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Optimising the transfer of research evidence into policy and practice – messing with the truth.

Don Nutbeam
Professor of Public Health, University of Sydney
Senior Advisor, Sax Institute, Sydney

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The WHO Ottawa Charter and the "new public health"

- The Ottawa Charter for Health Promotion has guided the development of health promotion, and shaped public health practice in many countries over the past 25 years.
- It was developed, in part, as a response to the marginalisation of public health, and an unduly simplistic, individual behaviour focus on disease prevention
- The major themes of the Charter reflected both the traditional roots of public health (public policy and environmental control to address the determinants of health), new tools such as community mobilisation, and emerging challenges to reorient health services





30 years on – what has changed?

- The globalisation of trade has had significant social and economic consequences for countries, and their citizens.
- Patterns of migration are having profound effects on living and working conditions, and on social relationships
- Changes to the profile of the burden of disease have occurred new threats to health have emerged such as HIV, SARS, SARS and obesity, some have diminished.
- Such profound changes require continuous adaptations to our existing health promotion strategies and the development of new strategies



30 years on – what has changed?

- Greater understanding of the underlying social, economic and environmental determinants of health, and their differential impact on health inequalities
- Renewed focus on public health intervention, and significant growth in quality and range of evidence of effectiveness
- Greater recognition of the need for sophisticated, multi-component interventions to solve complex public health problems
- How we define "evidence", interpret its meaning and use it will have a fundamental impact on continued progress
- http://www.who.int/healthpromotion/conferences/9gchp/en/



What is evidence?

- Evidence represents proof of an unknown or disputed fact
- Evidence is derived from research the results of systematic investigation towards increasing the sum of knowledge
- Evidence can be independently observed and verified, and there is broad consensus as to its contents (if not its interpretation and meaning)

(Davies, Nutley and Smith, 2000)



What is evidence?

"The raw ingredient of evidence is information.

Good quality policy-making depends upon information from a variety of sources - expert knowledge; existing domestic and international research;.... stakeholder consultation, ...evaluation of previous policies...

There is a great deal of critical evidence held in the minds of both the front line staff in departments, agencies and local authorities to whom the policy is directed."

http://www.policyhub.gov.uk/evalpolicy/index.asp



What is public policy?

 Those public issues identified for attention by the government, and the courses of action that are taken to address them (eg legislation, regulation, resource allocation)

WHO Health Promotion Glossary
http://www.who.int/healthpromotion/about/HPG/en/

 Public policy-making – "The process by which governments translate their political vision into programmes and actions to deliver outcomes desired changes in the real world"

http://www.policyhub.gov.uk/evalpolicy/index.asp

How does policy develop and change?

Policy making is rarely an "event", it tends to emerge and evolve over time, subject to continuous re-interpretation, with no definite beginning or end. Changes are driven by underlying analysis and beliefs about:

• The state of evidence:

- Information available at the time needed about the cause of problem, and effect of intervention,
- The social and political climate
 - what is popular, what is politically acceptable
- The power and influence of competing interests
 - who wins, who loses, who will fight, who will compromise

Many models to illustrate the relationship between evidence and policy

- Knowledge-driven model the existence of new knowledge will create pressure for its use
- Problem solving model direct application of knowledge to a decision
- Interactive model research knowledge one "input" alongside experience, political insight, social pressure etc
- Political model evidence used to justify a predetermined position,
- Tactical model evidence used to delay or avoid responsibility for unpopular decision,
- (Carol Weiss 1979)

Where does evidence fit in such a complex process?

- Policy is most likely to be evidence informed if:
 - evidence is available and accessible at the time it is needed
 - the evidence fits with political vision and balance of interests (or can be made to fit),
 - the evidence points to actions for which the powers, resources and infrastructure are available
 - there are ways to accommodate competing interests
 - How we define "evidence" and how we use it is contested

Evidence of what?

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How to measure success in public health interventions?

Use of **outcome hierarchies** which distinguish between:

- changes to health and social outcomes (usually long term)
- changes to health determinants (behavioural, socioeconomic, environmental, usually medium term)
- health promotion impacts (changes to knowledge, motivation, capacity, social norms, public policy organisational practice, usually in short-term)

Implies use of much wider range of indicators

Health promotion outcome logic model

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Health Promotion Actions

Health Promotion Outcomes

(intervention impact measures)

Intermediate Health Outcomes (modifiable

determinants of health)

Social and Health Outcomes

Education

patient education, school education, broadcast media communication

Social mobilisation

community
development,
group facilitation,
technical advice

Advocacy

Lobbying, political organisation and activism, overcoming bureaucratic inertia

Health Literacy

health-related knowledge, attitude, motivation, behavioural intentions, personal skills, self-efficacy

Social action & influence

community participation, Social norms, public opinion

Healthy public policy & organisational practice

policy statements, legislation, regulation, resource allocation organisational practices

Healthy Lifestyles

tobacco use,
physical activity,
food choices
alcohol and illicit drug
use

Effective health services

provision of preventive services, access to and appropriateness of health services

Healthy Environments

safe physical
environment, supportive
economic and social
conditions, restricted
access to
tobacco, alcohol

Social Outcomes

quality of life, functional independence, social capital, equity

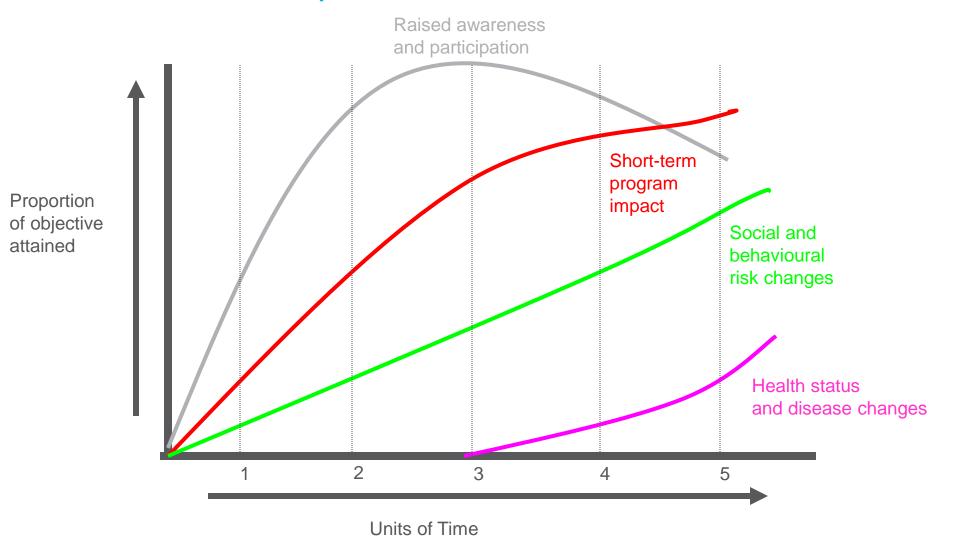
Health Outcomes

reduced morbidity, disability, avoidable mortality

Evidence of what?

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Theoretical distribution over time of outcomes from public health intervention



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Building evidence through research

What is the best evaluation research method?

- Different stages in the development of ideas need different evaluation methods
- Multi-level interventions require multiple layer evaluations
- Assessment of outcome is of greatest interest to academics and policy makers, and needs to be tied to relevant, measurable objectives
- Understanding process of implementation and conditions for success of is of greatest interest to practitioners

Problem definition	Solution Generation			
Epidemiology and demography	Intervention theory development			
Social, behavioural and organisational research Community needs analysis	Pre-testing methods and materials Intervention literature search, meta- analysis			
What is the problem?	How might it be solved?			

Key Research Questions

Problem definition	Solution Generation	Innovation Testing	Intervention Demonstration	
Epidemiology and demography Social, behavioural and organisational research Community	Intervention theory development Pre-testing methods and materials Intervention literature search, meta- analysis	asses	ct and outcor sment ocess evaluati	
needs analysis What is the problem?	How might it be solved?	Did the solution work?	Can the program be repeated/refined?	Can the program be widely reproduced?

Key Research Questions

Problem definition	Solution Generation	Innovation Testing		Intervention Dissemination	Program Monitoring	
Epidemiology and demography Social, behavioural and organisational research Community	Intervention theory development Pre-testing methods and materials Intervention literature search, meta- analysis	asses	ssment bcess evaluati		Performance management and monitoring	
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Key Research Questions

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needs analysis		C REACTI	ON			
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Key Research Questions						

Problem definition	Solution Generation	Innovation Testing	Intervention Demonstration	Intervention Dissemination	Program Monitoring
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Epidemiology and demography	The Intervention	ne lost ca	use	 	
Social, behavioural and organisational research Community	theory development Pre-testing methods and materials Intervention literature search, meta- analysis	asses	set and outcomes sment because evaluating the second contract of the		Performance management and monitoring
needs analysis What is the problem?	How might it be solved?	Did e solu n	Can the program be repeated/refined?	Can the program be widely reproduced?	Can the program be sustained?
	Ke	y Rearc	h Questions	1	:



Key elements of the model

- Different stages in the development of ideas require research to answer different questions
- Type and intensity of evaluation research needs to be related to stage of development of a program and perceived "risks"
- Measuring outcome and tracing causality of greater interest to academics, policy makers
- Understanding the processes of implementation and how to create conditions for success are of greatest interest to practitioners



Inadequacies of current intervention research

- Current research is heavily directed towards the right of the model – we confuse "evidence" with descriptions of determinants and modifiable risk factors
- "Quality" is confused with methodology; focus on controlled trial methodology and limited measurable outcome measures often leads to regressive intervention methods (single risk, single method, single setting) - we learn more and more about less and less
- Change process insufficiently studied or described we pursue the right answers to the wrong questions

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Building evidence of the effectiveness of health promotion interventions – messy business?



A game of snooker,

Or water polo?



The "snooker" paradigm of intervention research

- One person, one opponent
- Level playing surface, no background noise
- Highly defined playing strategy, predictable outcomes
- Action occurs above ground under spotlights





The "snooker" paradigm of intervention research

- One person, one opponent
- Level playing surface, no background noise
- Highly defined playing strategy, predictable outcomes
- Action occurs above ground under spotlights

- Single intervention method, single setting, single issue
- Manageable intervention environment
- Well designed protocol, defined sequence of events
- Capable of intensive examination of all key elements
- Attractive to academics and research funnders

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The "water polo" paradigm of intervention research

- Team game multiple opponents
- Constantly changing playing environment, considerable background noise
- Fast moving, constantly changing game plan
- Much action occurs below the surface



The "water polo" paradigm of intervention research

- Team game, multiple opponents
- Constantly changing playing environment, considerable background noise
- Fast moving, constantly changing game plan
- Much action occurs below the surface

- Multi-level intervention, multi-setting, multi-outcome
- Difficult to manage and predict intervention environment
- Need for flexibility and willingness to adapt
- Unforeseeable actions and consequences
- Much less attractive to academics and research funders



What do we need to do? Grow and improve evidence

- Need careful debate about the nature of "evidence" in public health intervention
- Need to encourage more intervention research (left side of model)
- Need to reflect complexity of effective intervention in the development of research methods and outcome measurement, not confuse quality with methodology
- Need to combining research methods (quantitative, with qualitative), and "build" evidence derived from a much richer base of knowledge and experience than if often advocated, get the right answers to the right questions



What do we need to do? Adopt tested knowledge translation strategies

Synthesis

Synthesise and summarise research findings

Dissemination

 Get the best available research to stakeholders in a way that they can use it

Exchange

Bring people together to share knowledge and experience

Mobilisation

 People, systems and processes in place to support knowledge translation activities

Co-production

https://www.saxinstitute.org.au/about-us/



How do we get this done?

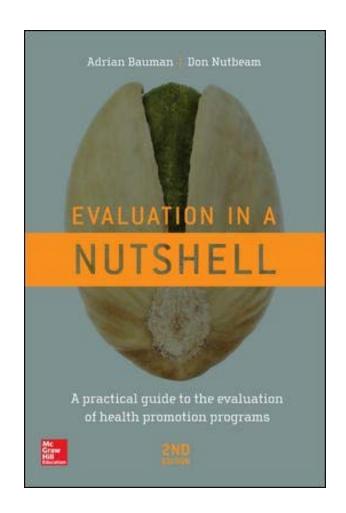
- Understand better the place of evidence in policy making process - achieving best "fit" with political vision and desired outcomes
- Recognise the complementary role of effective public health advocacy as a part of the policy development process
- Engage with public servants, academics and public health practitioners to build skills in the rapid appraisal of evidence
- Build knowledge translation and knowledge broking capabilities



Want to know more?

Evaluation in a Nutshell:

A practical guide to the evaluation of health promotion programs















Welcome to the 20th Annual Health Promotion Conference

Knowledge to Action: Using Research Evidence in Health Promotion Policy and Practice

National University of Ireland Galway Ollscoil na hÉireann Gaillimh







World Health Organization

REGIONAL OFFICE FO

ICE FOR Europe



Organisation mondiale de la Santé

BUREAU RÉGIONAL DE L' Europe



Weltgesundheitsorganisation

REGIONALBÜRO FÜR EUROPA



Health Promotion Evidence, Action, Evolution

Gauden Galea

Director, NCDs and Life-Course WHO/Europe galeag@who.int





HEALTH 2020

A European policy framework supporting action across government and society for health and well-being















INVESTING IN HEALTH A Summary of the Findings of the Commission on Macroeconomics and Health WORLD HEALTH ORGANIZATION



PERSPECTIVE

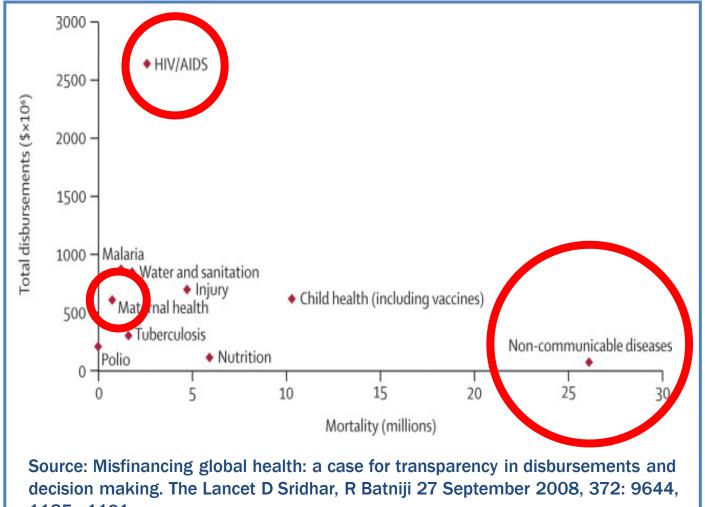
Missing In Action: International Aid Agencies In **Poor Countries To Fight Chronic Disease**

International resources for preventing and treating chronic disease in low-income countries are virtually nonexistent, although some middleincome countries are making progress.

by Gerard F. Anderson

ABSTRACT: Chronic conditions are not just a problem for industrialized countries; they also affect more than a billion people in low- and middle-income countries. This Perspective shows how some middle-income countries are beginning to respond to the growing cost and prevalence of noncommunicable chronic diseases (NCDs). The primary message here,





1185 - 1191



Health Policy

Generation of political priority for global health initiatives: a framework and case study of maternal mortality Jeremy Shiffman, Stephanie Smith

Lancet 2007; 370: 1370-79

See Editorial page 1283 Department of Public Administration, Maxwell School of Syracuse University, Syracuse, NY, USA (J Shiffman PhD, S Smith MPA)

Correspondence to: Dr Jeremy Shiffman, Department of Public Administration, The Maxwell School of Syracuse University, 306 Eggers Hall, Syracuse, NY 13244-1020, USA jrshiffm@maxwell.syr.edu

Why do some global health initiatives receive priority from international and national political leaders whereas others receive little attention? To analyse this question we propose a framework consisting of four categories: the strength of the actors involved in the initiative, the power of the ideas they use to portray the issue, the nature of the political contexts in which they operate, and characteristics of the issue itself. We apply this framework to the case of a global initiative to reduce maternal mortality, which was launched in 1987. We undertook archival research and interviewed people connected with the initiative, using a process-tracing method that is commonly employed in qualitative research. We report that despite two decades of effort the initiative remains in an early phase of development, hampered by difficulties in all these categories. However, the initiative's 20th year, 2007, presents opportunities to build political momentum. To generate political priority, advocates will need to address several challenges, including the creation of effective institutions to guide the initiative and the development of a public positioning of the issue to convince political leaders to act. We use the framework and case study to suggest areas for future research on the determinants of political priority for global health initiatives, which is a subject that has attracted much speculation Introduction

Global health initiatives vary in the amount of political priority they receive from international and national

human rights Class



Policy community cohesion

Health Policy Leadership **Guiding institutions Civil society mobilisation**

Internal frame: policy community agreement

External frame: public portrayals

Policy windows

Global governance structure of the particular of

convince politic Credible indicators 2007, present Severity

Effective interventions



Historic crossroads: NCDs included in the 2030 Agenda for Sustainable Development

























REDUCED

















9 NCD targets for 2025

A 25% relative reduction in risk of premature mortality from cardiovascular disease, cancer, diabetes or chronic respiratory diseases

At least a 10% relative reduction in the harmful use of alcohol

A 10% relative reduction in prevalence of insufficient physical activity

A 25% relative reduction in prevalence of raised blood pressure or contain the prevalence of raised blood pressure



















A 30% relative reduction in prevalence of current tobacco use

Halt the rise in diabetes and obesity

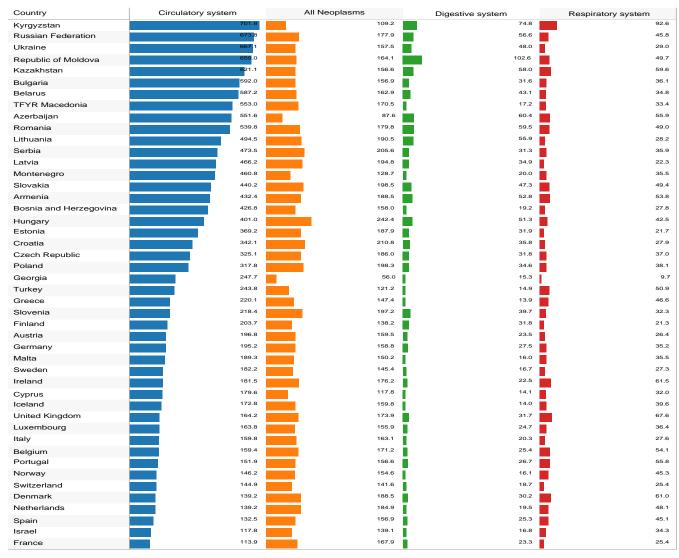
A 30% relative reduction in mean population intake of salt/sodium

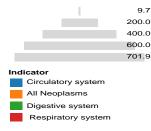
An 80% availability of the affordable basic technologies and essential medicines, incl. generics, required to treat NCDs

At least 50%
of eligible
people
receive drug
therapy and
counselling to
prevent heart
attacks and
strokes







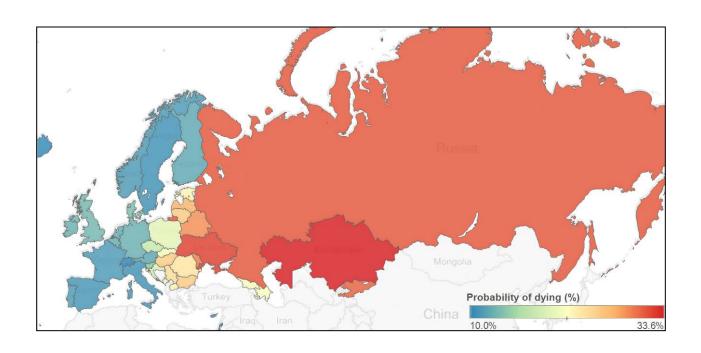


Mortality
Rates by
Main
NCDs in
Europe
(2007-2012, last available year)
Source: WHO/Europe
Mortality Database



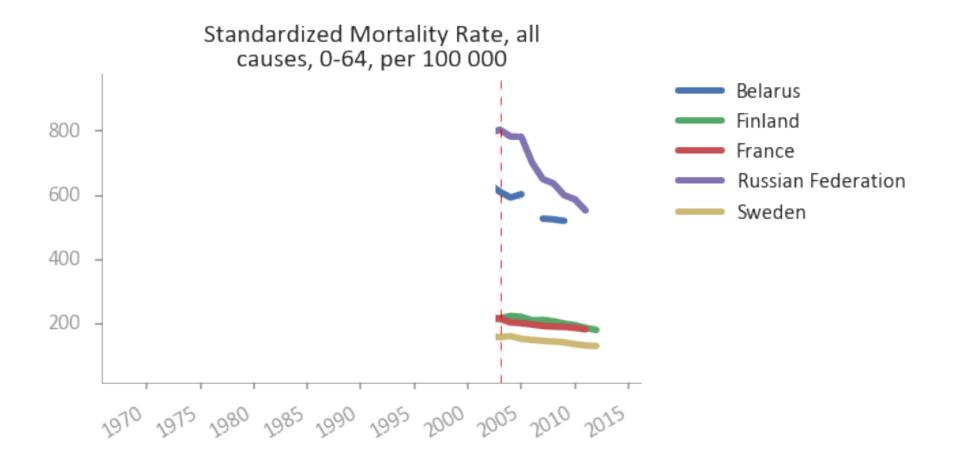
Premature Mortality from NCDs in Europe

Probability
of dying at
exact ages
30-70 from
major
NCDs



Source: WHO/Europe Mortality Database

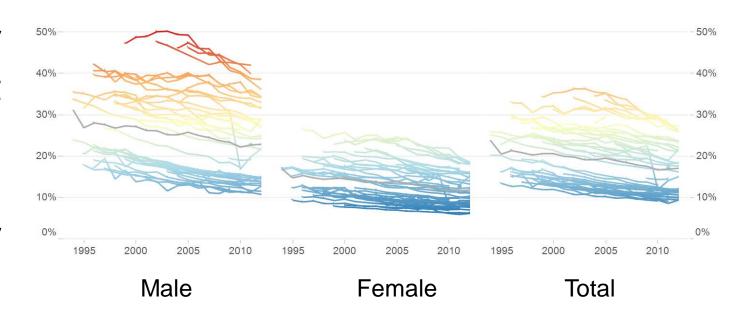






Premature Mortality from NCDs in Europe

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Source: WHO/Europe Mortality Database

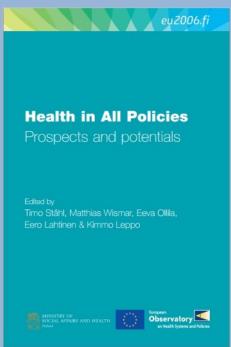






Health in All Policies





Trade in All Policies



Health in All Policies





Trade in All Policies





The multi-national food giant Danone has been accused of misleading mothers with a controversial

marketing campaign that warned they might not be providing enough breast milk. The company suggested mothers use powdered baby milk to make up any shortfall.

https://www.thebureauinvestigates.com/ scandal-strikes-aptamil-manufacturerafter-nestle-now-breast-milk /28/ danone, 3/06/

The aim of the Bureau is to





FITNESS

Coca-Cola Funds Scientists Who Shift Blame for Obesity **Away From Bad Diets**

By ANAHAD O'CONNOR AUGUST 9, 2015 5:25 PM

1255 Comments



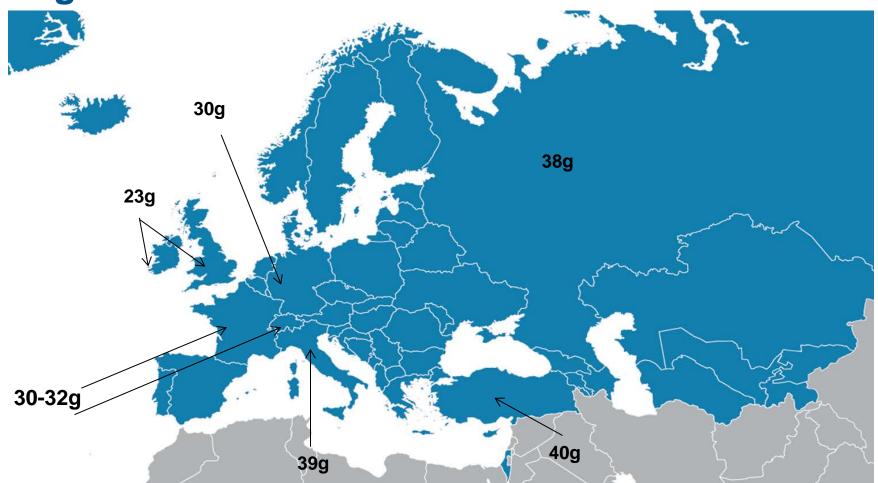
An image from a video by the Coca-Cola Foundation. In November 2012, the foundation announced a \$3 million grant to Chicago's Garfield Park Conservatory Alliance. The grant was intended to establish a wellness program.

http://well.blogs.nytimes.com/2015/08/09/c oca-cola-funds-scientists-who-shift-blame for-obesity-away-from-bad-diets/



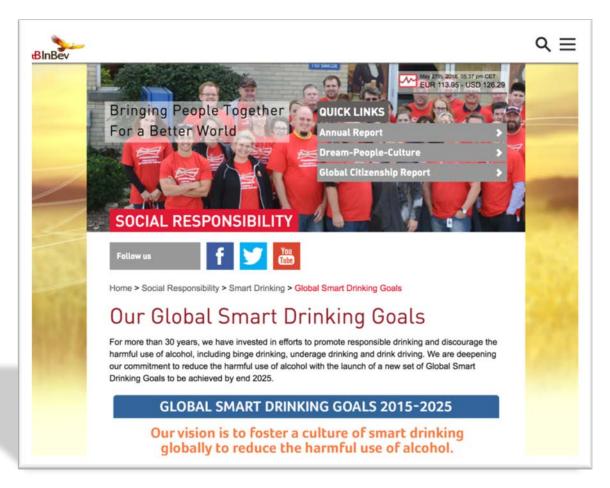


Why do we need clear labelling across Europe? Sugar content of soda....





Subverting the SDGs?



Alcohol Ads Go Digital



nttp://www.adweek.com/news/technology/b etter-targeting-alcohol-brands-bet-big-5357 digital-

Ö



С Улучшение адресности, алкогольных брендов большую ставку на Digital

Годовой бюджет увеличится до 50 процентов Лорен Джонсон





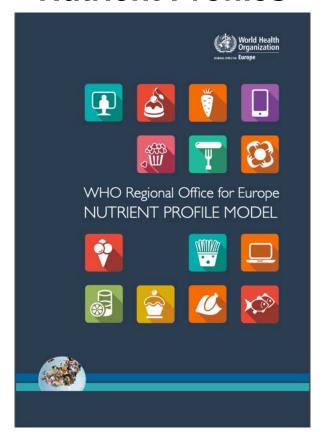
Finland: Regulating Digital Marketing of Alcohol



Source: Marjatta Montonen http://www.eurocare.org/montonen_6eapc



Nutrient Profiles



Price Policies



Savuton Suomi 2040°

+ Suomeksi

Ha svenska

Search for...

>

FINLAND SMOKE-FREE BY 2040

CONTACT US



Finland Tobacco-Free by 2040

The government of Finland is urged to undertake policies that make Finland tobacco-free by 2040. This means that tobacco use is reduced by 10 % annually. Nowadays, around one quarter of adults uses tobacco products.

A broad range of trade unions, institutes and organizations representing influential actors of civil society call for concrete measures to support Tobacco-free Finland by 2040: families need support to raise tobacco-free generations, encourage individuals to quit smoking and provide



The tobacco-free workplace criteria

Tobacco-Free Finland 2040 video:



The Best Smoke-Free Workplace Competition

This annual award for comprehensive













Plain Tobacco Packaging: A Systematic Review

Crawford Moodie^{a,d}, Martine Stead^{a,d}, Linda Bauld^{a,d}, Ann McNeill^{c,d}, Kathryn Angus^{a,d}, Kate Hinds^b, Irene Kwan^b, James Thomas^b, Gerard Hastings^{a,d}, Alison O'Mara-Eves^b

a: Institute for Social Marketing & CRUK Centre for Tobacco Control Research Stirling Management School, University of Stirling

c: Division of Epidemiology & Public Health, University of Nottingham d: UK Centre for Tobacco Control Studies







Post-Implementation Review **Tobacco Plain Packaging** 2016





Neutral Citation Number: [2016] EWHC 1169 (Admin)

Case No: CO/2322/2015, CO/2323/2015, CO/2352/2015, CO/2601/2015 & CO/2706/2015

IN THE HIGH COURT OF JUSTICE

Strand, London, WC2A 2LL

MR JUSTICE GREEN

THE QUEEN On the application of
(1) BRITISH AMERICAN TOBACCO (UK)
LIMITED
(2) BRITISH AMERICAN TOBACCO

(BRANDS) INC.
(3) BRITISH AMERICAN TOBACCO

(INVESTMENTS) LIMITED First Claimants

- and -SECRETARY OF STATE FOR HEALTH

THE QUEEN
On the application of
(1) PHILIP MORRIS BRANDS SARL (2) PHILIP MORRIS PRODUCTS SA (3) PHILIP MORRIS LIMITED

- and -SECRETARY OF STATE FOR HEALTH

And Between : THE QUEEN

On the application of (1) JT INTERNATIONAL SA (2) GALLAHER LIMITED

The Stirling Review (UK)

Post-Implementation Review (Australia)

High Court of Justice Judgment (UK)

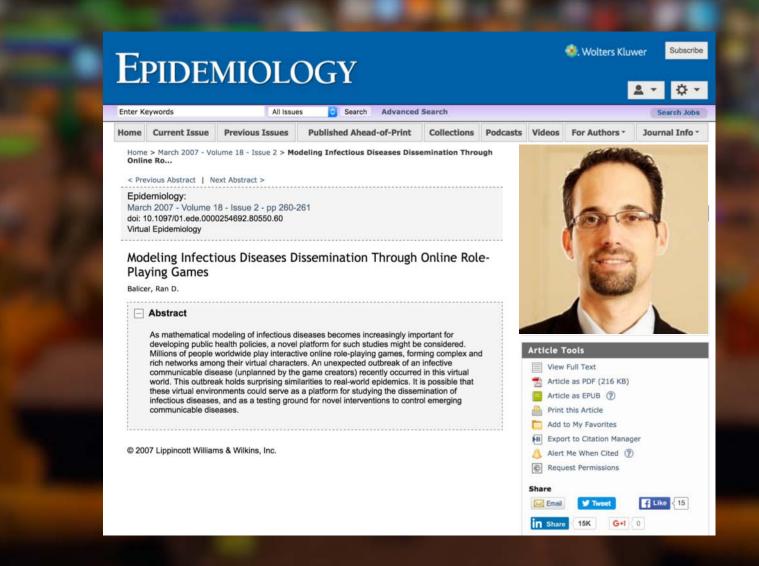
Background picture: Caryle Tylkowski https://unsplash.com/photos/fAlDju_xqZ











Picture Sources: World of Warcraft Cover Corrupted Blood Incident Ran Balicer Epidemiology



Case study: Disparity Reduction in Clalit



Health Services Research

Reducing Health Disparities: Strategy Planning and Implementation in Israel's Largest Health Care Organization (pages 1281–1299)

Ran D. Balicer, Efrat Shadmi, Nicky Lieberman, Sari Greenberg-Dotan, Margalit Goldfracht, Liora Jana, Arnon D. Cohen, Sigal Regev-Rosenberg and Orit Jacobson Article first published online: 25 FEB 2011 | DOI: 10.1111/j.1475-6773.2011.01247.x



Selected quality indicators for targeting and reducing gaps

- 1. Influenza immunization
- 2. Mammography tests
- 3. Fecal occult blood tests
- 4. Diabetes control
- 5. Blood pressure control
- 6. Hyperlipidemia control
- 7. Anemia in infants



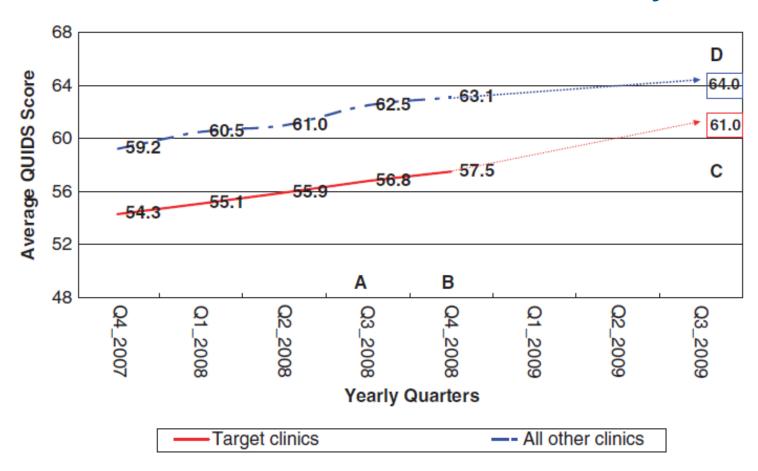
Composite Measure



55 lowest performing clinics

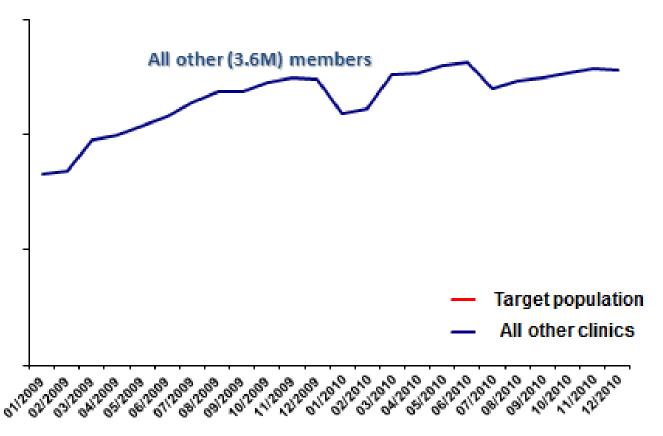


>60% reduction in disparities in 7 in-focus indicators, in 3 years





Over 70% reduction in gaps in quality score (~70 quality indicators)





Thank You