

# HPR *news*

| Health Promotion Research News | Issue 17 – January 2017 |

| ISBN: 978-87-91245-26-8 |

## REPOPA



| Nyt fra Sundhedsfremmeforskning | SDU Esbjerg |

# Editorial

## **REPOPA**

*Arja R Aro, Professor of Public Health*

*REPOPA Coordinator 2011-2016*

*Guest Editor of HPR News Issue 17*

This issue's special theme is the REPOPA project. REPOPA stands for 'Research into Policy to enhance Physical Activity' and it was a 5 year research project in the area of health promotion, funded by the European Commission (EC).

REPOPA was one of the few research projects not only studying policymaking; it also worked together with "real-life"-policymakers and used locally relevant and applicable interventions to develop policies so that research knowledge could be taken into account. As a flagship project in the field REPOPA has often been mentioned as a good example of this kind of applied research with direct societal impact.

The current issue of HPR News summarizes the central results of the REPOPA but it also describes what it means to coordinate a seven-country study, what some of the official project terms mean in practice, who is who in this kind of project, and experiences of both, participating researchers (partners) from different countries and experiences of municipal policymakers who took part in the research project.

By this we want to 'open up' sometimes complicated EC-funded programs for those have no experience with them. Naturally REPOPA has published a number of scientific papers, lay articles, made short films and animations; it has also developed policy briefs for decision makers. This issue does not contain the references of the published work; all these materials can be found at the REPOPA website [www.repopa.eu](http://www.repopa.eu).

I hope you enjoy reading the REPOPA story. Arja R. Aro

## **REPOPA**

**Arja R Aro, Professor of Public Health**

**REPOPA Coordinator 2011-2016**

**Guest Editor of HPR News Issue 17**

*Det specielle tema for denne udgave er projektet REPOPA. REPOPA står for 'Research into Policy to enhance Physical Activity' og det var et fem-årigt forskningsprojekt inden for området sundhedsfremme, finansieret af EU-kommissionen. REPOPA var et af de få forskningsprojekter, hvor man ikke kun har studeret politisk beslutningstagning. I projektet er der også blevet arbejdet sammen med beslutningstagere fra det virkelige liv og anvendt relevante og brugbare interventioner i de lokale miljøer for at udvikle målsætninger, i det man kunne gøre brug af forskningsviden. Projektet REPOPA er et 'flagskib' inden for området og er ofte blev nævnt som et godt eksempel for anvendt forskning med direkte indvirkning på samfundet.*

*Udover at opsummere de centrale resultater fra REPOPA beskriver denne udgave, hvad det indebærer at koordinere et studie bestående af syv lande, hvad nogle af de officielle projektudtryk betyder i praksis, 'hvem der er hvem' i projektet og erfaringer fra både deltagende forskere (partnere) fra forskellige lande samt fra kommunale beslutningstagere, som deltog i forskningsprojektet.*

*Vi åbner også op for at give et indblik i håndteringen af komplicerede EU-finansierede programmer for dem uden erfaring med sådanne. Selvfølgelig har REPOPA også publiceret et antal videnskabelige artikler og lavet korte filmindslag. Der er også udviklet 'policy briefs' til beslutningstagere. Denne udgave indeholder dog ikke referencer af publikationerne, alt dette materiale kan findes på REPOPA hjemmesiden [www.repopa.eu](http://www.repopa.eu).*

*Jeg håber, at det vil være en fornøjelse at læse REPOPA-historien. Arja R. Aro*

# HPRnews

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Guest editor Arja R. Aro

[araro@health.sdu.dk](mailto:araro@health.sdu.dk)

Editor-in-chief Anja Leppin



[aleppin@health.sdu.dk](mailto:aleppin@health.sdu.dk)

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# Researchers can Support Policymakers in Their Work!

## Final Symposium of the REPOPA project, Brussels 8 September 2016

Arja R Aro, Professor, REPOPA Coordinator, Unit for Health Promotion Research

*Researchers provide recommendations to policymakers to take health issues such as physical activity seriously and integrate it in everyday lives of people. This is more easily said than done! Policymakers juggle with numerous pressures, points of view and lack of resources. Research evidence is not the primary driver of their work.*

*REPOPA project found usable ways to support policymakers in their use of research evidence in developing policies. These results were presented at the Final Symposium of the project in Brussels on Thursday September 8<sup>th</sup>, 2016. The REPOPA results and action points rising from them were discussed in the Symposium, where over 20 invited experts representing ministries, institutes and different organizations in Europe took part, together with the same number of REPOPA researchers.*

*REPOPA project stands for Research into Policy to enhance Physical Activity; it is a five year project, ending in September 2016, funded by the European Union's, 7<sup>th</sup> Framework Program. Researchers from six EU countries, including Denmark, Finland, Italy, the Netherlands, Romania, UK, plus Canada were the project partners.*



## Symposium program

The objective of the Final REPOPA symposium was to summarize the project findings and to discuss with invited external experts especially the issues which REPOPA studied but for which more work is needed.

The Symposium program contained welcoming by REPOPA Coordinator, Professor Arja R Aro as well as by the EC Project Officer for REPOPA, Rachida Ghalouci. After that, to create a country-context, representatives of the six European countries told their perspectives on evidence-informed policymaking in their countries. Then REPOPA work package leaders summarized the core findings, innovations and added value of their work.



REPOPA Coordinator, Professor Arja R Aro introducing the project

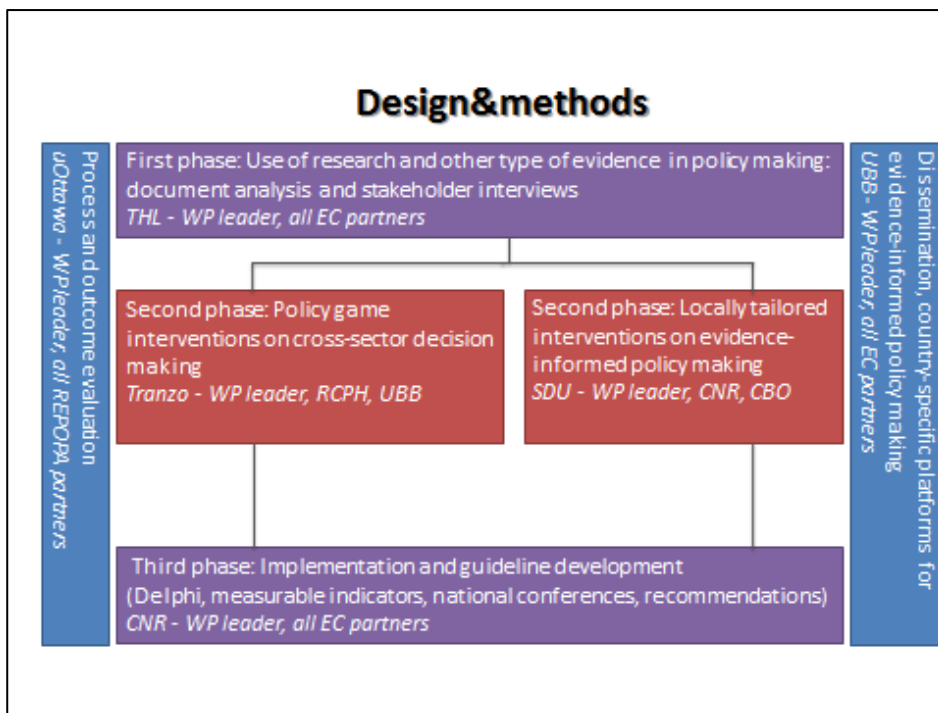
The afternoon of the Symposium was reserved for group discussions in the format of world café (learning café) on four central topics needing further work in the area of evidence-informed policymaking, especially in physical activity. The topics concerned facilitators and barriers, competences needed, contextual factors and implementation challenges in developing evidence-informed policies. The Symposium results will be reported in a formal report and/or scientific article to be published for wider dissemination.



Rachida Galucci, REPOPA EC Project officer and colleague Ann Uustalu doing physical activity at the Symposium.



World café activities



### Summary of central findings of REPOPA

For the papers published from REPOPA, please see <http://www.repopa.eu/content/publications>

#### Baseline findings (WP1)

The first year results in the REPOPA project confirmed that research evidence was not systematically used in policymaking; it was other kinds of information and priorities, which were more central. Further, several barriers were found for using research evidence; for example, research was not available or applicable when needed, academic language was difficult, and there

were no procedures to gather research knowledge or meet researchers. This was found by studying 21 existing policies in six European countries and by interviewing 86 stakeholders involved in making those policies.

### *Design and study flow of the REPOPA project*

#### **Intervention findings (WP2, WP3)**

Based on the first year findings, the project went further to develop two kinds of interventions to learn if policymakers could be helped in finding and using research evidence. The simulation policy game proved to increase mutual understanding between policymakers and different organizations involved. It also helped to see how important organizational and leadership support is for using research evidence, especially in cross-sector collaboration.

Stewardship-based interventions, which were tailored to local policy needs, proved to be useful for policymakers to learn to take the needs and values of the policy target groups into account. Also politicians learned to request more research evidence.

Both, the simulation policy game and stewardship interventions were carried out in three countries.

#### **Delphi study to develop indicators for evidence-informed policymaking (WP4)**

REPOPA project further developed the findings into usable tools such as indicators for evidence-informed policymaking. These indicators can be used as a checklist in policymaking to assess the extent to which the policy in question is actually evidence-informed. The indicators were developed by an international two-round Delphi panel with 82 and 103 experts, respectively, and the indicators agreed on were also tested in six country contexts.

REPOPA used physical activity as the theme in its work; however, the lessons learned and tools developed can be applied to other fields, especially in the area of healthy living.

REPOPA project differs from many research projects also in its usable end-products. Indicators for evidence-informed policymaking are one product. In **WP6** the project also built a web-based umbrella platform (<http://www.repopa.eu/content/eipm-umbrella-platform>) with country platforms for evidence-informed policymaking in physical activity. These platforms bring together different actors and sectors in the countries to network and collaborate in combining research evidence and real-life policymaking. In Denmark, the platform took the form of an interest group in the Danish Society of Public Health. This interest group has participants from research, practice and policy and has the aim of facilitating discussions and collaborations between these groups.

Finally, REPOPA had an in-built evaluation mechanism to monitor and guide the project work in **WP5**.





REPOPA Consortium at the final meeting in Brussels September 2016

### *Dansk resume*

#### **REPOPA-projektets afsluttende symposium i Bruxelles, september 2016**

Arja R. Aro, professor, projektkoordinator, Forskningsenheden for Sundhedsfremme.

Det er ikke altid let for politikudviklere at følge forskningsresultater, når de skal beslutte, hvordan de vil fremme sundheden. Det skyldes, at de skal tage hensyn til en lang række andre faktorer end forskningsresultater. REPOPA projektet arbejdede med at finde veje hvorpå disse forskellige typer af viden kan integreres for at få den mest effektive politikudvikling til gavn for borgernes sundhed. Resultaterne af projektet blev fremlagt og diskuteret på et symposium i Bruxelles den 8. september 2016. Derudover blev det diskuteret, hvad der er behov for at vide mere om. Det var fx emner som kompetence udvikling, implementering, faciliteter, barrierer og kontekst.

# Who was Who in REPOPA?

Arja R. Aro, Professor, Project coordinator, Unit for Health Promotion Research

*This short article clarifies some central concepts, roles, responsibilities and tasks of different people involved in EU-funded projects. REPOPA project is used as an example.*

## Why EC funding?

European Union funding is highly valued among researchers and among other actors in the society. Especially the project coordinator role is appreciated as a basis for extra CV credits also in the university system since it gives status, visibility and also money. Normally, rather senior academics such as professors or associate professors function as EU project coordinators. The Health Promotion Unit at SDU has had several EC funded projects so far ([www.healthpromotion.sdu.dk](http://www.healthpromotion.sdu.dk)).

## Who is the coordinator?

First, the **person** (e.g. professor) coordinating the project is called **the project coordinator**; however, officially it is his/her **institute** (in case of REPOPA, SDU), which is **the project coordinator**. The official documents and signatures have to be accepted and signed on the highest institute level.

Thus, in addition to the coordinating professor, several other people make sure that the project runs well, manages the budget properly and reaches its objectives.

In REPOPA, the person coordinating the project was me. My responsibility was the overall coordination, team building, overseeing the work and the use of resources but also guaranteeing that the work and products were done well, on time and submitted to EC via EC internet portal. I estimate that the coordinating work took 20-25 hours/week of my working time for the five project years. None of my salary during the project years was paid from the project; so SDU actually invested my salary in this EC project. REPOPA was my first EC-Project as the Coordinator; however, I had functioned as sub-project leader and partner in several EC-funded, multi-country projects before REPOPA.

## Project management

My closest assistant and 'right hand' was the project secretary, **Natasa Loncarevic** who joined the project in its second year. Her text about her tasks you may read in this issue. She kept me on course, reminded me of the deadlines, tasks, rules and regulations. She had the direct 'hot line' to our project coordinator in the EC system in Brussels; she kept the project partners in the loop; she

created algorithms when complex procedures needed guidelines. She also managed the budget and other SDU project administrative tasks. The EC budget allowed salary only for 1/3 of the full time administrative position; Natasa needed to use most of her 37 hours per week for this task; thus the salary money was found from other sources.



REPOPA Consortium at the kick off meeting November 2011 in Glostrup, Denmark

### **Project Partners and Consortium**

The project partner institutions (“beneficiaries” in EU terms) formed the REPOPA consortium; they had signed the grant agreements with EC and a consortium agreement with all Partner institutions. These contract documents were legal documents defining the roles, procedures, rights and duties of the partners. In REPOPA’s case we had partner institutions from six EU countries and from Canada

### **REPOPA Consortium Partners**

- University of Southern Denmark (SDU), Denmark; project coordinator, leader of WP3 and WP7;
- National Institute for Health and Welfare (THL), Finland; leader of WP1;
- Tilburg University/Tranzo, the Netherlands; leader of WP2;
- National Research Council of Italy (CNR), Italy; leader of WP4;
- University of Ottawa, Canada (uOttawa); leader of WP5;
- Universitatea Babeş-Bolyai (UBB), Romania; leader of WP6;
- Research Centre for Prevention and Health (RCPH), Denmark; WP 1, 2, 3, 4 and 6 team member;

□ Dutch Institute for Healthcare Improvement (CBO), The Netherlands; WP 1, 2, 3, 4 and 6 team member. REPOPA partner until October 12 2015;

□ Herefordshire Primary Care Trust (HPCT), United Kingdom; WP 1, 4 and 6 team members. REPOPA partner until March 31st, 2013.

\*For more information please go to [www.REPOPA.eu](http://www.REPOPA.eu)

### **Work Packages and their leaders**

Actual research work was carried out in so called **work packages (WPs)**, which are sub-projects, smaller parts of the project. These WPs are normally led by senior academics from partner countries and institutions; for example WP3: ‘Stewardship approach for efficient evidence utilization’, both SDU/our unit and I personally was officially the WP leader. This WP was run in three countries: Denmark, Italy and the Netherlands. In practice, **Maja Bertram**, postdoc, functioned as the WP3 leader under my supervision. This is a way to facilitate the learning of younger researchers so that they develop competences and gain experience for the future. In addition, Associate Professor **Leena Eklund Karlsson** from the unit participated both in WP1 reporting and in different phases of WP2.

### **REPOPA work packages (WPs):**

WP1: Role of evidence in policy-making- literature, documentation and physical policy reviews (leader: Timo Ståhl, Chief Specialist)

WP2: Research into policy making – game simulation (leader: Ien van de Goor, Professor)

WP3: Stewardship approach for efficient evidence utilization (leader: Arja R Aro, Professor)

WP4: Implementation and guidance development (leader: Adriana Valente, Research Director)

WP5: Evaluation (leader: Nancy Edwards, Professor)

WP6: Dissemination of project results (leader: Razvan Chereches, Professor)

WP7: Coordination and management (leader: Arja R Aro, Professor)

## **Both researcher and administrator input were needed**

In addition to project secretary Natasa Loncarevic (see above), I want to mention other people who were crucial for REPOPA's smooth running and success, giving examples of SDU. First of all, **Arne Bækdal Hansen**, EU advisor at SDU, has been an extremely important and valuable support and help in the project. His thorough knowledge of administrative issues, his calmness and friendliness, has saved many situations and days. In addition, the legal department, especially legal advisor **Lars Engelstoft**, has been essential in creating the consortium agreement and in dealing with several EC contract amendments due to bankruptcies of two partners and withdrawal of one partner due to organization re-arrangements. Further, on the budget side, administrative officer **Lone Grandt** kept our time sheets, accounts, money transfers, and budget statements in order. Further, we had junior researcher **Christina Radl Karimi** and PhD student **Mette Winge Jakobsen** working in the project; and several other juniors, mostly student assistants in different roles. In addition, for many services, especially related to official contract document posting and meeting arrangements, also unit secretary **Bettina Gundolf**, has contributed regularly.

In Odense/SDU, **Thomas Skovgaard** from Department of Biomechanics and Sport Science has complemented our Esbjerg team in several WPs.

So, all in all, at SDU we have had half a dozen researchers, several student assistants, and several administrative persons contributing to the project. The juniors working in the project, including post doc, were paid from the project money; on the other hand, none of the seniors or administrative staff (except 1/3 of the Project secretary) at SDU got salary from REPOPA. This shows how the project funding does not cover all resources used for the project.

## **The money**

The overall REPOPA grant for all six countries was 3 million euro (over 20 million DKK); the SDU share was one million euro (7.5 million DKK). REPOPA belonged to so called Framework 7 research projects before the time of the present Horizon 2020 program.

# Overview of involvement of project coordination and legal technical and economic advice

## University of Southern Denmark

### Project coordination



Arja R Aro



Natasa Loncarevic



Maja Bertram

### Legal technical and economic advice



Arne Bækdahl



Lone Grandt



Lars Engelstoft

**Who is who: the WP leaders**



**Coordinator Arja R Aro (WP7)**



**WP1 Timo Ståhl**



**WP2 Ien van de Goor**



**WP3 Arja R Aro**



**WP4 Adriana Valente**



**WP6 Razvan Chereches**



**WP5 Nancy Edwards**

## Dansk resume

### 'Hvem var hvem' i REPOPA-projektet finansieret af EU.

Arja R. Aro, projektkoordinator, professor, Forskningsenheden for Sundhedsfremme

Artiklen beskriver kort de centrale begreber, roller, ansvarsfordeling og opgaver, der er vigtige i et EU-finansieret projekt. Her er REPOPA-projektet brugt som et eksempel. Nogle nøglepunkter:

- Hvorfor EU-finansiering?
- Hvem er koordinatorerne?
- Projektledelse
- Projektpartnere
- Arbejdspakker og deres ledere
- Både forsknings- og administratorinput nødvendigt
- Finansieringen

## Links for project REPOPA end products

- Publications- <http://www.repopa.eu/content/publications>
- Policy briefs- <http://www.repopa.eu/content/lay-publications-media-coverage>
- Newsletters- <http://www.repopa.eu/content/newsletter>
- Leaflets and posters- <http://www.repopa.eu/content/poster-flyer>
- Short films- <http://www.repopa.eu/content/video-records>
- News articles- <http://www.repopa.eu/content/newsevents>



# Interview with REPOPA WP Leaders

The EC funded research projects typically are divided into work packages (WPs). These are like sub-projects or parts of the bigger project, which study different aspects of the project. WPs have scientific leaders, who lead and coordinate their work. In this text four REPOPA WP leaders each answer three questions posed by REPOPA coordinator Arja R Aro. The questions concern the REPOPA contribution, the contribution of each WP leader, and their experiences in the project.

1. ***What do you think is REPOPA's contribution in the area of health promotion in general and in your own country context?***



## **Timo Ståhl (WP1 leader Finland)**

REPOPA has highlighted the need to pay more attention to the knowledge use. Also it is clear that it is an area where more research and innovation methods development are needed. REPOPA has also reminded us that evidence is perceived differently in different sectors.



## **Ien van de Goor (WP2 leader, The Netherlands)**

REPOPA's main contribution in the area of health promotion is that it points to both the interactive and integrated part of policymaking in public health and health promotion. REPOPA has shed light specifically on the fact that there hardly is a thing such as 'straightforward research evidence' that can be transferred in a direct and easy way to 'receivers' as policy makers and professionals. Evidence should be built in co-creation and should be tailor-made depending on the local context of the policy development situation. It should be built by integrating basic knowledge and experience from all stakeholders involved in policymaking. REPOPA has started with innovative ways of doing this.

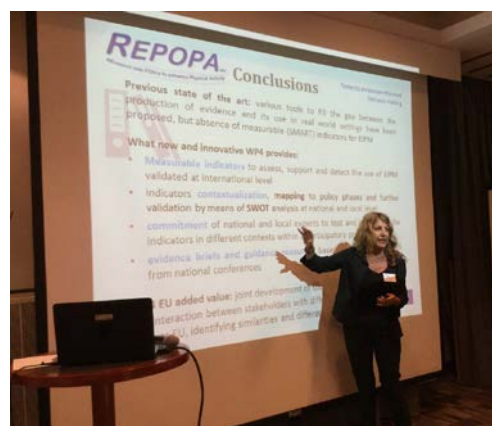
In our country this focus is also present among some researchers and policymakers and some of REPOPA's initiatives have received attention outside the project boundaries.

## Maja Bertram (WP3 co-leader, Denmark)



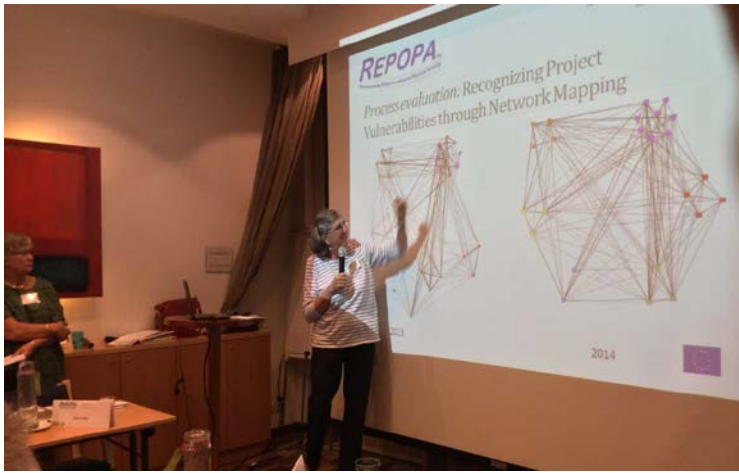
In general REPOPA has provided new insights in how to better integrate research evidence in the daily work of policymakers within health promotion. The unique character of REPOPA has been the fact that we have worked very closely together with the real world and adapted our methods to the needs expressed by the policymakers. This means that REPOPA influenced policy processes already during the project period.

In Denmark, REPOPA has facilitated and been an eye-opener for the importance of integration of research and policymaking. I think that the project has contributed to making this very abstract and ambitious endeavor more concrete since both researchers and policymakers have seen how it can be done and that it makes changes in the ways policies are developed and implemented.



## Adriana Valente (WP4 leader, Italy)

I think that a main REPOPA contribution was that it experimented with several new methodologies for knowledge exchange and they all proved to be effective. REPOPA also proved to be able to go beyond available knowledge in the field (and cross sector). The REPOPA approach went beyond knowledge transfer, including co-creation of knowledge. The interventions conducted using the stewardship approach actually fostered evidence-informed policymaking at local level in Italy. Further, the networks of national policymakers and researchers in the field of health promotion and across sectors developed, including key-politicians at national and regional level, are a breeding ground for EIPM in our country. Moreover, one of the main REPOPA contributions is the validated list of indicators for evidence-informed policymaking that goes beyond the concept of facilitators. The methodology used - the international Delphi study and the national contextualization - actually created a collaborative and experimental space for innovating in the relationship between researchers and policymakers.



## **Nancy Edwards (WP5 leader, Canada)**

I think the main contribution is the interventions that were tested and found to be promising approaches to bring evidence into policy - these are pertinent to countries in Europe and elsewhere. While the focus of REPOPA was physical activity policy, I think these interventions have solid potential for policymaking related to other health issues.

### **2. *Could you describe shortly your own main research contribution and interests in REPOPA and how these fit your general research profile?***

#### **Timo Ståhl**

I was mainly involved in the indicator development e.g. Delphi-process and steps following it. Indicator development is the work I have been doing for the last six years as my full-time job. Thus, it fit very well to my research profile.

#### **Ien van de Goor**

My research contributed to the development and piloting an innovative intervention of policy gaming. The policy game was based on a thorough systems analysis of the relations and processes in policy networks. It meant to initiate and stimulate interaction and collaboration between stakeholders involved in local HEPA policymaking. The policy game intervention was developed and tested in three EU countries.

In general, my research interest focuses on how to stimulate more evidence-informed (local/regional) public health policy and practice. So this intervention, which stems from organizational science, is quite innovative for public health and fits quite well with my more general research profile.

## **Maja Bertram**

My main contribution has been to design and implement the stewardship interventions. I found this very interesting and also very challenging. It is always hard to balance research standards and real-world needs/possibilities. However, the stewardship approach provided us with methods to operationalize this. I learned a lot from working together with policymakers in designing and implementing the interventions. Furthermore, the challenges of doing international research – trying to implement interventions that should work similarly in different context – was very interesting and we showed that it is doable to standardize interventions by function instead of content components.

This fits very well with the research profile I am building. I would like to continue investigating how to use collaboration between research and policy/practice as a means to increase integration of research and policy development.

## **Adriana Valente**

I with my team was involved in most REPOPA phases, from the initial policy documents analysis to the local interventions in Italy. This phase was very useful for the further work and coherent with my own research profile. The Stewardship approach was new for me but very stimulating. I also learned from the evaluation method used. My main contribution was leading the REPOPA Delphi study. It was a challenge, also for the necessity of coordinating six research groups in a synchronized way, so our expertise in a wide range of participatory methodologies and indicator development was essential.

My own research interests are related to the wide field of the relationship between science and society. Thus REPOPA project perfectly fits my interests, addressing the issue of interface between science and policy.

## **Nancy Edwards**

Along with my team, I led the project evaluation. REPOPA was a great opportunity to build on previous work we have undertaken in Canada to better understand and evaluate evidence-informed policymaking.

**3. *What was your own experience like (what learned, was positive, was challenge etc) with working as the WP leader in REPOPA?***

## **Timo Ståhl**

For me the long time-frame of the project and the fact that I was two years away from the project [working at WHO, Geneva] was a challenge. Although it was great that the project had EC funding for five years, it was at the same time challenging since Finland did not take part in all work

packages and thus did not have EC funding for all the years. However, the long operation time enabled the partners to get to know each other better and thus learn from others. The interdisciplinarity of the research team was stimulating and generating many interesting discussions and ideas.

### **Ilen van de Goor**

Working as a WP leader in REPOPA was rewarding because a lot was learned from working together quite intensively with researchers from 6 European countries and Canada. It was also quite challenging in several ways. Developing and piloting innovative interventions that go into depth with respect to collaboration, interaction and the local context of policy networks is quite hard if one can only interact through Skype. More frequent face-to-face contacts with country research teams would have helped. Language and other cultural factors also can be quite challenging in working together closely and correctly understanding each other. On the other hand, it was very nice to learn that people can be so committed to a specific project and that an international network of researchers still is being active after the project has finished.

### **Maja Bertram**

I have learnt very much. From the research, my colleagues in the coordinating team, the international research partners and the policymakers. Today, I am much more aware how important dissemination to others than researchers is – when we want research to play an active role in policymaking. However, it is a challenge since researchers traditionally are evaluated for their scientific dissemination activities. It was my first international project, so I also learned a lot about coordination of that, which is a huge and very important task.

### **Adriana Valente**

I personally learned a lot from the interaction with the other REPOPA researchers, having the opportunity to see different ways of working and exchanging the many different competences we had. Sometimes we had contrasting views, and to reach an agreement was a challenge; however, we managed to conduct REPOPA research highly “democratically”, although in my opinion sometimes it was hard and time-consuming. I learned a lot also from the circumstances the partners had, from their different work styles and behaviors.

### **Nancy Edwards**

I really appreciated the opportunity to work with a talented group of scholars and to learn more about physical activity policies and related evidence-informed policymaking in a number of European countries. I gained new insights into health promotion approaches in Europe, ethics approval processes, and how to optimize the contextual diversity of European countries in a

project. Formal and informal discussions with other team members, especially during annual face-to-face meetings, were particularly interesting and inspiring.

### Dansk resume

#### Interview med REPOPA 'work package'-ledere

'Work package'-ledere fra Finland, Danmark, Holland, Italien og Canada fortæller ud fra deres egne landes erfaringer, hvad de synes, de har lært, hvad der har været positivt samt hvilke udfordringer de har haft under arbejdet i REPOPA-projektet. Derudover beretter de om egne forskningsbidrag og interesser set i lyset af deres egne generelle forskningsområder inden for sundhedsfremme.



Razvan Chereches, WP6 leader, giving his presentation of the dissemination of REPOPA in Brussels September 2016

# Project Secretary Perspective

Natasa Loncarevic, REPOPA project secretary, PhD student, Unit for Health Promotion Research



Coordinating and managing the five-year-long international research project as it is with REPOPA can be very challenging; especially, when there were nine partners representing universities, research and development institutions as well as policy and practice organizations from seven countries, with different research cultures and habits as well as the aims. To make this more visual: the project coordination team from the Unit for Health Promotion Research from University of Southern Denmark, has in REPOPA been working with 56 project members with different backgrounds. The team consisted of senior and junior researchers, Post Docs, PhD students, MSc students, student assistants and administrative contacts. Above this, we managed the project budget of three million Euros funded by European Commission FP7 research.

In brief, main coordination's activities were: management and coordination of the project in general, including progress, effectiveness, impact and sustainability; carrying overall responsibility for work planning, budgeting, financial management and reporting; supervision of the project teams and related personnel management; supervision of subcontracts; maintaining relationships with project partners; internal and external communication of the project as well as coordination of project results dissemination activities.

Based on my personal experience from this project, I can say that leadership management and project tasks were distributed among project participants in different ways but with the same goal, which is the success of the project. Being part of the management team for me was like driving a fast car on a freeway headed for the deliverables, consortium meetings, work package reports, publication guidelines and plans and everything else that has a deadline and budget and which has to be reached with no delays. At the same time this meant dealing with problems while being on the road- meaning making contract amendments - but still seeing them as a part of the "building the safe road" for reaching our project objectives and goals. However, managing REPOPA project was not only being under the deadlines and budget. These traditional parameters of success are important, but they are not everything. A project which is completed punctually but which does not deliver what it is supposed to, cannot be considered a success. The research and development elements of our project are the core of the whole project; the management is the

facilitator of the project success. About research process and output you can read in the articles of this issue.

All our consortium partners were treated as team members. We invited them to work together and solve the complex nature of the project tasks. Moreover, one of our aims was to find what works best in the project and for the partners as a whole. This allowed all parties to focus on finding the ways to keep the project running and having concrete and useful results in the project area of health policy development

I enjoyed being part of these dynamic, challenging and important tasks as well as working with all REPOPA partners that became at the end something like "REPOPA family". I hope to see the partners on some other road drives in the future.

#### *Dansk resume*

##### **Hvordan det er at koordinere et EU-finansieret forskningsprojekt.**

Natasa Loncarevic, REPOPA project-administrator, ph.d.- studerende, Forskningsenheden for Sundhedsfremme.

At koordinere og administrere et 5-årigt internationalt forskningsprojekt som REPOPA kan være meget udfordrende. Der var ni partnere, adskillige politikere og organisationer, alle fra 7 forskellige lande med forskellige forskningskulturer og vaner såvel som mål.

Forskningsenheden for Sundhedsfremme var koordinator og budgettet var på tre millioner Euros. Koordinationen blev delt op i syv arbejds pakker over et forløb på fem år.

Arbejdsopgaverne blev fordelt forskelligt mellem partnere men med samme mål, hvilket gjorde projektet til en succes. Der var deadlines som konsortiums-møder, arbejds pakkerreporter, publicerings-guidelines og planer samt et stort budget at tage højde for. At nå disse traditionelle mål var dog ikke den eneste succes. Vigtigt element som forskningsudviklingen i løbet af processen var hjertet af selve projektet. Alle partnere var også en del af det hele store team. Samlet kan det ses som en 'REPOPA-familie' med fælles planer ind i fremtiden også.



# Hvordan er det at samarbejde med forskere – kan politikudviklere få noget ud af det?

## Maja Bertram, postdoc i REPOPA

Varde Kommune var aktiv i REPOPA projektet. Kommunen var med i den intervention, hvor vi undersøgte om skræddersyede indsatser kan fremme brugen af viden fra forskning i politikudvikling (WP3).

Vi har interviewet Kathrine Bilstoft Hansen fra Varde Kommune om, hvordan det var at være en del af forskningsprojektet.

*Hvad var årsagen eller årsagerne til, at I valgte at sige ja til at være med i REPOPA projektet?*

Varde Kommune har tidligere haft et godt samarbejde med SDU, så da der i forlængelse af Kommunens Sundhedspolitik skulle udarbejdes en strategi for fysisk bevægelse valgte vi at deltage i projektet. Selvom der i Varde Kommune allerede var et fokus på at inddrage forskning i udviklingen af politikker, projekter mv. ville vi gerne blive endnu bedre til dette.

*Hvad var gevinsterne ved at samarbejde med REPOPA forskerne?*

En af de største gevinster ved samarbejdet var at forskerne indsamlede, sorterede og fremlagde forskning på området for arbejdsgruppen, der var sammensat af repræsentanter fra de forskellige områder i Varde Kommune. Herved fik arbejdsgruppen en større viden og et fælles udgangspunkt for at være klædt på til at kunne udarbejde en strategi, der skulle ramme bredt. Ligesom det tværfaglige samarbejde blev styrket.

En anden gevinst var den konkrete feedback forskerne gav på selve strategien (både mundtlig og skriftlig)

*Hvad var udfordringerne ved at samarbejde med REPOPA forskerne?*

Samarbejdet med REPOPA forløb uden større udfordringer. En af årsagerne kan være at én af forskerne allerede havde et godt kendskab til både Varde Kommune og til Sundhedsafdelingen. Generelt havde REPOPA-teamet en god tilgang og de formåede at give arbejdsgruppen de input de havde brug for og målrettede den eksisterende forskning til det lokale behov.

*Kunne I tænke jer at samarbejde med forskere i fremtiden?*

Varde Kommune vil helt sikkert gerne samarbejde med forskere en anden gang og sikre at den nyeste forskning på området anvendes i udviklingen af politikker og strategier. Det kunne fx være ifm. udarbejdelsen af kommunens nye sundhedspolitik.



*English summary*

### **What is it like to work with researchers? Can policymakers benefit from it?**

Maja Bertram, PostDoc, Unit for Health Promotion Research.

Varde municipality was part of REPOPA in the intervention on tailored interventions (WP3). In this interview, Kathrine Bilstoft Hansen from Varde Municipality explains that the municipality took part because they wanted to use more research. The main benefit of the project was the easy access to research results and strengthening of intersectoral collaboration. Since the researchers already knew the municipality in beforehand, not many challenges were perceived. The researchers adapted the methods to the local needs of the municipality. Varde Municipality would be happy to collaborate with researchers again - maybe in relation to evaluation of their health policy.

Maja Bertram asked the questions



Kathrine Bilstoft Hansen, (administrative officer, Varde Kommune), gave the answers



# Indicators for Evidence-informed Policymaking – the Danish Perspective

Christina Radl-Karimi, Research assistant, Unit for Health Promotion Research



In the last phase of the REPOPA project we pulled together the results from all previous work packages to create a guidance tool that can support the use of evidence in policymaking. The findings of this final phase of the REPOPA project show that indicators for evidence-informed policymaking are highly contextual – depending on the local, regional or national point of view.

## **How did we do it?**

The international Delphi study was built on two rounds of online questionnaires, in which policy makers and researchers from the six European REPOPA countries validated a list of 25 indicators for evidence-informed policy making. The indicators cover four areas: 1) *Human Resources*, 2) *Documentation & Production*, 3) *Communication & Participation* and 4) *Monitoring & Evaluation*. The participants were experts within health promotion and/or physical activity working on local, regional or national level.

In the next step, each country organized an expert panel meeting to further discuss these 25 indicators within their national context. In Denmark, early February 2016 we met our group of experts for the panel meeting, which took place in the rooms of the Department of Sports Science and Clinical Biomechanics at the SDU campus in Odense. In small groups the participants continued their discussion by analyzing the strengths, weaknesses, opportunities and threats of the indicators.

## **What do the indicators mean in a Danish context?**

- *Human Resources*

It can create a great synergy in the policy making process to have people with the right competences to integrate knowledge from different sources. However, there might not be enough time or resources to involve input from all kinds of stakeholders; not to forget the risk of having opinions and goals that are a long way away from each other.

- *Documentation & Production*

Building a policy on research evidence definitely adds power to the policy and its impact. The evidence to be included though has to be chosen carefully because all too often, research evidence is difficult to apply to real life situations or focuses on scientific values instead of practice.

- *Communication & Participation*

Having a clear and well thought-through communication strategy can be very positive for the implementation of a policy. It can increase mutual trust and a feeling of ownership among stakeholders. It also means knowing how to tackle the different jargons of stakeholders and their competing agendas.

- *Monitoring & Evaluation*

Ongoing evaluation allows self-reflection and ongoing adjustments in the policy process but require time and resources and support from above.

**What are the results being used for?**

Based on the results from the expert panel meeting we were able to produce fact sheets and evidence briefs: <http://www.repopa.eu/content/lay-publications-media-coverage> which were rechecked by the participants. The results were also used to create a checklist which guides policymakers in using the indicators for evidence-informed policymaking.



Private photo: The Danish expert panel meeting at the Department of Sports Science and Clinical Biomechanics at SDU campus in Odense in February 2016

### **Indikatorer for evidens-informeret politikudvikling - det danske perspektiv**

*Christina Radl-Karimi, Videnskabelig assistent, Forskningsenheden for Sundhedsfremme*

Den sidste fase i REPOPA projektet bygger på de tidligere arbejdsplaner og havde til formål at skabe et værktøj, der understøtter brugen af evidens i politikudviklingsprocesser. Resultaterne viser, at indikatorer for evidens-informeret politikudvikling er i høj grad afhængige af den lokale, regionale eller nationale kontekst.

#### **Hvordan gjorde vi?**

I en international spørgeskemaundersøgelse (efter Delphi-metoden) validerede politiske beslutningstagere og forskere fra de seks europæiske REPOPA lande en liste med 25 indikatorer for evidens-informeret politikudvikling. Indikatorerne dækker over fire områder: 1) *Human Resources*, 2) *Dokumentation og Produktion*, 3) *Kommunikation og Deltagelse* og 4) *Monitorering og Evaluering*. Derefter afholdt hvert land et ekspertpanelmøde for at sætte indikatorerne i en national kontekst. Ekspertgruppen diskuterede styrker, svagheder, muligheder og trusler af de 25 indikatorer.

#### **Hvad kan resultaterne bruges til?**

På baggrund af ekspertpanelmødet udviklede vi '*factsheets*' og '*policy briefs*' der kan blive brugt til at guide beslutningstagere i at bruge indikatorerne for evidens-informeret politikudvikling.

# Use of Evidence in Local Policymaking on Physical Activity and Organizational Determinants of Research Use

Mette Winge Jakobsen, PhD student, Unit for Health Promotion Research



In response to increased interest in increasing the benefit of research on population health, this PhD project seeks insight into the policymaking process and how evidence, especially research evidence, is used for developing policies with the aim of enhancing population health through physical activity. This PhD project has been part of the REPOPA work package 1, including six EU-countries led by the National Institute for Health and Wellbeing in Finland.

In Denmark, local governments are responsible for the health and wellbeing of its citizens, which has made local policymaking the study setting in this PhD. In 2011-2012, three Danish case studies based on document analysis and interviews of key informants were performed with the aim of analyzing the explicit use of research evidence in local policies regarding physical activity. The Danish team supporting me with data collection and part of the coding consisted of three researchers and two students from University of Southern Denmark and one researcher from the Research Center for Prevention and Health, Capital Region of Denmark. These three case studies gave insight into the sources of research used, the process of use and the purpose of use. The results have been submitted to the Evidence and Policy journal and are currently under review.

A sub-study of one of the cases was performed with the aim of analyzing the involvement of external stakeholders including researchers. The results of this study have been published in the Evidence and Policy journal, with Associate Professor Leena Eklund Karlsson as the first author. The results show that collaboration between research and policy was essential in the studied case to develop evidence-based public health policy, where the purpose of involvement was mostly tactical or to solve problems. We also found that the politicians had substantial influence on the involvement of external stakeholders, allowing only few to contribute in a closed policymaking process.

The next phase of the PhD project is to identify organizational determinants of research use. A literature study has been performed with the aim of identifying previous studies and theories on organizational factors influencing research use in policymaking settings. From existing literature, a theoretical model has been developed to guide the analysis of the data collected in the three case studies mentioned above. This theoretical model will be the subject of a debate article in 2017 aiming to discuss the possibilities of using qualitative analysis from case studies to suggest and increase understanding of causal relationships between organizational factors and research use.

The PhD project is planned to be finished in summer 2018.

### *Dansk resume*

#### **Ph.d-projekt om evidens i lokalpolitik med fokus på fysisk aktivitet og organisatoriske determinanter for brug af forskning.**

Mette Winge Jakobsen, ph.d.-studerende, Forskningsenheden for Sundhedsfremme.

Dette ph.d.-projekt har til hensigt at undersøge brugen af evidens, specielt forskningsevidens, i udarbejdelsen af politikker, som har til hensigt at fremme sundhed via fysisk aktivitet. Projektet har indgået i REPOPA-projektets arbejdsplan 1 sammen med seks EU-lande. Tre danske casestudier, som inkluderede dokumentanalyse samt analyse af interviews af nøglepersoner, blev gennemført af kommunale politikker med fokus på fysisk aktivitet i 2011-2012. Her undersøgte man kilderne til forskningsevidens, processen og formålet med brugen af forskningsevidens. Resultaterne af dette studie er under behandling af tidsskriftet 'Evidence and Policy'.

Et understudie på et af casene blev gennemført med formålet at undersøge involveringen af eksterne eksperter herunder forskere i politikudarbejdelsen. Resultaterne af dette understudie er udgivet i tidsskriftet 'Evidence and Policy', Leena Eklund Karlsson som første forfatter.

Den næste fase af ph.d.-projektet indbefatter en analyse af de organisatoriske determinanter for brugen af forskning. På baggrund af et litteraturstudie er der blevet lavet en teoretisk model for organisatoriske faktorer, som har indvirkning på brugen af forskning i udarbejdelsen af politikker. Denne model bliver genstand for en debatartikel omkring muligheden for at verificere og etablere kausale sammenhænge ved hjælp af kvalitative casestudier og skal endvidere guide en kvalitativ analyse af det samme datamateriale, som blev indsamlet i de tre casestudier i forhold til organisatoriske determinanter for brug af forskning.

Ph.d.-projektet er planlagt afsluttet i sommeren 2018.

# We don't Know What We don't Dnow! - Reflections of a Curious PhD Student

Natasa Loncarevic, PhD student, Unit for Health Promotion Research

My PhD topic is: 'We don't know what we don't know! - Evidence Informed Policy Making in Public Health and Health Promotion '.

The questions below led me to the PhD topic:

How many of us who are working in research are asking ourselves: What is going on with all our produced research? Who is using it and how? And more important, if anybody understands and knows how to use it? I wonder how many researchers on different levels are asking themselves if their message about their research and findings is clear enough, understandable enough, and ethical enough. I wonder how much we researchers actually pay attention to research communication and dissemination.

These are questions I am asking myself very often. At this moment I do not have answers yet. Hopefully, I will find some answers to the questions: Do we actually know anything (or care) about policy makers' research capacity in Denmark and Europe in general and especially when we talk about evidence-informed policy making in health policies? Do policy makers have a "good digestion to swallow" our research and get answers from them? And do the researchers in Denmark and Europe have enough and the right kinds of competencies to communicate their research to policy makers – meaning, can they make the research "edible".

The PhD thesis will consist mainly of data collected through qualitative and quantitative methods among Danish policymakers and researchers as well as among policymakers and researches from the public health organizations on European level.

My PhD project will be conducted as a part of the Unit for Health Promotion Research, University of Southern Denmark, Esbjerg; my main supervisor is Professor Arja R. Aro and co-supervisor, Associate Professor Pernille Tanggaard Andersen. I am just starting the PhD work, so in three years I should be ready with it.





Source: <http://www.pharmafile.com/news/173956/number-one-reason-failed-project>

### Dansk resume

#### **Vi ved ikke, hvad vi ikke ved! Evidens-informeret-beslutningstagning indenfor folkesundhed og sundhedsfremme – Refleksioner fra en nysgerrig ph.d.-studerende**

Natasa Loncarevic, ph.d.-studerende, Forskningsenheden for Sundhedsfremme.

Spørgsmål som ledte til ph.d.-emnet: Hvad sker der med den producerede forskning? Hvem anvender den og hvordan? Er der nogen der overhovedet forstår og kan anvende den? Findes der forskere, som stiller sig selv disse spørgsmål og tænker på, om beslutningstagerne forstår det formidlede og kan gøre brug af det? Hvordan ser det ud med kommunikationen og har forskerne de rette kompetencer for at kunne formidle stoffet, så det kan anvendes korrekt – og har de i det hele taget den interesse? Er forskningsresultaterne så at sige 'spiselige'? Alt dette forventer Natasa at finde svar på, når hun er færdig med sin ph.d.-afhandling.

# Project REPOPA at the 9th European Public Health (EPH) Conference, Vienna

Natasa Loncarevic, PhD student, Unit for Health Promotion Research

Project REPOPA representatives participated actively in different sessions at the 9th European Public Health Conference from 9<sup>th</sup> to 12<sup>th</sup> November 2016 in Vienna, Austria (<https://ephconference.eu/conference-vienna-2016-301>). The presentations attracted rather large and active audiences.

In a round table discussion on research ethics **Arja R. Aro** (SDU- Denmark) presented and discussed the lessons learnt in the REPOPA ethics clearance process; the title of the presentation was “Juggling with varying ethical clearance practices: experiences from 7-country policy studies”.

In the poster walk session about “Evidence informed policy and health systems organizations” **Natasa Loncarevic** (SDU- Denmark) presented results from “Stewardship approach in comparing cross-country policy intervention results: challenges and options” and “Defining domains of EIPM: pathway from frameworks to indicators”. These presentations were a good introduction to **Valentina Tudisca** (CNR-Italy) and hers “Indicators for EIPM and policy phases in the Italian and Danish concepts”. **Leena Eklund Karlsson** (SDU- Denmark) talked about “Governance and youth participation in local policy making: the case of health policies in Denmark”.

Work package 2’s methodology was presented in the session “Research, policy and practice” with the presentation “Serious gaming as tool for EIPM: VTIIn2Action in the Netherlands” by **Jan Jansen** (Tilburg University, Tranzo - the Netherlands).

A large audience attended the work package 4 workshop: “Indicators for EIPM: development, validation, contextualization”, where they could hear the following presentations: “Frameworks and participatory process for developing indicators for EIPM” by **Adriana Valente** (CNR- Italy); “REPOPA indicators for EIPM validated by an international Delphi study” by Valentina Tudisca (CNR- Italy); “Contextualization of indicators for EIPM: results from Denmark and Italy” by Arja R. Aro (SDU- Denmark).

The 9th European Public Health Conference was organized by the European Public Health Conference Foundation, the European Public Health Association ([EUPHA](#)) and the Österreichische Gesellschaft für Public Health. The theme this time was ‘All for Health, Health for All’, where the conference aimed to contribute to the improvement of public health in Europe by offering a means for exchanging information and a platform for debate to researchers, policy makers, and

practitioners in the field of public health and health services research as well as public health training and education in Europe.

International, national and European Union (EU) policy makers, public health researchers, academicians and practitioners presented more than 750 scientific papers at over 100 sessions focusing on public health challenges. All in all the conference attracted over 1800 participants. The [next EPH conference](#) will be arranged in Stockholm, Sweden 1-4 November 2017 with the theme 'Sustaining resilient and health communities (<https://ephconference.eu/>).

“Compatibility of ethics clearance processes of different countries (and institutions) needs to be clarified and an international agency (EC/WHO/scientific organizations) should coordinate, consult or deal with the clearance process of multi-country studies.”

Arja R. Aro, REPOPA Denmark



“Indicators for evidence-informed policy making seem to provide a tool usable for different policy phases.”

Valentina Tudisca, REPOPA Italy



“Eight domains in evidence-informed policymaking (EIPM) in physical activity policies identified through REPOPA content analysis of policy documents and stakeholders interviews are good basis for EIPM indicator development.”

Natasa Loncarevic, REPOPA Denmark



“Contextualization of indicators by bringing perspectives of local stakeholders is necessary to develop tools for decision makers usable at national and local level.”

Adriana Valente, REPOPA Italy



“Mechanisms to facilitate youth participation in policymaking in the two Danish communities were lacking. The Danish goal of improved participatory policymaking at the local level was not met.”

Leena Eklund Karlsson, REPOPA Denmark



“The policy game ‘In2Action’ has potential to change attitudes towards collaboration and knowledge exchange between stakeholders and researchers related to the HEPA policy process.”

Jan Jansen, REPOPA the Netherlands



Three research leaders of the unit met at the EPH conference: Evelyne de Leeuw, who was the leader, from 2001 – 2003, Arja R Aro, 2004-2015 and present leader, Pernille Tanggaard Andersen 2016 - .

### *Dansk resume*

#### **REPOPA-projektet ved den 9. European Public Health (EPH) konference i Wien 2016.**

Natasa Loncarevic, ph.d.-studerende, Forskningsenheden for Sundhedsfremme.

Flere repræsentanter for REPOPA-projektet deltog i konferencen. Emner som følgende blev præsenteret: Processen af godkendelse af forskningsetik, poster-sessioner om evidens-informeret-praksis og organisationer indenfor sundhed samt deltagelse i forskellige arbejdsgrupper indenfor REPOPA-projektet.

# REPOPA Invited to EC Cluster Meeting on Nutrition and Physical Activity, Budapest 30 November-2 December 2016

REPOPA was among the invitees to the EC Cluster meeting, which was organized by Executive Agency of the European Commission (CHAFEA); it showcased successful projects in the areas of nutrition and physical activity that can be carried out by policymakers, schools and community.

See the meeting report (pdf): [http://ec.europa.eu/chafea/documents/health/2016-11-30-Clustermeeting-NUPA-presentaion-summary\\_en.pdf](http://ec.europa.eu/chafea/documents/health/2016-11-30-Clustermeeting-NUPA-presentaion-summary_en.pdf)



REPOPA Coordinator Arja R Aro gives the REPOPA presentation in Budapest.

## Dansk resume

REPOPA inviteret til EU-møde om ernæring og fysisk aktivitet, Budapest, 30. november – til 2. december 2016. Emnet beslutningstagere, skoler og samfund blev drøftet. Arja R. Aro repræsenterede REPOPA-teamet. Se møderapport her (pdf):

[http://ec.europa.eu/chafea/documents/health/2016-11-30-Clustermeeting-NUPA-presentaion-summary\\_en.pdf](http://ec.europa.eu/chafea/documents/health/2016-11-30-Clustermeeting-NUPA-presentaion-summary_en.pdf)

# REPOPA & The Bangkok Declaration

Thomas Skovgaard Poulsen, Assoc. Prof., Head of Study, Department of Sports Science and Clinical Biomechanics Movement, Culture and Society



In November 2016 REPOPA was presented at *The 6th International Congress on Physical Activity and Public Health* (ISPAH) in Bangkok, Thailand. The event was hosted by several key organizations – among them the World Health Organization and the International Society for Physical Activity and Health.

For the REPOPA team the ambition was to discuss how the project has led to the identification of innovative ways to integrate scientific and expert research knowledge with practice and policy making. A key point was also to highlight how the move to evidence-informed decision making entails a shift from knowledge *transfer* to knowledge *translation*. The latter understood as a dynamic process that includes synthesis, exchange and application of knowledge to improve health and well-being and provide more effective services.<sup>1</sup> For a number of years, it has been stressed that such processes must ensure the combination of best available research evidence and local contextual knowledge by facilitating close interaction between researchers, end users and other relevant stakeholders.

In a nutshell, the oral presentations in Bangkok were an opportunity to underline the point that simply disseminating knowledge to potential users is likely to be of limited effectiveness in developing the actions, strategies, programs and policies we so direly need to truly facilitate all citizens' equal opportunity and conditions to influence the factors that determine their health and well-being – among these physical activity and exercise.

Overall the REPOPA findings makes it clear that some of the key components to further integrate scientific research, expert know-how & real world policy making are:

- Early and meaningful stakeholder interaction in determining relevant issues and questions  
- where it really makes a difference to collaborate

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<sup>1</sup> Adapted from: Straus SE, Tetroe J, Graham ID. *Knowledge Translation in Health Care. Moving from Evidence to Practice*. Wiley-Blackwell. BMJI Books. 2009

- Respect and trust among all partners
- Opportunities for in-person interaction
- Recognition of the costs involved for all partners when working together to build physical activity policies on best available evidence from both practice-to-evidence and evidence-to-practice methods
- Effective strategies for arbitrating between diverse and often conflicting perspectives.

The timing of the REPOPA-presentations couldn't have been much better. The ISPAH congress included the launch of *The Bangkok Declaration on Physical Activity for Global Health and Sustainable Development* – a document that in the years to come hopefully will play a key role in the further advancement of physical activity. The continued reinforcement of physical activities' many qualities in relation to a broad variety of determinants of health is crucial. The global trend is frustrating: Despite of more and more countries formulating national physical activity plans, population physical activity levels are not improving.<sup>2</sup> Results from the REPOPA project, several to be published in the coming period, are obviously important in strengthening the physical activity agenda and moving towards evidence-informed decision making in relation to health enhancing physical activity.

#### *Dansk resume*

##### **REPOPA & Bangkok Deklarationen**

Thomas Skovgaard Poulsen, lektor, studieleder, Institut for Idræt og Biomekanik, Bevægelse, Kultur og Samfund

Thomas Skovgaard præsenterede REPOPA-projektet ved *The 6th International Congress on Physical Activity and Public Health (ISPAH)* i Bangkok, Thailand. For REPOPA-teamet var ambitionen at drøfte, hvordan projektet har identificeret nye metoder til integrere forskningsbaseret viden med praksis og beslutningstagning. Det blev særligt fremhævet, hvordan skiftet til evidens-informeret beslutningstagning indebærer et skift fra videns-*formidling* til videns-*oversættelse*. For så vidt angår fysisk aktivitet, er de globale tendenser frustrerende: Selv om flere og flere lande udarbejder nationale planer for fysisk aktivitet, bliver verdens borgere jævnt hen ikke meget mere aktive.

Resultater fra REPOPA-projektet kan være med til at holde vigtigheden af fysisk aktivitet højt på dagsordenen og hjælpe til med at evidensinformere kommende politikker og planer endnu bedre.

<sup>2</sup> For updated information on e.g. global (in)activity levels, the costs of physical inactivity and challenges in relation to scaling up promising interventions, please see *The Lancet Physical Activity Series 2016: Progress and Challenges*.

# Lay Summaries of Published Research

## Prevalence and predictors of musculoskeletal pain among Danish fishermen – results from a cross-sectional survey

Berg-Beckhoff<sup>1</sup> G; Østergaard<sup>2</sup> H, Jepsen<sup>2</sup> JR:

<sup>1</sup> Unit for Health Promotion Research, University of Southern Denmark

<sup>2</sup> Centre of Maritime Health and Society, University of Southern Denmark

Fishermen work in a challenging physical work environment and therefore they have a very high prevalence of musculoskeletal pain. During the last 10 to 20 years, several positive structural changes for the physical work environment took place, but it does not lead to a decreased musculoskeletal pain in fishermen. The only stringent predictor for this pain is still the workload. These are the results from a cross-sectional survey in a random sample of Danish fishermen done in 2015. Although, changes were implemented to improve the fishermen's work environment, the work continues to be physically demanding and impacting their musculoskeletal pain. Potential explanation for this unexpected result like increased work pressure and reduced financial attractiveness in small scale commercial fishery needs to be confirmed in future research.

Gabriele Berg-Beckhoff, Assoc. Prof. 2016

*Dansk resume*

### **Udbredelse og prædiktorer for smerter i bevægeapparatet blandt danske fiskere - resultater fra en tværsnitsundersøgelse.**

Gabriele Berg-Beckhoff, lektor, Forskningsenheden for Sundhedsfremme i samarbejde med CMSS.

Danske fiskere arbejder i et udfordrende fysisk arbejdsmiljø og derfor har de en meget høj forekomst af smerter i bevægeapparatet. Arbejdsbyrden er meget stor for fiskerne, selv om ændringer er blevet gennemført for at forbedre fiskernes arbejdsmiljø, så påvirker det stadig deres smerter i bevægeapparatet.



## Returning and Staying Connected to Work after Long-term Sickness Absence

KS Petersen, M Labriola, CV Nielsen og E Ladekjær Larsen.

Occupational Medicine, doi:10.1093/occmed/kqw159

Artiklen er den sidste ud af tre publikationer i projektet FRAP (Fasen efter Raskmelding i et Arbejdspladsperspektiv), som er et forskningssamarbejde med DEFACTUM, Region Midtjylland omkring, hvordan langtidssygemeldte reintegreres på arbejdspladsen, når de er raske til at kunne genoptage arbejdet.

Denne artikel inddrager perspektiver fra to langtidssygemeldte diagnosticeret med en muskuloskeletal lidelse, deres ledere og kollegaer på hhv. en falckredderstation og en genbrugsstation. Omdrejningspunktet er de udfordringer de forskellige aktører oplever i forbindelse med tilbage til arbejde (TTA) forløbet. Et TTA forløb er generelt kendetegnet ved at sygemeldte vender tilbage til arbejde på nedsat tid og tildeles arbejdsopgaver, som kan håndteres i overensstemmelse med sygemeldtes arbejdsevne. At vende tilbage før man er fuldt arbejdsdygtig skaber imidlertid udfordringer for sygemeldte, som føler sig pressede til at vende tilbage før tid, de oplever flere smerter og træthed.

På grund af fysiske begrænsninger fik de tildelt andre arbejdsopgaver end de normalt varetog. De blev således ikke integreret i deres sædvanlige arbejds teams, men blev placeret på andre afdelinger og blandt ukendte kollegaer. Kollegaer til sygemeldte oplevede ikke TTA som en ekstra belastning, da sygemeldte ikke indgik i normeringen. De var således ekstra mandskab i en travl hverdag, som ikke forårsagede yderligere pres på kollegaer.

Det står i kontrast til tidligere international forskning, der finder at kollegaer oplever stort pres, da de gennem et TTA forløb skal varetage ekstra arbejdsopgaver og udvise store hensyn til den sygemeldte kollega. Det peger på, at det gode TTA forløb afhænger af, at de rette organisatoriske forhold og økonomi er tilstede for at undgå unødvendige belastninger af kollegaer. Resultaterne peger imidlertid også på, at til trods for at de rette forhold er tilstede, oplever sygemeldte stadig et pres; et pres som ikke er synligt for kollegaer og ledere. Det kunne tyde på, at der er behov for en mere åben dialog mellem parterne, hvor det er tilladt at udtrykke sit behov for et mere skånsomt TTA forløb.

### *English summary*

The aim of this study was to investigate the return to work (RTW) process as experienced by returning workers, co-workers and managers. Ethnographic field work was employed over a period of 5 months at an emergency care service and a waste disposal company. Four main themes were identified: (1) return before full recovery, (2) changes in work tasks, (3) changes in work position and (4) individual responsibility. The results highlight some of the challenges that occur when returning at an early stage before full recovery is obtained leading to changes in the returning worker's work position.

## Planning locally Tailored Interventions on Evidence Informed Policy Making – Needs Assessment, Design and Methods

Bertram M, Radl-Karimi C, Loncarevic N, Thøgersen M, Skovgaard T, Jansen J, Castellani, Dorgelo A, Valente A, Cori L and Aro AR<sup>1</sup> Planning Locally Tailored Interventions on Evidence Informed Policy Making – Needs Assessment, Design and Methods. Health Syst Policy Res. 2016, 3:2.

In this article we present the work that was done before the real interventions of work package number three in REPOPA. The aim of this work package was to develop and carry out interventions to help policy developers to use evidence from research together with knowledge from stakeholders and knowledge on target groups.

We started by finding six municipalities across three countries (Denmark, Italy, the Netherlands) that were about to start development of a policy on health enhancing physical activity. Then we talked to the policy developers to find out what they needed from us in order to be better at using evidence in the policy development process. We also had a look at the factors in their surroundings that could have an influence on the use of evidence in the policy development process. Based on this information we developed the interventions for each municipality based on their own needs and contexts. This means that the interventions were different in their form – we did different things in each municipality. But we had the same goal – to increase the use of evidence and knowledge.

For example, in Denmark the central needs found were in developing more strategic for cross-sector planning; in Italy to increase awareness of research evidence; and in the Netherlands to create continuity for physical activity for chronically ill and elderly.

To find out if the interventions made any difference, we used a questionnaire. This questionnaire was answered by the people who took part in the policy development. We asked them about the use of evidence from research, knowledge from stakeholders and knowledge on target groups. To find out what the participants were thinking about the interventions, we also planned to talk to them afterwards. The results of the interventions will be published soon in other articles.

### *Dansk resume*

**Planlægning af lokale skræddersyede interventioner om evidensinformeret politikudvikling – behovsanalyse, design og metoder.** Artiklen præsenterer det forberedende arbejde i forbindelse med at udvikle og implementere skræddersyede interventioner til at fremme evidensinformeret politikudvikling i arbejds pakken om interventioner i virkelige arealer i REPOPA. Ved brug af behovs- og kontekstanalyse blev interventionerne udviklet så de passede specifikt til de enkelte arenaer. F.eks. var et centralt behov i Danmark at udvikle en strategi for tværsektorielt samarbejde, i Italien at øge opmærksomheden på forskningsevidens og i Holland at skabe kontinuitet i indsatsen omkring fysisk aktivitet for kronikere og ældre. For at kunne vurdere en eventuel effekt af interventionerne blev et spørgeskema udviklet. For at undersøge, hvordan interventionerne virkede, blev interviews planlagt. Resultaterne af studiet vil blive publiceret separat.

# **Determinants of Seafarers' Fatigue: A Systematic Review and Quality Assessment.**

## *International Archives of Occupational and Environmental Health*

*Solveig Bøggild Dohrmann & Anja Leppin*

Seafaring is an occupation often characterized by working long hours, doing shift work, and sleeping under not always optimal environmental conditions on board which may lead to increased levels of fatigue in employees. This is, of course, a problem in all occupational settings because employees may feel sleepy, lack concentration, and have reduced work productivity. It has long been known, however that fatigue is of particular relevance in the transportation sector, since it may also lead to higher accident rates. Thus, for instance, employee fatigue may have played a major role when the ferry 'MS Herald of Free Enterprise' foundered in the British Channel causing 183 passengers and crew members to drown in 1987. Prevention of fatigue is therefore an important issue, but to do develop effective prevention programs it is necessary to first identify the factors which increase or decrease fatigue and which can be targeted by intervention programs.

We therefore conducted a systematic review of studies which have investigated factors related to fatigue. What we found was - as expected - that timing of work was consistently associated with fatigue, particularly: working night shifts, shift duration and working in more rapidly changing shift systems (6 hours on duty followed by 6 hours off duty as compared to, for instance, 8 hours on duty followed by 8 hours off duty). Also, some studies showed that the physical work environment on the ships made a difference: high noise levels and more ship vibrations were associated with higher levels of fatigue.

On the other hand there were only surprisingly few studies which investigated the role of the psychosocial work environment. This includes, for instance, subjective experience of work stress but also support from supervisors or colleagues. The few studies, however, which have examined these issues, suggest that work stress may play an important role for development of fatigue. But many more studies are needed which take a closer look at how different types of work stress and fatigue are related.

### *Dansk resume*

Søfart er et erhverv, som ofte er karakteriseret ved lange arbejdstimer, skiftarbejde samt at være hjemmefra i en længere periode. Dette kan medføre øget udmattelsesniveau ('fatigue') hos de ansatte. 'Fatigue' kan skabe sundhedsproblemer og reducere produktiviteten men vil også kunne øge hyppighed af uheld. Vi udførte et systematisk studie-review, som undersøgte mulige årsager til 'fatigue'. Som forventet fandt vi ud af, at arbejdstider især skiftarbejde var relateret til 'fatigue'. Et par studier har også belyst, hvorledes arbejdsstress kan have en rolle og fandt ud af at dette også kan være en vigtig årsag til 'fatigue' blandt søfolk.

# Other news

## Ny formand for Dansk Selskab for Folkesundhed: Maja Bertram

Uddrag fra tekst under nyheder på forskningsenhedens hjemmeside.



<http://www.dankselskabforfolkesundhed.dk/>

I september 2016 blev Maja Bertram valgt som ny formand for Dansk Selskab for Folkesundhed for en periode af to år. Det skete på Selskabets generalforsamling, som blev afholdt i forbindelse med den årlige konference "Folkesundhedsdagene" på Nyborg Strand.

Maja Bertram er den første kvinde og også den første kandidat i Folkesundhedsvidenskab, som sætter sig for bordenden i selskabet, der indtil nu har været besat af mandlige læger.

Til dagligt arbejder Maja Bertram som forsker hos Forskningsenheden for Sundhedsfremme på Syddansk Universitet i Esbjerg. Her forsker hun i sundhedspolitik med fokus på evidensanvendelse og tværsektorielt samarbejde og underviser på Folkesundhedsvidenskab. Hun har været en af de centrale figurer i det netop afsluttede EU-projekt REPOPA.

Dansk Selskab for Folkesundhed arbejder for at fremme befolkningens sundhed, forebygge sygdom, begrænse konsekvenserne af sygdom og mindske sundhedsforskellene mellem forskellige grupperinger i samfundet.

På billedet nedenfor ses Maja Bertram sammen med den afgangende formand Torben Jørgensen, ledende overlæge, professor, dr.med., Forskningscenter for Forebyggelse og Sundhed, Region Hovedstaden.

Link til hjemmesiden:

[http://www.sdu.dk/om\\_sdu/institutter\\_centre/ist\\_sundhedstjenesteforsk/forskning/sundhedsfre/mme/nyheder/ny+formand+for+folkesundhed](http://www.sdu.dk/om_sdu/institutter_centre/ist_sundhedstjenesteforsk/forskning/sundhedsfre/mme/nyheder/ny+formand+for+folkesundhed)



The new chair Maja Bertram and the previous one Torben Jørgensen

*English summary*

**Unit for Health Promotion Research at the University of Southern Denmark provides new chairperson for the Danish Society for Public Health**

Extract from our unit website: [www.healthpromotion.sdu.dk](http://www.healthpromotion.sdu.dk)

In September 2016 researcher Maja Bertram was elected new chairperson of the Danish Society for Public Health. She is the first woman and also the first Master of Science in Public Health who takes this position which until now has been occupied by male medical doctors.

Maja Bertram works as a researcher at the Unit for Health Promotion Research in Esbjerg. Her research is within health policy with a focus on evidence-use and cross-sectoral collaboration. Furthermore, she is teaching at the Master of Science in Public Health education.

Danish Society for Public Health works to promote public health, prevent disease, reduce the impact of disease and reduce health disparities between different groups in society.

# Beskrivelse og feedback af deltagelse på Folkesundhedsdage 2016

Pernille Tanggaard Andersen, lektor, forskningsleder,  
Forskningsenheden for Sundhedsfremme



Traditionen tro blev der afholdt Folkesundhedsdage den 26. – 27. september med fokus på folkesundhed i et tids- og livsperspektiv.

Programmet var tilrettelagt med plenumpræsentationer, forsknings-sessioner, ph.d. konkurrence og workshops. Og jeg synes, der var en god balance i programmet i år, specielt er niveauet i forsknings-sessionerne steget betragteligt og det gør det mere attraktivt for forskere.

Blandt hovedtalerne fortalte Allan Krasniks om folkesundhedens udvikling gennem det seneste århundrede, hvor han fortalte om, hvordan det har flyttet sig fra at være fra de gode intentioners tumleplads til en forskningsbaseret, professionel praksis.

Torben Jørgensen og Jacob Andersen fra Dansk Kommunikation præsenterede selskabets arbejde med udviklingen af et folkesundhedsbarometer ved hjælp af en konsensusmaskine, hvor medlemmerne har mulighed for at give input. Dette arbejde kommer til at fylde meget i selskabet i det næste år og skal gerne ende ud med korte anbefalinger til arbejdet med folkesundheden i Danmark.

Oliver Razum var indbudt som udenlandsk gæstetaler, og han holdt et spændende oplæg om flygtninge og immigranternes sundhed. Dette var bestemt et yderst aktuelt og relevant emne for videre forskning.

Marianne Schroll præsenterede folkesundhed i et tids- og livsperspektiv, som var kvalitative resultater af 1914-populationsundersøgelsen i Glostrup. Det var meget spændende at høre, hvad disse ældre lagde vægt på, når de skulle beskrive, hvad der har betydet noget for deres liv, sundhed og trivsel.

Endeligt præsenterede Anne Dorthe Hestbech viden om børn og unges trivsel og sundhed. Præsentationen var baseret på resultater fra SFI's forløbsundersøgelse af årgang '95. Der er en stor mængde data tilgængelig fra undersøgelsen, og Anne Dorthe inviterede os til at kontakte hende, hvis vi har lyst til at arbejde med noget af det.

Mandag blev der afholdt ph.d.-formidlingskonkurrence. Det var en øjenåbner at se, hvordan man kortfattet kan præsentere sin forskning. Samtidig var det skræmmende at erfare, hvor stor betydning gestikulation og tale har for oplevelsen af præsentationerne, og at indholdet af forskningsprojekterne næsten var sekundært. Det sætter en del tanker i gang i forhold til, hvordan man som forsker fremadrettet måske skal fokusere mere på formidlingen og mindre på det skriftlige indhold på slidsene, når man holder oplæg!

Folkesundhedsprisen gik i år til SOL-projektet, der omhandler: Formålet med Projekt SOL var at fremme børnefamiliers sundhed gennem påvirkning af deres indkøbs-, spise- og bevægelsesvaner. Derudover var der i projektet fokus på at styrke børnefamiliernes trivsel, gennem styrkelse af det sociale engagement i lokalsamfundet. Den primære målgruppe var børnefamilier med børn i alderen 3-8 år på Bornholm.

Forskningsenheden formåede også at sætte sit særlige præg på Folkesundhedsdage i år.

Først og fremmest blev Maja Bertram valgt som formand for Dansk Selskab for Folkesundhed. Se også artikel herom.

For det andet deltog Lotte Vallentin-Holbech i ph.d.-konkurrencen med emnet: "Det gode liv - unges sociale kodeks for brug af rusmidler". Hun leverede en super fin præsentation om bl.a. flertals-misforståelser og satte en central problematik på dagsordenen.

Efter konferencen talte vi blandt deltagerne om, at der er synes at være en større anerkendelse af styrken i mixed methods og anvendelse af kvalitative metoder i Danmark, når vi undersøger folkesundheds problemer? - og hvad vi skal gøre ved den.



## Folkesundhedsdage 2016

- folkesundhed i et tids- og livsperspektiv

26.- 27. september 2016  
Hotel Nyborg Strand

<http://www.folkesundhedsdage.dk/FSD-2016.1397.aspx>

### *English summary*

#### **Feedback of and participation in the Danish 'Folkesundhedsdage' - Days of Public Health.**

Pernille Tanggaard Andersen, Head of the Unit for Health Promotion Research.

Every year in September this Danish public health conference takes place. Staff from our unit participated which is summarized in the article. The theme this year was: Time- and life-course perspective. During this conference the latest news on prevention and public health in Denmark and on an international level was discussed and presented. Read more on:

<http://www.folkesundhedsdage.dk/Folkesundhedsdage/FOLKESUNDHEDSDAGE>



# Christiane Stock selected member of TrygFonden's new network of researchers Unge+



Associate professor Christiane Stock, Unit for Health Promotion Research has been selected as one of ten members of TrygFonden's new network of researchers Unge+. The Unge+ network has the aim to inspire the participating researchers for developing new, innovative ideas for prevention of alcohol consumption and other risk behaviour among youth in Denmark. Christiane Stock has been selected due to her previous research on drug use among youth, her experience in intervention research and her influence and ability to establish research connections in the field.

The goal of Unge+ is to increase research in Denmark in the youth area - defined as the period from 10 to 25 years. The research network aims to create new research insights on young people's behaviour and to develop practice relevant interventions in a Danish context. Unge+ will include the leading international research in an interdisciplinary environment that focuses on new types of interventions. In the longer term, members of the Unge+ network shall implement practice relevant research projects of high quality for young people.

TrygFonden is a Danish foundation that includes core areas as safety, health and well-being in the Danish society and also on international levels. See webpage to read about the foundation:

**TrygFonden**

<https://www.trygfonden.dk/>

*Dansk resume*

## **Christiane Stock udnævnt til medlem af TrygFondens nye netværk for forskere Unge+.**

Christiane Stock, Assoc. Prof., Unit for Health Promotion Research.

Unge+ har det hovedformål at inspirere deltagende forskere til at udvikle nye og innovative idéer til forebyggelse af alkoholmisbrug og anden risikabel adfærd blandt unge i Danmark.

Aldersgruppen ligger mellem 10 – 25 år. Forskningen er ikke kun dansk men inkluderer også ledende international forskning med fokus på nye typer af interventioner. Read more about TrygFonden: <https://www.trygfonden.dk/english>

## The First SDU-based Candidate from the “Building Stronger Universities Program” of DANIDA (BSU) Graduated in Ghana

Gabriel Gulis, Assoc. Prof. Unit for Health Promotion Research



Emilia Asuquo Udofia who was affiliated with our Unit for Health Promotion Research in Esbjerg during her PhD studies at University of Ghana, Accra, Ghana via “Building Stronger Universities” program of Danida Fellowship Center completed her PhD studies by successfully defending her thesis during summer of 2016.

Under co-supervision of Gabriel Gulis (the main supervisor was Julius Fobil from University of Ghana), she worked on issues of solid medical waste management with focus on solid medical waste generated in homes and had a graduation ceremony on November 18, 2016 in Accra at the University of Ghana. We wish her all the best!

Emilia A. Udofia was also presented in our HPR News No. 14 “Healthy Cities” in 2015. See on our unit website, June 2015:

[http://www.sdu.dk/om\\_sdu/institutter\\_centre/ist\\_sundhedstjenesteforsk/forskning/sundhedsfremme/nyheder/hpr+news](http://www.sdu.dk/om_sdu/institutter_centre/ist_sundhedstjenesteforsk/forskning/sundhedsfremme/nyheder/hpr+news)



Private photos from the PhD graduation in Ghana.

*Dansk resume*

### **Emilia Asuquo Udofia ph.d.-grad i Ghana**

Gabriel Gulis, lektor, Forskningsenheden for Sundhedsfremme

Emilia A. Udofia har været tilknyttet vores forskningsenhed tilbage i 2015 med Gabriel Gulis som bi-vejleder. Temaet for hendes ph.d.-afhandling er ’håndtering af medicinsk affald i husholdningen’. I sommeren 2016 fik hun sin ph.d.-grad. Vi ønsker Emilia stort tillykke.

# Esbjerg Universitetspris 2016

## Julie Werenberg Dreier

Pernille Tanggaard Andersen, forskningsleder, Forskningsenheden for Sundhedsfremme



Julie W. Dreier ses her mellem forskningsleder Pernille T. Andersen og hovedvejleder lektor Gabriele Berg-Beckhoff.

### **Julie Werenberg Dreier modtog Esbjerg Universitetsprisen 2016**

Formålet med Julies ph.d.-projekt er at undersøge, hvorvidt feber og almindelige infektioner under graviditeten er associeret med barnets neurokognitive udvikling. Baggrunden for dette studie er, at feber og infektioner under graviditeten er mistænkt for at have en skadelig virkning på hjernens udvikling hos fostret. Fostertilstanden er en periode, hvor hjernen gennemgår en massiv udvikling, og den er således meget sårbar overfor ydre eksponeringer. Resultaterne fra Julies ph.d.-arbejde viser dog, at der ikke er en sammenhæng mellem feber, infektioner under graviditeten og hjernens udvikling i fosterstadiet, og det er meget nyttig og brugbar viden for fremtidige generationer, der arbejder med graviditet, hjernens udvikling og risikofaktorer.

Tre af ph.d.-artiklerne er publiceret og en fjerde er i proces. Julie besidder trods hendes unge alder en særdeles god analytisk evne indenfor det epidemiologiske felt, og hun har stor viden indenfor dataanalyse i Statistik Danmark.

Julie har igennem sit ph.d.-projekt og sin studietid således været en stærk ambassadør for SDU i Esbjerg og Esbjerg som studieby.

Hendes ph.d.-forsvar med titlen "Fever and infections in pregnancy and neurodevelopmental outcomes in the child" er sat til den 24. februar 2017 kl 14.00 i auditoriet på Esbjerg Campus.

*English summary*

**Esbjerg University Prize 2016. PhD student Julie Werenberg Dreier**

Pernille Tanggaard Andersen, Head of the Unit for Health Promotion

Every year the City of Esbjerg (Business development Esbjerg) awards talented university students, and this year our PhD student Julie Werenberg Dreier received this prize for her PhD research: Pregnancy related episodes of fever and infection and neurodevelopmental impairments in childhood. Read more on our unit website:

[http://www.sdu.dk/en/om\\_sdu/institutter\\_centre/ist\\_sundhedstjenesteforsk/forskning/sundhedsfremme/ph,-d-,d-,d-,projekter](http://www.sdu.dk/en/om_sdu/institutter_centre/ist_sundhedstjenesteforsk/forskning/sundhedsfremme/ph,-d-,d-,d-,projekter)

## Dansk Naturvidenskabsfestival 2016

*Lotte Vallentin-Holbech, ph.d-studerende*

*Birthe Marie Rasmussen, videnskabelig assistent*

*Forskningsenheden for Sundhedsfremme*



Onsdag d. 28. september 2016, deltog Forskningsenheden for Sundhedsfremme i Dansk Naturvidenskabsfestival der, for 8. år i træk, blev arrangeret af Esbjerg Gymnasium og HF. Her var vi med til at udbrede de mange aspekter der er indenfor den naturvidenskabelige verden.

Arrangementet afholdes for alle 7. klasser i Esbjerg kommune og i år var temaet *Hjerte og Hjerne*. Også i år var dette så stort et tilløbsstykke, at kun halvdelen af alle de interesserede klasser, fik mulighed for at deltage.

Vores dag startede med, at opsætte vores workshop ved siden af de andre deltager fra blandt andet Aalborg Universitet og Qubiq (firma i Esbjerg, der arbejder med robot teknologi). Imens ankom næsten 800 elever fra forskellige 7. klasser i Esbjerg kommune. Efter en kort velkomst blev hver klasse guidet rundt på festivalen af elever fra de naturvidenskabelige linjer på gymnasiet.

De grupper der besøgte vores workshop blev kort introduceret til, hvad vi til dagligt forsker i på Forskningsenheden for Sundhedsfremme. Herefter lavede vi en miniature folkeundersøgelse blandt eleverne. Ved at anvende et af SDU's Student Respons Systems *PollEverywhere*, fik eleverne illustreret hvordan sundhedstilstanden er blandt danske unge. Dette gav nogle gode diskussioner, om hvordan sundhed og helbred måles, samt hvordan den har udviklet sig gennem tiden.

Over 40 klasser besøgte festivalen der har som mål, at skabe begejstring for naturvidenskaben samt stimulere børn og unges interesse herfor. Eleverne havde mulighed for at besøge mange af de naturvidenskabelige stande, der var bemandet af virksomheder og uddannelsesinstitutioner fra Esbjerg. Som deltager i festivalen har Syddansk Universitet bidraget til festivalens dynamik, der satte nye ideer og formidlingsprojekter i gang, så både arrangører, deltagere og publikum fik et stort udbytte af dagen.

Fakta om Dansk Naturvidenskabsfestival:

- Festivalens formål er at skabe begejstring for naturvidenskab blandt børn og unge
- Festivalen afholdes hvert år i uge 39 over hele Danmark, hvor over 100.000 børn og unge deltager
- Inspirationstema for festivalen 2016: *Hjerte og Hjerne*
- Læs mere på: [www.naturvidenskabsfestival.dk](http://www.naturvidenskabsfestival.dk)

## English Summary

### Danish Natural Science Festival 2016

Lotte Vallentin-Holbech, PhD Student, Birthe Marie Rasmussen, Unit for Health Promotion Research

On September 28<sup>th</sup> 2016 the Unit for Health Promotion Research attended the 8<sup>th</sup> Danish Natural Science Festival organized by Esbjerg Gymnasium and HF. Through the festival children should be encouraged to explore the world of science and technology.

The event is for all 7<sup>th</sup> graders in Esbjerg municipality and this year the theme was *Heart and Brain*. Also this year the interest for the festival was overwhelming, and only half of all interested classes got the opportunity to participate.

For us the day started with preparing our SDU workshop along with other participants such as Aalborg University and Qubiqa (company in Esbjerg working with robot technology). Little by little almost 800 students from 7<sup>th</sup> grades all over Esbjerg municipality arrived as well. After a brief welcome, the classes were guided around the festival by volunteering students from Esbjerg Gymnasium and HF.

The groups of youngsters that visited our SDU corner over the day were given a quick introduction to the world of Health Promotion research by doing a mini health survey among the students. By using one of SDU's Student Response Systems *PollEverywhere*, we illustrated how health is among Danish youth. This resulted in some good discussions about how health is measured and how the health status in Denmark has developed over the years.

More than 40 classes visited the festival, which aims at creating children's enthusiasm and interest for science. The students had the opportunity to visit many of the workshops offered by companies and educational institutions from Esbjerg. Not only the young target groups benefited from the festival – also participating institutions and organizers got new ideas for future collaboration and dissemination projects.

Facts about the Danish Science Festival:

- The festival's purpose is to create enthusiasm for science among children and adolescents
- The festival takes place every year in week 39 all over Denmark, with more than 100,000 participating children and young people
- Inspiration theme for the festival 2016: *Heart and Brain*
- For more information: [naturvidenskabsfestival.dk](http://naturvidenskabsfestival.dk)



Onsdag  
den 28.  
september

# Research Seminars 2017

## Spring

The research seminar takes place on a Wednesday per month  
in meeting room E2, Esbjerg Campus from 12:00-13:00

When	Referee	Topic
01/02/17	Anne Leena Ikonen	“Professional change through education”
22/02/17	Thomas Rødgaard Poulsen	“Future occupational projects in cooperation with Esbjerg commune”
29/03/17	Lotte Vallentin- Holbech	“Social norms and alcohol consumption in schools”
26/04/17	Arja Aro, Maja Bertram, Natasa Loncarevic	“REPOPA” (takes place from 10:00 to 13:00)
17/05/17	Kim Bloomfield	“How does area-level deprivation relate to alcohol use in Denmark?”
28/06/17	Anne Marie Dahler	“Welfare technology in the municipality of Odense”

For change of programme see our unit website under news:

[http://www.sdu.dk/en/om\\_sdu/institutter\\_centre/ist\\_sundhedstjenesteforsk/forskning/sundheds\\_fremme/nyheder](http://www.sdu.dk/en/om_sdu/institutter_centre/ist_sundhedstjenesteforsk/forskning/sundheds_fremme/nyheder)

Autumn: Lotte Skøt; Maria Holst Algren; Mette Winge Jakobsen

We are looking forward to seeing you!

For future topics in 2017 please contact: [gbergbeckhoff@health.sdu.dk](mailto:gbergbeckhoff@health.sdu.dk)

# PNU News

## News from PNU in Saudi Arabia

Since September 2016 SDU/Unit for Health Promotion Research has run the second contract period with Princess Nora Bint Abdulrahman University (PNU), Riyadh, Saudi Arabia. We continue teaching in the BSc programs in Epidemiology and in Health Education and Promotion. A new element in the SDU PNU collaboration is the technical workshops for the PNU-SDU staff organized by SDU. These workshops (active learning methods/autumn 2016 and qualitative methods/spring 2017) are intended to support the knowledge transfer from SDU to PNU.

The first contract was signed in April 2012; the first student cohort started its study in January 2013. Last December 57 students from the first cohort have graduated after a one-year internship period. All in all, so far SDU/unit has been teaching over 200 BSc students at PNU. The program leader is Professor Arja R Aro; the study leader is Leena Eklund Karlsson and the co-study leader is Nagla Sahal.

## Active Learning at PNU, Riyadh, Saudi Arabia

*Anne Leena Ikonen, Research Assistant, Unit for Health Promotion Research*



The College of Health and Rehabilitation Sciences of PNU has agreed to provide competence training to support its teaching staff in their daily work in collaboration with the University of Southern Denmark (SDU). I had the privilege to be a teacher in *The Active Learning and Problem Based Learning (PBL) workshop*. It was the first of the series of these staff training workshops provided by SDU and it took place during the fall semester 2016 in Riyadh. The workshop combined various teaching methods in the university context to bring awareness for pedagogical skills needed in higher education at a modern university. Workshop topics, such as *ownership of learning, student centered teaching and dialogue in teaching*, are fundamental in adult education.



Various active teaching techniques were practised over the workshop sessions. The focus of the workshop was on the development of the participants' individual teaching skills. The content was tailored to each of the participants individually in order to support them in the process of developing their own personal learning plans.

The group of participants was 12 teachers altogether with different teaching backgrounds. I gladly noticed that participants came to the workshop with an open mind and they were well motivated to achieve their personal learning objectives. Between October and December we had nine sessions where lectures, group work, self-study and exercises varied. After the workshop participants were asked to give feedback and share their experiences. The following things recurred distinctly: participants thought that sharing the learning experience with colleagues was significant and a new way to learn. To write self-reflective learning diary and teaching philosophy was a first time experience for many of the participants. Furthermore, participants felt that the course provided a lot of useful knowledge about teachers' daily work and interaction with students. Overall the given feedback was very positive. Naturally the teachers' experience and ideas are valuable information for the next workshop's development as well.

I think it is worth mentioning here that the second workshop at PNU provided by SDU for the current academic year starts in February 2017. The content of the workshop is *qualitative research methods*. And the best news of all: the first eager teachers have already registered!

Teaching information for the studies in 'Health Education and Promotion' and 'Epidemiology' at PNU in Kingdom of Saudi Arabia can be found on the unit website: [www.healthpromotion.sdu.dk](http://www.healthpromotion.sdu.dk) under Education

*Dansk resume*

### **Nyheder fra PNU i Riyadh, Saudi Arabien**

#### **Aktiv Læring ved universitetet PNU, Riyadh, Saudi Arabien**

Anne Leena Ikonen, videnskabelig assistent, Forskningsenheden for Sundhedsfremme

Den første workshop for træning af undervisere på PNU udført af SDUs undervisere foregik i efteråret 2016 i Riyadh. Workshopen forenede forskellige undervisningsmetoder i universitetskontekst for at bringe fokus på de pædagogiske evner, der skal anvendes på højere undervisningsniveau på et moderne universitet. Takket være velmotiverede deltagere – havde vi ni intensive sessioner med gode dialoger. Ifølge 'feedback' følte deltagerne, at workshopen gav fuld viden omkring undervisernes daglige arbejde og interaktion med de studerende. Alt i alt var erfaringen positiv for både SDU og PNU. Vi ser frem til næste workshop i februar 2017.

# Next issue

The next issue of **HPR News No. 18** will come out in summer 2017.

If you want to be added to or deleted from the mailing list of the newsletter, please contact:

## Næste udgave

*Næste udgave af **HPR News nr. 18** udkommer sommeren 2017.*

*Hvis du ønskes at blive tilføjet eller slettet som modtager af nyhedsbrevet, kontakt da venligst:*

**Managing Editor Bettina Gundolf**



[bgundolf@health.sdu.dk](mailto:bgundolf@health.sdu.dk)