

# Summer school on An Ecosystem Approach to Health Enhancing Physical Activity Promotion

29 August – 1 September 2020, Nice, France

The WHO Global Action Plan on Physical Activity recommends to strengthen the systems necessary to implement effective and coordinated action to increase physical activity and reduce sedentary behaviour. In order to achieve this, WHO/Europe aims to build capacity for national implementation and evaluation of HEPA policies by giving participants from the WHO European Region a relevant and contextual training, with the best available subject experts about the evidence base for a systems approach, as well as educate them about the necessary tools for implementation and evaluation, so that the participants can also become trainers themselves.

WHO/Europe would like to invite potential participants to apply to attend a workshop on health enhancing physical activity promotion utilising an ecosystem approach. The workshop will be held in Nice, France, in the lead up to the annual conference of the WHO European network for the promotion of health-enhancing physical activity (HEPA Europe). HEPA Europe is a WHO network which aims to provide a forum for the advancement of health-enhancing physical activity (HEPA) research, policy and practice across the WHO European Region.

In this workshop, participants with political, academic, and technical backgrounds from the WHO European Region member states will meet to share knowledge and learn from experts on how to conduct health promoting physical activity programmes, as well as how to utilise a systems approach to strengthen multisectoral implementation of brief interventions and evaluate their impact. Systems thinking and complexity science (STCS) represent a vast multi-disciplinary field of established and emergent theories and methods that can be used to address the inherent challenges for tackling the epidemic of chronic disease at the global level, and this workshop will explore its intricacies and train participants in utilising STCS approaches. Current data and relevant case studies will also be used to support the development of evidence-based policies, and policy makers will receive training in prioritisation strategies.

## **Aims of the summer school**

- Inspire and inform evidence-based physical activity policy making
- Introduce systems thinking and complexity science theories and methods to support regional capacity building for promoting health enhancing physical activity
- Develop and enhance skills in applying systems approaches to evidence-based policy making, to strengthen multisectoral implementation and upskill participants in physical activity intervention implementation
- Develop and enhance skills in applying systems approaches to evaluation to improve policy learning and reduce unintended consequences
- Improve skills in developing and evaluation of policies which promote physical activity

## Draft Programme

### Saturday, August 29, 2020: Day 1

8:30 – 9:00	Registration
9:00 – 9:30	Welcome & Introduction of Participants
9:30 – 10:00	The Current Status of Physical Activity in the European Policy Environment
10:00 – 10:30	Physical Activity Surveillance in Europe
10:30 – 11:00	Coffee Break
11:00 – 12:00	Case Study on French National Physical Activity Surveillance and Policies
12:00 – 13:00	Using Data to Develop Appropriate Policies
13:00 – 14:00	Lunch
14:00 – 15:00	Challenges of Implementing a Multi-Sectoral Approach
15:00 – 16:00	Introduction to System Methods to Strengthen Multi-Sectoral Implementation

### Sunday, August 30, 2020: Day 2

9:00 – 9:30	Recap from Day 1 and Aims for Day 2
9:30 – 11:00	Introduction to Systems Thinking and Complexity Science (STCS)
11:00 – 11:30	Coffee Break
12:00 – 13:00	Practitioner Relevant Guidance <i>How to use STCS &amp; how to choose the right systems approach for the different stages of policy development</i>
13:00 – 14:00	Lunch
14:00 – 14:30	Mapping Systems to Understand Complexity
14:30 – 15:00	Understanding Our Problem from a Systems Perspective
15:00 – 16:30	Using Systems Mapping to Develop Interventions

### Monday, August 31, 2020: Day 3

9:00 – 9:30	Recap from Day 2 and Aims for Day 3
9:30 – 11:00	Defining and Prioritising Action
11:00 – 11:30	Coffee Break
11:30 – 13:00	Translating Action Ideas into Action Plans



13:00 – 14:00	Lunch
14:00 – 16:30	<b>Group Work Activities</b> <i>Participants to apply systems mapping strategies to own current/ongoing projects and plans; with feedback provided by experts</i>

## Tuesday, September 1, 2020: Day 4

9:00 – 9:30	Recap from Day 3 and Aims for Day 4
9:30 – 10:30	<b>Final Training Session</b> <i>Recap on systems approach process and future uses</i>
10:30 – 12:00	<b>Presentations from Groups and Closing Remarks</b>
12:00 – 13:30	Lunch

### Provisional contributors

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### Admission and application conditions

The summer school is opened to all PhD students and junior researchers having obtained their PhD after January 1, 2016. Participation fees are fixed to 200 €, including summer school programme, accommodation, meals, and social events.

For participants also wishing to attend to the 11<sup>th</sup> HEPA Europe Conference, conference registration fees will be fixed to 190 € (<https://hepaeurope2020.sciencesconf.org/resource/page/id/1>).

Application must be submitted by filling the application form and returned to the email address by June 29, 2020 : [gdr-sport@cnrs.fr](mailto:gdr-sport@cnrs.fr)