

Research evidence in health enhancing physical activity policy making – key results from REPOPA

Riitta-Maija Hämäläinen, PhD, Senior Researcher

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WHY TO STUDY HEALTH ENHANCING PHYSICAL ACTIVITY POLICIES?



- Growing sedentarism and health challenges
- Use of both scientific knowledge and practical know-how to make evidence informed decisions for cross sectoral health enhancing physical activity (HEPA) policies
- Timely discussion on the use of research evidence in policy making in Finland, EU countries and globally
- Finland:
 - Working group at the Ministry of Education and Sport on access to sport and physical activity information
 - renewal of the Sport Law
 - making of health enhancing physical activity policy and
 - structural reform of public sector (recentralisation)



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REsearch into POLicy to Enhance Physical Activity - REPOPA

- Integrate scientific research evidence, expert know-how & policy making process to increase synergy & sustainability in promoting health and preventing disease
- The aims were reached by
 - Building on research evidence & experiences on policy making processes
 - Studying innovative ways of collaboration between researchers, policymakers and other stakeholder
 - Establishing structures, such as virtual platform and exchanges of good practices for future health promotion through enhanced physical activity



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REPOPA CONSORTIUM

Coordinator: Arja R. Aro, Professor



UNIVERSITY OF SOUTHERN DENMARK

Partners:



Babes-Bolyai University
Cluj-Napoca, Romania

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REPOPA –Results

Role of evidence in policy making



- Countries involved Denmark, Finland, Italy, Netherlands, Romania and England
- 21 policy documents by content analysis of policies
- 86 stakeholders interviewed

Main results:

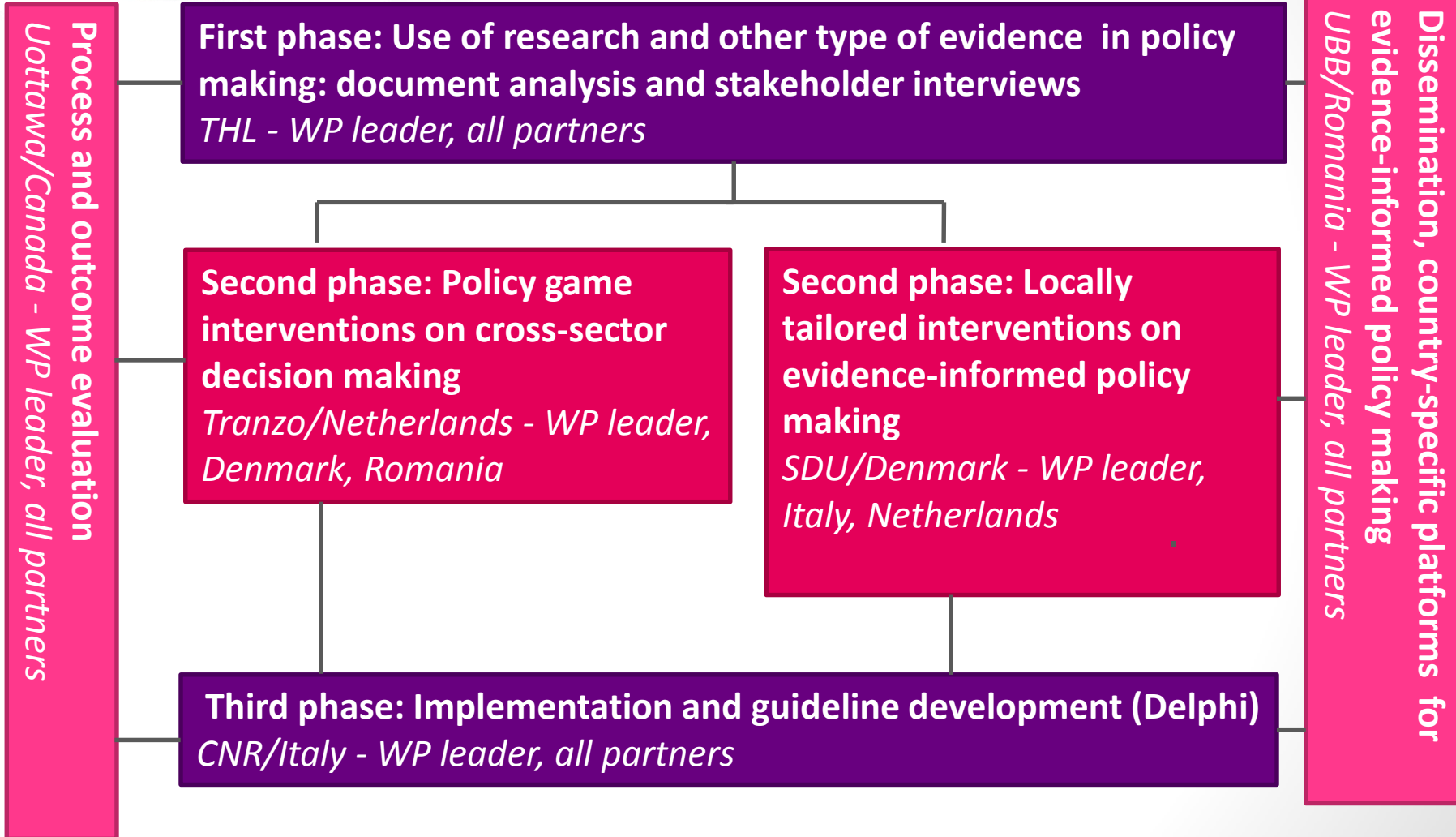
- Few systematic and explicit use of research evidence + mixed types of evidence used

Main facilitators: administrative support, orientation of organizations towards use of research evidence, relevant and easily available information and knowledge, role of media

Main barriers: traditions, political interests, capacity



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REPOPA Results

Increasing use of research evidence – policy game

- Countries involved Denmark, the Netherlands and Romania
- Three policy games applied at local level; 57 participants
- **Systems analysis** of the context of physical activity policy making; **Questionnaires** to participants in the beginning, right after and 6 months after the game to look at the use of research evidence in policy making

Main results:

- Increased understanding of the local HEPA policy processes
- Increased insights for collaboration in policy making
- Changes in attitudes towards the use of knowledge and research evidence in policy making
- Positive experience in using of policy game in policy making



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REPOPA Results

Increasing use of research evidence – Stewardship interventions

- Countries involved Denmark, Italy and the Netherlands
- Six local, needs-based policy interventions of 6-12months
- Pre, post and 12 months follow ups, with common and context-specific measures

Main results:

- Increased used of evidence from research; not always influential on policymaking; not always sustainable up to 12 months
- Awareness raising for use of research evidence; to keep sustainability for the use of research evidence political request and organizational processes need to be in place
- Politicians got more interested in research knowledge and cooperation of research organizations and stakeholders
- In Denmark a spring-off study to enhance PA among elderly; in Italy longer local intervention



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REPOPA Results

eDelphi study to develop indicators for evidence informed policy making (EIPM)

- Countries involved Denmark, Finland, Italy, the Netherlands and Romania + international consultation
- eDelphi process to test and validate indicators for EIPM
- Two eDelphi rounds; 82 panelists
- Validation of EIPM indicators:
 - Generic list of 25 measurable indicators
 - national consensus conferences
 - Indicators included
 - human resources: competences & networking;
 - communication & participation;
 - documentation;
 - monitoring & evaluation;
 - commitment & statements of intents and
 - complex indicators



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Main scientific publications



- Hämäläinen R-M, Sandu P, Syed AM, Jakobsen MW. 2016. An evaluation of equity and equality in physical activity policies in four European countries. *International Journal for Equity in Health* (in press).
- van de Goor IAM, Hämäläinen R-M, Syed AM, Lau CJ, Sandu P, Spitters H, Eklund Karlsson L, Rus D, Valente A, Castellani T, Aro AR. (2016). What Hinders Integration of Evidence in Public Health Policy: Differences in the Worlds of Policymakers and Researchers? A study in six EU countries. *Health Policy* (Forthcoming).
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- Castellani, T., Valente, A., Cori, L. and Bianchi, F. (2016). Detecting the use of evidence in a meta-policy. *Evidence & Policy*, 12(1), 91-107(17). [Link to the article.](#)
- Eklund Karlsson, L., Jakobsen, MW., Winblad Heiberg, M. and Aro, AR. (2016). Involvement of external stakeholders in local health policymaking process: a case study from Odense Municipality, Denmark. *Evidence and Policy*. 17.4.2016.





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- Bertram, M., Loncarevic, N., Castellani, T., Valente, A., Gulis, G. and Aro, AR. (2015). How could we start to develop indicators for evidence-informed policy making in Public Health and Health Promotion? *Health Systems and Policy Research*, 2(1).
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- Hämäläinen, R-M. and Aro, AR. (2015). Chapter: Terveysttä edistävän liikunnan politiikkatoimet ja tutkimustieto. (Health enhancing physical activity and research evidence), book: *Information management – theories and practices (Tiedolla johtaminen – teoriaa ja käytäntöjä)* Virtanen, P. & Stenvall, J. & Rannisto P-H (Eds.) Tampere University Press, 233-257. April 2015. (In Finnish).
- Hämäläinen, R-M., Aro, AR., van de Goor, LAM., Lau, CJ., Jakobsen, MW., Chereches, RM., Syed, AM. and On behalf of the REPOPA Consortium. (2015). Exploring the use of research evidence in health-enhancing physical activity policies. *Health Research Policy and Systems*, 13(43), 1-9.
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Linked projects and video



- [SITLESS](#) - Reducing sedentary behaviour among older adults – The SITLESS Project
- [PASTA project](#) - Physical Activity Through Sustainable Transport Approaches
- [Credits for Health C4H](#) - aimed at finding out and testing a system effective in engaging, nurturing and keeping people committed in the adoption of personalised wellness paths and healthy life-styles
- [EUROFIT](#) - engage men through their connection with their clubs to make sustainable improvements in their diet, activity, and physical fitness
- [REPOPA](#) - REsearch into POlicy to Enhance Physical Activity
- [VIDEO:](#)
- <https://www.dropbox.com/sh/fni4vmraekvja9I/AABKT9z5bfpzWtm2t0aNRvwia?dl=0>

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