

The background of the slide is a dark green color with abstract, flowing white and light green line art patterns. These patterns resemble topographical lines or fluid motion, creating a sense of movement and depth. The patterns are most prominent in the upper right and lower right areas, with some smaller, more contained shapes on the left side.

PAfH

Physical Activity *for* Health
HRI Research Centre
University of Limerick

Enabling Wellbeing Environments –
Encouraging Local Government Leadership
Prof. Catherine Woods



Outline

To explore why cross-sector collaboration is essential to achieve real change for better & more sustainable wellbeing environments in Ireland.

Enhancing population physical activity as an exemplar.

- Challenge
- Solution
- How?



25-Oct-24



GOAL TO REDUCE PHYSICAL INACTIVITY

BY 2025

10%

BY 2030

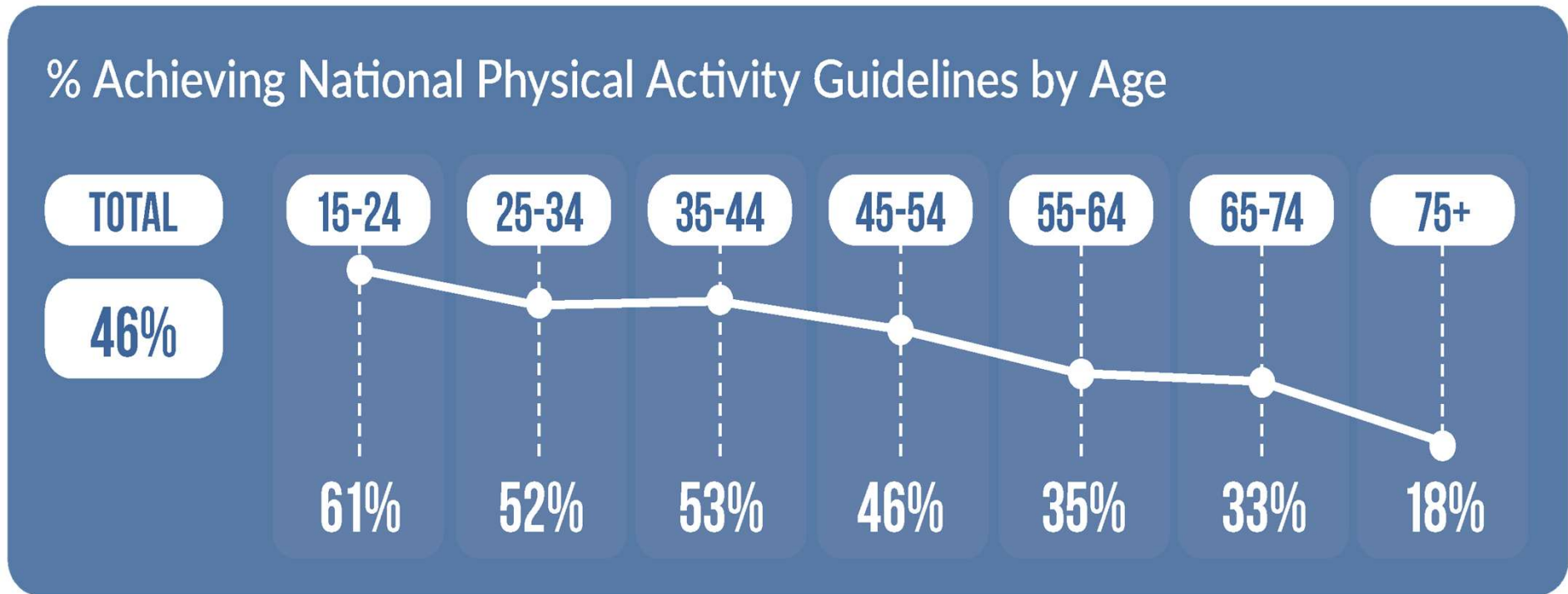
15%

A 'WHOLE SYSTEMS' APPROACH TO PHYSICAL ACTIVITY



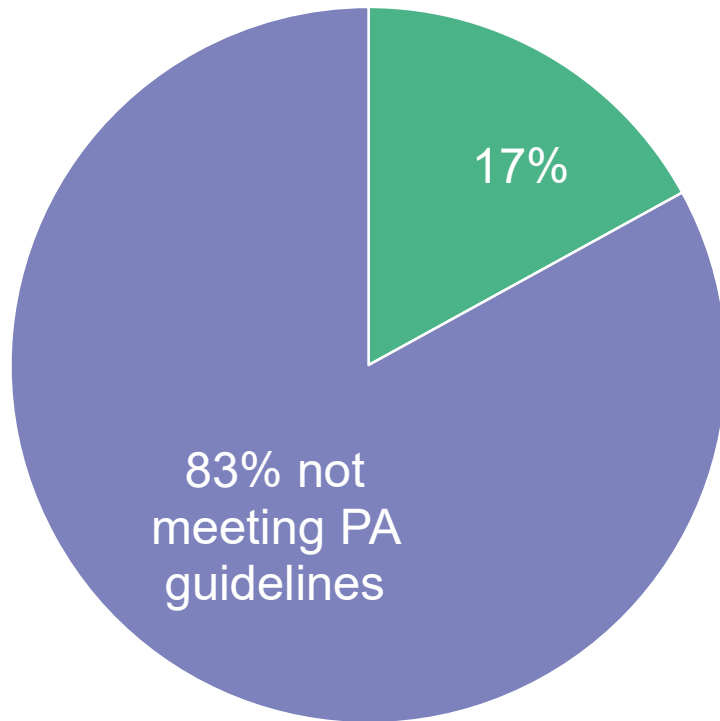


Physical Activity in Adults: Healthy Ireland Survey 2019



54% not meeting PA guidelines

Physical Activity in Children



■ Meeting the Guidelines ■ Not Meeting the Guidelines



- 8,881 Children
 - 2,523 NI (28%)
 - 6,358 ROI (72%)
- Average age
 - 11.5 years \pm 0.8 (primary)
 - 14.7 years \pm 1.8 (post primary)
- 49% boys, 48% girls, 3% other

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The Challenge...

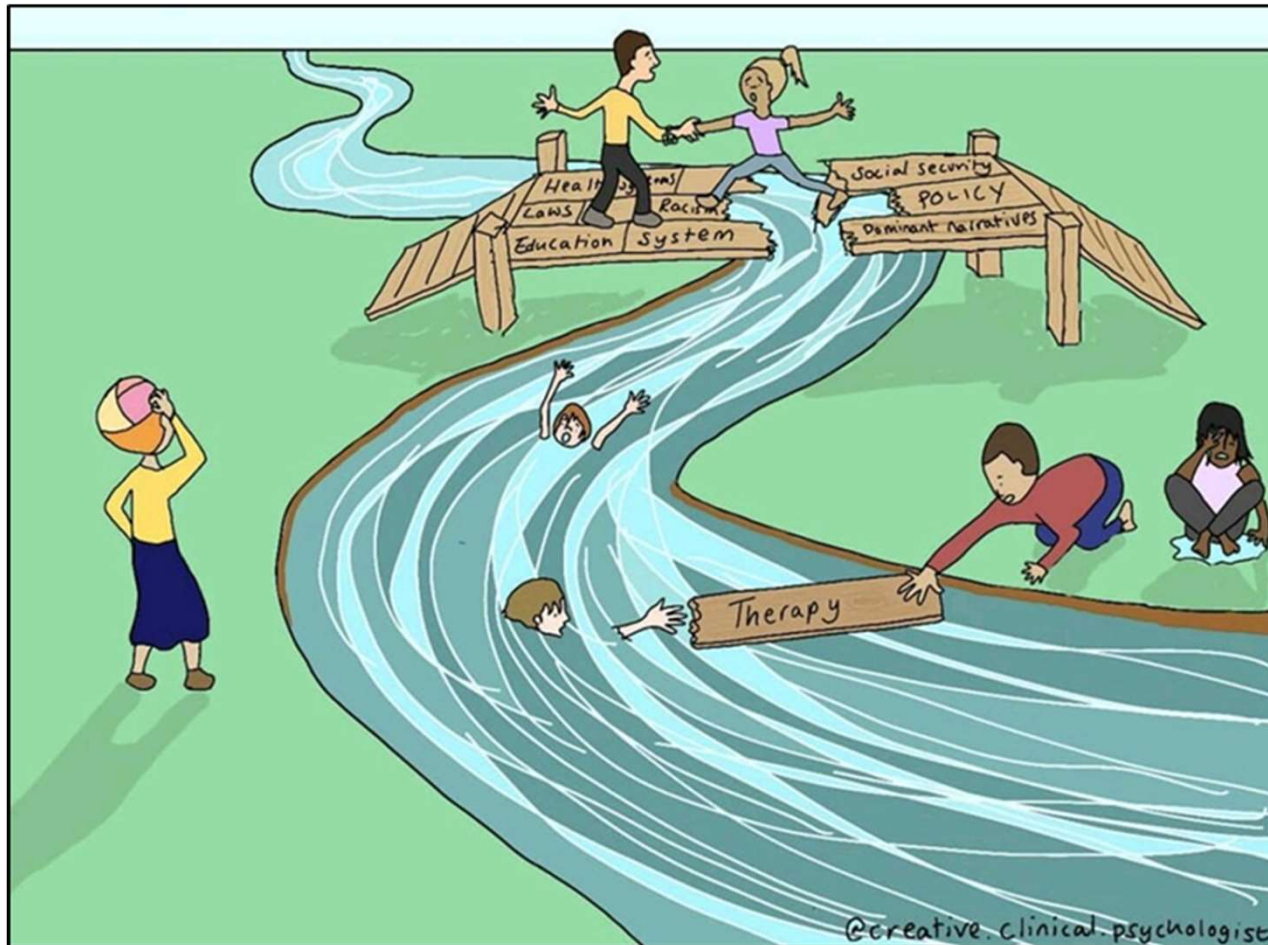
- WHO GAPPA 2018-2030 target of a 15% relative reduction in the prevalence of populations physical inactivity by 2030, and linked the promotion of physical activity (PA) to achievement of the UN's SDGs¹.
- A multifaceted response, including **LOCAL government action**, is essential to achieve this target.
- Documented **good progress at a country level** regarding the introduction of national policies for PA².
- **Minimal progress on addressing** population levels of physical **inactivity**² locally.
- In part, due to a **lack of 'upstream' policy progress** in effective domains.
- In part, due to a **lack of effective infrastructure support** for policy **implementation**.
- We are unlikely to reach the WHO target, if the **'system'** or **'environment'** remains **unchanged** despite our best 'downstream' or programmatic efforts.

Effective Policy Intervention is Essential

¹ World Health Organisation. Global Action Plan on Physical Activity (2018). ²The 74th World Health Assembly in April 2021, a midpoint evaluation of the WHO NCD action plan.



The system needs to change...

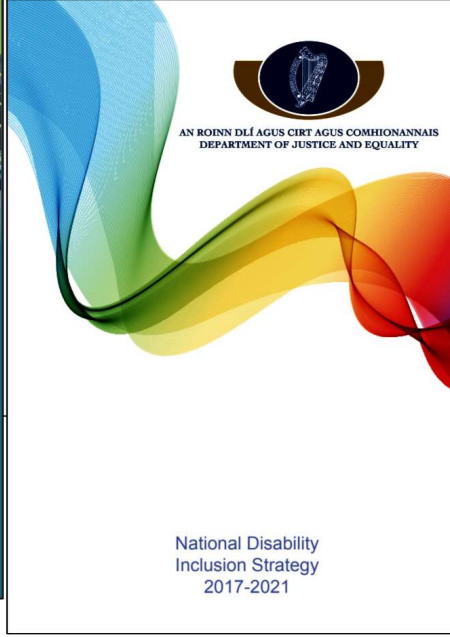
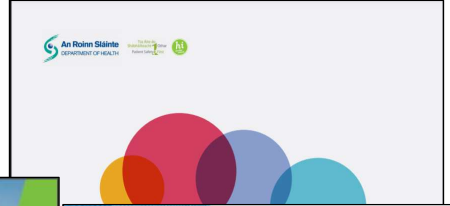
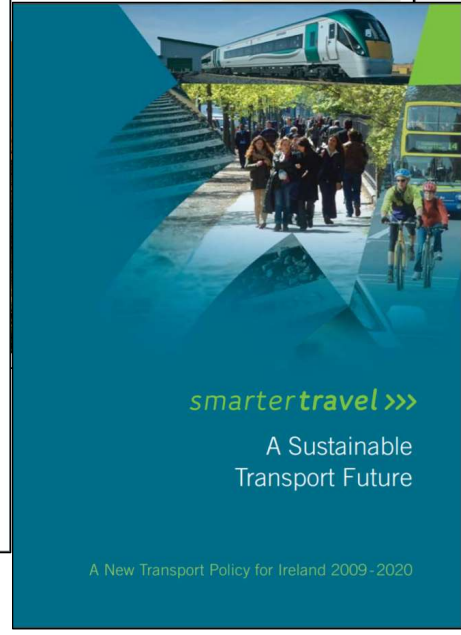
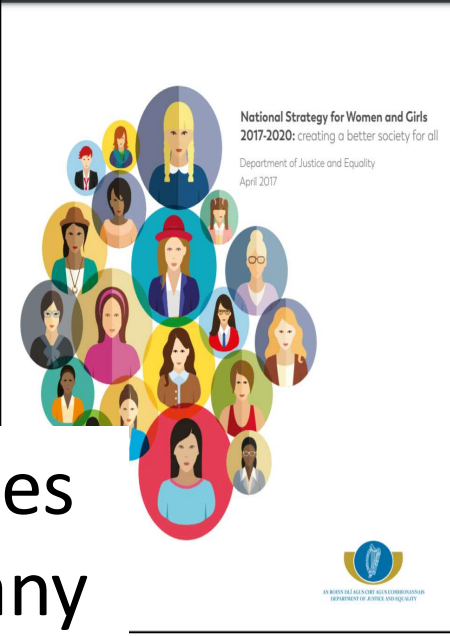
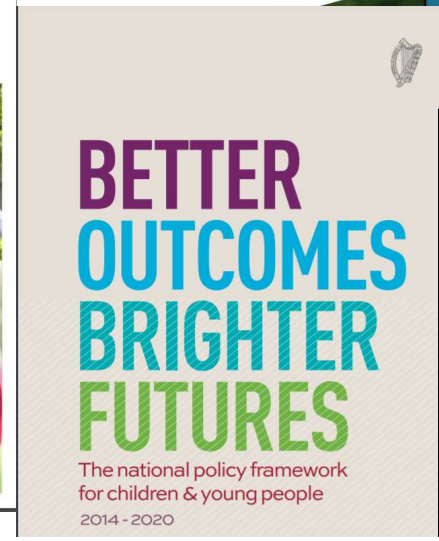
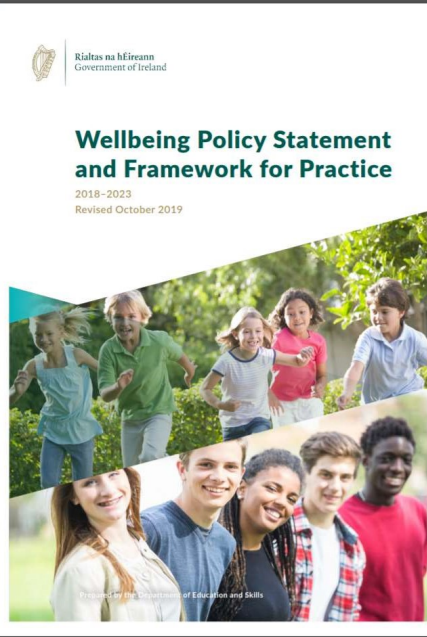


“We are unlikely to reach the WHO target, if the **‘system’** or **‘environment’** remains **unchanged** despite our best **‘downstream’** or programmatic efforts.”

The role of policy is to change systems instead of individuals, and in doing so, create supportive contexts.

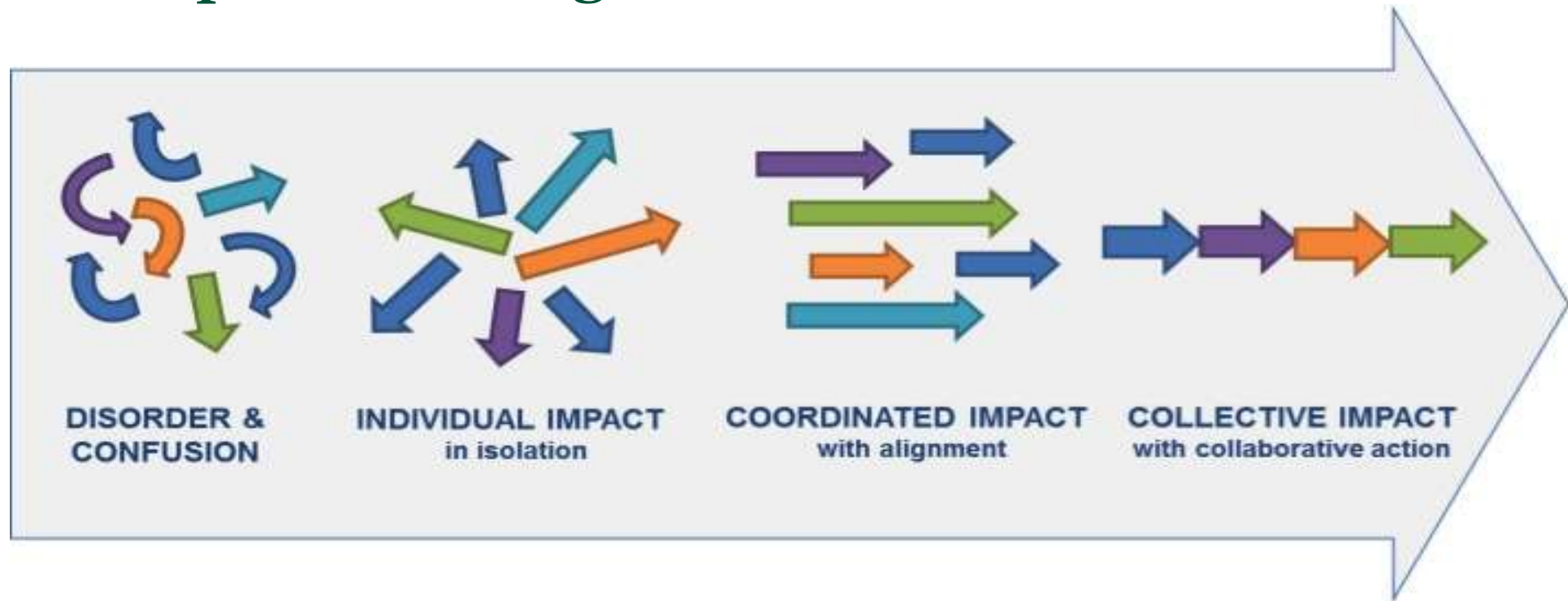
Direct and indirect influence on PA

The national and local policy context In Ireland



18+ national policies
Promoting PA & many
more at local level

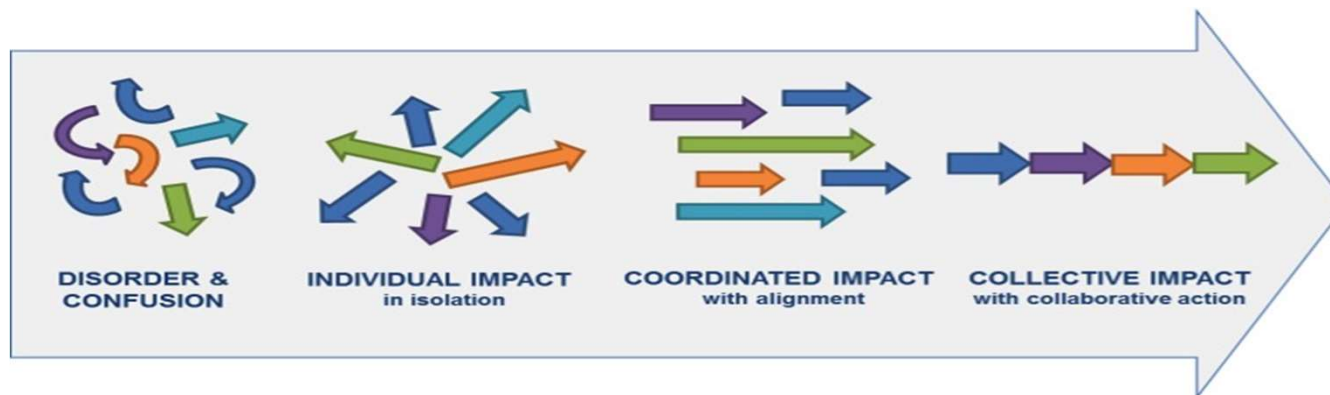
A Complex Challenge...



25-Oct-24

National Implementation Research Network (2013). The Active Implementation Hub: Module 2 - Implementation Drivers.

Formula for success...



Effective Interventions

Effective Implementation

Enabling Contexts

Increased population PA levels

Multiple agendas, one common goal:
Cross-sectoral collaboration for PA promotion
Enabling wellbeing environments

Local Government

How? PA policy monitoring tools

HEPA PAT



Evaluation

Agenda-Setting

EU Monitoring Framework

Local, national and/or International Standards?

Policy implementation

Policy formulation

Decision-making



Ref: www.euro.who.int/hepatat; Pogrmilovic BK, et al. The development of the Comprehensive Analysis of Policy on Physical Activity (CAPPA) framework. Int J Behav Nutr Phys Act. 2019;16(60); <https://www.wcrf.org/int/policy/policy-databases/moving-framework>

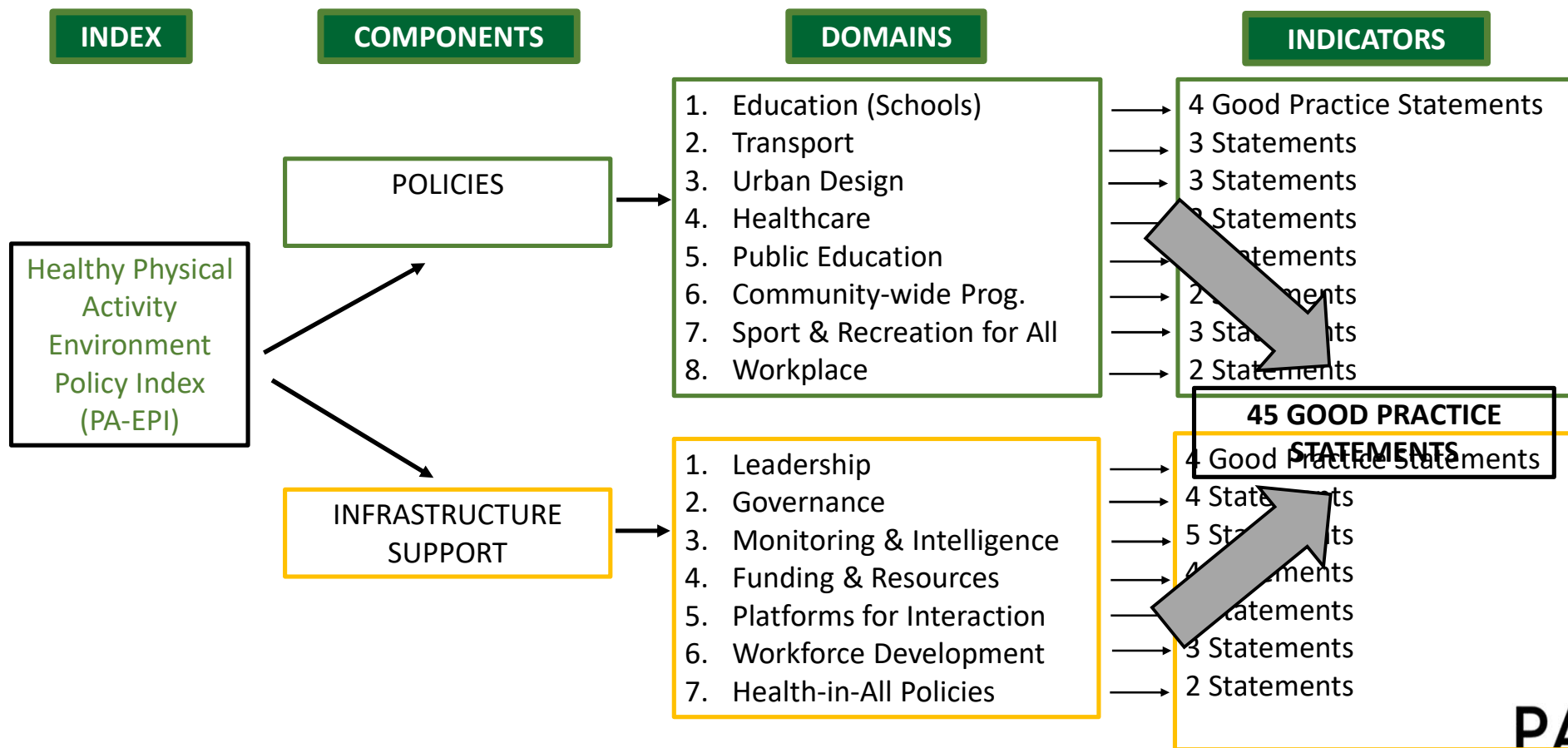
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How?

The Physical Activity Environment Policy Index (PA-EPI)

- The PA-EPI is a tool for evaluation and benchmarking of the implementation of public policies to promote PA and create a healthy PA environment.
- The PA-EPI can help policymakers determine:
 1. Where their county/**county** is now in relation to the implementation of PA policies.
 2. What is possible to change.
 3. Provides pathways on how to reach goals to address critical implementation gaps.
 4. Provides a mechanism for documenting progress.

PA-EPI Framework



21 Good Practice Statements (GPS)
Policy Domain

4. Actions

25 GPS
Infrastructure Domain

Policy Domain

Transport

There are public policies to promote and support active mobility for people of all ages and abilities.

5 T01 Regulations are in place that provide a variety of infrastructures to support safe walking and/or cycling and/or wheeling, including measures to calm speed, reduce vehicle traffic and enhance active mobility.

Leadership

The political leadership ensures that there is strong support for the vision, planning, communication, implementation, and evaluation of policies to create health-promoting policy environments to improve population physical activity and reduce related inequalities.

L01 There is strong, visible, political support (at the head of state/cabinet level) for creating health-promoting policy environments to improve population levels of physical activity and reduce inactivity related non-communicable diseases and their related inequalities. Political responsibility for health-related physical activity is clearly allocated within the governmental structures.

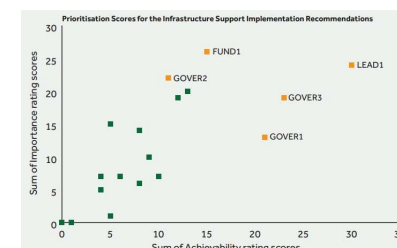
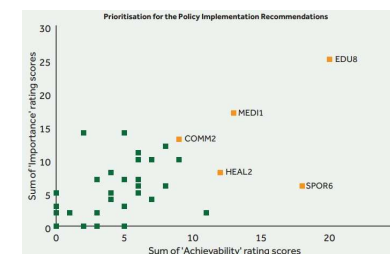
PA-EPI Outputs



Evidence Documents

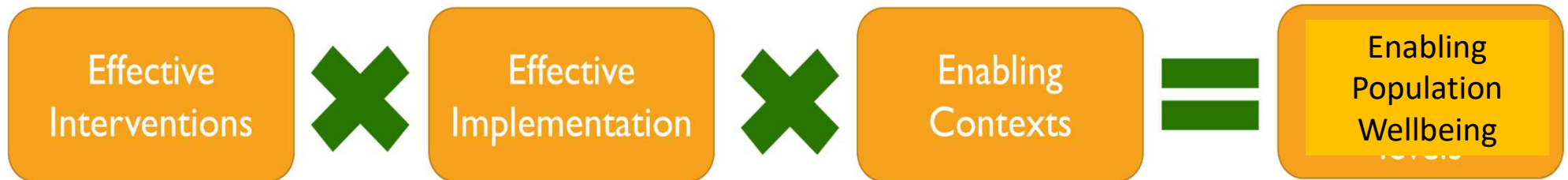
		Level of Implementation
Education	Evidence informed, quality mandatory physical education in all schools.	High
	Initiatives are in place to promote and support school-related physical activity.	High
	Shared use agreements utilize school spaces.	High
Transport	Policies are in place to promote and support safe active travel to school.	High
	Regulations support safe walking and/or cycling and/or wheeling.	High
	Funded implementation plan to achieve active travel.	High
Urban Design	Guidelines for active mobility are promoted and disseminated.	High
	Policies reallocate space from motorised transport to active travel.	High
	Governments adopt principles of minimalism.	High
Healthcare	Regulations improve equitable access to safe outdoor and indoor spaces.	High
	Regulations in healthcare include routine screening for physical activity.	High
	Policies promote physical activity in healthcare settings among at-risk groups.	High
Public Education	Policies ensure media campaigns that promote physical activity are sustained.	High
	Policies ensure that multiple media modes/channels are used.	High
	Policies support the implementation of whole-of-community approaches.	High
Community	Policies foster partnerships for shared use of public spaces and facilities.	High
	Sport policies prioritise investment in initiatives that target the least active.	High
	Policies ensure equitable access to sport and recreation spaces and places.	High
Sport	Programs encourage sports clubs to promote physical activity.	High
	Policies promote and support safe active travel to and from the workplace.	High
	Regulators for buildings support physically active workplace environments.	High
Workplace		High
		High
		High
Leadership	Political support for creating health-promoting policy environments is in place.	High
	Plan linked to national needs to increase physical activity.	High
	Priorities are given to reduce inequalities in the plan.	High
Governance	Physical activity guidelines for all age groups.	High
	Restricting commercial influence on policy development.	High
	Evidence informed physical activity policies.	High
Monitoring & Intelligence	Government ensures dissemination of physical activity guidelines to public.	High
	Government fosters the cooperation of all sectors to improve physical activity.	High
	Regular monitoring of physical activity levels across the life-course.	High
Funding & Resourcing	Regular monitoring of physical activity environments* across all 8 domains.	High
	Monitoring linked to the regular monitoring of NCDs.	High
	Evaluation of programmes & policies.	High
Platforms for Interaction	Monitoring progress towards reducing health inequalities.	High
	Budget spent on physical activity promotion is clearly identified.	High
	Sufficient proportion of total health spending is assigned to physical activity.	High
Workforce Development	Statutory health promotion agency.	High
	Robust coordination to ensure policy integration of physical activity policies.	High
	Regular and inclusive interactions between government and civil society.	High
Health in all Policies	Sufficient resources and skills within the government's workforce.	High
	Training and professional development provided regarding physical activity.	High
	Physical activity considered and prioritised in the development of policies.	High

Implementation scorecards

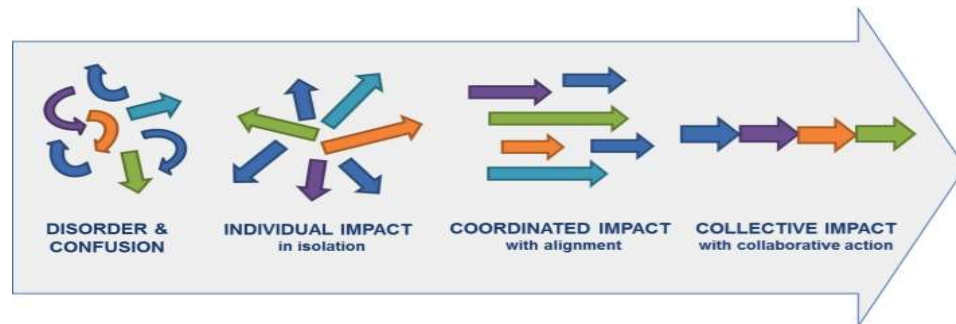


Policy implementation recommendations

Formula for success...



Multiple agendas, one common goal:
Cross-sectoral collaboration for HEPA
promotion



To summarise...

1. A clear consensus on the PA **Challenge** is vital
2. A commitment to achieve multi-sectoral **Collective Collaborative Action** to avoid disorder, confusion and impact in isolation.
3. A clear understanding of how an **enabling context** augments exponentially the programmes and environmental changes.
4. Develop a repository of exemplars of **policy actions** that are 'important, assessable and feasible' is required.



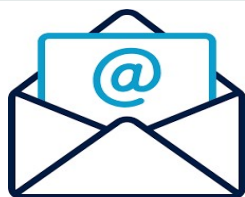
Further information

Website: <https://www.jpi-pen.eu/pa-epi.html>

Video: https://youtu.be/A_YUx74IHfc?si=SCYn8clpF52S8T5a



Development Paper



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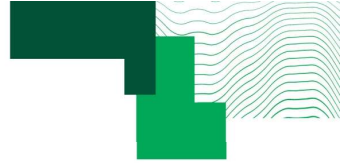


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All members of the PEN consortium

All members of the National Coalitions in Ireland and the Netherlands



Thank you



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