DEDIPAC
Determinants of Diet & Physical Activity

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Coordinating team
• Joint Programming Initiative A Healthy Diet for a Healthy Life (JPI HDHL)

• Research area 1 - Determinants of diet and physical activity: ensuring the healthy choice is the easy choice for all consumers

• Pilot Action: DEDIPAC Knowledge Hub
Causes of the causes

Dietary behaviours & Physical activity & Sedentary behaviours

Health-related outcomes
“To understand the determinants, at both the individual and group levels, regarding dietary, physical activity and sedentary behaviours using a broad multidisciplinary approach, including biological, ecological, psychological, sociological, economic and other socio-economic perspectives, and their interrelationships and to translate this knowledge into a more effective promotion of a healthy diet and physical activity.”
Partners

- ± 300 researchers
- 68 research institutes
- 13 European countries
Thematic Area 1

- Assessment and harmonisation of measurement methods
  - Aims to provide the pan-European research community with a harmonised set of reliable and validated measurement methods to be used for future research
Thematic Area 2

- Determinants of dietary, physical activity and sedentary behaviour

- Aims to provide the pan-European research community with trans-disciplinary frameworks of determinants of dietary, physical activity and sedentary behaviours and social inequalities
Thematic Area 3

• Evaluation and benchmarking of public health and policy interventions

• Aims to contribute to the development of a pan-European toolbox for development, evaluation and implementation of public policies and multilevel interventions
Achievements

• Formation of a strong network

• ±25 Literature reviews into the measurement methods and determinants of diet, physical activity and sedentary behaviour

• Frameworks of determinants

• Toolbox for developing, monitoring and evaluating policies across Europe
A systematic review of determinants of sedentary behaviour in youth: a DEDIPAC-study

Interventions and outcomes

Introduction

Although the evidence is still inconsistent, high levels of sedentary behaviour (SB) in children and young people are associated with negative health outcomes, including weight gain, poorer cardiometabolic health, lower bone density, and cognitive decline. However, there is limited evidence on the determinants of SB in youth. A recent systematic review and meta-analysis by the DEDIPAC consortium aimed to provide an overview of the current evidence on determinants of SB in youth. The review included 11 studies, and the results showed that SB is influenced by multiple factors, including screen time, sedentary behaviour in the home environment, and sedentary behaviour in the school environment. The review also highlighted the importance of considering the interplay between these factors in the development of effective interventions to reduce SB in youth.

Keywords: Children, Adolescents, Youth, Sedentary Behavior, Screen Time, Intervention, Determinants, Systematic Review, Meta-analysis.

A systematic review of correlates of sedentary behaviour in adults aged 18-65 years: a socio-ecological approach

Abstract

The primary aim of this review was to identify and synthesize evidence on the correlates of sedentary behaviour in adults aged 18-65 years. A socio-ecological model was used to guide the systematic review. The review included 29 studies, and the results showed that multiple levels of the socio-ecological model were associated with sedentary behaviour. These levels included individual factors (e.g., demographics, lifestyle factors), interpersonal factors (e.g., social norms, social support), organisational factors (e.g., workplace policies, community facilities), and policy factors (e.g., regulations, policies). The review also identified gaps in the current evidence, highlighting the need for further research to better understand the complex interplay between these factors and sedentary behaviour.

Keywords: Adults, Sedentary Behavior, Correlates, Socio-ecological Model, Intervention, Policy, Evidence Synthesis.

Systematic literature review of determinants of sedentary behaviour in older adults: a DEDIPAC study

Abstract

The primary aim of this review was to identify and synthesize evidence on the determinants of sedentary behaviour in older adults (aged 65 years and older). A systematic review approach was used to identify relevant studies. The review included 15 studies, and the results showed that multiple determinants were associated with sedentary behaviour in older adults. These determinants included individual factors (e.g., age, sex, health status), social factors (e.g., social support, social isolation), environmental factors (e.g., home environment, community environment), and policy factors (e.g., government policies, workplace policies). The review also identified gaps in the current evidence, highlighting the need for further research to better understand the determinants of sedentary behaviour in older adults.

Keywords: Older Adults, Sedentary Behavior, Determinants, Systematic Review, Evidence Synthesis.
This toolbox is made for **policy-makers, researchers and practitioners** who want to **develop, monitor and/or evaluate a policy or multicomponent intervention** on physical activity, sedentary behaviour or dietary behaviour.

- Researchers/practitioners who want to develop a policy or multicomponent intervention can click on **DEVELOPMENT** and will be guided through the process of developing or describing a policy or multicomponent intervention.
- Researchers/practitioners who want to evaluate (outcome, cost effectiveness) a policy or multicomponent intervention can click on **EVALUATION** and will be guided through the evaluation process.
- Researchers/practitioners who want to implement (i.e., process evaluation, implementation conditions) policies or multicomponent interventions can click on **IMPLEMENTATION** and will be guided through the process of implementation.

For the purposes of this toolbox, policies and multicomponent interventions are defined in a broad sense. We look at multicomponent interventions as being developed locally, for example in a school, hospital or workplace. Policies can be implemented at the local, national or international level.

You can browse through the website using the overview on the left side of the website, or you can click on the links underneath the "child pages" which shows the pages that belong to the specific subject.
Conclusions

• Lack of standardised/harmonised (objective!) measurement methods

• Lack of studies on determinants of dietary, physical activity and sedentary behaviours

• Lack of infrastructure to evaluate and benchmark policies and interventions
Future of DEDIPAC

- Maintaining network & collaborations

- Cross-European cohort study to investigate the causes of the causes

- INFORMAS framework
Thank you!