



## JOINT ACTION ON NUTRITION AND PHYSICAL ACTIVITY – JANPA

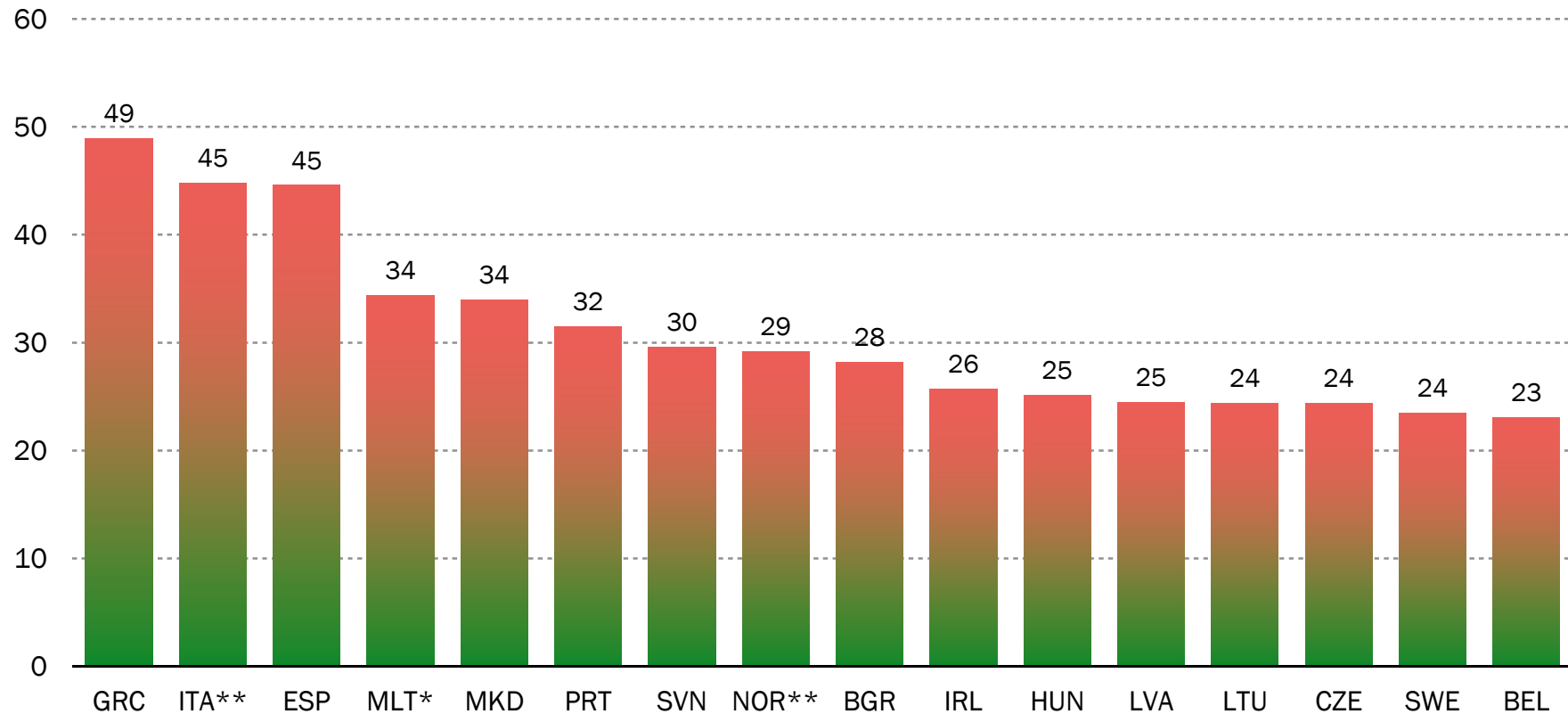
*THESSALONIKI , 8 OCTOBER 2016*

### *Overview of the Joint Action*

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This presentation is part of the Joint Action JANPA (Grant agreement n°677063) which has received funding from the European Union's Health Programme (2014-2020)

## Are we winning the battle against childhood obesity in Europe?



Prevalence of overweight among boys aged 7 years - COSI 2010, by country (source: WHO-Europe)



# At EU and international level : since 2000, many EU political initiatives



- At EU and international level : since 2000, many political initiatives:

- ✓ United Nations 2011
- ✓ WHO-Europe Istanbul 2006
- ✓ WHO-Europe Vienna 2013
- ✓ EU conclusions of the Council



## WHO action plans

- WHO : Global action plan for the prevention and control of non communicable diseases 2013-2020
- WHO : European Food and Nutrition action plan 2015-2020



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## At EU level : since 2000, many EU political initiatives



- The European support to the Global Strategy on Diet, Physical Activity and Health at the World Health Assembly of **May 2004**
- **EU Council Resolution** on health and nutrition (14 December 2000)
- **EU Council Conclusions on:** Obesity (2 December **2002**); Healthy lifestyles (2 December **2003**); Promoting Heart Health (2 June **2004**); Health in all policies (HiAP), (30 November **2006**); Putting the EU strategy on nutrition, overweight and obesity-related health issues into operation (6 December **2007**); Action to reduce population salt intake for better health (6 June **2010**); Equity and health in all policies: Solidarity in health (8 June **2010**); Innovative approaches for chronic diseases in public health and healthcare systems (7 December **2010**)  
Closing health gaps within the EU through concerted action to promote healthy lifestyle behaviours (2 December **2011**); Promoting health-enhancing physical activity (HEPA) (27 November **2012**); Healthy Ageing across the Lifecycle (7 December **2012**); Recommendation on promoting health enhancing physical activity across sector (November **2013**); Nutrition and physical activity (July **2014**); On food product improvement (16 June **2016**)

## Many EU action and research supported projects

SALUS, HEPCOM, PoHeFa, EYTO, MOVE, FOOD, IMPALA, PASEO, PREVACT Healthy Children in Healthy Families, Obesity Governance project, Community based Childhood Obesity, Econda, Project, NOPA, COSI, Toybox, Habeat, Healthy Eco Life Project, Equity action, Euro Heart II, FLABEL, Eatwell, Inform, ProGreens, Pol Mark, Full4Helth, Idefix, Energy, I Family...

[http://ec.europa.eu/health/nutrition\\_physical\\_activity/projects/index\\_fr.htm](http://ec.europa.eu/health/nutrition_physical_activity/projects/index_fr.htm)

## EU Action plan on childhood obesity 2014-2020 (July 2014)



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**Goal** : to contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

### Areas for action (with operational objectives, actions, indicators, targets)

- ✓ Support a healthy start in life;
- ✓ Promote healthier environments, especially in schools and pre-schools;
- ✓ Make the healthy option the easier option;
- ✓ Restrict marketing and advertising to children;
- ✓ Inform and empower families;
- ✓ Encourage physical activity;
- ✓ Monitor and evaluate;
- ✓ Increase research.





# Joint action on nutrition and physical activity

## JANPA General objective

To contribute to halting the rise in overweight and obesity in children and adolescents by 2020 in EU, within the global frame of the “EU Action plan on childhood obesity 2014-2020”, and in close link with the “European action plan for a nutrition and food policy 2015-2020”.

Duration: 27 months, Sept. 2015 to Nov. 2017



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# Janpa Partners



26 countries/ 39 associated partners ministries public health and nutrition  
agencies and institutes, Universities + collaborative partners

1. Austria
2. Bulgaria
3. Belgium
4. Croatia
5. Cyprus
6. Czech Republic
7. Estonia
8. Finland
9. France
10. Germany
11. Greece
12. Hungary
13. Ireland
14. Italy
15. Latvia
16. Lithuania
17. Luxembourg
18. Malta
19. Norway
20. Poland
21. Portugal
22. Romania
23. Slovakia
24. Slovenia
25. Spain
26. Sweden

In addition to:

- WHO-Europe
- JRC, EC



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# JANPA's overarching characteristics



- The question of social inequalities in Health and Nutrition  
A link is made with the Health inequalities pilot project funded by EU and coordinated by the UK Health Forum .
- A life course approach : promotion of a healthy diet and physical activity in children already starts during pregnancy and early age
- A multi-sectorial approach, with integrated actions better coordinated government actions between the social, employment, education, health, agriculture, transport and private sectors
- A diversity of issues : economic aspects for advocacy, information, food reformulation, physical environment, dissemination, stakeholder involvement, ...
- A variety of settings : pre-natal, kindergardens and schools, home, health facilities, shops
- Identify and select (based on rigorous criteria) best practices for action, with the goal of transferring and scaling up successful initiatives to transform “good practices” into regular activities.

## Involvement of stakeholders:

- At national level: through national mechanisms in participating countries
- At EU level: through the Platform on Diet, Physical Activity and Health

## Regular link with the High Level group on nutrition and physical activity (EU/DG Santé)



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# Technical work packages



## 1) Evidence and Economic rationale for action on childhood obesity Ireland

- Describe the lifetime impact & cost of (present-day) childhood obesity
- Give a breakdown of these impacts and costs according to the year of occurrence
- Assess the theoretical benefits of reducing childhood obesity by 1% and 5%

## 2) Nutritional information monitoring and food reformulation prompting France

- Incite manufacturers to improve the nutritional quality of their products (fat, sugar, salt content), by creating a “virtuous circle” with the establishment of nutritional quality cartographies, including with their own products’ position.
- Contribute to improving the understanding on food information by all families; help in determining in the different EU MS the possible improvement of the nutritional composition of foods through the development of a new harmonized system for food and nutritional information and monitoring.

## 3) Healthy environments by integrated approaches Hungary

- Contribute to creating healthier environments in kindergartens and schools by collecting and analysing existing good practices (policy approaches and national level programmes, projects, initiatives and interventions) designed to improve nutrition and/or physical activity or prevent childhood obesity.

## 4) Early interventions Finland

- Improve the quality of public policies and interventions promoting healthy diets and physical activity and diminish sedentary behaviour by developing information on models of good actions
- Focus on implementation and transferability (from research to practice/policy) of practical models that target pregnant women and families with small children and improving tools for counselling for health care professionals



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7 to 14 countries in  
each WP

# Transversal work packages



## 1) Coordination France

- Coordinate the activities and the implementation of JANPA
- Ensure compliance with the JA workplan in terms of results and timing
- Ensure the quality of the work and of the deliverables and results

## 2) Dissemination Italy

- ✓ Raise knowledge about nutrition and physical activity and the contributions that JANPA will make to the issue
- ✓ Involve stakeholders in the process of identifying solutions and applying JANPA outputs
- ✓ Ensure the project's visibility through traditional and new media tools
- ✓ Document each major advancement of JANPA
- ✓ Allow a bi-directional dialogue among partners, stakeholders, policy makers and the general public

## 3) Evaluation Greece

- ✓ Define, plan and carry out a systematic evaluation of the project, including the level of accomplishment of the project objectives, as well as the impact and expected effects and outcomes.
- ✓ The evaluation will assess the success of a project, in terms of:
  - results – have the objectives been met? and
  - quality – do the results meet the needs of the stakeholders?



# The present situation



See : [www.janpa.eu](http://www.janpa.eu)

- **D2.6 Dissemination Plan (2nd Version) : Soon**
- **D4.1 Evidence Paper & Study Protocols : Soon**
- **D6.1 Definition and criteria of good practice for childhood obesity prevention programs in kindergartens and schools**
- **D7.1 Defining good models for multicomponent interventions. Step 1 : Definition and criteria of good practice for early interventions designed to prevent childhood overweight and obesity OK**
- D7.2 Report of case studies in Member States Soon**

The General Assembly in Berlin with the presence of the external evaluators



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## DELIVERABLE 6.1



A *good practice* is an initiative that has been proven to work well (i.e. process evaluation) and produce good results (i.e. output and outcome evaluation), and is therefore recommended as a model.

It is a sustainable and efficient experience, with clear objectives and clearly defined target groups that is aimed to be empowered. Its activities use existing structures and it has a broad support amongst the target population, thus deserves to be shared so that a greater number of people can adopt it.

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### Intervention characteristics

- The approach is proven to be successful and effective in practice (has had a positive impact on individuals and/or communities)
- Objectives are clear and SMART (specific, measurable, achievable, realistic and time-bound)
- Target group is clearly defined (including age, gender and socio-economic status)

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### Implementation

- Activities are using/integrating existing structures
- Target group is aimed to be empowered (enhance their knowledge, skills and competences so that they can make decisions independently)
- There is broad support for the intervention amongst the intended target populations

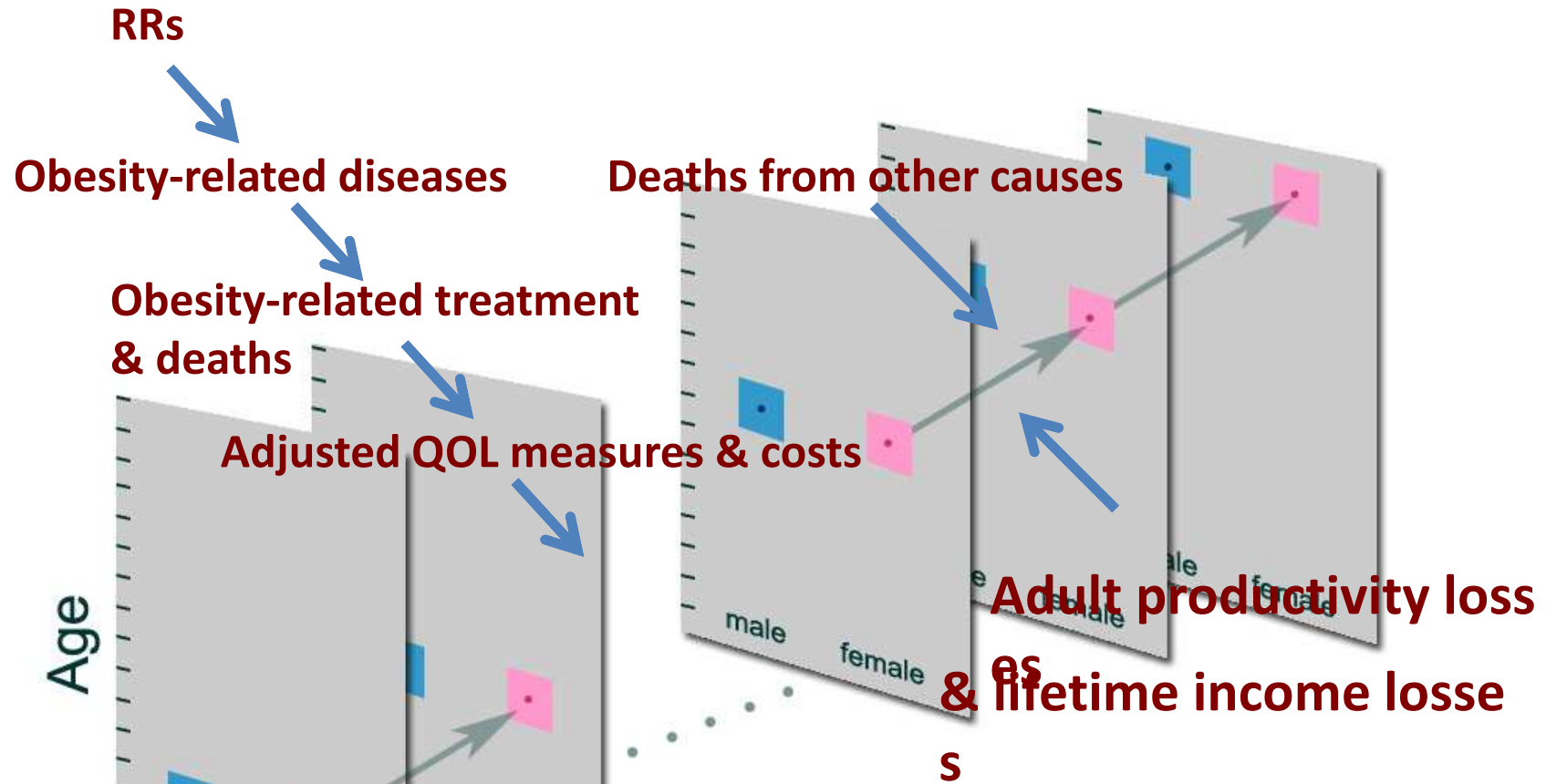
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### Monitoring and evaluation

- Outcome/impact evaluation showed significant contribution to the target behavior or its determinants
  - Most of the planned activities have been performed and most of the objectives have been reached
  - Financial and human resources are in place for evaluation
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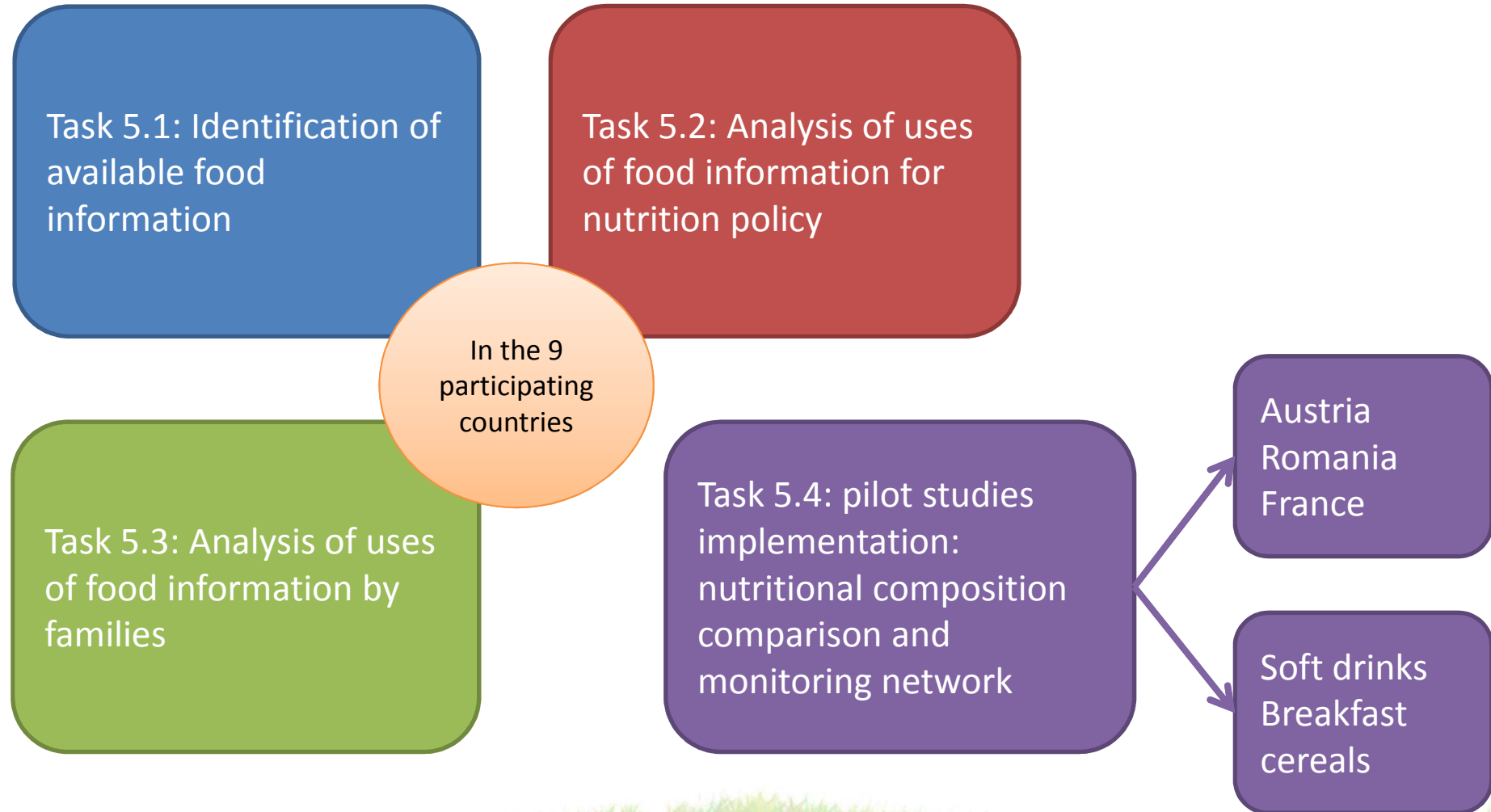


# LIFETIME COST OF CHILDHOOD OBESITY STUDIES





# WP5 working plan



## WORK PACKAGES

JANPA is organised in seven work packages.

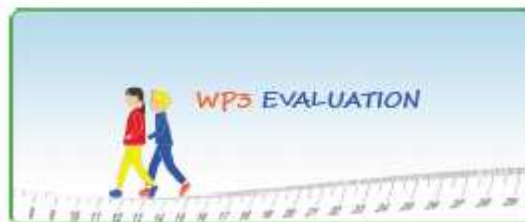
Three of them are cross-cutting while four are technical packages



Ensure the success of the joint action by efficient management and coordination of the different work packages



Promote the joint action and disseminate the results with the involvement of the relevant stakeholders



Carry out a systematic evaluation of the entire project, on three levels: performance and impact of JANPA, performance of the partners



Develop an evidence-based economic rationale for action on childhood obesity



Share the best practices on how the nutritional information on food and diet is gathered and used for nutritional policies



Provide guidance on policy options and national initiatives to create healthier environments in kindergartens and schools



Promote policies and interventions on healthy diets and physical activity for pregnant women and families with young children

[www.janpa.eu](http://www.janpa.eu)



# Various documents to communicate

To subscribe send an email to [info@janpa.eu](mailto:info@janpa.eu)

A newsletter

Newsletters (Dec 2015, June, dec 2016, Apr, Aug, Nov 2017)

A leaflet

Click here to download the leaflet

1. Bulgarian version (pdf 6,7 Mb)
2. Croatian version (pdf 6,7 Mb)
3. Czech Republic version (pdf 6,7 Mb)
4. Dutch version (pdf 6,7 Mb)
5. English version (pdf 4,8 Mb)
6. Estonian version (pdf 6,7 Mb)
7. Finnish version (pdf 6,7 Mb)
8. French version (pdf 6,7 Mb)
9. German version (pdf 6,7 Mb)
10. Greek version (pdf 6,7 Mb)
11. Hungarian version (pdf 6,7 Mb)
12. Italian version (pdf 6,7 Mb)
13. Latvian version (pdf 6,7 Mb)
14. Lithuanian version (pdf 6,7 Mb)
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16. Polish version (pdf 6,7 Mb)
17. Portuguese version (pdf 6,7 Mb)
18. Romanian version (pdf 6,7 Mb)
19. Slovak version (pdf 6,7 Mb)
20. Slovenian version (pdf 6,7 Mb)
21. Spanish version (pdf 6,7 Mb)

**MIS ON JANPA**  
 JANPA on Euroopaat hõlmav tootumisele ja füüsilisele aktiivsusele suunatud projekt, mille peamiseks eesmärgiks on kaasa aidata laste ja noorukite ülekaalulisuse tõusu peatumisele Euroopa Liidu liikmesriikides 2020 aastaks. JANPA keskendub aspektidele, mis suunavad peresid ning lapsi ja noorukeid puudutatavate tootumise ja füüsilise aktiivsuse poliitika kujundamist.

**KES ON KAASATUD?**  
 26 riiki, sealhulgas 25 riiki 28-st liikmesriigist ning Norra osalevad JANPA projektis kas partneritena või koostööd tegevate sidusrühmadena. Projektis osalevate riikide ning organisatsioonide arvukus annab rikkalikult seisuks, informatsiooni, praktikaid ja käsitlusi ning tagab laialdase kaasamise.

**MIDA ME SOOVIME SAAVUTADA?**  
 Jagades, identitseerides ja valides osalevate riikide parimaid praktikaid on JANPA eesmärgiks:  
 • hinnata ja prognoosida ülekaalulisuse ja rasvumise majanduslikke kulusid  
 • parandada lapseootel naistele ja väikelastega peredele suunatud tervislikku tootumist ja füüsilist aktiivsust käsitlevate integreeritud sekkumiste rakendamist  
 • aidata kaasa tervislikuma keskkonna loomisele nii perekonnas, lasteaias, eelkoolis kui koolis  
 • parandada tootumislase teabe kogumist ja kasutamist riiklike tervishoiuasutuste, sidusrühmade ja perekondade poolt.

**JANPA: ÜLE-EUROOPALINE ÜHISPROJEKT 2015-2017**

**JANPA ON JAOTATUD SEITSMEKS TÖÖMEETMEKS**

**WPA4 LAPSEEA RASVUMISE KULU**



A poster

**Joint Action on Nutrition and Physical Activity**

**KEY ELEMENTS OF JANPA**  
**WHY?**  
 To reduce the number of children overweight or obese is to increase, currently affecting 1 out of 5 children aged 6-16 years old. Obesity is related to several diseases and represents a huge burden on health and social care.

**HOW?**  
 A life-course approach is necessary, the promotion of a healthy diet and physical activity in children already starting pregnancy and early life.

**WHAT DO WE WANT TO ACHIEVE?**  
 Through sharing, identification and selection of best practice within participating countries, JANPA aims to:  
 • address and forecast the economic costs of obesity and forecast the economic costs of prevention  
 • improve the implementation of integrated interventions to promote healthy nutrition and physical activity for pregnant women and families with young children  
 • contribute to healthier environments in kindergarten and schools  
 • improve the way in which nutritional information about foods is collected and used by public health authorities, stakeholders and families

**WHAT CAN BE DONE?**  
 Social and political mobilisation is needed to facilitate actions and their coherence or synergies between nutrition and physical activity among different countries.

**HOW? WE CAN DO IT!**  
 Each Member State requires partnerships and research needs between public health professionals, national and local authorities, educational institutions, parents, universities, food industry, non-profit organisations and associations.

**ALL MEMBER STATES ARE CALLED ON TO CONTRIBUTE TO THE JANPA OBJECTIVES BY PROMOTING PUBLIC HEALTH POLICIES AND BEHAVIOURAL HEALTHY LIFESTYLES**

**JANPA IS ORGANISED IN SEVEN WORK PACKAGES**

**WPA1 COORDINATION**  
 Ensure the success of the JPA action by efficient management and coordination of the different work packages

**WPA2 DISSEMINATION**  
 Promote the JPA action and disseminate the results with the involvement of the relevant stakeholders

**WPA3 COST OF OBESITY**  
 Develop an evidence based research strategy to estimate the economic burden of obesity

**WPA4 NUTRITIONAL INFORMATION**  
 Share the best practice on how nutritional information can be better collected and used by public health authorities

**WPA5 EARLY INTERVENTIONS**  
 Promote evidence based interventions on healthy diet and physical activity for pregnant women and families with young children

**WPA6 EVALUATION**  
 Carry out a systematic evaluation of the programme with regard to performance and impact of actions

**WPA7 HEALTHY ENVIRONMENTS**  
 Promote guidelines to public authorities and stakeholders to ensure healthier environments in kindergarten and schools

# Regular internal evaluations – with external advices



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# Next steps



## Janpa at mid term

- A lot of material already collected through general and specific bibliography, interviews, questionnaires ;
- New material and data to be collected ;
- All this data need to be analysed, with the methodologies decided.
- New deliverables will be published on Janpa.eu from April 2017;
- Newsletters to be published before.
- The final report and its layman version, the final position paper will be published during the last 2017 trimester.
- The final meeting in Paris end of November 2017

You have or you might contribute directly through the WP demands

You can disseminate Janpa and its results through you own networks



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# Conclusion



## Janpa

- A challenge! 26 countries working together on actions to halt the rise of childhood obesity.
- A very enthusiastic participation of the teams.
- A lot of practical work to achieve the goal and the various specific objectives.
- Many practical tools, harmonised way of acting

See you in Paris for the final ... December 2017.



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**Thank you for your attention!**

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