

# NCCOR Member Call

April 17, 2024 | 2:00 p.m. ET

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Call In: 1-877-853-5247

Meeting ID: 913-5213-7740



# Agenda

- Steering Committee Updates
- Spotlight: Development of the Physical Activity Policy, Practice, and Research Opportunities (PA-PPRO) Framework
  - Bramaramba Kowtha, MS, RDN, National Institutes of Health
  - Laura Balis, PhD, Gretchen Swanson Center for Nutrition
- Workgroup Updates
- Communication Updates
- Emerging Opportunities for NCCOR
- Calendar Reminders

# Steering Committee Updates

- The Coordinating Center is engaging in individual conversations with NESP members to get their perspectives on NCCOR future directions. We will share a summary of these discussions once complete.
- July 2024 Member Meeting
  - Tuesday, July 9
  - Hybrid/Washington, DC
- September 2024 Member Meeting/Senior Leadership Briefing
  - Monday, September 16
  - Washington, DC
  - Invitations have been sent

# Development of the Physical Activity Policy, Practice and Research Opportunities (PA-PPRO) Framework

Bramaramba Kowtha, MS, RDN, National Institutes of Health  
Laura Balis, PhD, Gretchen Swanson Center for Nutrition



# Development of the Physical Activity Policy, Practice, and Research Opportunities (PA-PPRO) Framework

Laura E. Balis, PhD

# Workgroup and Project Members



## CDC

David Brown, PhD  
Jennifer Matjasko, PhD



## NIH

Jennifer Baumgartner, PhD  
David Berrigan, PhD, MPH  
Heather Bowles, PhD  
Melissa Green Parker, PhD  
Bramaramba Kowtha, MS  
Norma Minkoff, MS



## Gretchen Swanson Center for Nutrition

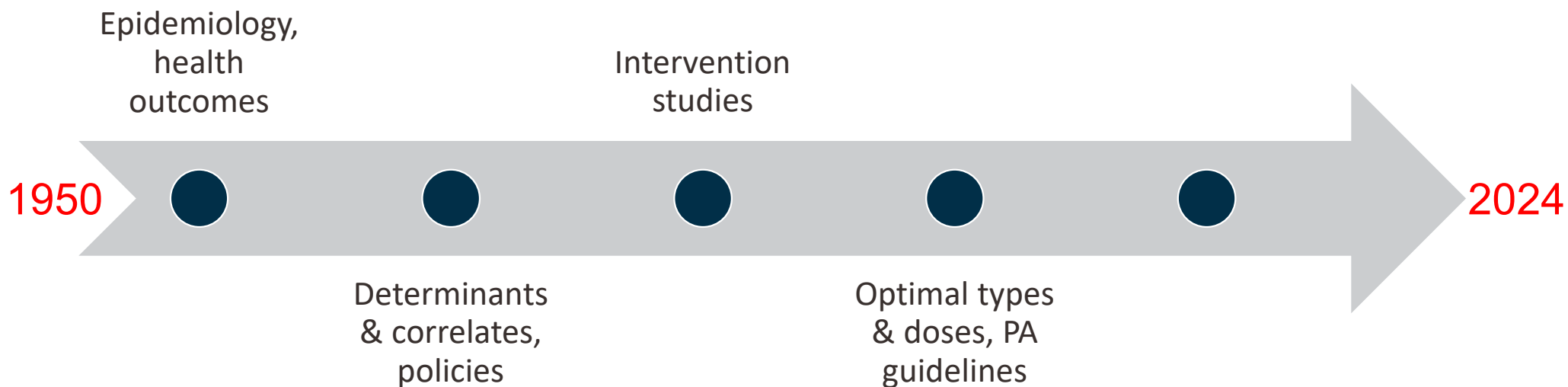
Laura Balis, PhD  
Paloma Lima Dos Santos, MS



## NCCOR Coordinating Center

Meher Din, MPH  
Dan Hatfield, PhD  
Amanda Sharfman, MS, MPH

# Physical activity research timeline



*(Varela et al. 2018, Anderson & Durstine 2019)*

# Research to Practice Gap

## Research

- Physical Activity Guidelines for Americans
- Evidence-based interventions

*(Bennie et al. 2019,  
Hasson et al. 2017)*

## Practice

- 76.5% of U.S. adults do not meet guidelines
- Disparities exist by race, ethnicity, gender, education



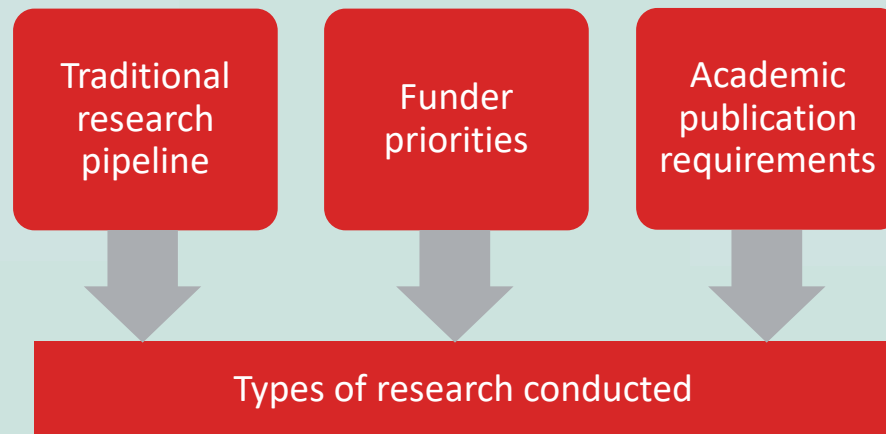
# Research to Practice Gap

## Research

- Physical Activity Guidelines for Americans
- Evidence-based interventions

*(Khan et al. 2021, Balas & Boren 2000, Lee et al.)*

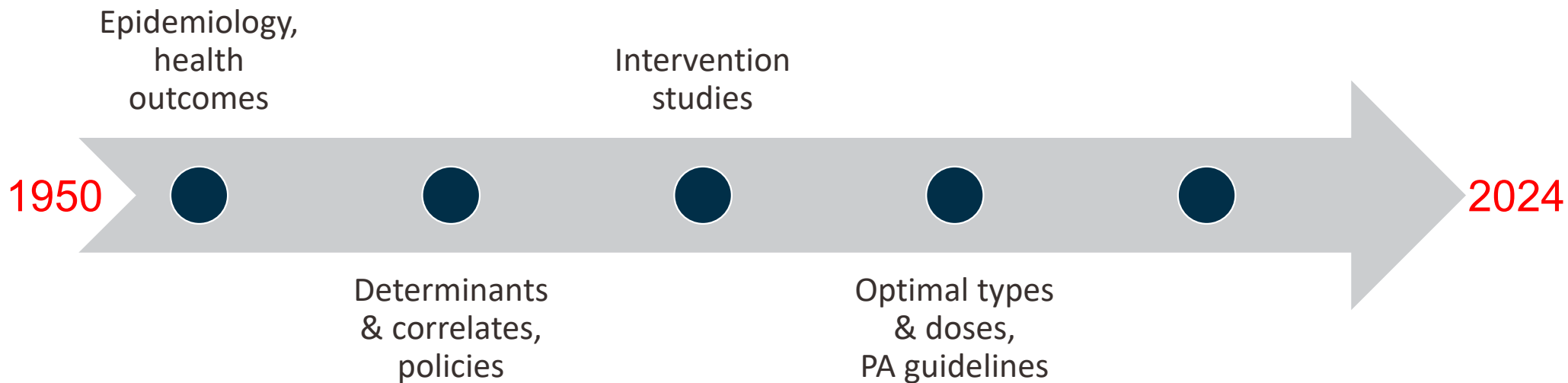
15–17 years



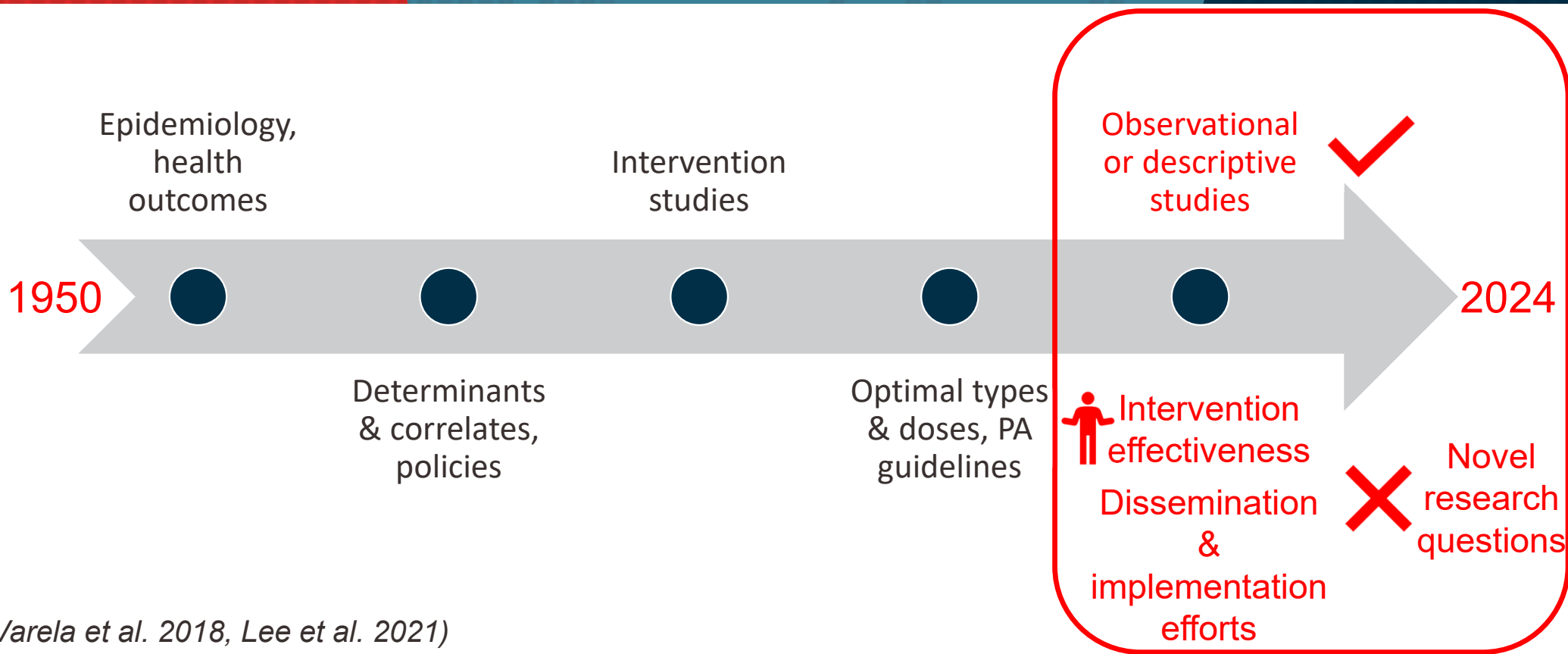
## Practice

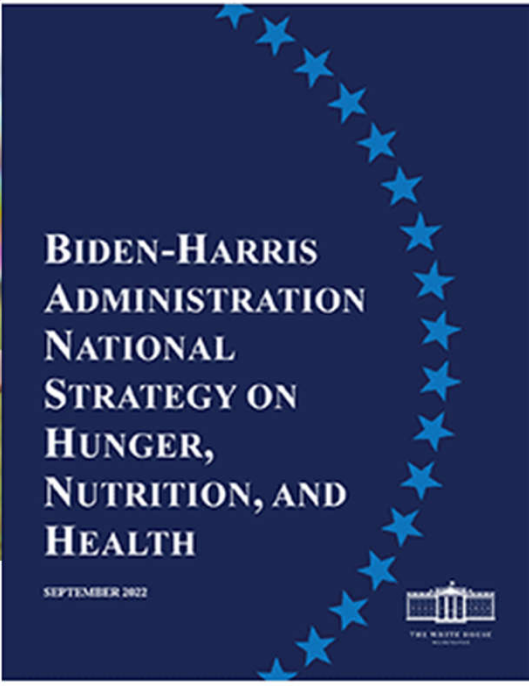
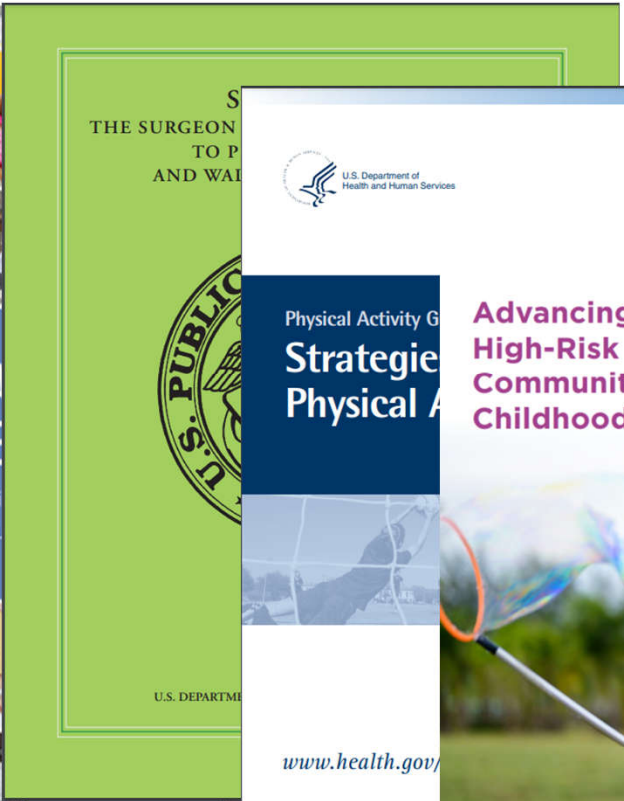
- 76.5% of U.S. adults do not meet guidelines
- Disparities exist by race, ethnicity, gender, education

# Physical activity research timeline




# Physical activity research timeline





# Purpose

The goal of this study was to identify, synthesize, and categorize opportunities into a conceptual framework to advance physical activity policy, practice, and research more efficiently.





# Methods

1

Identify source documents

2

Review documents to extract policy, practice, and research opportunities

3

Code opportunities

4

Synthesize data on similar opportunities

5

Examine coding patterns and develop the framework

# 1 Document Identification

# 2 Document Review

# Methods



Published in 2012 or later



Published by government or national non-profit organizations

Scanned documents



Extracted opportunities: PA + policy, practice, or research



Reviewed opportunity statements



Separated multiple concepts, removed duplicates

One unique idea

Relevant

Clear & understandable

# 3 Data Coding

## Methods

### Translational phase

- Methods/measures development
- Etiology
- Intervention development
- Efficacy
- Effectiveness
- Dissemination and implementation
- Surveillance

### Intervention level

- Individual and interpersonal
- Policy, systems, environment
- Crosscutting

### Priority population

- Children or adolescents
- Adults
- Older adults
- Across the life span

### Setting

- Clinical
- Community
- Not specified



# 4 Data Synthesis

Methods

Reviewed opportunity statements by coding variables

Finalized groupings and wrote new opportunity statements

Added health equity variable

Coded condensed opportunity statements

Etiology

PSE

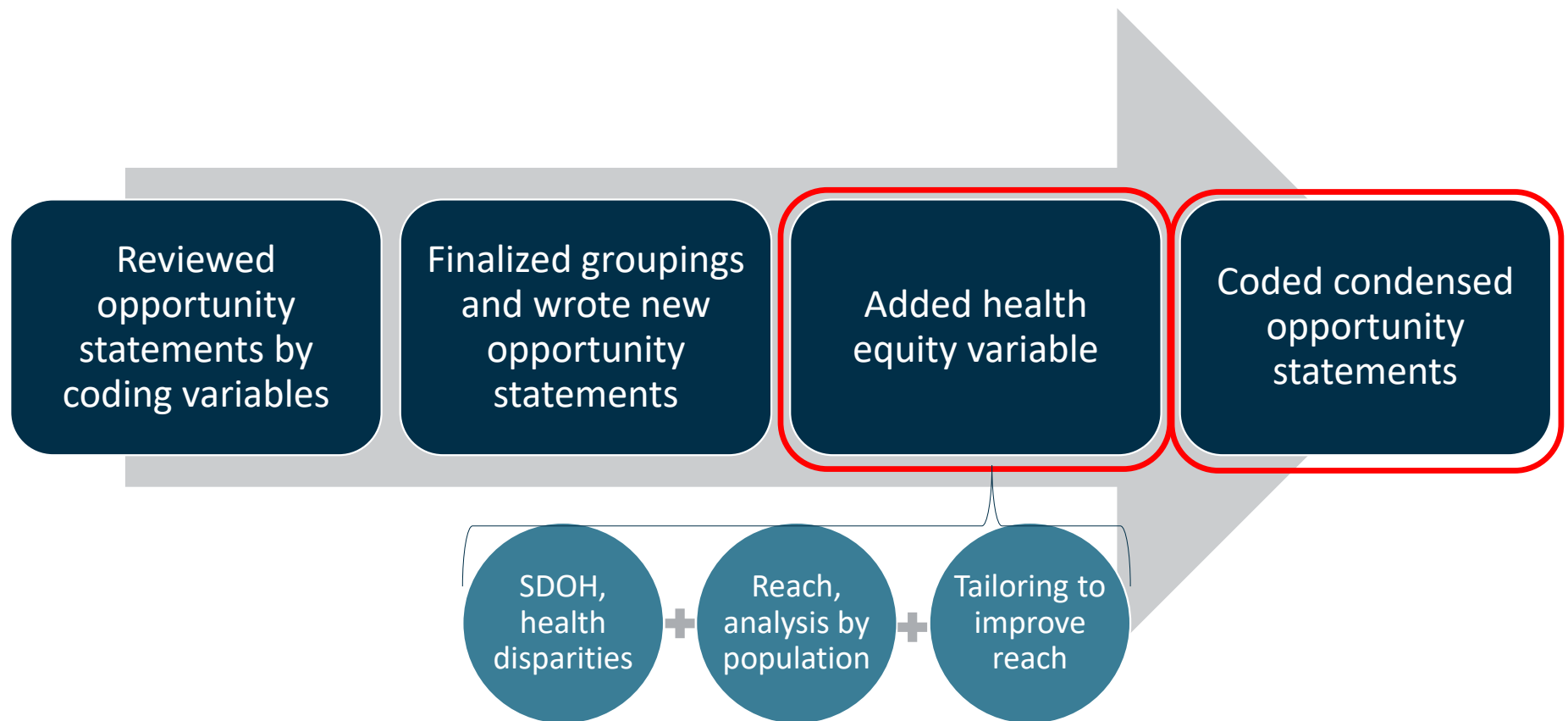
Adults

Community

Source	Original Statement	Combined Statement
Step it up! The Surgeon General's Call	More specific information about <b>policies</b> related to <b>shared use</b> and how they are implemented.	
Strategic Priorities for Physical Activity Surveillance	Translate scientific findings into practical guidance and recommendations for key audiences (e.g., policy makers) across sectors, including health care, <b>transportation</b> , city planning, parks and recreation, and occupational health.	
Biden-Harris Administration National Strategy	<b>Promote active transportation and land use policies</b> to support physical activity.	Promote and adopt policies on active transportation, land use, and community design.
	State, local, and territory governments should adopt jurisdiction-wide plans and proclamations to promote CDC's Active People, Healthy Nation as well as <b>adopt</b> and implement <b>Complete Streets policies</b> and <b>Safe Routes to School programs</b> (policy)	
	Expand HHS CDC's State Physical Activity and Nutrition Programs (SPAN) to all states and territories to implement successful state and <b>community-level policies and activities</b> for physical activity (policy and practice)	
	<b>Promote active transportation and land use policies</b> to support physical activity (policy)	

# 4 Data Synthesis

Methods



# 5 Framework Development

Methods

Intervention level	Priority population			
	Children or adolescents	Adults	Older adults	Across the life span
Individual and interpersonal				
Policy, systems, and environment				
Crosscutting				

# 5 Framework Development

## Methods

Translational phase	Priority population			
	Children or adolescents	Adults	Older adults	Across the life span
Methods/measures development				
Etiology				
Intervention development				
Efficacy				
Effectiveness				
Dissemination and implementation				
Surveillance				

# 1 Document Identification

# 2 Document Review

# Results

Publication	Year	Organization	Description	Statements extracted: n (%)
<b>Community Preventive Services Task Force (CPSTF) Findings for Physical Activity</b>	2022	Guide to Community Preventive Services	Includes intervention approaches reviewed by the CPSTF with summaries of CPSTF findings for each.	106 (25)
<b>2018 Physical Activity Guidelines Advisory Committee Scientific Report</b>	2018	U.S. Department of Health and Human Services	Provides a detailed summary of the disease prevention and health promotion benefits of a more physically active America that is firmly established by the latest scientific evidence.	105 (24)
<b>National Physical Activity Plan</b>	2016	Physical Activity Alliance	A comprehensive set of policies, programs, and initiatives designed to increase physical activity in all segments of the U.S. population.	66 (15)
<b>Step it up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities</b>	2015	U.S. Department of Health and Human Services	Aims to get Americans walking and wheelchair rolling for physical activity needed to help prevent and reduce risk of chronic diseases and premature death.	33 (8)
<b>Physical Activity Guidelines for American-Midcourse Report: Strategies to Increase Physical Activity Among Youth</b>	2012	U.S. Department of Health and Human Services	Intended to identify interventions that can help increase physical activity in youth across a variety of settings.	26 (6)

### 3 Data Coding

### 4 Data Synthesis

# Results

Category	Coding Variable	Original statements (N=431)	Combined statements (N=96)
		n (%)	
Translational phase	Effectiveness	193 (45)	47 (49)
	Dissemination and implementation	54 (12)	21 (22)
	Surveillance	24 (6)	9 (9)
	Methods/measures development	47 (11)	8 (8)
	Efficacy	66 (15)	6 (6)
	Etiology	19 (4)	5 (5)
	Intervention development	28 (7)	0 (0)
Intervention level	Policy, systems, environment	138 (32)	41 (43)
	Crosscutting	169 (39)	29 (30)
	Individual and interpersonal	124 (29)	26 (27)

### 3 Data Coding

### 4 Data Synthesis

# Results

Category	Coding Variable	Original statements (N=431)	Combined statements (N=96)
		n (%)	
<p>Develop and update an electronic resource for faith-based organizations to access evidence-based programs and best practices.</p>	Effectiveness	193 (45)	47 (49)
	Dissemination and implementation	54 (12)	21 (22)
	Surveillance	24 (6)	9 (9)
	Methods/measures development	47 (11)	8 (8)
	Efficacy	66 (15)	6 (6)
	Etiology	19 (4)	5 (5)
	Intervention development	28 (7)	0 (0)
Intervention level	Policy, systems, environment	138 (32)	41 (43)
	Crosscutting	169 (39)	29 (30)
	Individual and interpersonal	124 (29)	26 (27)



### 3 Data Coding

### 4 Data Synthesis

## Results

Category	Coding Variable	Original statements (N=431)	Combined statements (N=96)
		n (%)	
Priority population	Across the life span	280 (65)	73 (76)
	Children	88 (20)	16 (17)
	Adults	41 (10)	4 (4)
	Older Adults	22 (5)	3 (3)
Setting	Community	267 (62)	66 (69)
	Not specified	152 (35)	25 (26)
	Clinical	12 (3)	5 (5)
Health equity considerations	No		74 (77)
	Yes	n/a	22 (23)

# 5 Framework Development

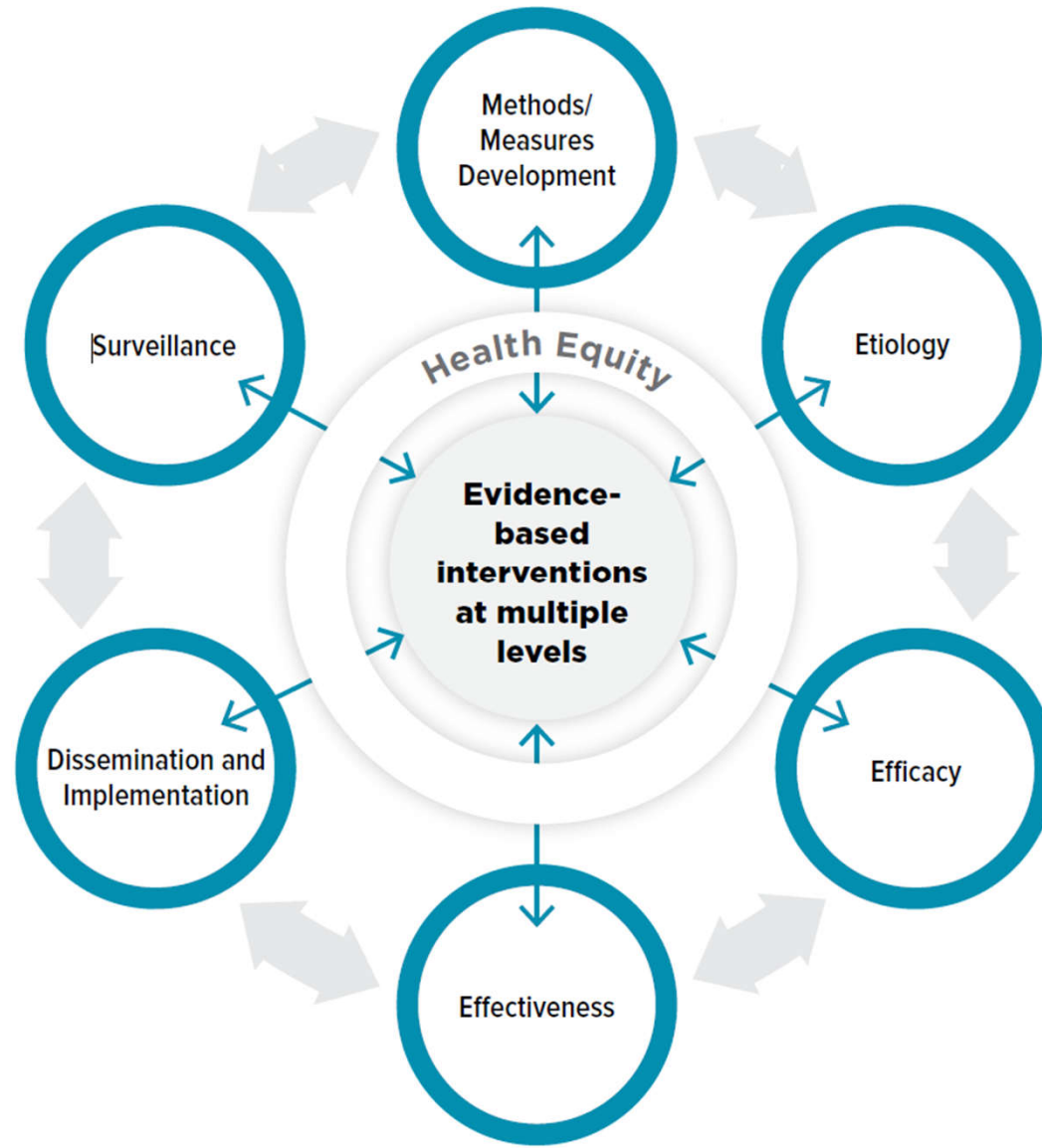
## Results

		Translational phase n (%)						Total recommendations by intervention level n (%)
		Methods and measures development	Etiology	Efficacy	Effectiveness	Dissemination and implementation	Surveillance	
Intervention Level n (%)	Individual and interpersonal	1 (1)	1 (1)	3 (3)	18 (19)	4 (4)	1 (1)	28 (29)
	Policy, systems, and environment	4 (4)	2 (2)	0 (0)	12 (13)	9 (9)	5 (5)	32 (33)
	Crosscutting	3 (3)	2 (2)	2 (2)	15 (16)	10 (10)	4 (4)	36 (38)
Total recommendations by translational phase n (%)		8 (8)	5 (5)	5 (5)	45 (47)	23 (24)	10 (10)	96 (100)

# 5 Framework Development

## Results

Intervention level	Methods/measures development opportunities	Health equity*	Source document(s) references	Original statements (n)
Individual and interpersonal	Develop tools or apps to measure experiences of sports participants.		[96]	4
Policy, systems, and environment	Develop conceptual frameworks and systemic measures to alleviate social determinants of health.	x	[100]	2
	Develop analytic methods to quantify overall impacts (e.g., fuel use, air pollution, economic) of active transportation.		[17,96,97,99]	5
	Develop improved walkability measures.		[17,97]	5
	Develop standard data collection methods for pedestrian and bicyclist counts.		[96,97]	3
Crosscutting	Develop and promote physical activity behavior measures for specific populations to enable synthesis across studies.	x	[100,101]	4
	Use community-engaged processes to develop and promote multi-level physical activity measures for diverse populations.	x	[96,97,99,100]	7
	Assess reliability and validity of surveillance questions.		[99]	3



# Discussion



Community- and practitioner-  
engaged approaches

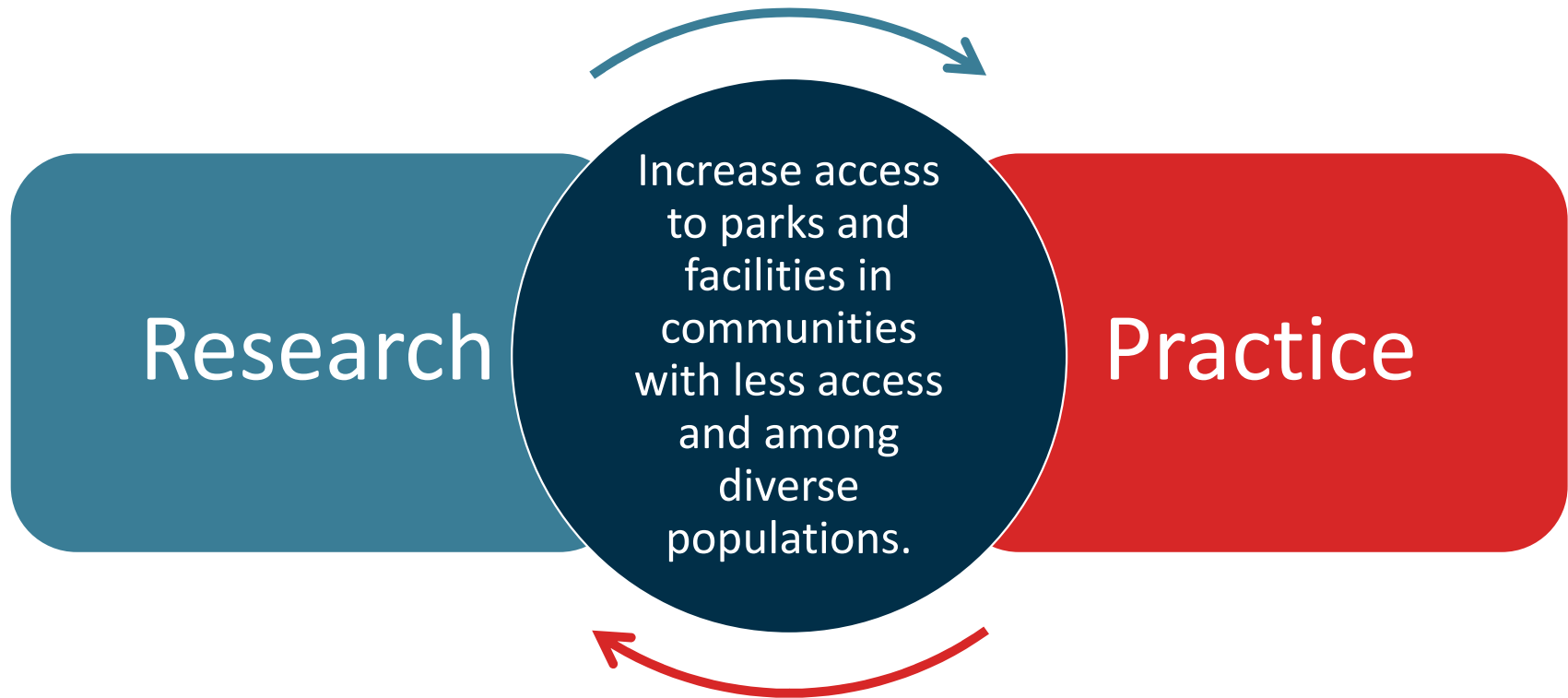


Early-phase studies designed  
for dissemination

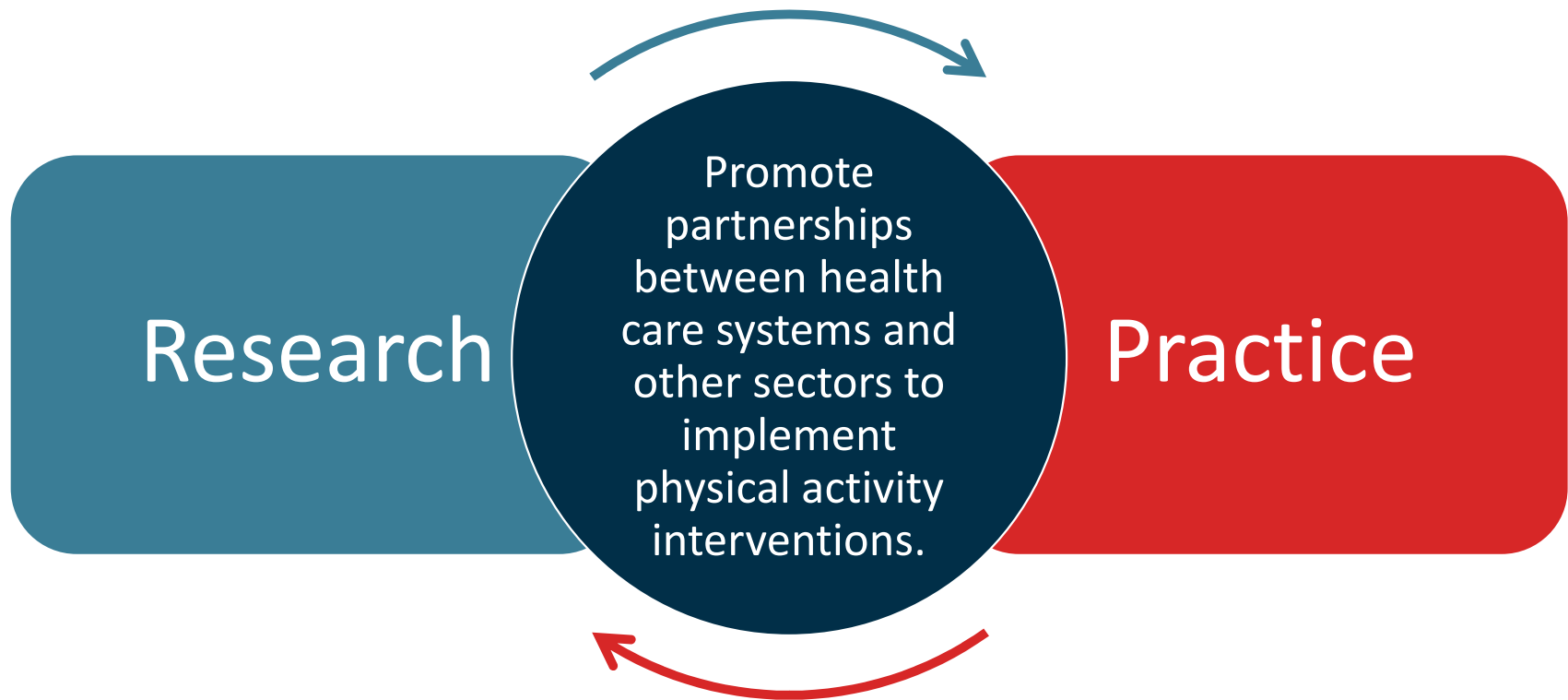


Collaborative efforts to  
investigate PSEs

# Discussion



# Discussion



# Limitations and future directions



Not a systematic  
review



Frequency  $\neq$   
need



Multiple phases  
could apply



Does not  
represent official  
agency positions



Priorities change  
over time



# Conclusions



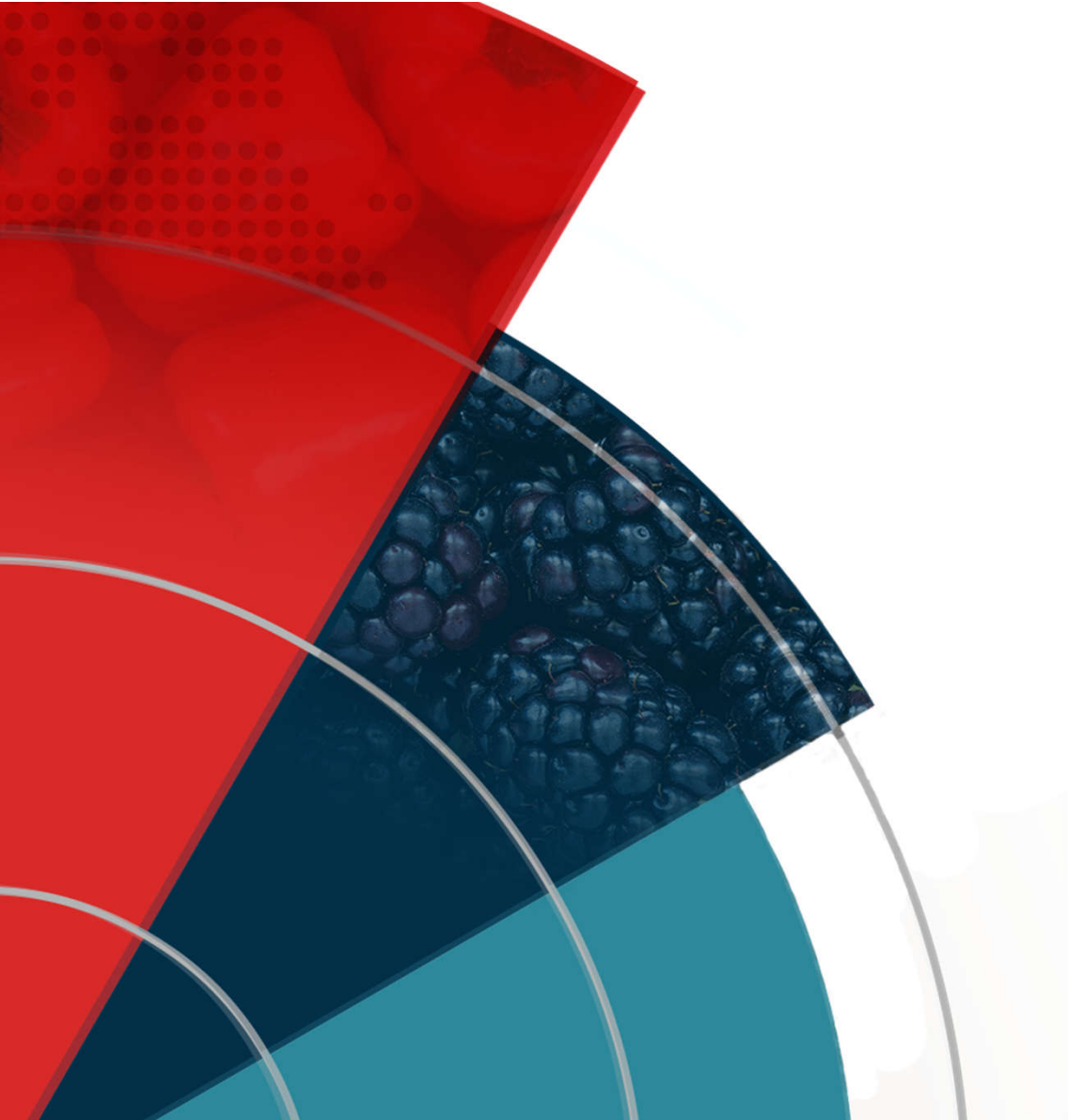
- Effectiveness research
- Dissemination and implementation research
- PSE interventions



Additional evidence is needed to achieve health equity



PA-PPRO framework: tool to guide policy, practice, and research



# Questions



# Workgroup Updates

Melissa Van Orman  
NCCOR Coordinating Center

# Workgroup Updates

- **Catalogue of Surveillance Systems:** Submitted an abstract for oral presentation to *ObesityWeek*.
- **Implementation Science:** Developing an audience research protocol to inform the creation of digital IS tool.
- **Identification and Categorization of Evidence Gaps in Physical Activity Research:** Submitted the final manuscript to clearance at CDC and NIH. Upcoming presentation at ISBNPA.
- **State of the Science on Measures of Individual Diet, Food Environment, Individual Physical Activity, and Physical Activity Environment:** Finalizing the manuscript for submission to clearance at NIH.
- **Obesity-Related Policy Research in the US (OPUS) Workshop 1:** June 4–5, 2024 (virtual) – speaker invitations have been sent.
- **Obesity-Related Policy Research in the US (OPUS) Workshop 2:** Planning has commenced, with a target date for Fall 2024.

# Communication Updates

Melissa Van Orman  
NCCOR Coordinating Center

## NCCOR at ISBNPA!

- Visit us at **booth #2**
- **NCCOR presentation:** Opportunities for physical activity research, policy, and practice: A conceptual framework
  - Thursday, May 23
  - 9:50–11:05 AM
  - SO.3.5 – Short oral presentations on implementation science and scalability





# Making a Strategic Difference

2023 ANNUAL REPORT

## 2023 Annual Report

This year's theme, "Making a Strategic Difference," highlights how NCCOR:

- Fosters collaboration
- Maximizes resources
- Spurs innovation

Features last year's highlights and a 15-year retrospective



*The new sleep variables in the CSS exemplify what NCCOR does best—identify a need, assemble a diverse team to respond, produce a trusted resource, and disseminate the innovation.*





## Advancing Equity

*Making a Strategic Difference* underscores the critical nature of our work, particularly as we strive to mitigate the impact of structural barriers, racism, and poverty, which disproportionately increase the risk of childhood obesity.

## The Influence of Social Determinants of Health and Structural Racism on Childhood Obesity

In late 2023, NCCOR and the Gretchen Swanson Center for Nutrition published an editorial in *Childhood Obesity* titled “The Influence of Social Determinants of Health and Structural Racism on Childhood Obesity.” Researchers conducted a landscape analysis and expert interviews to identify gaps and opportunities for advancing measurement about this important issue.

Measures for social determinants of health and structural racism exist in the literature, but their application to childhood obesity remains limited. The experts interviewed underscored the need for more comprehensive measures and frameworks to ensure these tools are properly used in a public health context. Their recommendations could also inform research efforts to understand the multilevel factors influencing childhood obesity.

This editorial stemmed from an earlier NCCOR report that identified measurement tools and resources to assess individual and environmental level influences on childhood obesity. Through these initiatives, NCCOR continues to make a strategic difference for all children.

## NCCOR Webinar Spotlights USDA’s New National Framework for Health Equity and Well-being

NCCOR highlighted equity in action during a 2023 Connect & Explore webinar with USDA that examined the Cooperative Extension’s National Framework for Health Equity and Well-Being. This Framework addresses how health outcomes are influenced by contextual factors such as social determinants of health, policies, and practices. It also emphasizes USDA’s commitment to addressing food and nutrition insecurity, aligning closely with the National Strategy goals of the White House Conference on Hunger, Nutrition, and Health.

The NCCOR webinar was part of USDA’s efforts to accelerate the adoption of the new Framework. The session provided an overview of the Framework and discussed initial strategies for its implementation by academics, practitioners and decision-makers. It also demonstrated how the Extension Foundation collaborated with other NCCOR members, particularly CDC and RWJF.

## 2023 Highlights

- Sleep variables added to the CSS
- Dietary assessment for young children
- Healthy-Eating-Index-2020 and Health- Eating-Index-Toddlers-2020
- Journal commentaries
- New NCCOR website
- Conferences, webinars, workgroups
- Student profile

## Amplifying Research, Creating Connections

NCCOR's free resources foster inclusivity and help drive innovation. Our comprehensive website and webinars connect the public with trusted voices and reliable research. Through these initiatives, NCCOR is helping to shape a more informed and equitable approach to addressing childhood obesity.



### **NCCOR Celebrates 15 Years with a New Website**

NCCOR's website is an indispensable tool for connecting the field. With millions of page views, it provides a robust collection of research-based resources about childhood obesity from trusted experts. In 2023, we launched an ambitious website redesign to improve the user experience.

Our updated website features an enhanced Resource Library. This comprehensive repository contains over 200 journal articles and publications on childhood obesity. The new search and filter options make it easier for users to find everything NCCOR has produced on a particular topic, tool, or publication type, such as infographics, reports, factsheets, and Spanish language resources. Users can also filter by year, making navigating through 15 years' worth of NCCOR's impactful work simpler.

In addition to the Resource Library, users will find a news archive, a social media library with graphics that can be downloaded and shared, and over 50 webinars and workshops featuring leading experts. The site's project pages explore NCCOR's past and current initiatives, documenting our strategic efforts to address childhood obesity. Each project page links to supporting articles and publications, providing an in-depth view of our work.

The new NCCOR website reflects 15 years of dedicated work and paves the way for future



## NCCOR AT 15

# Impact & Innovations

Fifteen years ago, concern was mounting about escalating rates of childhood obesity, which had nearly tripled in just a few decades. Public health leaders urged action to address the growing challenge, but prevention research faced hurdles. Organizations had few opportunities to collaborate and share resources, and the scientific community lacked accessible data sets, validated measures, and a cohesive approach. Leading funders proposed a research collaborative to address these challenges. This new group would assemble multi-agency and multi-disciplinary teams to advance strategic priorities that no single organization could accomplish alone.

Today, NCCOR continues to fulfill this promise. Our unique model has helped transform the childhood obesity field from a nascent research topic to a thriving area of scientific growth. We have created seven



# 15 YEARS of NCCOR

2009

- NIH, CDC, and RWJF formally launch NCCOR to accelerate progress in childhood obesity research.

2010

- USDA joins NCCOR as the fourth funding organization. Together, the four partners jointly commit more than \$40 million and considerable scientific expertise to NCCOR-supported projects.
- NCCOR receives the HHS *Innovates* Award.



2011

- NCCOR releases its first tools, the Measures Registry and Catalogue of Surveillance Systems, creating standardized resources for the field.
- NCCOR's Envision Project launches, linking three data modeling networks—COMNet (Collaborative Obesity Modeling Network), CompMod (Comparative Modeling), and the Statistical Network—to forecast the impact of public health policies and interventions on childhood obesity through innovative modeling approaches.
- NCCOR receives the NIH's Director Award.
- NCCOR, the National Academy of Environmental Design, and the U.S. Green Building Council, focused on linking environmental design, sustainability, and childhood obesity prevention.

2012

- The NCCOR Expert Scientific Panel (NESP) forms to advise on initiatives and serve as a valuable link between NCCOR and the extramural research community.
- NCCOR hosts the Envision Summit.

## First tools released

Measures Registry  
Catalogue of Surveillance Systems

2013

- USDA and NCCOR publish the first SNAP-Ed toolkit of evidence-based interventions in education; social marketing; and policy, systems, and environmental strategies.
- NCCOR premieres new print and video resources as part of a promotional campaign for the Healthy Eating Index.

2014

- NCCOR launches its Connect & Explore webinar series to engage, inform, and communicate with researchers and other external audiences.
- NCCOR convenes the Lessons Learned from Global Efforts forum to guide efforts to reduce childhood obesity prevalence in the United States and worldwide.

2015

- NCCOR forms the first strategic funding alliance with The JPB Foundation.

200+  
resources &  
publications

2016

- NCCOR publishes the Measures Registry User Guides, the first of several enhancements that will become the Measures Registry Resource Suite.



2017

- The Youth Compendium of Physical Activities goes live after five years of dedicated work. The Compendium includes energy expenditure values for 196 common activities for youth, addressing a major barrier to studying physical activity among young people.

2018

- *Childhood Obesity* devotes a special issue to NCCOR's Childhood Obesity Declines project, which explored how four U.S. communities used policies and strategies to reduce obesity rates.
- *The American Journal of Preventive Medicine* publishes a special theme section about NCCOR ahead of its 10th anniversary, describing the formation of the collaborative, its accomplishments, and its potential.

2019

- NCCOR launches the Measures Registry Learning Modules through a partnership with The JPB Foundation.

50+  
webinars  
produced

2020

- *Childhood Obesity* publishes four papers highlighting findings from NCCOR's Childhood Obesity Evidence Base, which created a novel taxonomic method of data aggregation to identify successful obesity prevention strategies for young children.
- NCCOR releases several new tools and resources based on years of work, including *A Guide to Methods for Assessing Childhood Obesity*, a new tool on adapting measures for high-risk populations, and the Student Hub to support the next generation of researchers.

2021

- NCCOR publishes *A Toolkit for Evaluating Childhood Healthy Weight Programs* to support researchers and practitioners in building capacity for research, evaluation, and surveillance.

2022

- NCCOR reaches new audiences with the release of *Create Thriving, Activity-Friendly Communities*, a user-friendly resource suite to help local planners and neighborhood advocates create environments where all children can thrive.

2023

- NCCOR expands into a new research domain by adding sleep variables to the Catalogue of Surveillance Systems.



2009-2023

## NCCOR by the numbers

Since NCCOR began, we have:



Presented and exhibited at  
**44 conferences**



Authored **over 150 publications** accessible through the NCCOR website



**Published 66 articles** in peer-reviewed journals



Created **7 major tools** to accelerate progress in childhood obesity research



Hosted  
**18 scientific workshops** on emerging research topics



Hosted **56 webinars** on the latest research and programs



Logged over **4 million page views** on the NCCOR website



Attracted **over 4,100 fans and followers** on our social media channels

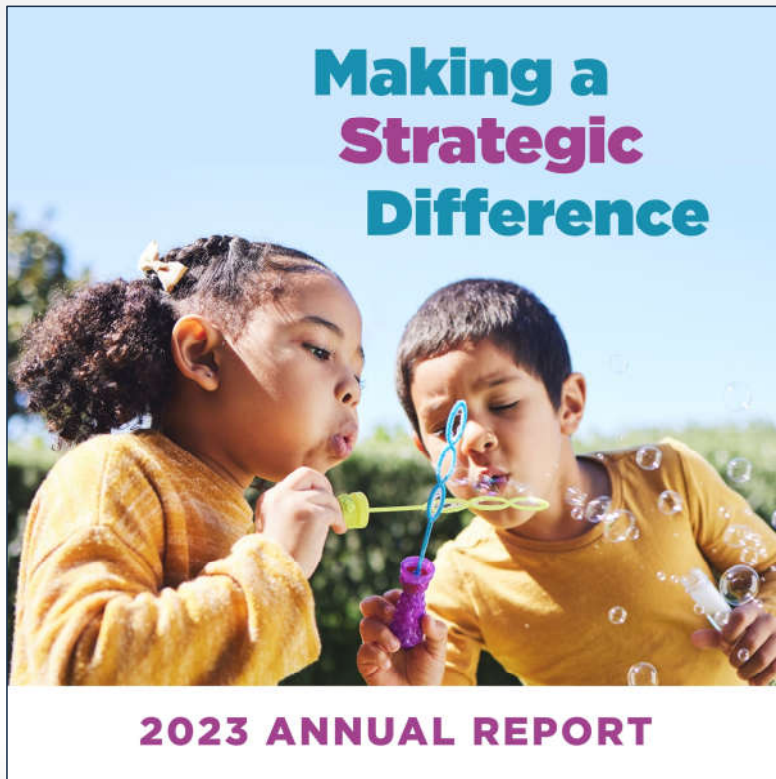


Produced  
**196 newsletters** for over **7,000 subscribers**



Organized **over 40 workgroups** on a range of strategic priorities

# Share the Annual Report!



- Share a link to the Annual Report with colleagues or professional associations.
- Visit the NCCOR webpage, where the Annual Report is the featured publication.
- Share on social media with graphics formatted for LinkedIn, Facebook, and X.
- Request printed copies.

# Implementation Science Announcements

- **2024 Society for Implementation Research Collaboration Conference**
  - Theme: Strategic Synergy: Implementation Research, Practice, and Policy for Impact
  - Pre-conference workshops: September 26, 2024
  - SIRC 2024 Conference presentations: September 27–28, 2024
  - Call for submissions deadline: April 30, 2024
- **Perspective: Nutrition Health Disparities Framework: A Model to Advance Health Equity**
  - Agurs-Collins T, Alvidrez J, Ferreira SE, Evans M, Gibbs K, Kowtha B, Pratt C, Reedy J, Shams-White M, & Brown AGM. (2024). Perspective: Nutrition Health Disparities Framework: A Model to Advance Health Equity. *Advances in Nutrition*, 100194. <https://doi.org/10.1016/j.advnut.2024.100194>

# Emerging Opportunities for NCCOR

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# 2024 Calendar Reminders

## Member Calls

- May 15
- June 12
- August 21
- October 16
- November 20
- December 18

## Member Meetings

- July 9, Member Meeting (DC)
- September 16, Senior Leadership Briefing (DC)

Do you want to present your work to NCCOR members? Let us know at [rgrimsland@fhi360.org](mailto:rgrimsland@fhi360.org)!

# Questions?

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