

Prevention News

Dear EUSPR members and Berlin Conference delegates, We have produced here the first "pdf" version of the EUSPR newsletter, combining content from the first and second of the regular newsletters. In the future we hope to be able to provide both a regular (html/email) and a pdf version of the newsletter, with three full issues a year. If you have some news or content you would like to submit for the newsletter, please get in touch.

— David Foxcroft, EUSPR



Our Seventh Conference - Berlin 2016

Sustainable Prevention in a Changing World - EUSPR Conference 2016 in Berlin

www.euspr.org/euspr-2016/

by STUART SMITH, EUSPR

The European Society for Prevention Research (EUSPR) promotes the development of prevention science, and its

application to practice so as to promote human health and well-being through high quality research, evidence based interventions, policies and practices. Our 2016 EUSPR conference is being held in Berlin, Germany from October 31st - November 2nd 2016. The main theme is "Sustainable Prevention in a Changing World" and this year's conference includes keynotes on developing and understanding sustainable prevention systems, and prevention responses to the health and social needs of populations in transition.

Overview of German Prevention Research Networks



by HAJO ZEEB, LEIBNIZ INSTITUTE FOR PREVENTION RESEARCH AND EPIDEMIOLOGY

The German Ministry for Education and Research BMBF is currently funding seven larger prevention research networks that were positively evaluated in a competitive call in 2014. The networks usually comprise of research and implementation partners, and are geographically spread all over Germany. A joint umbrella project to support collaboration across networks is likely to be launched in 2017. These projects are probably the largest currently funded prevention projects in Germany, and will continue (given a positive mid-term evaluation) up to 2020.

PartKommPlus

– Coordinator: Catholic University of Applied Sciences, Berlin

The research consortium PartKommPlus is led by the German Network for Participatory Health Research (PartNet). It will investigate the factors determining the successful implementation and maintenance of integrated municipal strategies for health promotion (IMS) and how to engage a wide range of stakeholders, particularly vulnerable communities, in such strategies. According to the standards of Participatory Health Research (PHR), the work of the consortium will be conducted as a partnership between academic researchers, practitioners, vulnerable communities, and decision makers. Based on eight case studies conducted within five subprojects, the knowledge gained will be transferred throughout the country by way of the Coalition for Health Equity and Inforo Online, two national structures supporting IMS. The case studies were selected to represent a broad range of vulnerable communities, IMS approaches, municipal structures, and geographical regions. The knowledge produced will address such issues as governance, the identification of different models for IMS (including the relative

effectiveness of each model), and ways of generating and applying health surveillance data to support the process of establishing IMS. In addition to this contribution to developing structures for comprehensive health promotion in Germany, PartKommPlus will generate knowledge on how to conduct PHR in German contexts. This will include addressing issues of methodology, validity, and design. In this way the German scientific and practice communities in the area of health promotion will make a contribution to the international discussion on the emergent science of PHR in partnership with the International Collaboration for Participatory Health Research (ICPHR).

CAPITAL4HEALTH

– Coordinator: Friedrich Alexander University Erlangen-Nürnberg

The CAPITAL4HEALTH consortium aims use an interactive knowledge-to-action approach to develop and investigate capabilities for active lifestyles among different target groups, capabilities of different professional groups, and structural capacities at the organizational and systems level. CAPITAL4HEALTH is a regionally based, transdisciplinary consortium comprising research institutions (university and non-university-based, national and international), policy and practice partners. An innovative interactive framework and methodology on knowledge-to-action will be used to "blur the boundaries" between research, policy and public health practice and to establish sustainable cross-sector alliances for active lifestyle promotion at the local and regional level.

Five empirical sub-projects will develop, implement and evaluate interventions to enhance capabilities for the promotion of active lifestyles. The sub-projects cover different age groups across the lifespan (children, adolescents/apprentices, male adults and senior citizens). They also focus on relevant "multipliers", i.e. professional target groups (such as educational staff at child care centers, P.E. teachers, vocational trainers, community-based health promotion providers, and medical staff). They aim to reach target groups in a variety of settings (such as child care centers, schools, companies, communities, residential homes). Two cross-cutting sub-projects on (a) concepts and methods of capability development and interactive knowledge-to-action and (b) evaluation of capability development processes and effects will contribute to health promotion research by building theory, enhancing methodology, conducting comparative analyses across settings, and developing innovative evaluation methods, including tools for health economic assessment.

CombaNetCHP

– Coordinator: Katalyse Institute, Cologne

The central issues addressed by the CombaNetCHP re-

search consortium are integrated community-based approaches for children's health promotion through networked, life course-oriented actions and their interrelation with children's health with focus on vulnerable target groups. The research consortium takes these multi-dimensional approaches into account through an interdisciplinary and transdisciplinary study design in five sub-projects. Three sub-projects investigate different dimensions of health (physical health and activity; mental health / resilience and nutrition) in children from three different cohort groups of age: 4 to 5 years old (kindergarten), 6 to 7 years old (grade 1) and 8 to 9 years old (grade 3). The fourth sub-project evaluates health at school entrance examination and its correlation with prevention utilization. The last sub-project investigates how specialized online communities may support public health professionals in their tasks. The research consortium jointly develops methodological approaches as well as adequate monitoring and evaluation tools and integrates the research results.

Expected Outcomes:

- Recommendations for target group-oriented community-based actions for health promotion and health equity, taking into account relevant interfaces and transitions (e.g. kindergarten / primary school).
- Products are a practice guide, an adapted social network website to support communities in efficient and target group-oriented planning and implementation of prevention networks as well as basic and further training modules. The research project thus makes an important contribution to quality development of life course-oriented, community-based networks for health promotion.

HLCA Consortium

– Coordinator: University of Bielefeld

Health literacy has demonstrated high relevance for health promotion and primary prevention. Most research findings, however, refer to adults. The consortium aims to research health literacy in childhood and adolescence by developing, adjusting, implementing, and evaluating theoretical, conceptual, and methodological health literacy approaches related to children and adolescents. Comprising of ten projects, the HLCA Consortium aims to target not only children and adolescents, but also adults and systems with impact on child development.

Expected outcomes:

- Increased evidence on the impact of health literacy on health promotion and primary prevention in childhood and adolescence.
- Improved understanding of the causal pathways linking environmental factors with individual disposi-

tions, health behaviors / outcomes, especially in context of disadvantaged populations, health inequalities and health equity.

- Theoretical models, methods and data on health literacy in children and adolescents.
- Availability of health literacy education / training programs.
- Improved knowledge base of professionals dealing with children / adolescents in Public Health, Education, Social Work.
- Knowledge about needs of children at risk, their families, healthcare providers, social services and schools for mental health literacy. Improved understanding of barriers in access to health promotion / primary prevention.
- Implemented mental health literacy programs in teacher training.
- Evidence on the impact of a primary preventive intervention on media use in middle childhood, knowledge about needs of adolescents on eHealth services and the impact of health inequalities on the use of eHealth information in adolescents.
- Translational research, inter-sectoral collaboration, and policy and practice recommendations.
- Synthesis of findings and health economic evaluation.

TRISEARCH

– Coordinator: German Sports University Cologne

There is a research gap in the field of evidence-based health promotion. Furthermore, the importance of health literacy as a core competence for maintaining one's health is already ascertained. Since chronic diseases constitute the main cause of mortality and morbidity in the EU and around 50% of male and female workers report on having one or more chronic diseases, workplace as a setting presents a promising approach. TRISEARCH tracks the interface of health literacy and workplace as a setting to develop evidence-based interventions targeting health literacy at the workplace. TRISEARCH's four supplementary sub-projects will use the theoretical construct of health literacy and apply it to several organisational settings of an individual's working lifespan. Additionally, three cross-cutting issues, each embedded in the sub-projects, contribute to TRISEARCH as a whole by encountering the array of evidence based health promotion.

Cross-cutting issues comprise the following: evidence development, health economics and also physical activity which is considered a major risk factor for chronic diseases. In regard of the central research question, TRISEARCH develops recommendations for evidence based interventions targeting health literacy at the workplace. Primary aims elaborated concern the level of health literacy of chosen samples (sub-project 1-3: apprentices, employees with work-related risk factors, man-

agement) and organisational processes (sub-project 4) (primary aim #1). Additionally, efficacy and effectiveness of target group specific interventions are evaluated (primary aim #2) in regard to efficiency (primary aim #3). Cross cutting issues also ensure the structural collaboration of TRISEARCH in a long term perspective. To implement evidence-based health promotion in the future, TRISEARCH aims at transferring knowledge, results and structures to further settings and topics in a long term perspective.

SMARTACT

– Coordinator: University of Konstanz

The main goal of SMARTACT is to promote healthy eating behaviors and physical activity by developing and empirically testing an open-access toolbox encompassing interventions based on mobile technologies (smartphones, body monitoring). Mobile tools enable effective, large scale primary prevention programs by facilitating immediate interventions "in the moment". They are therefore a means for providing tailored individual real-time information, encouragement, and support to a large number of individuals adopting new health behaviors.

The interdisciplinary SMARTACT consortium consists of two interconnected thematic areas (SMARTFOOD, SMARTMOVE) and two methodological areas (SMARTMOBILITY, SMARTECONOMICS) as well as an overarching management structure. Interventions will be designed using mobile technology based on 'what people do' (behavioral pattern), 'why people do what they do' (psychosocial and contextual triggers of behavior), and 'when people do what they do' (timing of behavior and triggers). Different mobile interventions will be developed, adapted to different behaviors (eating, physical activity), triggers (motives, emotions, stress), and contexts (family, workplace) as stand-alone modules which can be combined by users and researchers according to individual needs and specific intervention goals. Mobile intervention modules will be developed based on cognitive-behavioral principles from psychology and sport science combined with gamification and persuasive technology principles from computer and information science. Intervention effectiveness will be also evaluated from a health economics perspective.

AEQUIPA

– Coordinator: Leibniz-Institute for Prevention Research and Epidemiology - BIPS, Bremen

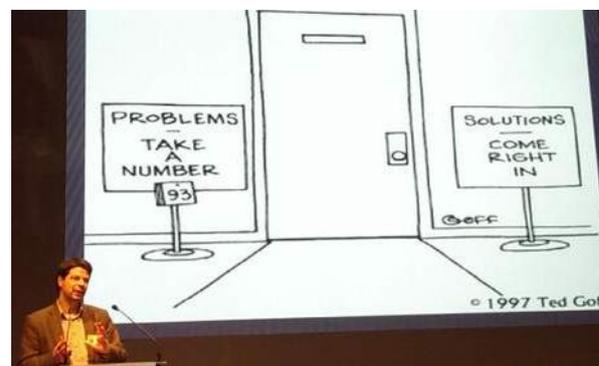
AEQUIPA is a regional prevention research network in North-West Germany comprising five universities and two research institutes, as well as other community partners. The network's core themes are physical activity as a key contributor to healthy ageing, and health equity aspects of the different physical activity interventions un-

der investigation. AEQUIPA will employ theory-based empirical research to develop, implement and evaluate relevant interventions in a primary prevention context. With five subprojects, AEQUIPA aims to strengthen the evidence base for preventive physical activity in the context of healthy ageing, yielding new insights into environmental, social-contextual and individual conditions for persons aged 65+ to engage in physical activity.

Furthermore, the network aims to develop new approaches for understanding and monitoring the impact of physical activity preventive interventions on health equity, and to investigate the role of new technologies in supporting physical activity in the target group of older adults. To support sustainability of interventions within the region, the network aims to establish an integrated approach of urban planning and public health to promote physical activity for mobility. Joint measures of the consortium include a graduate program for doctoral students and a methods project on equity and gender issues interacting with all sub-projects. Overall, the proposed research network is focused on European and national health targets, and integrates an interdisciplinary group of scientists in a sustainable regional collaboration.

Landespräventionsrat Niedersachsen (LPR) / Crime Prevention Council of Lower Saxony (CPC)

www.lpr.niedersachsen.de



by FREDERICK GROEGER-ROTH, CRIME PREVENTION COUNCIL OF LOWER SAXONY

In Germany, crime prevention is seen as the responsibility of all three levels of government (Federal, State and Municipal). Due to the constitutional principle of subsidiarity, the role of non-governmental organisations and local communities has precedence over activities at the state or federal level. To coordinate these efforts, crime prevention councils have been established in many municipalities and most of the 16 states. State crime preven-

tion councils support and advise local crime prevention bodies and networks, disseminate scientific findings and practical experience concerning crime prevention, analyse crime trends and advise the government on issues of crime policy and interdepartmental cooperation in this field. Though, the specific tasks, responsibilities and resources of the respective state crime prevention bodies are very diverse.

In the State of Lower Saxony with the founding of the Crime Prevention Council (CPC) in 1995, such a forum for common efforts to prevent crime and increase the citizens' feeling of security was established. The underlying philosophy was that for investigating and countering the causes of crime effectively, shared responsibilities and strategies of society as a whole were required. More than 250 member organisations from all relevant social sectors, among them some 200 local prevention bodies and networks, contribute with their expertise to concepts concerning public security and support their realisation.

Supporting prevention stakeholders and linking up their efforts is the primary task of the Crime Prevention Council of Lower Saxony and its secretariat, which is part of the Ministry of Justice. Thematically the CPC focusses on crime prevention on the community level, with specialized units in the prevention of domestic violence, prevention of right-wing and islamist radicalization, and the protection of crime victims. Across all areas of operation the transfer of knowledge and information and the continuous quality improvement of crime prevention measures are essential. Therefore the CPC is engaged in training and education of prevention professionals (the "Beccaria Programme") and the promotion of science-based prevention approaches. One example is the transfer of the Communities That Care (CTC) model to Germany (see www.ctc-info.de).

Communities That Care is a system for mobilizing communities to address systematically adolescent health and behaviour problems through the adoption of a science-based approach to prevention. It is effectively a prevention operating system, in that it provides a method for supporting communities to select and implement evidence-based prevention programmes. This approach is based on the premise that a reduction in the prevalence of adolescent health and behaviour problems in a community can be achieved by identifying elevated risk factors and depressed protective factors experienced by the community's youth population (by the CTC Youth Survey), and then selecting tested and effective prevention and early intervention programmes that address these specific risk and protective factors.

Municipalities in Lower Saxony using the CTC approach getting support by the CPC in terms of technical assistance, training and funding. One element of this ap-

proach is to facilitate local decision-making by providing state-level benchmarks about the prevalence of risk and protective factors as well as behavioural outcomes. Therefore the CTC Youth Survey is administered in a state-wide representative sample of youth in every odd-numbered year, beginning from 2013.

Another essential element is to provide communities with a menu of effective prevention measures. This was accomplished by the CPC with the establishment of a clearinghouse for proven effective prevention programmes, the "Green List Prevention" (see www.gruene-liste-praevention.de). This list is meanwhile widely accepted on federal and state level in Germany.

The CPC has established cooperation structures with a variety of stakeholders throughout Germany and internationally. E.g. based on cooperation contracts with State Prevention Council of Saxony the Beccaria training programme and the Communities That Care approach was transferred to the State of Saxony as well.

Leibniz Institute for Prevention Research and Epidemiology - BIPS

www.bips-institut.de/en/home.html



by CLAUDIA PISCHKE, BIPS

As a member of the Leibniz Association and an independent research organization, the Leibniz Institute for Prevention Research and Epidemiology BIPS is committed to providing new scientific evidence on the origin and course of diseases and their prevention in the population. Following the guiding principle of "population-based prevention research in the life-course", the institute conducts interdisciplinary epidemiological health research at the national and international level. It develops innovative methods and utilizes diverse data sources to study significant health disorders and to evaluate preventive measures and strategies. The three core elements of the research strategy of the institute, a focus on the population, prevention and a life-course perspective, are imple-

mented in six broad areas across the four departments of the institute. These areas are: child health, healthy ageing, cancer prevention, drug safety, evidence-based primary prevention, and methodological research.

The Department of Epidemiological Methods and Etiological Research investigates causes of obesity, cardio-metabolic disorders and related preclinical conditions, as well as bone health in children and adolescents, including lifestyle factors, and has been the principal leader of a large European research consortium on child health for many years. Specifically, in the IDEFICS and I.Family projects, effects of energy density and energy intake on children's weight status were investigated. Reference values were defined for fatty acids in children as well as for energy density levels of their diets across Europe.

Prevention, health promotion and evaluation of public health interventions, with particular emphasis on specific populations and a sound evidence base, are central to the research of the department Prevention and Evaluation. Research in the department is aimed towards i) obtaining new insights into protective factors for health, ii) improving understanding of factors that determine the effectiveness of interventions for prevention and health promotion and iii) developing and evaluating innovative public health interventions. A research group on evidence based public health is affiliated with the department. In spring 2015, the AEQUIPA prevention research network on physical activity among the elderly, a new flagship project of the department, started. The coordination team, including Hajo Zeeb as principal investigator together with senior researchers of the department, is currently leading this large network of universities and research institutes from the North-West Region of Germany funded by the Federal Ministry of Education and Research (BMBF). Two departmental units are strongly involved in AEQUIPA. In one subproject of AEQUIPA, status and importance of community readiness as a contextual factor for implementation of physical activity programs in the elderly are currently examined. In a second subproject, changes in physical activity among older adults participating in two different e-health interventions promoting self-monitoring of physical activity are compared to a delayed-intervention control group over the course of three months.

Many aspects of the research conducted in the department have direct implications for translation. The department Prevention and Evaluation has long-standing experience regarding nutritional counseling and other health education in various institutions in the Federal State of Bremen (e.g., kindergartens, day care facilities, assisted-living residences). Experienced nutritionists in the department provide evidence-based nutrition guidelines and concepts to these institutions and regularly organize interactive teaching and exchange workshops for

staff and other professionals, reaching several hundred kindergartens and day-care facilities with these activities.



BIPS team'

'The

News from the Upstream Team

www.upstreamteam.nl



We are a scientific centre of expertise on **environmental determinants of physical activity, dietary behaviours and chronic disease risk**. We seek to gain knowledge in the spaces, places and conditions which shape lifestyle behaviours in adults, and explore how these relate to obesity and risk of type 2 diabetes and cardiovascular diseases. By providing evidence and knowledge for action we support the prevention and reduction of lifestyle related chronic diseases. The strength of the Upstream Team is the expertise across and within the domains (**Environments, Behaviours, Health outcomes**). Please visit our website for more information and to join in.



'Attendees at the 2015 early career networking lunch'

EUSPR Early Careers Forum



by ANGELINA BROTHERHOOD, DEPARTMENT OF SOCIOLOGY, UNIVERSITY OF VIENNA

The EUSPR Early Careers Forum offers early-career members of the EUSPR a dedicated platform for professional exchange and mutual support. Members of the Early Careers Forum include:

- researchers, policy-makers and practitioners who entered the prevention field within the last 8 years;
- current students of a prevention-related discipline at Masters or doctoral level; as well as
- senior colleagues interested to support early-career activities.

The Early Career Forum undertakes a number of activities during the EUSPRs annual conference as well as between conferences. For the latest news and activities, please check our blog at: <http://euspr.hypotheses.org>

Also, each month, we feature a post from one of the members of the Early Careers Forum as part of our "Hypotheses" blog. Please visit the blog to read these posts in full, and please also enjoy the blog from one of our members, Boris Chapoton, reproduced below. Boris is a re-

searcher in cancer prevention. In this article, he provides an overview of his work on media influence and substance use in young people, which led to him being awarded the EUSPR/SPAN Early Career Researcher Prize at the 2015 EUSPR conference.

Other ECF member blogs:

- [Prevention science in its struggle for a better reputation](#) (Sanela Talič)
- [The seven deadly traps for an early-career researcher](#) (Maria Rosaria Galanti, from my own notebook)
- ['Public Health PhD Symposium 2016' reflections on organising and delivering a postgraduate research conference](#) (Rebecca Crook)
- [Substance use in Brazilian migrants in the UK: the role of acculturation](#) (Martha Canfield)
- [Reflections on sober raving: alcohol free fun for further research?](#) (Emma Davies)
- [The non-existent bridge between research and practice](#) (Miriam Blikmans)
- [Challenges with implementing effective school-based prevention the Estonian experience](#) (Karin Streimann)
- [Why you should care about reflexivity in prevention research](#) (Angelina Brotherhood)
- [Looking beyond randomization to estimate the effects of interventions in RCTs](#) (Sinziana Oncioiu)
- [Early career preventionists in North America: Who are they and what do they hope for?](#) (Marie-Hélène Véronneau)
- [Reflections on integrating multiple professional roles: where do I go from here?](#) (Dijana Jerkovi)
- [What is the impact of candy-like flavoured e-cigarette adverts on children?](#) (Milica Vasiljevic)

Alcohol and Tobacco in French teenagers favourite TV shows

by BORIS CHAPOTON, HYGÉE CENTER FOR CANCER PREVENTION, SAINT-ETIENNE

A few months ago, I had the honour to get the first EUSPR/SPAN Early Career Researcher Prize at the 2015 EUSPR conference in Ljubljana for the talk "Messages about drinking and smoking in the content of the TV series most popular with French youth". I will give a brief description of the presentation to you below.

The Media and Prevention?

As a matter of fact, it can be quite difficult to get funded in France and to get to work on a subject which involves entertainment, especially regarding the media. Research is indeed seen as a serious matter and as such it could be perceived as being the opposite of the media and entertainment, in particular when you are working in a cancer prevention centre. Yet tobacco and alcohol, which are the first two avoidable causes of cancer, are still referenced in entertainment programming. Even though concerns have been raised about the presence of alcohol and tobacco in media and its possible influence on teenagers, only a small amount of research has been done in France.

The Talk

The talk presented at the sixth EUSPR conference intended to provide an overview of the presence of alcohol and tobacco in prime-time television watched by French youths. To do so, 180 episodes were randomly selected from the 14 TV series that were most popular among French 13- to 17-year-olds during the 2013 television season. Eight of these series were French and six were American. Out of 180 episodes analyzed, 88.3% had either a tobacco or alcohol reference in the episode. 87.7% had a reference to alcohol. 48.9% had a reference to tobacco. If we were looking at both of the substances together, we would find them in 48.3% of the total episodes analyzed.

When comparing the presence of alcohol alone in the series, the first 5 series depicting alcohol the most turned out to be French, with an average presence of alcohol of more than 5% per episode. We can notice as well that the first 2 of these series are broadcast every day. Tobacco is for its part much less present than alcohol, with the majority of series having a tobacco presence of less than 1% per episode. Although the two substances are mainly shown both at the background and foreground of the scenes, they are not attached to the same setting. Tobacco is mainly presented in an open-air setting, like a street, whereas alcohol is mainly linked to a private setting, like at home, much more so than with a bar or a restaurant setting. Concerning the portrayal of the substances, we can notice that alcohol is more likely to be

depicted in a positive way ($p < 0.01$) and tobacco is more likely to be depicted in a negative way ($p < 0.03$). For example, "Here we are, a nice rosé the way you like"; or "I didnt know people were still smoking in New York".



Boris received the EUSPR/SPAN Early Career Researcher Prize at the 6th EUSPR conference in Ljubljana (© Boris Chapoton)

Discussion

I dont know about you, but most of the time people are quite surprised with these results. It could be because of the tobacco presence, which is perhaps not seen as bad as it could have been thought to be, or because of the alcohol presence which was perhaps not seen as being so important? However, more than focusing on the substances' presence only, these results are part of a wider research program. We hypothesized that the presence of substances in TV episodes is indeed not the only influencing factor, but that the teenagers' connection to a character in particular and the desirability to be like him would also play a big part in that influence. The attitude towards a product and the willingness to use it would be then stronger depending on how close people feel/want to be from the character using it. To measure this, a national survey will be conducted towards teenagers using a connectedness scale previously validated by the American team attached to the project. The connectedness scale will be associated to their favourite TV show and questions linked to their opinion and substance use will

be asked as well as socio-demographic data.

Here in the episodes analyzed, tobacco is not as present as alcohol. Yet, the first results gathered in our analyses tend to show that tobacco is used by charismatic characters and being linked to the "old marketing formula" with reference to empowerment, relaxation and sexy attitudes. On the other side, alcohol is for its part present a lot and as such can be considered as being integrated into people's life. It is consumed while eating or to relax, to socialize, to have fun or for many other everyday life occasions. That presence made its use kind of "normal", especially since people using it are not considered as being alcoholic (from a fictional point of view anyway) and manage to live a desirable private, social and/or profes-

sional lives. The research is still ongoing and I have to say I can't wait for the results. Until then, I don't watch TV programs the same way I used to do and I am wondering which fictional character I could have been influenced by?

What about you, what do you think? This research is within a French context, but can you notice a similar problematic in your own country? And most of all, do you sometimes wonder what a fictional character in particular could/would have done in your own place? Or do you sometimes think "Hey, what I am doing reminds me of such a fictional character!?" Please, feel free to comment and share your opinion - go to the blog to add your comments: <http://euspr.hypotheses.org/183>

Get more involved with EUSPR

Join the Society: <http://euspr.org/membership/>

Contribute to the Newsletter: david.foxcroft@brookes.ac.uk

Join the Early Careers Forum: <http://euspr.org/early-careers-forum/>

Can you provide a venue for a future EUSPR Conference:
<http://euspr.org/euspr-conference-co-organiser-expression-of-interest/>

Volunteer to help with other EUSPR activities: sanela@institut-utrip.si

Are you an organisation interested in supporting EUSPR (like these others: <http://euspr.org/supporting-organisations/>) with sponsorship, prizes or contributions in kind: david.foxcroft@brookes.ac.uk