



# ISBNPA

Implementation and  
Scalability SIG

## **Implementation, Translation, Scale-up and Sustainability SIG**

**(Implementation and Scalability SIG)**

### **SCOPE**

In the last few decades, governmental and other funding agencies have prioritized the development, piloting and evaluation of evidence-based public health programs, including those focussed on healthy nutrition, physical activity and sedentary behaviour. Despite evidence for the positive impact of such programs, and the increasing recognition of the importance of robust process evaluations within trials, there is less evidence for program effectiveness at scale and little evidence about successful scale-ups and sustained implementation.

There appears to be a gap between the development of efficacious interventions and their wide scale uptake and sustainability in practice. With the public health impact of these programs dependant on implementation on wider scale, it is timely to develop multi-disciplinary, international and collaborative forum for researchers which combines the expertise of relevant behavioural, physical activity, nutrition, policy and sociological disciplines. Implementation science in the field of physical activity, nutrition and sedentary behaviours is relatively new and set to grow as the need to understand how implementation, scalability and sustainability can be promoted and evaluated.

### **GOALS**

The SIG aims to build a multidisciplinary community of ISBNPA members interested in Implementation Science related to nutrition, promoting physical activity and reducing sedentary behaviour.

This SIG will:

- provide a platform to discuss, disseminate evidence and promote networking and collaboration on issues related to implementation and translation research;
- support efforts which aim to assist translation of research into practice and policy by moving from research ideas, through feasibility/piloting and randomised controlled trials to widespread real world implementation and translation trials;
- support efforts which aim to assist more standardized implementation evaluation and how to measure degree of implementation and sustainability;
- provide professional support through exchanging information about relevant conferences, seminars and workshops.

The SIG will communicate with members via email, through the ISBNPA newsletters, social media and also via a face-to-face meeting at the ISBNPA Annual Scientific Meeting. Documentation will be exchanged through a Dropbox communications folder (key references, funding calls, members interested in collaborations).

## SIG Team



### **Dr Femke van Nassau (SIG chair)**

Postdoctoral Researcher, Department of Public and Occupational Health, EMGO institute and Amsterdam Public Health Research Institute at the VU University Medical Center, The Netherlands.

#### ***Implementation and scalability research interest***

Femke's expertise includes implementation research, process evaluation, determinants of implementation, fidelity vs. adaptations, measurement of sedentary and physical activity behaviour, and intervention development following the Intervention Mapping protocol. As part of her PhD, Femke developed an implementation index score to measure programme delivery by combining measures of quality, dosage and fidelity.

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### **Dr Harriet Koorts (SIG Co-Chair)**

Research Fellow Implementation Science, Institute for Physical Activity and Nutrition (IPAN), Deakin University, Melbourne, Victoria, Australia.

#### ***Implementation and scalability research interest***

Harriet's research includes the design of real-world implementation-effectiveness trials, and the evaluation of physical activity and sedentary behaviour interventions at scale. She has experience applying the RE-AIM framework to evaluate interventions in real-world settings and conducting process evaluations to explore the association between implementation and outcomes. Harriet has research and practice-based experience implementing and evaluating public health initiatives in Australia and the UK.

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### **Dr Patti-Jean Naylor (SIG officer)**

Professor in the School of Exercise Science, Physical and Health Education, University of Victoria, Canada.

#### ***Implementation and scalability research interest***

PJ's work has focused on evaluating implementation of interventions in the 'real world' both before and after scale-up. Most notable is that PJ worked alongside Drs. Heather McKay and Louise Masse to study implementation after the scale-up of Action Schools! BC – a comprehensive school health based multi-component intervention to enhance physical activity and healthy eating in elementary schools. PJ has also been involved in the scale-up of healthy eating interventions in municipal recreation facilities across Canada and in the scale-up of interventions for early year's settings.

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### **Prof Kate Hunt (SIG Officer)**

Associate Director at the MRC/CSO Social and Public Health Sciences Unit (SPHSU), Professor of Gender and Health, University of Glasgow, UK.

#### ***Implementation and scalability research interest***

Kate leads SPHSU's research programme on Understanding and Improving Health within Settings and Organisations. One overarching aim for this programme is to understand what determines successful transferability/translation of effective interventions to novel settings, populations, or national contexts and when adaptation or 'socio-cultural' sensitisation (e.g. by gender) is necessary. Kate currently works in schools, professional sports settings, prisons, and workplaces. With Sally Wyke, Kate co-led the development and evaluation of the successful Football Fans in Training research programme which has been scaled up and adapted for broader implementation nationally and internationally.

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### **Prof Sally Wyke (SIG Officer)**

Interdisciplinary Professor of Health and Wellbeing, Institute of Health and Wellbeing, University of Glasgow, UK.

#### ***Implementation and scalability research interest***

Sally applies social science understandings to develop, evaluate and work to implement complex interventions. With Kate Hunt, she co-led the development and evaluation of the successful Football Fans in Training research programme which has been scaled up and adapted for broader implementation nationally and internationally. Sally leads the EuroFIT consortium which is planning for widespread implementation alongside the randomized controlled trial.

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