A summary: NOURISHING and MOVING database methods

WCRF International's NOURISHING and MOVING policy databases provide an extensive overview of implemented government policy actions from around the world, as well as links to published evaluations of included policy actions. They have been designed to be used as a tool for policymakers, civil society organisations and researchers. The databases are structured around the NOURISHING and MOVING frameworks, which identify policy areas for governments to take action to promote healthy diets and physical activity, and prevent obesity and diet-related NCDs. The MOVING database and framework were developed as part of the EU funded project CO-CREATE "Confronting Obesity: Co-creating policy with youth"

The databases are populated by a **_Global Scan_** that is conducted on a rolling basis and a one-time **_Comprehensive European Scan_**. The Comprehensive European Scan (required by the CO-CREATE project) takes a structured, systematic approach to searching for policy actions in 27 European countries.

The *Comprehensive European Scan* and *Global Scan*
Both scans follow a two-step process to ensure that information is gathered in a consistent way across countries.
1. Identification of policy actions relevant to physical activity and nutrition
2. Assessment of the eligibility of the identified policy actions for inclusion in the database (including a verification process).
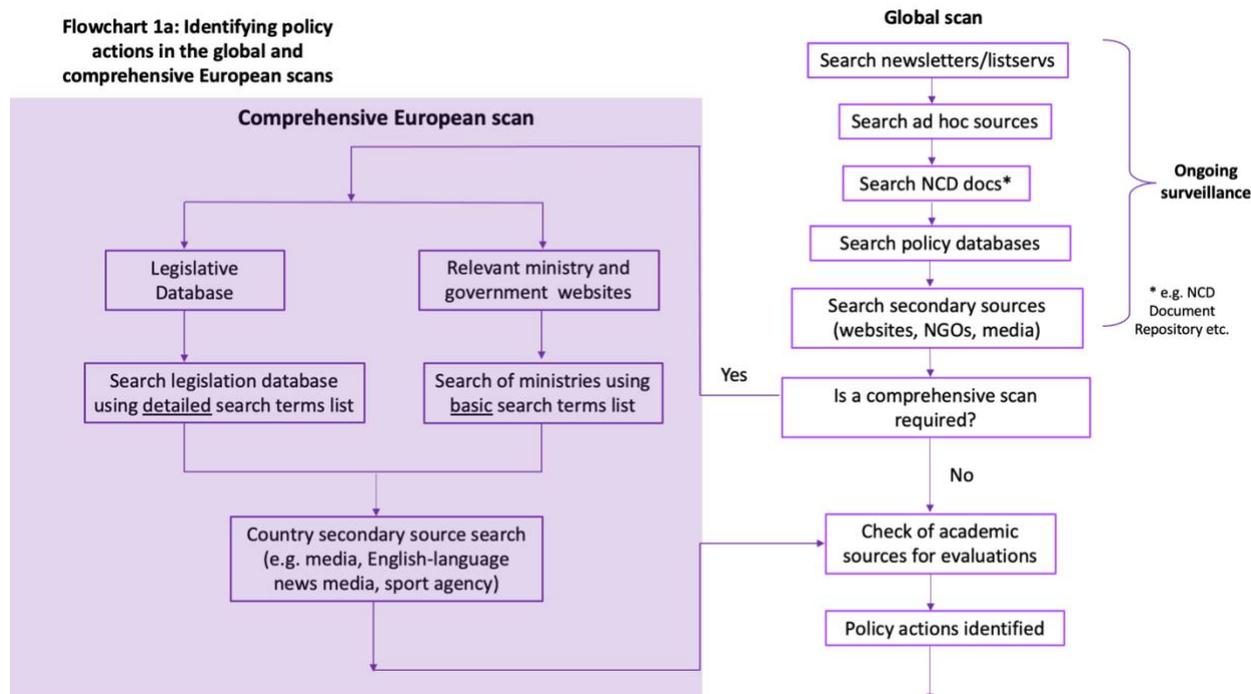
Step 1. Identifying policy actions

The Comprehensive European Scan
- The scan starts with a search through the country-specific legislation database (if it exists), in addition to relevant government and ministry websites using pre-identified basic search terms.
- the scan continues with country-specific secondary source search, including: Google search, media (including online newspapers), English language news media and sports agencies.
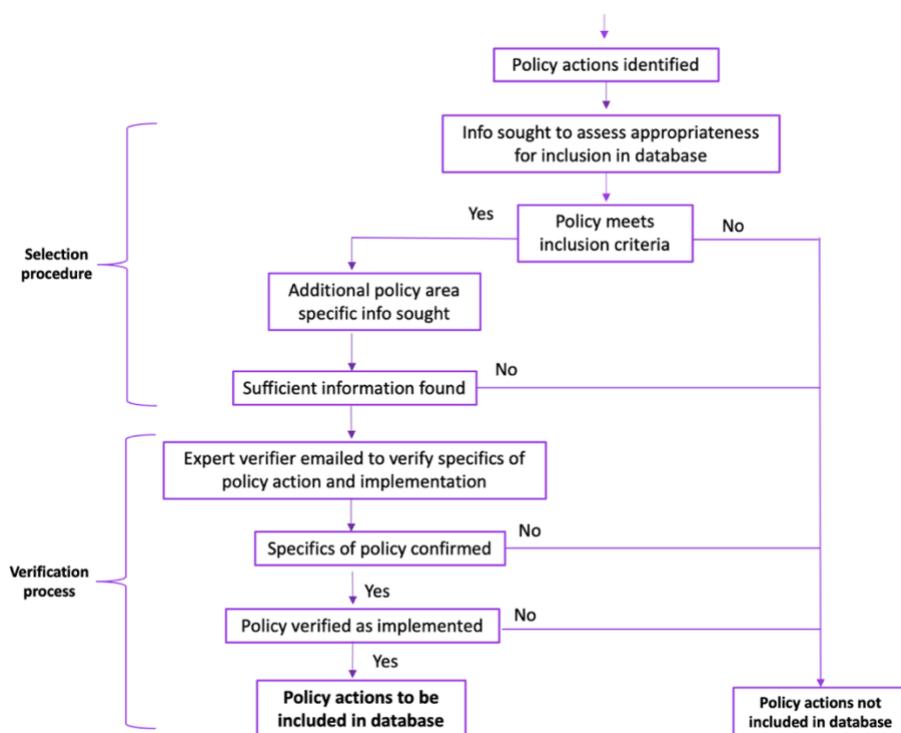
The Global Scan
- The global scan consists of an ongoing oversight of newsletters, listservs and research into key topics to stay abreast of current policy reforms and updates around the world.

Flowchart 1a: Identifying policy actions in the global and comprehensive European scans

Step 2. Inclusion criteria and the verification process

The results of both the *Comprehensive European Scan* and *Global Scan* are reviewed against the following inclusion criteria:

- **National level policies**: Only national-level policies are collected and included in the database. Regional, provincial/ territorial, municipal or local level policies are only included for the purpose of the *Global Scan*
- **Government action:** A policy action must be a government action, an action implemented in partnership with the government, supported, sponsored, or endorsed by the government. Programmes or interventions run by non-governmental actors are included only if they meet at least one of the above-mentioned criteria.
- **Implemented policy actions (in effect or in force):** Only policy actions which are fully or partially implemented can be included in the database. Regulations which have been adopted but have not come into effect are not included. When a policy is no longer in force, it only remains in the database if it has been evaluated. Public awareness campaigns which are no longer running are included in the database only if they are national and have taken place in the past five years.
- **Related to promotion of physical activity/reduction of obesity and/or diet-related NCDs:** For a policy action to be included in the database, it must have a clear public health scope or co-benefit, although it may have many objectives (e.g., environmental sustainability, health).
- **Sufficient information available:** The policy actions need to have sufficient information available such as the name of the policy action, implementation and/or publication date, and enough information to draft a description for the policy action.
- **Related to one of the policy areas in the NOURISHING/MOVING framework:** For a policy action to be included in the database it must fit within the scope of one of the policy areas and corresponding sub-policy area of the two frameworks.

Verification process
- If the policy action meets the inclusion criteria, a policy description is prepared into a pre-defined format (including the name, the date when it came into effect and a short summary) and then sent to an in-country government expert, usually someone who works in the policy area, for verification, through a facilitated introduction by the WHO Regional Office for Europe (WHO EURO) or other global contacts.

Uploading to the databases
- Once verified, the policy action is added to the database.
- A targeted search is also conducted using academic electronic databases to check for any peer-reviewed evaluations of policy actions featured in the database. The evaluations are added if they meet a criteria. Only two evaluations are added per policy action.

The full Methods Document and Technical Annex are on the WCRF International website.

Contact policy@wcrf.org with further examples of implemented policies, evaluations of implemented policies or with any other questions or comments.

All updates to the databases are communicated through WCRF's monthly newsletter. <u>Sign up here!</u>