Methods summary



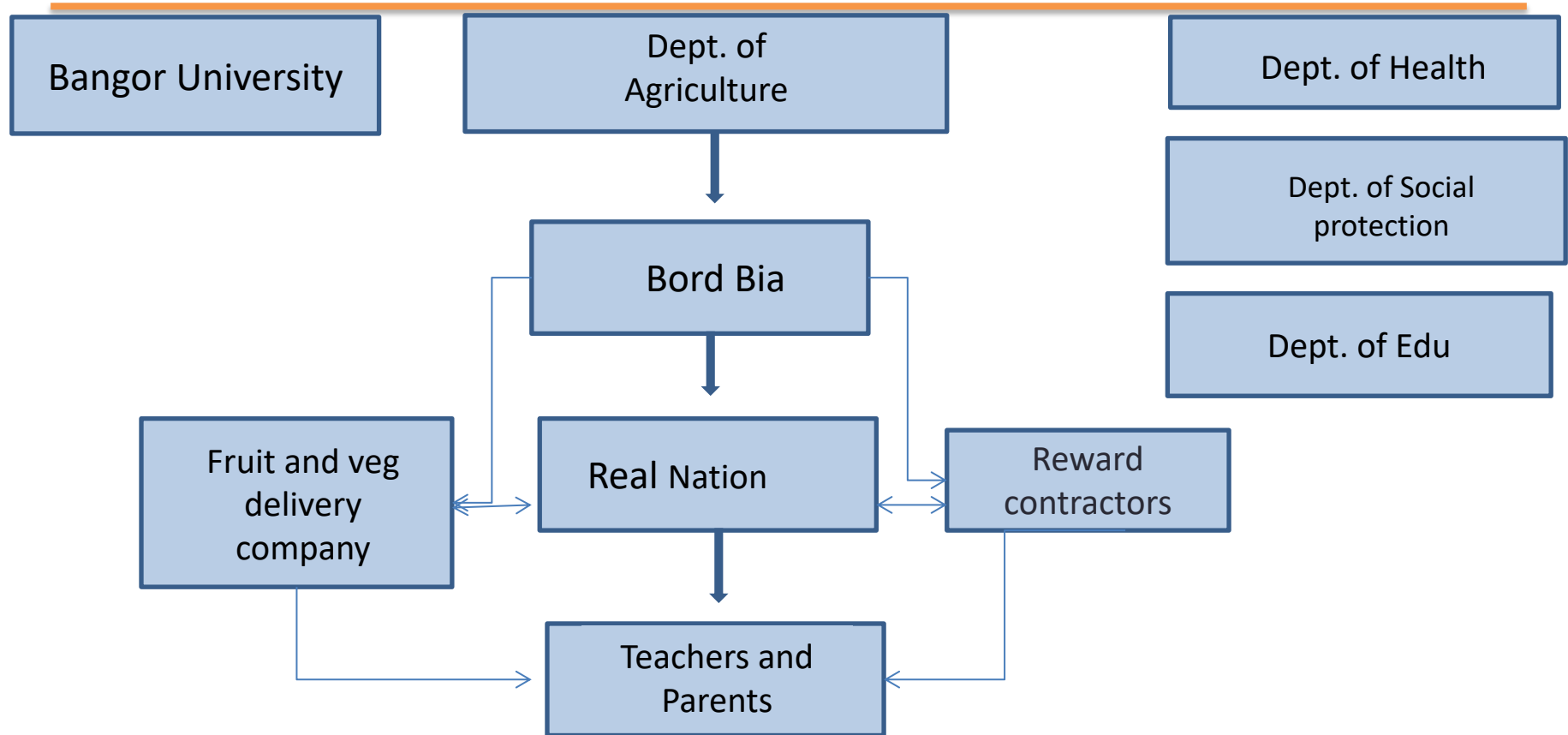


Food Dudes: background

- **Aim:** Increase consumption of fruit and veg in school children
- **Theory:** Built around the concept of +ve peer modelling, repeated tasting & rewards.
- Funded by the Irish Dept. of Agriculture & European Commission
 - Managed by Bord Bia & implemented by Real Nation
- Rolled out to 97% of primary schools in Ireland (4-12 years)
- Well **evaluated** – **published** literature
- Within the school - programme is co-ordinated by a trained teacher
- Two distinct phases –
 - **Phase 1:** A 16 day intervention phase (fruit & veg delivered to the school + rewards for tasting food)
 - **Phase 2:** Maintenance, children bring fruit or veg from home, which is recorded and children may earn rewards (e.g certificates)



Stakeholders: Food Dudes Programme





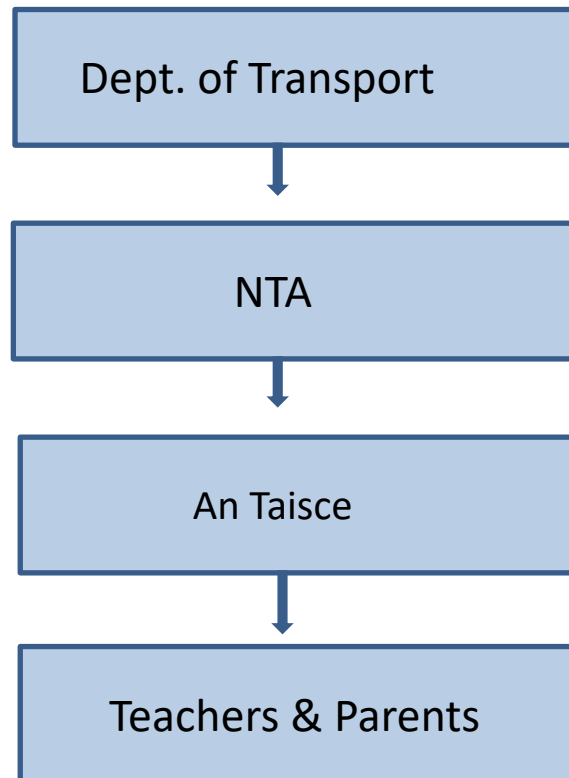
Green schools (travel theme) - background

- Part of a international initiative - Eco Schools
- 7 themes (Active Travel)
 - Demonstrate / maintain improvement = “green flag”
- Travel theme funded by the Dept. of Transport
 - Managed through the National Transport Authority
- Organised / evaluated by An Taisce in Ireland in partnership with local authorities.
- Primary & Secondary Schools – 92% nationally





Stakeholders: Green Schools Programme [Travel Theme]





Case study results (Facilitation)

- Adoption and Implementation
 - Active involvement of relevant stakeholders and good communication between coordinating organizations
 - Experience, engagement and motivation and training of staff
 - Tailoring of materials to match needs of target groups
 - Implementation protocols to ensure fidelity
 - Adaptations to setting (e.g. school holidays)
 - Incentives and Rewards important
- Maintenance
 - whether they were embedded in existing or newly created organizational structures of different settings
 - whether continued funding was secured



Case study results (Obstacles)

- Poor communication between stakeholders
- Too time consuming to integrate into curricula
- Too much documentation
- Accessibility of intervention
 - Apply for funding via e-portal
 - Need special equipment e.g. step counters, canteen equipment
- Adoption of policies based on political decisions – changes in government
- Lack of expertise or sufficient skills to act as liaisons e.g. for nutrition policy in schools



Conclusion

- Despite considerable heterogeneity of interventions and health policies in European countries, factors facilitating adoption, implementation, and maintenance appear to be similar for interventions and policies across Europe.



Presentations

- **Development of a methodological framework to assess the conditions necessary for the implementation and transfer of interventions or policies aimed at promoting healthy eating and increasing physical activity -A DEDIPAC study**
- **Conditions for Implementation of Diet and Physical Activity Interventions in (Irish) Schools-A DEDIPAC study.**
- **Views of policy makers and stakeholders on factors facilitating sustained policies promoting healthy eating: findings from DEDIPAC case studies in Norway**
- **Critical implementation conditions in interventions and policies for obesity prevention: findings from DEDIPAC KH case study**
- **Hayes CB et al. 3rd Global Implementation Conference (GIC) Dublin. 27 July 2015**
- **Hayes CB et al. European Public Health Association (EUPHA) Vienna 2016**
- **Roos G et al. EUPHA 2016**
- **Horodyska et al. European Health Psychology Society conference (EHPS) Aberdeen, August 23-27, 2016**



Publications

- Saskia Muellmann , Berit Steenbock , Katrien De Cocker, Marieke De Craemer, Catherine Hayes , Miriam P. O'Shea, Karolina Horodyska, Justyna Bell, Aleksandra Luszczynska, Gun Roos, Lars Jørn Langøien, Gro Rugseth, Laura Terragni, Ilse De Bourdeaudhuij, Johannes Brug, Claudia R. Pischke. **Views of policy makers and health promotion professionals on factors facilitating implementation and maintenance of interventions and policies promoting physical activity and healthy eating: results of the DEDIPAC project (in press).**



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