



Research & Innovation in Physical Activity and Health



HORIZON 2020

The graphic shows a blue and white globe of Earth in the center, with a bright light source behind it creating a lens flare effect. The words "HORIZON 2020" are written in a white, sans-serif font across the middle of the globe.

3rd December 2015



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DG Research and Innovation
Unit Fighting Infectious Diseases
and advancing Public Health

Mission of DG Research & Innovation

develop & implement the European Research Area & innovation policy

achieving the goals of **Europe 2020**
& the Innovation Union.

tackling the **challenges**

Smart growth:

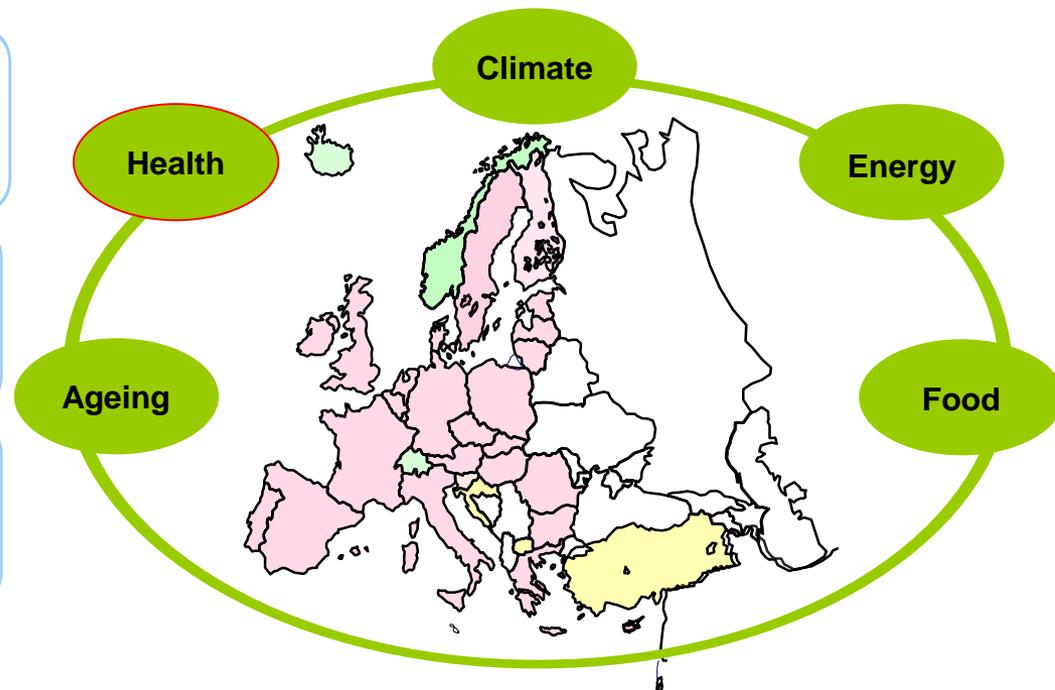
developing an economy based on knowledge and innovation.

Sustainable growth:

promoting a more resource efficient, greener and more competitive economy.

Inclusive growth:

fostering a high-employment economy delivering social and territorial cohesion.



Why is Physical activity so important?

Low levels of physical activity, sedentary lifestyles and poor diet can increase the risk of developing diseases.

***6–10%** of cases of coronary heart disease, diabetes and breast and colon cancer and **9%** of premature mortality.*

More than one third of adults and two thirds of adolescents are insufficiently active.

EU Research Framework Programmes



61 million Euro invested in Research on Physical Activity (2002-2015)



6th Framework Programme (2002-2006)

Promoting healthy diets and physical activity. Identify key behaviors related to obesity and their determinants

7th Framework Programme (2007-2013)

Broader scope on obesity/nutrition and physical activity, chronic diseases. Optimising the delivery of health care to citizens.

H2020 Framework Programme (2014-2020)

Continuing the broad scope on obesity/nutrition and physical activity, chronic diseases. Health policy driven research strongly reinforced.

Physical Activity related projects in health FP6 FP7⁵ some examples



EURO-PROVOB (1,7 M€): A new FP6 Coordination Action project to **tackle obesity** in Europe - Identify opportunities & limitations of policy transfer to and among EU countries <http://prevob.lshtm.ac.uk/>



PORGROW (less than 1 M€) : FP6 Policy options for responding to the growing challenge from **obesity** : a cross-national comparative study – Innovative multi-criteria mapping method, to evaluate policies

AFRESH (3 M€) : FP7 project to fight **diet-related diseases** through competitive regional food and physical activity clusters http://cordis.europa.eu/project/rcn/95847_en.html

TOYBOX (3M€) : FP7 project, Multifactorial evidence based approach using behavioural models in **early childhood** <http://www.toybox-study.eu>

PAPA (3 M€) : FP7 project to Promote **adolescents** health through a community-based coach education program <http://www.projectpapa.org>



Physical Activity related projects in health FP7 and some examples



ENERGY (2,8 M€) : FP7 European Energy balance Research to prevent excessive weight Gain **among Youth** : Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical.

http://cordis.europa.eu/projects/rcn/90260_en.html

CREDITS4HEALTH (6 M€) : FP7 project uses peer support, external partnerships, patient empowerment and the 'nudge principle' to **improve lifestyles and activity** in the Mediterranean.

<http://www.credits4health.eu/>

EUROFIT (~ 6 M€) : FP7 project, is an example of using football fans' **interest in the sport to get moving**. <http://eurofitfp7.eu/>

SPOTLIGHT (3 M€) : FP7 project objectives focus on integrated health promotion strategies for **sustainable behaviour change** contributing to prevention of overweight and obesity.

<https://www.spotlightproject.eu/>

PASTA (5 M€) : FP7 project builds on the WHO's health economic assessment tool to assess the impact of **sustainable transport and active mobility upon health and well-being**.

<http://www.pastaproject.eu/home/>

Physical Activity related projects in health FP7 and H2020



some examples

REPOPA (~3M€) : FP7 project aims to **move from research into policy** to enhance physical activity. Inter-sectoral collaboration as a way to strengthen research and policy making process. (<http://www.repopa.eu>)

ACANTO (4,3M€) : H2020 project, a **Cyberphysical social NeTwOrk** using robot friends, proposes a friendly robot walker (the FriWalk) that will abate a some of the most important barriers to this **healthy behavior**.

http://cordis.europa.eu/project/rcn/194087_en.html

MY AHA (4,3M€) : H2020 project, **My Active and Healthy Aging**, aims to reduce frailty risk by improving physical activity and cognitive function, psychological state, social resources, nutrition, sleep and overall well-being.

PANINI (~3M€) : H2020 project purposes to implement multidisciplinary cross-sectoral research and training of a new cohort of researchers taking a radically innovative approach to overcome **the challenge of unhealthy ageing**. http://cordis.europa.eu/project/rcn/198504_en.html

Physical Activity related projects in health H2020 some examples



SiTLESS (4,5M€) : The H2020 project's specific objectives will be to assess the **long-term effectiveness** (18 month follow-up) of a complex intervention on sedentary behaviour (SB) and **physical activity** (PA) in a community dwelling **older population**. <http://sitless.eu>

Feel4Diabetes (3M€) : H2020 project will develop and implement a community-based intervention to create a more supportive **social and physical environment for lifestyle changes** to prevent **diabetes** in vulnerable families across Europe. http://cordis.europa.eu/project/rcn/194094_en.html

IHealthT2D (3,6M€) : H2020 project, **Family-based intervention** to improve healthy lifestyle and prevent **Type 2 Diabetes** amongst South Asians with central obesity and prediabetes
http://cordis.europa.eu/project/rcn/194100_en.html

ERA-HDHL(4,8M€) : H2020 project, ERA-NET Biomarkers for Nutrition and Health implementing the Joint Programme Initiative Healthy Diet for a Healthy Life (JPI HDHL) objectives <http://www.healthydietforhealthylife.eu/>

Some Policy Recommendations (*) on Physical Activity



Do more implementation research : moving from analysis to action

Give the right incentives to change behaviour

Working across disciplines and sectors

Involving end users, policy makers and civil society



(*) results from Workshop during the European Health Forum GASTEIN 2014



H2020 – New work programme 2016/17

How to tackle the childhood obesity epidemic (SC2)

Impulsivity and compulsivity and the link with nutrition, lifestyle and the socio-economic environment (SC2)

Sweeteners and sweetness enhancers (SC2)

Networking and optimising the use of population and patient cohorts at EU level (SC1)

Promoting mental health and wellbeing in the young (SC1)

ICT solutions for active and healthy ageing, PPI for deployment and scaling up (SC1)

Further information about H2020?



- **NCP network (National Contact Points)**

- **Participant Portal**

<http://ec.europa.eu/research/participants/portal/desktop/en/home.html>

- **Helpdesk**

<http://ec.europa.eu/research/enquiries>

- **Expert evaluators needed!**

<http://ec.europa.eu/research/participants/portal/desktop/en/experts/index.html>

- **Learn more about Horizon 2020**

<http://ec.europa.eu/horizon2020>

A upcoming Workshop on 10 March 2016



Public Health Research Workshop - Exploring physical activity for health and fun"—' at the National Football Stadium of Scotland Hampden Park.

An Innovative example of knowledge **translation**: active engagement of participants in physical activity during the workshop.

<http://eurofitfp7.eu/>
<http://www.pastaproject.eu/home/>
<http://www.credits4health.com>
<http://www.repopa.eu/>
<http://sitless.eu/>



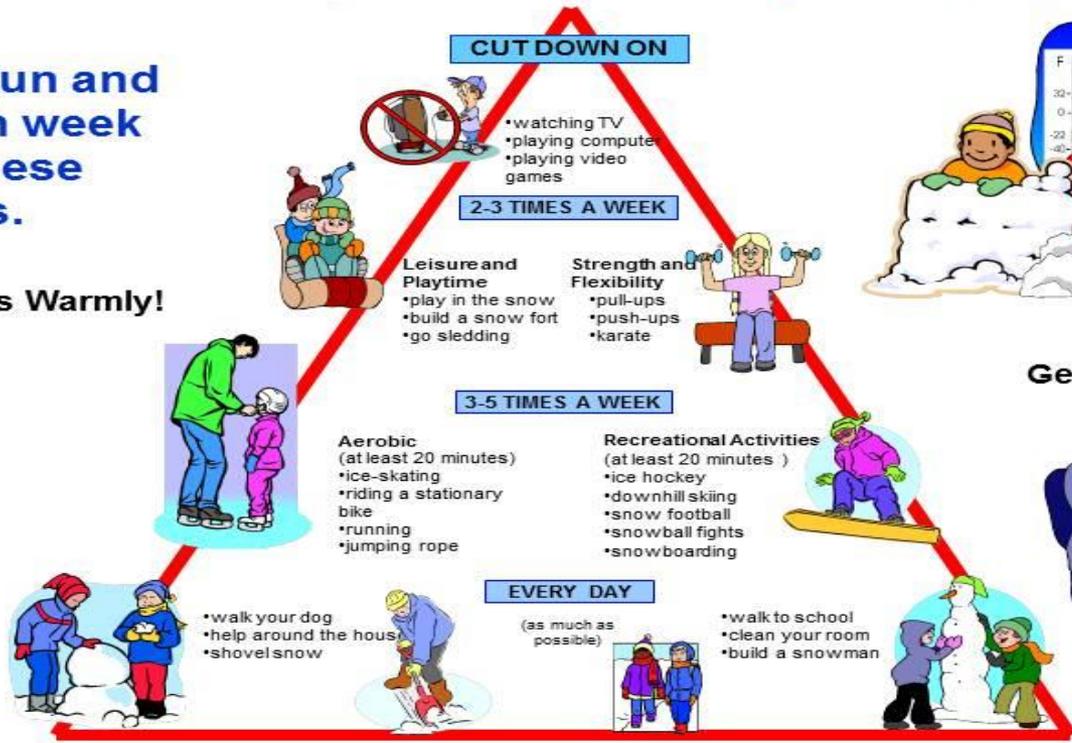


PHYSICAL ACTIVITY

Even When It's Cold Outside!

You can have fun and be active each week by trying these activities.

Don't Forget To Dress Warmly!



Get Your Family Involved!

