



Official Participant

Rapporteur Template for Scientific Events

Event Title :	DEDIPAC Workshop: physical activity & sedentary behaviour surveillance & assessment	Date:	May 14 2015
Event Organiser:	JPI HDHL, DEDIPAC knowledge Hub		
Event Participants:	Key stake-holders of DEDIPAC, specific focus on physical activity		
Rapporteur:	B Darcy-Vrillon		

1. Which research areas are concerned?

- A: Improve public health through nutrition – healthy and sustainable consumption
- B: Increase food safety and quality
- C: Reduce losses and waste – more efficient food chain
- D: Manage the land for all ecosystem services – sustainable rural development
- E: Increase agricultural outputs sustainably – sustainable intensification
- F: Understand food markets in an increasingly globalised food system
- G: Increase equity in the food system

2. What is the problem and why does it exist?

Physical inactivity and sedentary behaviours are closely linked to food intake and dietary behaviour as major contributors to the burden of non-communicable disease. Thus, food intake should almost always be considered in relation to physical activity and sedentary behaviour. DEDIPAC has enriched the Food EXPO with its focus on monitoring of physical activity and sedentary behaviour.

The problem is the increasing prevalence of insufficient physical activity and of sedentarity (i.e. reflected by sitting time), especially in young people. And there are big differences between countries in EU (N vs S), as well as for healthy habits (exemple: cycling to school, breakfast in Norway vs Greece).

3. What will happen if the problem is not addressed?

- Short Term Consequences
- Long Term Consequences

- Physical inactivity has become normal.
- This is part of the problem of unhealthy life style leading to obesity and associated diseases.
- Recommendations on physical activity are or are not included in nutrition policies, depending on countries. This is a domain in which WHO Europe is very active, building the evidence and assessing progress against physical activity targets. This is part of a global action plan for the reduction of NCDs.

5. Recommended solutions, research insights and/or policy proposals

- During the workshop there has been a state of the art review on physical activity & sedentary behaviour surveillance; all speakers emphasized the need of a pan-European surveillance system. Surveillance needs more standardization across regions.
- There are several methodological challenges: surveys based on self-reported questionnaires have limitations.
- Getting objective activity data and interpreting them is also challenging. Physical activity is a complex behaviour; an international children accelerometer data base based on cohort studies was presented, as well as the project to pool data for a meta-analysis.
- WHO Europe aims at establishing Physical activity as a policy domain in its own (2015, adoption of a European strategy on Physical Activity). There will be a short list of recommendations for MSs with 14 specific objectives.
- Industry is united as a Federation of the European sporting goods, and wants to promote large scale solutions through partnerships with institutions: youth sports, active families, active schools, active cities and active workplaces. It is a systemic issue that no one can fix alone.
- Measuring physical activity is a key-lever for change. Measurement in itself has an impact.
- The question of commercial wearables vs traditional activity monitors for population surveillance was discussed in an expert panel.

6. What are the expected benefits and risks of such initiatives?

Clearly it is a pre-competitive issue for sport industry, and the representative from Industry (in charge of global partnerships from a well-known company) recommended large scale initiatives –see above- under the global leadership of WHO and EC.

7. Which further research & development needs have you identified?

- Continue to refine methods to assess physical activity and sedentarity, and study interactions with food behaviour.

8. Does this event address research challenges others than those in the discussion document ?

Yes, some very specific aspects of healthy life-styles closely linked to food behaviour.

9. In how far did the event tackle aspects in relation to the research infrastructure?

-set up specific cohorts for this purpose, including of children.

10. Have any best practices been mentioned and if yes, which?

10. What are emerging actions that should follow from this event?

- Continue explorations in the framework of the DEDIPAC action of HDHL.