Recommendations for Using Evidence in Real World Physical Activity Policy Making

REPOPA PROJECT EVIDENCE BRIEF no. 3
a document for policymakers & researchers

STATEMENT

Evidence-informed policy takes into account both research evidence and other relevant information and data. It is a more robust tool to assess how evidence can be used to inform policy and to support change and make evidence more accessible to policymakers. This evidence-informed approach is considered to be a key strategy to move evidence from research to policy implementation. Evidence-informed policy making can help to make policy more effective. However, lack of tradition in evidence informed policy making, lack of qualification and experience among professionals, lack of support, lack of sustainability and lack of dissemination may act as barriers. Limited engagement of experts and limited dissemination of evidence may not sufficient. Evidence-informed policy making can help to make policy more effective. However, lack of tradition in evidence informed policy making, lack of qualification and experience among professionals, lack of support, lack of sustainability and lack of dissemination may act as barriers. Limited engagement of experts and limited dissemination of evidence may not sufficient.

A DYNAMIC PROCESS

The EU funded REPOPA project operates in 6 European Union countries and Canada, and aims to incorporate evidence and expert inputs into the development of new physical activity policies and guidelines. Project stages are divided into four phases: Policy development, evidence-informed policy making, evidence-informed policy implementation, and evaluation.

Evidence informed policy making is a dynamic process with multiple factors influencing the process. The use of evidence to inform policy development can be enhanced by active engagement of relevant stakeholders, networks, and other evidence-based approaches. This approach allows for the development of more effective and sustainable policy interventions.

EVIDENCE INFORMED POLICY MAKING

Policy making that ensures the fair use of all relevant knowledge, such as evidence from research, practitioner experience, relevant stakeholders, target groups etc.

1 COMPETENCES AND SKILLS

When developing policies across sectors, as is the case of physical activity, it is crucial to involve staff with relevant skills, competences and experience. Involvement of policy makers with empirical and practical experiences, supports understanding facilitating the policy development process and promotes good practices.

2 USE AND PRODUCTION OF EVIDENCE

Using evidence to inform policy keeps the policy cycle in the real world. Evidence is crucial in many ways, from reports and scientific papers to the opioid work and network meetings, forming the evidence base and the knowledge. Systematic reviews and interviews are carried out in collaboration with research institutions and the different stakeholders. This process includes evidence-based decision-making, and promotes the use of evidence to inform policy development and implementation.

3 COMMUNICATION AND PARTICIPATION

Engaging stakeholders allows to assess real needs and activates feedback processes that improve policy implementation. A clear strategy for knowledge sharing with researchers and stakeholders is needed, including having a plan on when to involve stakeholders and what to expect, and lead with communication competences.

4 MONITORING AND EVALUATION

Evaluation of evidence in policy would need collaboration with research institutions and relevant networks, ensuring the use of evidence-based decision-making. This can be achieved through on-the-way evaluations of the policy development and implementation.

WANT TO KNOW MORE?

The full report can be found on the REPOPA website at www.repopa.eu
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