



## Report Information

# Health and Well-being Mapping

## *Workshops Report of Drivers & Trends of the Future Developments of Non-communicable Diseases*

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## Project Information

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## 1 Introduction to the FRESHER Project

FRESHER is a collaborative research project that aims to detect emerging health scenarios to test and assess future policy options to tackle the burden of chronic non-communicable diseases (NCDs) in Europe. As one of the largest threats to public health globally, the exponential growth of NCDs in Europe has a serious negative impact on human development, reduces productivity, contributes to poverty and creates a significant burden on health systems. Therefore, one of the main goals of FRESHER is to identify core determinants that could be targeted to lessen the impact of NCDs, focusing on a set of chronic diseases which currently constitute the bulk of the mortality rate in Europe: cardiovascular diseases, cancers, diabetes, chronic respiratory diseases, obesity, musculoskeletal diseases, mental health and neurologic disorder.

Rather than just extrapolating past health trends, the project consortium uses a variety of foresight techniques that account for the interdependencies of structural long-term trends in demographic, gender relations, technological, economic, environmental, and societal factors for European countries. Supported by a mapping of determinants of NCDs in Europe, the developed model will capture the complex set of inter-relationships between individuals' history of engagement in risk-taking behaviours, exposure to environmental risks and the resulting distribution of health, social and economic consequences across gender and across social groups. All of these efforts will fuse to elaborate and produce inputs for the empirically-based dynamic micro-simulation tool capable of quantifying the current and future health and economic impacts of risk factors as well as potential new policies and policy combinations.

### 1.1 Horizon Scanning and Foresight

Recent health related Foresights and Forecasts show widespread use of visions, scenarios and forecasts with demographic shifts, rising healthcare costs, and emerging technologies predominating.

Statistical forecasting combined with perceived and extrapolated trends sketch scary future developments with regard to the rise of NCDs and health systems collapse. Even though a lot is known on the determinants of NCDs, one wonders why so little is done effectively at individual, community and political levels. One of the aims of WP3 of the Fresher Project is to identify trends and drivers that contribute to the determinants of NCDs and for opportunities for change. The identification and analysis of trends and drivers are set in the context of horizon scanning and foresight.

Foresight is defined as a systematic, participatory, future-intelligence-gathering and medium-to-long-term vision-building process aimed at enabling present-day decisions and mobilizing joint actions. It can be envisaged as a triangle combining "Thinking the Future", "Debating the Future" and "Shaping the Future". Foresight is neither prophecy nor prediction. It does not aim to predict the future – to unveil it as if it were predetermined – but to help us build it. It invites us to consider the future as something that we can create or shape, rather than as something already decided ([www.foresight-plattform.eu](http://www.foresight-plattform.eu)).

Horizon scanning implies a search process, which is extended at the margins of 'the known' environment and possibly beyond this (Loveridge, 2009) with the aim of identifying emerging

issues and events which may present themselves as threats or opportunities for society and policy. In line with this explanation, the UK Department for Environment, Food and Rural Affairs (DEFRA) defined Horizon Scanning in 2002 as “the systematic examination of potential threats, opportunities and likely future developments which are at the margins of current thinking and planning” and, continuing, horizon scanning “may explore novel and unexpected issues, as well as persistent problems or trends”(www.foresight-plattform.eu).

In this context, the FRESHER team tapped into a large variety of sources and expert knowledge to come up with those trends and drivers that are discussed as the most prominent ones within the scientific community of researches working in the field or in related fields. We organized group discussions with stakeholders of various field but all with a relation to NCDs to discuss our findings and get additional inputs and points of views. (The workshops are briefly described below) We are well aware of the deficits that our report here presents. Due to time and output orientation we had to be rather brief and selective in our result presentation. For each driver and trend, for each determinant and disease libraries could be filled. But it is also a task of foresight to present drivers and trends in a concise way and understandable for a broad (lay) audience in order to continue the process, e.g. by giving input to scenario building and micro-simulation. Beyond the work package results presented in this report, one additional target of FRESHER is to develop future scenarios that could form the basis for discussions for future policy formulations and options.

## 1.2 Workshops for Trend and Driver Identification

In the three workshops the discussion went beyond the common and well-researched determinants. Participants and organizers asked for the wider correlations, such as in the context of food production and consumption, city planning and green spaces for individual physical activities, the impact of environmental pollution, the organisation of social life and many more. All three workshops started with a short introduction to the project and the trends and drivers identified. The workshop continued with interactive work in small groups where every participant was asked to speak out and share their knowledge with the others. Their contributions were very important not only for the workshop but also for the further course of the project. They assessed the findings of the horizon scanning on trends and drivers in a discursive and moderated manner and collected additional drivers that had not been considered so far.

There were between 25 and 28 participants at each workshop. They came from very different areas but all were somehow related to non-communicable diseases. When selecting the participants the FRESHER team took care to have a fair representation of experts with different backgrounds such as medicine and care, society, policy, media, research and industry.

The workshops took place in Vienna, Brussels and Lisbon. Even though the agendas were quite similar, each workshop had also a special focus. In Vienna, the discussion centered on NCDs and people living in the city. In Brussels the focus was on differences in Eastern and Western Europe. And in Lisbon special aspects of people living in Southern Europe and suffering from austerity measures were taken into account. In each workshop, participants formed four groups to discuss four drivers or trends in particular and from different perspectives. There were drivers or trends already identified in the preliminary version of this reports or drivers and trends newly identified by the groups. All workshop results were documented by the FRESHER team.

This report gives account of the three different workshops which were organized in a similar way. A few representative introductory inputs from the FRESHER team and some stakeholders as well as the discussion group results are documented here. The first report of the work package on trends and drivers is documented on the FRESHER website [http://www.foresight-fresher.eu/en/upload/Project\\_material/Project\\_Documents/D3.1%20Horizon%20Scanning%20Report.pdf](http://www.foresight-fresher.eu/en/upload/Project_material/Project_Documents/D3.1%20Horizon%20Scanning%20Report.pdf).

### 1.3 Scenario Building

**FRESHER Scenarios** will be a medium - long term vision aimed at policy-makers for planning future policy actions, delineating policy alternatives and new policy combinations.

Building FRESHER Scenarios is a systematic and creative process that will engage you in the first step of “Horizon Scanning”. The Horizon Scanning aims at the identification of the NCDs related short, medium and long-term trends and drivers. To complement the literature review on well-researched risk factors, three regional workshops (Vienna, Brussels, Lisbon) are organised to elicit stakeholder’s credible observations about possible changes, wider correlations and potential indications of new emerging issues. By December 2015, the results of these consultations will be included in the FRESHER report “Horizon Scanning” that will be delivered to EU stakeholders, circulated among all participants and discussed in the FRESHER High Policy Event.

The subsequent step will aim at ranking the emerged list of drivers on the basis of their importance and uncertainty and at creating the Scenarios space. The ranking will be discussed in the FRESHER consortium meetings and submitted to stakeholders’ opinions through two rounds of DELPHI like surveys in which you all will be invited to take part (April-May 2016). The outline of the FRESHER scenarios will be then agreed with the FRESHER Consortium and further developed by partners ISIS and AIT.

The Scenarios will be finally refined and consolidated in dialogue with the modelling work and microsimulation model developed by partners AMU and the OECD. The FRESHER project will complement its foresight driven approach by the data-driven approach. It will allow, as much as possible, for integrating in quantitative modelling the contribution of qualitative foresight scenario building, including identification of wild cards and weak signals. Therefore, it will provide an innovative approach to combining Foresight approaches with Microsimulation modelling. The consolidated FRESHER Scenarios will be finalised by December 2017.

The table below shows an overview on the major trends and drivers collected and discussed in the driver report (Deliverable 3.2). Some of the topics were chosen by the participants for deeper discussion in the workshops. As a result of the brainstorming activity that occurred always prior to the individual group work, some additional topics or sub-topics to the ones of the report were identified by the participants; such as education, changes in gender roles, family networks and inequity. For the report 3.2 on trends and drivers, which was a working document, these additional inputs and the results from the discussion groups were revised and integrated in the existing topic clusters or a new topic was taken up in a new chapter, such as equity. Some topic cluster as the one social developments grew quite big, including sub-topics as education and changes in gender roles. It was not the role of WP3 to put a ranking to these very diverse trends and drivers. It was a challenge for WP 4 to transform these trends and drivers into feasible

topics for the questionnaire and to ask an informed expert audience for an assessment of importance and likelihood. An additional challenge was to formulate the trends and drivers in a way as to combine them with quantifiable indicators (s. WP4). As the table shows in the right column, the topics of the workshop discussions were translated into similar terms for the survey or kept their original titles. For reasons of better assessment, some original topics were combined into a new term such as “Marketing and Advertisement” which was included into “Globalisation and Food Trade”. Other, very broad topic clusters such as “Social Developments” were split into terms as “Demographic change”, “Inequality” and “Citizen Empowerment”.

**Table 1: Overview on trends and drivers discussed in workshops and reflected in survey**

Trend (Report D3.1)	WS Vienna	WS Brussels	WS Lisbon	Equivalent in W4 Survey Trend Evaluation
Innovation in medicine	X			Innovation in medicine
Environment				Climate change
Urban development			X (Urbanisation, land use and territorial cohesion)	Urbanisation
Social Developments	X (Social Change, Western Lifestyles, Changes in gender roles)	X (Inequity)	X (Family networks/ Education and Information inequity/Prosperity & economic governance)	Demographic change Inequality Citizen Empowerment
Agriculture				Agriculture and health
Nutrition		X		Agriculture and health
Industrial Food Production				Globalisation and Food Trade
Marketing and Advertising		X		Globalisation and Food Trade

## 2. Vienna workshop

### 2.1 Vienna workshop's Agenda

The final agenda of the Vienna workshop, as presented below, provides an overview of the various sessions and topics addressed on 15.9.2015, 10.00am to 17.30pm, location: Techgate Vienna, RINGSTAGE, 7th floor of the Gate, Donau-City-Str. 1, 1220 Vienna.

10.00	Introduction to the topic	Susanne Giesecke, AIT
10.15	Discussion	
11.00	Introduction to the FRESHER project	Susanne Giesecke, AIT
11.20	"Overview of OECD work on public health and NCDs"	Franco Sassi, OECD
11.45	<i>Coffee and Juice Break</i>	
12.00	Presentation Trends and Drivers of NCDs	Marianne Hörlesberger /Beatrix Wepner (AIT)
12.25	Discussion	
13.00	<i>Healthy Lunch</i>	
13.45	Working Groups on Trends and Drivers	
15.45	<i>Tea &amp; Fresh Water Break</i>	
16.00	Plenum: Presentation of Results	
16.30	Discussion	
16.55	Assessment of impact and probability	
17.00	Scenario Building and Outlook of the Project	Andrea Ricci, ISIS
17.30	Fare well	Susanne Giesecke, AIT

## 2.2 Vienna working group session: trends and drivers - Summary

### Social change

The group discussing social change saw a major trend from today until 2015 in the unequal distribution of wealth which is fostering the social divide also in health. This is perpetuated in the prevailing paradigm of maximizing material value. But there are also counter trends or at least trends that seem to chart different directions such the notion of sharing, e.g. in care and social networks, thus challenging the traditional concept of ownership. Another trend is the growing diversity in society, e.g. in lifestyle, and with it comes also more tolerance towards people and groups living according to unconventional principles or importing lifestyles from other countries. The concept of “family” is also undergoing a change, toward more importance on social relations. A frightening fact was mentioned in the increase of dementia in our society which may affect many people, patients, relatives, friends, care takers etc. and the way they live.

The implications of those trends are that inequality and loneliness are increasing and the time for a “healthy” lifestyle might get shorter and shorter. Health systems are geared toward mainstream income people and the participation of vulnerable groups in health is lacking or not foreseen. IT-based networks are increasing but do not break isolation and might not necessarily save costs of the national health systems. Instead, there might be a growing mistrust of (potential) patients and people affected at secondary level if public health systems do not become more transparent and equally accessible for all.

At a more global scale, marginalized people like migrants are likely to be stigmatized by the dominating (national) health systems. On the one hand they are invisible in a way of not having access to the health system, on the other hand, they will become an increasing number of people demanding health care and the system will need to respond to that. Other constraints of the health system are that due to economic constraints, care of elderly has to take place at home, just the way it is already practiced. Finally, empowering (marginalized) people might be seen as dangerous by policy makers.

However, examples of changes we can see today are that participation on political decision making by common people is getting easier and some minority groups exchange material values for immaterial values. Basic assumptions for these trends discussed are the (material) growth paradigm and that social values can only grow bottom-up (and not be determined top down).

Drivers of change discussed so far in this group are the economic potential of services (e.g. in health care); demographic change: NCDs will be common; adjustments to cope with NCDs (barrier free access); more efficient use of IT social media to organize civil society, e.g. in form of social movements; and a balance between security and freedom (e.g. deciding ourselves what is healthy or having state-imposed regulations on issues as food, tobacco, alcohol, etc.).

The group identified inhibiting a more negative turn a welfare state which could prevent increasing inequality. And as inhibitors of more positive trends that Multi-national corporations oppose healthy food.

### Innovation in Medicine



The group on innovations in medicine discussed as trends that chemical prevention is substituting prevention by healthy lifestyle (take a pill instead of eating healthy food with lots of vitamins). More holistic trends are the increasing focus on the microbiome, on methods of prevention of cancer by vaccination, the focus on genetics and epigenetics, more informed and empowered patients, personalized medicine, but also over-medication, and last but not least the growing cost of health, overburdened health systems and those two factors contributing to a social divide in health. Those trends were defined as the ones we already see today.

As for future trends by 2050, the group discussed a greater individual awareness of one's own body ("I understand my body so well so that I give it every second what it needs"). What might improve personal health situations or the eradication of many diseases is the full manipulation of the microbiome, curing a high percentage of cancer, community care, the availability of big health data to all, prevention of all NCDs, and a health system revolution.

Potential impact of such future trends are especially lower costs and more sustainability, more well-being and good aging.

Needed for positive changes described are a good education of all people, also on health, more awareness of one's own body and health situation and more people/patient empowerment; adjustments in legislation and policies making these changes possible, more good examples, and more funds for research.

As inhibitors of change the group identified lack of public resources, conflicts of interest, data protection, and the fear to lose "power" and "control" of some groups in policy making and medicine.

### Western Lifestyle

The group subsumed under the term Western Lifestyle the way technology, efficiency, economy, growth dominate our lives in the Western world today. The group identified as changes of today topics such as increasing stress, but also increase of higher aging. Further, the increase of technologies in health is not making services more personal, instead services are downshifted. Family structures are changing which is not only noticeable by the often cited multiple burden on women, but also increasing service offers for child and elderly care, though not affordable to all. Also, the way we shop, cook and eat are changing and there is growing industry profiting from this, contributing to the industrialization of food and to waste. Technology also plays a role in new challenges on data control, but also making new ways of work possible, e.g. "placeless" work, telework, etc.

For future trends the group discussed that families could be "chosen", not based on nuclear or traditional family ties; that new arrangements of care could create new communities (e.g. in neighborhoods). Negative trends however could be the increased atomization of society, and automated care by technologies and an increased health inequality.

Examples of changes we can see today are in the sharing economy, e.g. in food, housing, work space, mobility. Key assumptions for the trends put down in this discussion group are a solidarity crisis and the continuation of the growth paradigm, accompanied by demographic change toward and aging society. As drivers of change the group identified an increased scarcity of resources, and change in social values, as well as further technological development impacting the way we live. Inhibitors of change are prevailing power relationships and continuation of ownership of means of production and the dominant commercial interest of globally active enterprises.

## 2.3 Vienna: List of Participants

Last name	First name	Organization	City
Freidl	Wolfgang	Institut für Sozialmedizin und Epidemiologie Institutsvorstand, Med Univ Graz	Graz
Giesecke	Susanne	FRESHER/Austrian Institute of Technology	Vienna
Giuffrè	Giovanna	Institute of Studies for the Integration of Systems	Rome
Hochleitner	Margarethe	Direktorin des Frauengesundheitsbüros, Med Uni Innsbruck	Innsbruck
Hörlesberger	Marianne	FRESHER/Austrian Institute of Technology	Vienna
König	Jürgen	Department für Ernährungswissenschaften, Univ Wien	Vienna
Kugler	Martin	Universum Magazin	Vienna
Kunze	Michael	Zentrum für Public Health, Institut für Sozialmedizin, Med Univ Wien	Vienna
Kutalek	Ruth	Department General Practice & Family Med, Med Univ Vienna	Vienna
von Maltzahn	Lisette	FRESHER/Austrian Institute of Technology	Vienna
Mellauner	Michl	Plansinn	Vienna
Moissl-Eichinger	Christine	Department of Internal Medicine, Med Univ Graz	Graz
Poglitsch	Ruth	Landeskrankenhaus Graz	Graz
Rásky	Éva	Institute of Social Medicine and Epidemiology, Univ Graz	Graz
Ricci	Andrea	Institute of Studies for the Integration of Systems	Rome
Sassi	Franco	FRESHER/ OECD Public Health Program	Paris
Schalek	Kurt	Grundlagenarbeit Betreuung & Pflege, Caritas Österreich	Vienna
Smirnova	Maria	FRESHER/European Public Health Alliance	Brussels
Stainer-Hochgatter	Andreas	Austrian Institute of Technology	Wiener Neustadt
Ulmer	Hanno	Department of Statistics, Informatics and Health Economics, Med Univ Innsbruck	Innsbruck
Vavrik	Klaus	Kinderliga-Präsident Österreich	Vienna
Wepner	Beatrix	FRESHER/Austrian Institute of Technology	Vienna
Widhalm	Kurt	Österreichisches Akademisches Institut für Ernährungsmedizin	Vienna
Vella	Stefano	Istituto Superiore di Sanità	Rome
Zechmann	Beatrix	Austrian Institute of Technology	Vienna
Zelinka-Roitner	Inge	Styria vitalis	Graz

## 2.4 Vienna Participants: Short CVs

### **Univ.-Prof. Dr.phil. Wolfgang Freidl**

Professor für Sozialmedizin. Die Arbeits- und Forschungsschwerpunkte von Univ.-Prof. Dr. Wolfgang Freidl liegen in der Sozialepidemiologie, der regionalen und internationalen Gesundheitssurveyforschung, der Medizinsoziologie, der Gesundheitssoziologie, der Gesundheitsförderung, der Sozialen Ungleichheit und Gesundheit, der Patientenzufriedenheit, der Evaluation, der Ethik im Gesundheitswesen sowie im Bereich Medizin und Nationalsozialismus. Die zentrale Frage dabei ist, auf welche Art und Weise soziale Faktoren wie zum Beispiel soziale Schicht, Netzwerke, Zugang zum Gesundheitswesen etc. die Gesundheit eines Menschen beeinflussen. Univ.-Prof. Dr. Wolfgang Freidl studierte Psychologie und Soziologie an der Karl-Franzens-Universität Graz und promovierte 1988. Ab Oktober 1988 war Prof. Freidl Universitätsassistent für empirische Methodik und Statistik (klinische Epidemiologie) an der psychiatrisch-neurologischen bzw. neurologischen Universitätsklinik Graz. Ab Oktober 1997 war er Ao. Univ.-Prof. am Institut für Sozialmedizin und Epidemiologie der jetzigen Medizinischen Universität Graz. Von Oktober 2005 bis Mai 2008 war Professor Freidl supplierender Vorstand und seit Mai 2008 ist er Vorstand des Instituts für Sozialmedizin und Epidemiologie.

### **Dr. Susanne Giesecke**

is political scientist by training and has worked at several universities as a researcher and lecturer.. Presently, her main focus of work is qualitative innovation research and Grand Challenges, technology assessment, evaluation of R&D programs as well as foresight. She has been engaged in several research projects and foresights as well as foresight networks. Latest projects of hers have dealt with the governance of converging technologies in the health sector (project "Personal Health System Foresight") and the identification of Grand Challenges for the European Research Area (project "Forward Visions for the European Research Area). Next to research projects, Dr. Giesecke's work is dedicated to a broad participatory approach, involving stakeholders and other experts into the problem solving of future societal challenges. Susanne Giesecke has also been working as an evaluator for the European Commission and for several scientific journals and research organizations. At AIT she is the coordinator of the thematic research area "Foresight". In the FRESHER project she leads WP3 on Driver and Trend identification.

### **Dr. Giovanna Giuffrè**

is with ISIS since 2008 and a partner there since 2010, Giovanna has consistently worked in the research and management of several IEE, FP7 and Horizon 2020 projects. Through scenario-building research projects, Giovanna has gained experience in trends and policy analysis, workshop facilitation and redaction of policy recommendations. These projects include FRESHER – Foresight and modelling for European Health policy and regulation, FLAGSHIP - Forward Looking analysis of grand societal challenges and innovative policies, PASHMINA - Paradigm Shift Modelling and Innovative approaches, URBACHINA, and PACT - Pathways for Carbon Transition. Previous experience has included working for networks of local authorities on European sustainable procurement projects (EUROCITIES and ICLEI) and for a network of Non-Governmental Organizations (Medlink - Mediterranean links) on a project aimed at enhancing NGO cooperation

in the Mediterranean area. Giovanna holds a law degree from La Sapienza University in Rome, Italy and has a master's in European Studies from the College of Europe, Warsaw, with a focus on EC environmental law.

**Dr. Marianne Hörlesberger**

has worked for AIT Austrian Institute of Technology GmbH since 2001. She applies and improves methodologies such as informetrics, scientometrics, and bibliometrics for identification of emerging technologies and the network of agents behind those topics. She worked significantly for the project "Development and Verification of a Bibliometric model for the Identification of Frontier Research" for the European Research Council, where indicators for identifying frontier research were developed. She combines methodologies based in bibliometrics with those for foresight processes for science and industry. She applies and improves scenario methods. She received training from Ute Hélène von Reibnitz. Besides her analytical work she is engaged as project leader in EU project as well as national and industrial projects. She graduated from the University Vienna, where she received a PhD in mathematics. Before AIT she worked in business process reengineering and business administration for the private industry. In the FRESHER project she works for WP3 on Driver and Trend identification.

**Univ. Prof. Dr. Jürgen König**

is university professor for special human nutrition at the Department of Nutritional Sciences at University Vienna since 2006. Before that he was a University Professor at the same department and working as an Associate Professor for Human Nutrition at Massey University, New Zealand. His focal point is human nutrition focusing on distribution of nutrition in different groups, food habits and risk assessment of over- and undernutrition and additives and harmful substances.

**DI Martin Kugler**

is editor in chief of Universum Magazine. He used to work as an economics- and sciencejournalist for the Austrian newspaper "Die Presse" and graduated in food- and biotechnology and Economic Science. He is also active in the board of directors of the Austrian Society of Agricultural Journalists and the Club of Educational and Science Journalists.

**o.Univ. Prof. Dr. Michael Kunze**

is Professor emeritus for Hygiene, Microbiology and Social Medicine at the Centre for Public Health at the Institute for Social Medicine, Medical University Vienna. He also worked as a doctor for Hygiene, Microbiology and Social Medicine at the Medical University Vienna and was part of the management of the Institute for Social Medicine.

**Priv.-Doz.in Mag.a Dr.in Ruth Kutalek**

is associate professor at the Unit Ethnomedicine and International Health, Department General Practice and Family Medicine, Center for Public Health, Medical University of Vienna; lecturer at the University of Applied Sciences, Vienna, and WHO consultant. Her main fields of interest are

medical anthropology, ethnomedicine, migration and health, medical ethics, socio-cultural aspects of health and disease, primary health care and nutritional anthropology. She did various research projects in Tanzania, Uganda, Liberia and Vienna.

#### **Lisette von Maltzahn**

works as a student research assistant at the AIT in the projects FRESHER and CRESSI. Currently she is writing her master thesis in the project Urban Time and Energy Use (UTE) at the Institute for Social- and Human Ecology, IFF, University Klagenfurt. Her bachelor she did in Political Economics in Heidelberg. She is also involved in several degrowth projects in Austria and Germany and is doing social work in a facility for people with physical and intellectual disabilities.

#### **Univ.Prof.in Dr.in habil.rer.nat. Christine Moissl-Eichinger**

is Professor for “Interactive Microbiome Research” at the Medical University Graz, Austria. She is PI of numerous microbiome-, microbial ecology- and astrobiology-related projects from national up to European level. In her research, she is particularly interested in microorganisms with “special skills”, that interact closely with the human body, plants, the natural and built environment. She is member of the ESA ECSS group “Microbiological examination of flight hardware and cleanrooms” and MC member of the COST activity “Origins” (Origins and evolution of life on Earth and in the Universe; TD1308). She is reviewer for, amongst others, the European Commission and the Planetary Protection panel of NASA. Within the last years, she has received several prizes and grants, including the NASA Certificate of Recognition for the creative development of technical innovation (2008) and the ESF TOP10 New Species Award (2014). She has published more than 45 articles in high-impact Journals, such as Nature Communications and Nature ISME Journal. She has collaborations all over the world, including Caltech/ NASA JPL (Pasadena, USA), Moscow State University, University of Edinburgh and DLR Cologne (Germany).

#### **Dr. Ruth Poglitsch**

was working as a general practitioner with the focal points uncommunicable diseases, prevention through nutrition, geriatrics and neural therapy. She did her Dissertation on cases of severe preeclampsia in dependency to the time of gestation at the Medical University Graz. At the moment she is a doctor for inner medicine in training and is doing her diploma in psychosocial, psychosomatic and psychotherapeutical medicine. She is also publishing and lecturing in the areas of geriatrics and lifestyle-prevention.

#### **ao.Univ.-Prof.in Dr.in med.univ. Éva Rásky**

Institut für Sozialmedizin und Epidemiologie der Med Uni Graz. Ärztin für Allgemeinmedizin und Fachärztin für Sozialmedizin, Habilitation 1997. Supervisionsausbildung und postgraduierten Studium Master of Medical Education. Rettungsärztin, Ärztin am Institut für Sozialmedizin und Epidemiologie, Universität Graz, Wissenschaftliche Leiterin des Universitätslehrganges Public Health im Pflegewesen und Sprecherin der Studienkommission Pflegewissenschaft. Forschungsschwerpunkt: Frauengesundheit, Prävention – Screening

**Dr. Marjo Rauhala MSSc. B.A.**

is a senior researcher at AAT whose research interests focus on the ethical dimensions of technology R&D, ageing, independent living and user involvement. In her work, Rauhala investigates theoretical and practical concerns in ethics and technology R&D in the engineering context. In studying ethical phenomena in their contexts she combines methods of empirical social research and more traditional academic ethics. Rauhala has broad experience in ethics ranging from academic philosophical research, ethics management in international and national cooperation projects, to cooperation with the Austrian Bioethics Commission and ethics screening and review as an ethics expert of the European Commission (HORIZON 2020 and FP7).

**Dipl.-Ing. Andrea Ricci**

is vice president of ISIS – the Institute of Studies for the Integration of Systems, an independent research and consultancy partnership based in Rome, Italy. He received his engineering degree from the Ecole Centrale (Paris, France) in 1977 and joined ISIS in 1982 after 5 years with the French think tank GAPSET, where he worked as an analyst in the field of corporate and public innovation strategies. Over his years with ISIS, Andrea has led major EU research efforts and forward-looking studies in the fields of sustainability policy analysis and impact assessment, technology assessment and scenario building. Andrea has coordinated many EU RTD projects in the fields of energy, transport, environment, and technology assessment, including NEEDS (energy externalities, energy scenarios and modelling at 2050) and EFONET (Energy foresight network). He is currently Rapporteur of the EC Integrated Roadmap of the SET Plan, and a member of the EU Transport Advisory Group for Horizon 2020. He recently served the overall Rapporteur of the EC Working Group “Global Europe 2030 – 2050”, devising and building worldwide scenarios at 2050. A native speaker of Italian, he is fully fluent in English and French.

**Dr. Franco Sassi**

is head of OECD’s Public Health Programme. He is the lead author of Obesity and the Economics of Prevention: Fit not Fat (OECD and Edward Elgar, 2010), editor and author of Tackling Harmful Use: Economics and public health policy (OECD, 2015) and Promoting Health, preventing disease: The economic case (OUP, 2015), and the author of a large number of further publications on the economics of chronic disease prevention. Prior to taking up his position at OECD, Franco was a Senior Lecturer in Health Policy at the London School of Economics and Political Science (LSE) and Director of the graduate programme in Health Policy, Planning and Financing, run jointly by the LSE and the London School of Hygiene & Tropical Medicine, for eight years. Franco has an undergraduate degree from Bocconi University (Milan) and obtained his doctorate in health economics from the University of London. He was awarded a 2000-01 Commonwealth Fund Harkness Fellowship in Health Care Policy.

**Mag. Kurt Schalek**

Soziologe; Tätigkeitsschwerpunkt seit über 10 Jahren: Pflegeprozess und Pflegediagnostik; bei der Caritas Österreich als Referent für Betreuung, Pflege und Hospiz tätig; Mitautor der „PraxisOrientierten Pflegeklassifikation – POP“ sowie des „Praxishandbuchs Pflegeprozess“



### **Maria (Masha) Smirnova, MSc**

joined the European Public Health Alliance (EPHA) in 2015. Her current work focuses on European Union's economic governance where she particularly looks at the impact on health in the European Semester process. She also works on policy issues that include prevention, innovation and migrant health. Maria received a Master's degree in Health Management from the University of Applied Sciences in Krems, Austria and holds a Master's degree in International Politics from the University of Manchester, UK. Prior to her engagement with EPHA, Maria worked with the Germany based empirica Communication and Technology Research as research consultant and project manager, specifically working on EU collaborative health projects under the theme 'ICT for health and ageing well' where her responsibilities included socio-economic impact assessment, project evaluation and exploitation planning. She also has private sector experience in Central and Eastern Europe and experience as a consultant in sustainable regional development in the Middle East, with focus on participatory approaches. In the FRESHER project she leads WP7 on Communication, Dissemination and Stakeholder engagement.

### **Ing. Andreas Stainer-Hochgatterer**

graduated from a Technical College for Information Technology and Electronics. After Special Education Studies at the University of Vienna (specialising in IT in Special Education) and a study visit at the Middlesex University in London he joined AIT in the year 1998. He is Senior Expert Advisor and Thematic Coordinator of the Active & Assisted Living (AAL) activities within the Health & Environment Department and has over ten years of experience in coordinating different national and international research projects and initiatives involving academic, industry and end users. Furthermore he is coordinator of AIT's cross-departmental collaboration in AAL Systems and is author of many publications in the field of AAL. He is lecturer at the FH Campus Wien (master studies Health Assisting Engineering) and furthermore initiator of an AT information centre for people with disabilities.

### **Ao. Univ.-Prof. Mag. Dr. Hanno Ulmer**

is director of the department and professor for medical statistics, informatics and health economics of the Medical University of Innsbruck. He also used to be head of the Clinical Trial Centre (KKS/CTC) of the Medical University Innsbruck. His focal points are statistical advice for clinical and epidemiological studies, research in the area of cardiovascular diseases and carcinosis. He cooperated with several institutions including universities in Europe and the USA and the International Agency for Research on Cancer. He did his PhD in Social- and Economic Sciences and habilitated in Biostatistics.

### **Prim. Dr. Klaus Vavrik**

is medical practitioner, a specialist in pediatrics and a Child and Youth Psychotherapist. He is head of the Sozialpädiatrisches Ambulatorium Fernkorngasse in Vienna. He also used to be in teaching positions at different Universities. He is president of the Austrian League for Child and Youth-Health (Österreichische Liga für Kinder- und Jugendgesundheit).

### **Prof. Dr. Stefano Vella**

received a degree in Medicine from the University of Rome in 1977. He subsequently achieved specialty degrees in both Infectious Diseases (1982) and Internal Medicine (1987). Since 2003, he is the Head of the Department of Therapeutic Research and Medicines Evaluation of the ISS (The Italian National Institute of Health). His research interest is mainly directed towards: the study of HIV resistance to antiretroviral drugs; the mechanisms of immune reconstitution; the perfecting of antiretroviral therapy. Dr. Vella has been involved in the building of consensus international documents on the clinical management of HIV infection. Dr. Vella serves as scientific advisor for the Italian Cooperation (Ministry of Foreign Affairs) in different African countries, and is involved in the setting of specific programs in Uganda, South Africa, Mozambique and Ethiopia.

### **DI Dr. Beatrix Wepner**

has joined the AIT in 2010 as technology manager. She has extensive experience in the field of cluster management from her previous engagements at ecoplus , Lower Austrian Business Agency , and at 'ofi Austrian Research Institute for Chemistry and Technology', where she worked as a scientist and head of the institute for medical devices. Her work areas at AIT are monitoring and detecting emerging issues and emerging technologies. She develops and enhances models for investigating data so that emerging trends can be identified. Thus she links her relevant inside knowledge of sectoral trends in life science with evidence based bibliometric and stakeholder interactions promoting participatory methods. At AIT she has coordinated ISAR, a project to improve issue management and crisis communication with methods from artificial intelligence and data mining, and ETCETERA, a collaborative project for evaluation of critical and emerging technologies for the elaboration of a security research agenda. In the FRESHER project she works for WP3 on Driver and Trend identification.

### **Univ. Prof. em. Dr. Kurt Widhalm**

is President of the Austrian Institute for Nutritional Medicine, Vienna and Professor emeritus for Clinical Nutrition and former Head of Department of Nutrition and Metabolism at the University of Vienna (Austria). Kurt Widhalm was awarded Dr.med.univ. by the University of Vienna working in the department of paediatrics. He has held appointments in paediatrics, obesity, lipid disorders and medical nutrition, working and studying both in Austria, as well as Germany, USA, Australia and Brazil. In 2003, he became Full Professor of clinical nutrition and Head of Department of Nutrition and Metabolism at the University of Vienna. Prof. Widhalm has also held esteemed positions on committees and boards including past president positions at the Austrian Lipid Society and the Federation of European Societies of Nutrition (FENS), and has been President of the European Association for Research in Obese Children (EAROC) since 2007. Prof. Widhalm has published over 350 scientific papers, as well as books, and is on the editorial board of several journals.

### **Beatrix Zechmann, Msc.**

is a Junior Scientist at AIT, graduated from her master study "Health Assisting Engineering" at the University of Applied Sciences Campus Vienna. Thereby, she delved into various topics in the area



of healthcare, engineering and research. Beatrix has experience in researching users' views on AAL technology and its impact. As a physiotherapist, she has a medical background in the field of biomechanics, rehabilitation sciences and exercise sciences. Prior to her occupation at AIT, Beatrix gained practical hands-on knowledge as physiotherapist by working in different healthcare facilities. Her current research focuses on User Experience of physical disabled people concerning their support with the help of newly developed tools and devices.

**Maga Drin Inge Zelinka-Roitner**

Soziologin und im Unternehmen Styria Vitalis die Bereichsleiterin für Kindergarten und Schule. Weiters war sie lehrend an Universitäten tätig und hat lange Erfahrung mit Projektentwicklung und Gesundheitsförderung, u.a. im Sozialmedizinischen Zentrum Liebenau.

### 3. Brussels workshop

#### 3.1 The Brussels Agenda

The final agenda of the Brussels workshop, as presented below, provides an overview of the various sessions and topics addressed on 15.10.2015 Time: 9.15 to 17.0, At: mundo-b, Rue d'Edimbourg 26, 1050 Bruxelles

AGENDA		
9.15	Registration opens	
9.30	Introduction to the topic	Susanne Giesecke, AIT
10.00	Discussion	
10.20	EC's expectation from a FS project on health and possible policy implications	Ann Uustalu, Project Officer, EC
10.30	Introduction to the FRESHER project	Maria Smirnova, EPHA
10.45	Scenario Building and Outlook of the Project	Giovanna Giuffrè, ISIS
11.15	<i>Coffee and Juice Break</i>	
11.30	"East-West Disparities of NCDs"	Prof. Witold Zatoński, Śląskie Centrum Chorób Serca w Zabrzu
12.00	Presentation Trends and Drivers of NCDs	Beatrix Wepner, Susanne Giesecke, AIT
12.25	Discussion	
12.45	<i>Healthy Lunch</i>	
13.30	Working Groups on Trends and Drivers	
15.30	<i>Tea &amp; Fresh Water Break</i>	
15.45	Plenum: Presentation of Results	
16.00	Discussion	
16.30	Outlook	Susanne Giesecke, AIT; Giovanna Giuffrè, ISIS
17.00	Fare well	Susanne Giesecke, AIT

## 3.2 Brussels working group session: trends and drivers - Summary

### Nutrition

The group envisioned two different scenarios – a positive development going along with the availability of healthy but at the same time cheap food and a sustainable food system; on the other hand a negative scenario indicated by an increase in NCDs and especially obesity and a loss of traditional and fresh food. Further along the line a loss of diversity in agriculture and highly processed food lead to malnourishment and changes in microbiome, again resulting in negative health aspects. Key assumptions that global population will grow and diets will have to change away from highly processed to healthy and fresh food were seen as closely linked to environmental and health factors. This change to healthy diets is driven by marketing, education and consumer awareness, but also strongly by policies in health insurance, agriculture and employment (e.g. maternity leave). Especially commercially driven interests of industry and trade were seen as inhibitors for a positive development.

### Inequity

The group identified inequity as one of the key trends underlying unequal access of marginalized people to the health system – in Europe and beyond. Unequal distribution of wealth, income disparities, poor housing situations, lack of proper education and many more factors divide our society today and have direct effect on people's health – and on the prevalence of NCDs which is higher in the marginalized parts of society than among the well to do. Marginalized groups have less access to information on NCDs, have less opportunities for prevention, diagnosis and treatment, and less means to live a healthy lifestyle. Increasingly, single mothers and elderly people are prone to be discriminated by this development which is often perpetuated by the national health systems. One key assumption of the group debate was that health inequities are not inevitable but they are a fact and affect health. However, several options were discussed to overcome such disparities – at least in part such as dedicated policy measures for early intervention and responsible research and production by corporations for affordable and healthy products.

### Marketing

After discussing the two possible approaches from health and from the industry marketing perspective, the group decided that the focus should be on the using the efficiency of the industry's marketing tools to market for better health. It highlighted the developments in health literacy that have been made, and how this has really driven healthy eating and health lifestyle to become more prevalent. The 5-a-day campaign was given as an excellent example of a clear health message which motivated everyone take care of their own health: giving consumers a choice rather than forcing health on them, a structure which should be used more in the future. The group agreed that marketing that takes place today may not have an effect for 10 years and we

are likely to face a lack of political will because of the potential employment impacts this has on the immediate future.

### 3.3 List of Participants Brussels

<i>Last name</i>	<i>First name</i>	<i>Organization</i>	<i>City</i>
Boschetti	Florinda	POLIS Network	Brussels
Brinsden	Hannah	World Obesity Federation	London
Buitelaar	Hetty	European Committee for Homeopathy (ECH)	Rotterdam
Donkin	Angela	Institute of Health Equity, University College London	London
Fernandez	Joao	International Diabetes Federation European Region (IDF Europe)	Brussels
Finn	Alva	Mental Health Europe - Santé Mentale Europe (MHE-SME)	Brussels
Giesecke	Susanne	FRESHER/Austrian Institute of Technology (AIT)	Vienna
Giuffrè	Giovanna	FRESHER/ Institute of Studies for the Integration of Systems (ISIS)	Rome
Gordon	Stephen	European Central Council of Homeopaths (ECCH)	Kenninghall
Hubermann	Karina	Patient Access Partnership (PACT)	Brussels
Lang	Thierry	Toulouse University and Toulouse University Hospital	Toulouse
Laubstein	Nora	Association for Natural Medicine in Europe	Schöneck
Liddell	Judith	European Federation of the Associations of Dieticians (EFAD)	Brussels
Maguire	Peggy	European Institute of Women's Health (EIWH)	Dublin
Mattioli	Benedetta	FRESHER/Istituto Superiore di Sanità	Rome
Nguyen	Dominick	European Network for Smoking and Tobacco Prevention (ENSP)	Brussels
O'Donnell	Peter	Politico	Brussels
O'Regan	Kate	Association of European Cancer Leagues (ECL)	Brussels

Quaranta	Maria Giovanna	FRESHER/Istituto Superiore di Sanità	Rome
Rice	Peter	Scottish Health Action on Alcohol Problems (SHAAP)	Edinburgh
Robertson	Aileen	Metropolitan University College	London
Robijns	Trees	Birdlife	Brussels
Skar	Mariann	Eurocare	Brussels
Smirnova	Maria (Masha)	FRESHER/European Public Health Alliance (EPHA)	Brussels
Stakelum	Robbie	European Federation of National Organisations Working with the Homeless (FEANTSA)	Brussels
Strammiello	Valentina	European Patients Forum (EPF)	Brussels
Uustalu	Ann	European Commission- DG Research & Innovation	Brussels
Wepner	Beatrix	FRESHER/Austrian Institute of Technology (AIT)	Vienna
Yared	Wendy	Association of European Cancer Leagues (ECL)	Brussels
Zatoński	Witold	FRESHER/Cancer Centre & Institute of Oncology	Warsaw

### 3.4 Participants Brussels: Short CVs

#### **Florinda Boschetti**

is a project manager at the Polis Network- European Cities and regions Networking for Innovative Transport Solutions. She leads the pillar Environment and Health and coordinates policy work in health and transport. She is acting as focal point for the WHO-UNECE Transport, Health and Environment Pan-European Partnership (THE PEP) and is currently working on the European projects PASTA (active mobility), PTP-Cycle (cycling), SWITCH (walking and cycling promotion), and Smartfusion (clean urban freight logistics). She holds a PhD in Engineering focusing on sustainable mobility and urban planning. Dr. Florinda Boschetti has worked as a project manager at the European Cyclists' Federation (ECF) for 3 years on the EU co-funded PRESTO cycling project, which created tools for transport practitioners and politicians to create cycle friendly urban environments. She was also the coordinator of the ECF's Scientists for Cycling (S4C) network.

#### **Hannah Brinsden**

is a Public Health Nutritionist from the United Kingdom. She is the Head of Advocacy and Public Affairs at the World Obesity Federation where she works to influence international and regional policies on food, nutrition, marketing, obesity and non-communicable diseases. She is also a PhD candidate at City University, London where she is researching the role of NGO advocacy in policy change. Previously Hannah was the lead Nutritionist at Consensus Action on Salt & Health (CASH), a non-profit organisation working to reduce salt consumption in the UK. Hannah is a member of the public health theme team at the UK Nutrition Society, the World Public Health Nutrition Association, the UK Association for Nutrition, the International Society for Behavioral Nutrition and Physical Activity and Young Gastein Forum. She sits on the working party of the Children's Food Campaign which is part of Sustain: the Alliance for better food and farming.

#### **Hetty Buitelaar**

works as a physician in a private practice together with several different paramedical professionals in Capelle aan den IJssel, close to Rotterdam from 1996 up till now. Hetty studied at the Medical University VU, Amsterdam (Netherlands) and for general practitioner (family medicine) at the Erasmus University, Rotterdam (Netherlands) and later specialised in homeopathy. As coordinator of the political subcommittee of ECH, she is part of the council since 2012. The European Committee for Homeopathy (ECH) represents all medical doctors with an additional qualification in homeopathy, organized in 40 associations in 25 European countries. Within the Netherlands she has been board member of the VHAN, the association for homeopathic doctors in the Netherlands until this association became of AVIG, physicians association for integral medicine. She was one of the founders of this new association and board member until 2013. From 2009-2013, she was member of the steering committee of CAM doctors within the Netherlands.

#### **Angela Donkin**

is a Deputy Director at the Institute of Health Equity. She leads work on children, indicators, work,

and income. Before joining IHE in 2012, Angela Donkin was the senior civil servant responsible for overseeing the independent reviews on Early Intervention in the Cabinet Office. Prior to that she led on health, work and wellbeing for the Cross Departmental Health Work and Well-Being Initiative. Earlier in her civil service career Angela steered, set up and analyzed a number of longitudinal studies, with a focus on income, wealth, health, life expectancy, work, and pensions. Before joining the civil service Angela was an academic at the London School of Hygiene and Tropical Medicine and the University of Nottingham.

### **Joao Fernandes**

is a Health Economist at the International Diabetes Federation. Since the beginning of his career Joao has been working on improving the sustainability of health systems, through research and implementation of innovative approaches for prevention of NCDs. His work/studies has been conducted in 6 different countries, and in different types of organizations such as Health Ministries, NGOs, and private sector. Joao has taken part in the implementation of the first Social Health Insurance scheme in Qatar, developed and piloted the Diabetes Prevention Score, a tool to assess the friendliness of cities' environment for diabetes prevention, investigated the quantitative impact of Social Determinants of Health in four European countries; and researched the cost-effectiveness of different primary prevention programs for T2DM.

### **Alva Finn**

is Human Rights Officer at Mental Health Europe. She holds a Master's in International Law from the University of Amsterdam. She has worked in the human rights field for the past 5 years and has experience predominately in the multilateral spheres of the EU and UN but also in the domestic contexts of Egypt, Ireland and the UK. She has focused on a variety of different issues including refugee and asylum issues, de-institutionalisation, children's rights, civil and political rights and the rights of persons with disabilities. Most recently, before joining Mental Health Europe, she worked as a Human Rights Attaché for the Irish Mission to the United Nations in Geneva.

### **Susanne Giesecke**

is political scientist by training and has worked at several universities as a researcher and lecturer. Presently, her main focus of work is qualitative innovation research and Grand Challenges, technology assessment, evaluation of R&D programs as well as foresight. Latest projects of hers have dealt with the governance of converging technologies in the health sector (project "Personal Health System Foresight") and the identification of Grand Challenges for the European Research Area (project "Forward Visions for the European Research Area). Next to research projects, Dr. Giesecke's work is dedicated to a broad participatory approach, involving stakeholders and other experts into the problem solving of future societal challenges. Susanne Giesecke has also been working as an evaluator for the European Commission and for several scientific journals and research organizations. At the Austrian Institute of Technology (AIT) she is the coordinator of the thematic research area "Foresight". In the FRESHER project she leads WP3 on Driver and Trend identification.



### **Giovanna Giuffrè**

is with ISIS since 2008 and a partner there since 2010. Giovanna has consistently worked in the research and management of several IEE, FP7 and Horizon 2020 projects. Through scenario-building research projects, Giovanna has gained experience in trends and policy analysis, workshop facilitation and redaction of policy recommendations. These projects include FRESHER – Foresight and modelling for European Health policy and regulation, FLAGSHIP - Forward Looking analysis of grand societal challenges and innovative policies, PASHMINA - Paradigm Shift Modelling and Innovative approaches, URBACHINA, and PACT - Pathways for Carbon Transition. Previous experience has included working for networks of local authorities on European sustainable procurement projects (EUROCITIES and ICLEI) and for a network of Non-Governmental Organizations (Medlink - Mediterranean links) on a project aimed at enhancing NGO cooperation in the Mediterranean area. Giovanna holds a law degree from La Sapienza University in Rome, Italy and has a master's in European Studies from the College of Europe, Warsaw, with a focus on EC environmental law.

### **Stephen Gordon**

has been a practising homeopath in the UK since 1982 having trained first as an osteopath before studying homeopathy. He currently holds the position of General Secretary of the European Central Council of Homeopaths (ECCH). ECCH is a member of the EU stakeholder group EUROCAM and the European Public Health Alliance (EPHA) of which he is currently an elected board member. He is a proponent of salutogenesis where the factors that support health and restoration to health are emphasized over a focus on diseases and their treatment.

### **Karina Hubermann**

is an independent NGO consultant, and both Founder member and Director of CEACSO, a non-profit organisation working to empower Civil Society Organisations. With over thirteen years of experience in Brussels working on the health, gender and disability fields, she is the coordinator of the Patient Access Partnership, and has previously served as Acting Director and Project Manager for Mental Health Europe and as Network Coordinator at the European Men's Health Forum. A dual Argentine-Belgian citizen, Karina has a Master's degree in Law from the National University of Buenos Aires. She has most recently received a diploma in NGO Management from the Free University of Brussels (ULB).

### **Thierry Lang**

is an Epidemiologist and Professor at Toulouse University and Toulouse University hospital. He is leader of the Team « Social inequalities in health, cancer and chronic diseases » Unit 1027 INSERM –University Paul Sabatier, Toulouse. Also he is the Director of IFERISS (Institute for interdisciplinary research Health and Society) and Chairman of the group on Social Inequalities in Health at the High Council for Public Health (HCSP) which produced two reports on Inequalities in Health in France (2009) and the information system to monitor them (2013).

### **Nora Laubstein**

study of Ethnology in Frankfurt and Hamburg, several explorations in South America, works in the field of ambulant care for old and disabled persons, from 1993 until 1995 education and examination as a German Heilpraktikerin, since 1995 work as a liberal professional in own surgery in the field of Traditional European Naturopathy (TEN), membership of the „Deutschen Naturheilbund“, General Secretary of the „Selbsthilfekontaktstelle SEKOS-Gelnhausen“, Advisor in the board of the „Union Deutscher Heilpraktiker- Hessen“, founding member and since 2007 President of the „Association for Natural Medicine in Europe e.V.“

### **Judith Liddell**

took on the role of Secretary General of EFAD in 2009, having managed the secretariat since 1998. Judith qualified as a dietitian from the Robert Gordon University, Aberdeen, Scotland in 1982 and worked as a community dietitian and as a consultant to an offshore catering company for the next 5 years. She obtained a Master of Philosophy in 1987 for her work on “The Effect of Nutrition Education on Students’ Eating Habits”. Following a move to Germany Judith established a freelance dietetic consultancy practice in 1992. She continued with this work until 2006 when she became network manager for the DIETS1 thematic network. She was network manager and lead of the Quality Assurance work package of DIETS2 from 2010-2013.

### **Peggy Maguire**

is the Director General of the European Institute of Women’s Health. She is a political scientist and has been working at EU level highlighting the need for gender equity in health. She has worked with the Commission on various expert committees including the External Advisory Group on ageing and disability and EU Commission expert group on gender in FP6 and WHO expert group on gender mainstreaming. Peggy has initiated many research projects and publications on behalf of the European Institute of Women’s Health, including the development of a cancer information site for women and families. Recently, she co-ordinated the Institute’s contributions to the DG SANCO co-funded ENGENDER project and DG CONNECT co-funded, iSAC6+information project. Peggy Maguire has been an evaluator for FP6 and FP7 funding programmes over the last number of years. Her publications include: Women’s Health in Europe-Facts and Figures across the EU; Discrimination Against Women and Young Girls in Health Sector; Reducing Health Inequalities, Dementia Care challenges for an Ageing Europe.

### **Benedetta Mattioli**

was graduated in Biological Science in 1997 at the University of Rome “La Sapienza”. Achieved a post graduate specialization in biotechnology in 2003 at the university of Rome “La Sapienza” and a PHD in Biotechnology at the University of L’Aquila in 2006. Benedetta joined ISS in 2009 in the Department of Therapeutic Research and Medicines Evaluation- Immunology laboratory, where she participated to the following research projects: Study of the immunomodulant effect of HIV-1 Nef protein on immune cells; Study of Leptin effects on dendritic cells; Definition of new long term predictive biomarkers of T2D and associated CVD, and identification of novel therapeutic targets; Effects of perturbed HDL metabolism on inflammation in the vascular wall and in peripheral circulating cells. NIH/ISS; Role of Leptin in the pathogenesis of metabolic syndrome; New therapeutic approaches for the development of T reg cells for the immunotherapy of

autoimmune pathologies; Immunomodulating effects of viral proteins and antiretroviral drugs. From 2009 Benedetta works in the Department of Therapeutic Research and Medicines Evaluation, in the scientific management team, as scientific manager of different European projects (NEAT-The European AIDS Treatment Network; Esther-The European ESTHER Alliance; EDCTP-The European and Developing Countries Clinical Trials Partnership ; EHVA – The European HIV Vaccine Alliance; FRESHER – FoResight and Modelling for European Health Policy and Regulation)

### **Dominick Nguyen**

Is the Health Policy and Communications Officer of European Network for Smoking and Tobacco Prevention (ENSP). With over 15 years of experience in Public Health and more specifically in the field of Tobacco Control, Dominick Nguyen has a good understanding of health policies, as well as their contextual environment. During the leading time to and the implementation of the Smokefree Legislation in the UK, he closely worked with a wide range of key players and stakeholders, including governmental institutions, health services, local authorities, charities, lobby groups and the private sector to insure a smooth transition and an accurate understanding of the law. He has managed stop smoking services and for the past 7 years has been specialising in communication and social marketing.

### **Peter O'Donnell**

is associate editor of Politico. One of his focal points is the future of health. He has been covering European and international affairs as a freelance for more than twenty-five years – on stories ranging from the birth of the Euro and the enlargement of Europe to research policy or the Balkan wars. In Brussels he has written for The Financial Times, The Sunday Times, Reuters, the Economist Intelligence Unit, and UPI, among other media outlets in Europe and beyond, as well as doing tv and radio work for clients including the BBC, Euronews and ViEUws. He was editor-in-chief of Europe Information Service, and was associate editor of European Voice. In addition to his work as a journalist, he has acted as editor, editorial adviser and speechwriter for numerous clients in the corporate, political and academic world. He frequently chairs EU-level policy debates across Europe, and lectures on EU affairs and journalism.

### **Kate O'Regan**

Is the Policy and Project Officer of the Association of European Cancer Leagues (ECL). She has a double degree in French and Law and work experience eg. in European advocacy within the healthcare sector.

### **Maria Giovanna Quaranta**

was graduated in Biological Science in 1997 at the University of Rome "La Sapienza". Achieved a post graduate specialization in Biotechnology in 2001 at the University of Rome "La Sapienza" and a PhD in Immunology at the University of Rome "Torvergata" in 2006. From 1997 Maria Giovanna works on research projects at Istituto Superiore di Sanità, Department of Department of Therapeutic Research and Medicines Evaluation. The main research interests are mainly directed

towards: Effect of viral proteins, bacterial products, antiretroviral drugs and antioxidant drugs on immune system; in vitro studies on the mechanisms of innate and adaptive immunity and mucosal immunity; study of the immunological profile and identification of prognostic and/or diagnostic biomarkers in human pathologies; she is co-author of more than 20 publications in peer reviewed journals. From 2008 to 2010 she has had a teaching assignment for “Genetic” of the degree in “Biomedical Laboratory Techniques” at the University of Rome “La Sapienza” in Rieti. From 2011 she works in the scientific management team of the national prospective observational study PITER (Italian platform for the study of the therapy of viral hepatitis) that includes all the major clinical sites involved in the management and treatment of HCV+ patients in Italy. She is in the scientific management team of the European project Esther (the European Esther Alliance), EHVA (European HIV Vaccine Alliance), FRESHER (Foresight and Modelling for European Health Policy and Regulation).

### **Peter Rice**

is Chair of the Scottish Health Action on Alcohol Problems (SHAAP) Executive Committee in Scotland. He is one of Scotland's leading medical voices on alcohol and has played a key role in influencing the Scottish Government on the twin areas of alcohol services and effective alcohol policy. He was previously a Consultant Psychiatrist with NHS Tayside Alcohol Problems Service and in this role pioneered a service based on a population model. He is also an Honorary Senior Lecturer in the Medical School, University of Dundee, is involved in a number of research projects as an advisor and co-applicant and has published in the BMJ and other journals.

### **Aileen Robertson**

is a Public Health Nutritionist at Metropolitan University College, Copenhagen, Denmark. Previously she worked as Regional Adviser for Food and Nutrition Security at the WHO European Regional Office Europe from 1992 until 2004 advising more than 50 Member States how to develop and implement their multi-sectoral food and nutrition policies and action plans. Since 2005 she is one of the key individuals developing a new undergraduate Bachelor of Science Degree in Public Health Nutrition and Food Policy. The Department where she works is designated as a WHO Collaborating Centre for Nutrition. Dr Robertson has been a partner in many of the European Union's DG Research and DG SANCO projects in addition to carrying out a variety of consultancies (e.g. with WHO and Danida) related to public health and food and nutrition interventions.

### **Trees Robijns**

holds a master in political sciences at the KULeuven and an M.A. in International Relations of the Johns Hopkins University. She represents BirdLife Europe on all matters related to EU Agriculture policy and other related policies linked to agriculture, biodiversity- including land use, bio-energy, climate adaptation and mitigation. She is performing lobby work with EU institutions and coordinating the lobby campaign for BirdLife on EU agriculture and biofuels policies. Before BirdLife, she worked as a Programme Assistant for the Economic Policy Programme of the German Marshall Fund of the United States.

### **Mariann Skar**

has been the General Secretary for Eurocare (European Alcohol Policy Alliance) since October 2007. She is qualified as cand.polit (sociology and social policy) from the University of Tromsø, Norway. Her working experience, which dates back to 1979, is varied, spanning from being an independent public health consultant in Brussels and Thessaloniki, seconded national expert in the European Commission, Directorate-General Health & Consumer Protection, Unit for Strategy and Analyse (Brussels) and Unit for Health Determinants (Luxembourg). Mariann Skar was working at Tromsø University College for 13 years and during this time she had management responsibilities (Head of Nursing Education), was lecturing in general nursing and sociology/social policies and involved in various developmental, evaluation and research activities.

### **Maria (Masha) Smirnova**

joined the European Public Health Alliance (EPHA) in 2015. Her current work focuses on European Union's economic governance where she particularly looks at the impact on health in the European Semester process. She also works on policy issues that include prevention, innovation and migrant health. Maria received a Master's degree in Health Management from the University of Applied Sciences in Krems, Austria and holds a Master's degree in International Politics from the University of Manchester, UK. Prior to her engagement with EPHA, Maria worked with the Germany based empirica Communication and Technology Research as research consultant and project manager, specifically working on EU collaborative health projects under the theme 'ICT for health and ageing well' where her responsibilities included socio-economic impact assessment, project evaluation and exploitation planning. She also has private sector experience in Central and Eastern Europe and experience as a consultant in sustainable regional development in the Middle East, with focus on participatory approaches. In the FRESHER project she leads WP7 on Communication, Dissemination and Stakeholder engagement.

### **Robbie Stakelum**

is the Health Policy Officer at FEANTSA, the European Federation of National Organizations working with the Homeless. Working in social policy his priorities include i) Life expectancy of homeless people, ii) Access and cost of healthcare for homeless people, iii) Interventions and supports for homeless drug users and vi) Domestic Violence and homelessness. Previous experience includes monitoring and evaluation for the European Commission, project management and research.

### **Valentina Strammiello**

joined EPF in late January 2013. She holds a BA in International Relations and a Master's Degree in European Studies. She works as Programme Officer. Alongside projects she coordinates the EPF Youth Group and HTA related activities. Before joining EPF, Valentina has had a long collaboration with the CIPI Network and has worked as freelance OSINT analyst on Security and Energy issues. Self-trained in website management and web 2.0 applications, she is among the founders of ecpa2.0 (European Center for Public Affairs 2.0), a forum of young professionals.

### **Ann Uustalu**

is science policy officer in the European Commission Directorate General for Research and Innovation, focusing on public health research including mental health, nutrition and the environment. Previously, she has worked on food security and nutrition, environment and multilateral cooperation in the Ministry for Foreign Affairs, Sweden, as well as being Permanent Representative of Sweden to the UN agencies WFP and International Fund for Agricultural Development (IFAD) in Rome, Italy. She was head of International relations with Neighbouring countries on taxation and customs cooperation at the European Commission Brussels and was involved in preparing Latvia's entry into the EU at the delegation in Riga. She is a Swedish and Estonian national and holds a Master of Science degree in Agricultural Economics, Swedish University of Agricultural Sciences Uppsala.

### **Beatrix Wepner**

has joined the Austrian Institute of Technology (AIT) in 2010 as technology manager. She has extensive experience in the field of cluster management from her previous engagements at ecoplus, Lower Austrian Business Agency, and at 'ofi Austrian Research Institute for Chemistry and Technology', where she worked as a scientist and head of the institute for medical devices. Her work areas at AIT are monitoring and detecting emerging issues and emerging technologies. She develops and enhances models for investigating data so that emerging trends can be identified. Thus she links her relevant inside knowledge of sectoral trends in life science with evidence based bibliometric and stakeholder interactions promoting participatory methods. At AIT she has coordinated ISAR, a project to improve issue management and crisis communication with methods from artificial intelligence and data mining, and ETCETERA, a collaborative project for evaluation of critical and emerging technologies for the elaboration of a security research agenda. In the FRESHER project she works for WP3 on Driver and Trend identification.

### **Wendy Yared**

is the Director of the Association of European Cancer Leagues (ECL), a pan-European alliance of national and regional cancer leagues. Dr. Yared works with the Executive Board toward ECL's central purpose of identifying and promoting common strategies in cancer control, and toward achieving health equity in cancer prevention, treatment and services. Prior to joining ECL, Dr. Yared's professional history includes managing a regional health policy programme at the World Health Organization, Regional Office for Europe in Copenhagen; conducting research on various public health issues ranging from tobacco control issues to breast cancer screening policies to public health and digital media; consulting for the European Parliament in Luxembourg; and managing projects for the United States Public Health Service. She is also a consultant on health systems and policy issues. Her academic degrees include a Doctor of Public Health in International Health Systems from the Johns Hopkins University and a Master of Public Health in Health Policy from the University of California at Berkeley, both in the USA. Dr. Yared leads on ECL's coordination of the Work Package on Cancer Prevention and Health Promotion (WP5) in the European Commission's Joint Action 2011-2013, European Partnership for Action against Cancer.

### **Witold Zatoński**

is a Director and Professor in the Division of Cancer Epidemiology & Prevention at Cancer Center &

Institute of Oncology in Warsaw, Poland. As founder and President of the Health Promotion Foundation, Professor Zatoński has been instrumental in launching numerous health campaigns implemented in Poland and other areas of Eastern Europe. Professor Zatoński has recently completed work on the HEM – Closing the Gap project, a complex study examining health inequalities between eastern and western parts of the European Union. At present, Professor Zatoński implements project PONS, aimed at establishing an infrastructure for prospective cohort studies of population health in Poland. Professor Zatoński has been at the forefront of public health and tobacco control in Poland, Eastern Europe, and internationally, for over 35 years. A passionate activist and researcher, and he has helped promote policy development through research and dissemination of research evidence and best practice.



## 4. Lisbon workshop

### 4.1 The Lisbon Agenda

The final agenda of the Lisbon workshop, as presented below, provides an overview of the various sessions and topics addressed on October 26<sup>th</sup>, 2015.

<b>Registrations and welcome of participants</b>
<b>FRESHER Project and scenario Building Exercise</b>
<b>09:30 – 10:30 A look forward</b> Introduction and discussion moderated by Susanne Giesecke - Austrian Institute of Technology <b>10:30 – 10:45 Intro to FRESHER Project</b> by Maria Smirnova - European Public Health Alliance Organisation <b>10:00 – 11:00 Outlook on FRESHER Scenario Building Exercise</b> by Giovanna Giuffrè – Institute of Studies for the Integration of Systems
<b>Risk factors overview and an foresight exercise example</b>
<b>11:00 – 11:30 Tobacco and Alcohol: risk factors and foresight</b> by Solimini Renata – Istituto Superiore di Sanità (ISS) <b>11.30-12.00 Diet and physical activity: risk factors and foresight</b> by Paulo Nicola - consultant to the Portuguese Ministry of Health <b>12.00- 12.30 How Scenarios look like: an example from agriculture sector</b> by Robin Bourgeois Global Forum on Agricultural Research GFAR c/o FAO-DDNG
<b>Trends and Drivers working groups</b>
<b>13:30 – 14:30 Discussion on Trends and Drivers of NCDs</b> Presentation and discussion moderated by Giovanna Giuffrè <b>14.30- 16.00 Working Groups on Trends and Drivers</b> 16.00-16.45 Presentation of results and discussion <b>16.45-17.00 Conclusion</b> by Giovanna Giuffrè - Institute of Studies for the Integration of Systems



## 4.2 Lisbon working group session: trends and drivers - Summary

The following three working groups were formed on the drivers ranked as most important by the workshop participants:

1. Inequity/prosperity & economic governance
2. The evolution of family networks / Education and information
3. Urbanisation, land use and territorial cohesion

The conclusions of the working groups are briefly summarized below:

### **The evolution of family networks / Education and information (general public, the internet as a driver for youth behavior)**

The group recognised a rising trend of improved “intergenerational” communication and a change from the traditional nuclear family to a post-modern ‘tribe’ built on the sharing of common interests and enabled by social networks. In the future, ‘ad hoc’ families/unions can be created for temporary interests and with no long-term engagement. The educative and health model will move outside the spheres of families and schools: social networks will predominate. People with NCDs will look for support and information on the networks and will be influenced by the models and solutions provided by social media. Indicators of this shift is the time spent on the internet within the families and the increased use of social networks for different objectives. Key assumptions for this trend are: 1) The continuous investment in ICT technologies and the increase in connection capacity 2) Changes in work patterns with a higher employment rate for women and increased work mobility. The drivers of these changes are the increased availability of virtual communication and extended life expectancy whereas economic, religious and industrial beliefs/interests and logistic difficulties (costs) act as challenge on the evolution of the family network.

### **Inequity/prosperity & economic governance**

The group considered how the EU economic crisis has put an halt to the increase in health expenditures in years when the needs were rising (due especially to unemployment). However, the group pointed out the opportunities of governments to improve the organisation and the allocation of resources in order to ensure the accessibility and quality of services. Participants discussed the linkages between health and health spending with the economic growth/crisis and identified long-term unemployment as one of the possible high risks for the life and health of future citizens. Among other future risks mentioned were: the ageing of the population, the possible limitations of social security systems, possible bankruptcies and the work market revolution. In the future, a ‘decorporatization’ of healthcare (e.g corporations selling pension plans) is possible. If corporations withdrawal from their central role (in welfare, this was initially based on industrialization), this will require governments and individuals to assume a new role. Governments could become more controlling and citizens more aware and informed. These changes could lead to the establishment of a new social contract among citizens/government or to social unrest/war. Some indicators of this shift are the approximations of health laws and

procedures within the EU and the emergence of European solidarity. Key assumptions for this trend are 1) technology is good; 2) European integration is on the rise; and 3) people are working less. The drivers of this change include the role of technology in shaping job creation as well as its role in job destruction. The vision imagined takes population dynamics, such as aging and migration, into consideration. Energy and its role in economic growth also plays an important role. Some inhibitors of change toward different society setting are the inertia and resistance of institutions as well as current regulations and norms (e.g. current laws regarding labour mobility).

### **Urbanisation, land use and territorial cohesion**

The group discussed two opposing trends with regard to urbanisation: the re-urbanisation of the inner cities promoted by different local governments and the long-standing trend of urban sprawl. City sprawl is strongly linked with the costs of the land, the provision of services (i.e. transport) and city life – new neighbourhoods built without planning, particularly regarding social cohesion, risk leading to the polarisation and the fragmentation of the city's population. Participants of the workshop imagine a future in which healthy and compact cities play a key role in the health and well-being of Europe's populations. Among the positive impacts mentioned: greater social, environmental and economic sustainability, the revitalisation of neighbourhood life, the creation of walkable paths to everyday services, a decrease in maintenance costs, and a consequent decrease in pollution. At the global level, healthy cities would contribute to 1) improved energy and water efficiency 2) the promotion of sustainable mobility 3) an increase in solidarity and social cohesion. However, these prospective changes require a shift in the role of construction industries after the economic crisis. An economic recovery plan driven by a 'business as usual' construction industry risks expanding the sprawl and city fragmentation. Examples or seeds of the trend toward sustainable cities today are the initiatives of 'real' sharing economies, neighbourhood organisation for local consumption and social support initiatives. The drivers of these trends may be improved connectivity, the revision of land-use policy in the prospective of sustainability, the considerations of local governments for cost/benefit analysis, the emergence of a nexus among environmental, health and equity policies. The group recognised as challenge of this trend to develop: the lack of multi-level governance at the metropolitan level; the lack of inter-sectoral collaboration at the local, metropolitan and national level; and austerity measures.

### 4.3 List of Participants Brussels

N°	Name	Surname	Affiliation
1	António	Alvarenga	Professor (ISEG), Researcher (IST)
2	Gonçalo	Alves de Sousa Santinha	Department of Social, Political and Territorial Sciences of the University of Aveiro
3	Cristina	Bárbara	Respiratory diseases Centro Hospitalar Lisboa Norte.
4	Mafalda	Bourbon	Instituto Nacional de Saúde Doutor Ricardo Jorge
5	Robin	Bourgeois	GFAR c/o FAO-DDNG
6	Manuel	Cardoso	General-Directorate for Intervention on Addictive Behaviours and Dependencies
7	Jorge	Carvalho Mourão	Câmara Municipal de Lisboa
8	Daniel	Cauchi	Department of Health Services Research and Policy
9	Maria	Cortes	Portuguese General Directorate of Health, APDP
10	Ângela	Freitas	University of Coimbra
11	Susanne	Giesecke	Austrian Institute of Technology
12	Giovanna	Giuffrè	Institute of Studies for the Integration of Systems
13	Maria	Grau	UNIVERSIDAD AUTÓNOMA DE BARCELONA
14	Marianne	Hörlesberger	Austrian Institute of Technology
15	Luís Velez	Lapão	Instituto de Higiene e Medicina Tropical Universidade Nova de Lisboa
16	Maria José	Lucena e Vale	General Directorate for Territorial Development
17	Luis Silva	Miguel	Professor of Economics Researcher at CISEP - ISEG/UTL
18	Astrid	Moura Vicente	Instituto Nacional de Saúde Doutor Ricardo Jorge
19	Amilcar	Moreira	Institute of Ageing, University of Lisbon
20	Paulo	Nicola	Consultant to the Secretary of State Deputy of the Minister of Health

21	Mónica	Oliveira	Instituto Superior Tecnico
23	Julian	Perelman	Escola Nacional de Saúde Pública
24	Cristina	Ribeiro	Health Deputy Secretary of State
25	Osvaldo	Santos	Universidade de Lisboa, Institute of Preventive Medicine
26	Paula	Santana	University of Coimbra
27	Renata	Solimini	Istituto Superiore di Sanità
28	Maria	Smirnova	European Public Health Alliance Organisation
29	Simone	Tulumello	Universidade Técnica de Lisboa
30	Artur	Vaz	Hospital Administrator at the Hospital Beatriz Ângelo
31	Joan Ramon	Villalbi	Barcelona Metropolitan area
32	Susana	Xará	Escola Superior de Biotecnologia / Instituto de Ciências da Saúde

## 4.4 Participants Lisbon: Short CVs

### **Daniel Cauchi**

I graduated with a medical degree from the Faculty of Medicine and Surgery at the University of Malta in November 2007. I joined the Public Health Specialist training program in Malta in July 2007, and completed my MSc in Public Health in November 2011. During my specialist training within the Ministry for Health I gained substantial experience in both policy and academic public health roles, being involved in drafting a number of national policy documents and strategies related to non-communicable disease, organisation of health promotion campaigns and events, and handling of communicable disease cases. I am currently pursuing a research degree at the London School of Hygiene and Tropical Medicine, focusing on ways of addressing the obesogenic environment in Malta and its impact on childhood obesity rates. As part of this research, I have conducted several environmental audits within representative localities in Malta to determine characteristics of the obesogenic environment.

### **António Alvarenga**

António Alvarenga is an Invited Associate Professor at IST - Instituto Superior Técnico and ISEG – Lisbon School of Economics & Management (Universidade de Lisboa), and a Researcher at the Centre for Management Studies of Instituto Superior Técnico (CEG-IST). António graduated in Economics (FEP-Porto) and has a PhD in Management Sciences (Université Jean Moulin Lyon 3). He was Director of the Department of Strategies and Economic Analysis of the Portuguese Environment Agency and Rapporteur for the Portuguese Green Growth Commitment, among other responsibilities. He currently owns and manages a small consultancy firm specialized in Scenario Analysis, Strategy and Innovation.

### **Gonçalo Alves de Sousa Santinha**

Gonçalo Santinha is an Assistant Professor and researcher at the Department of Social, Political and Territorial Sciences of the University of Aveiro, Portugal. He is also a member of the Governance, Competitiveness and Public Policy Research Unit (GOVCOPP). He holds a PhD in Social Sciences from the University of Aveiro. His thesis examined the spatial dimension of health policies in light of the territorial cohesion principle. He also received his Master degree in Innovation and Development Policies and his degree in Urban and Regional Planning from the University of Aveiro. His teaching activities include mainly courses of Spatial Development Policies, Public Services Management and Organisation, and Urban Planning. His main research areas of interest are spatial development policies, territorial governance, health geography and policies. He has participated in several national and international research projects, and he has been involved in the design of local and regional development strategies. In addition, he has been invited as an expert/consultant to assess, comment and participate in workshops in international research projects. He was the Vice-President of the Portuguese Spatial Planners Association (1999/2002), President of the Portuguese Spatial Planers Association Council of Auditors (2007/2009) and President of the Portuguese Spatial Planers Association General Assembly (2012/2014). Finally, he has authored and co-authored several book chapters and papers published in national and international journals.

### **Mafalda Bourbon**

Mafalda Bourbon has obtained her PhD in Clinical Sciences from the Imperial College School of Medicine in 2006. Since then she is the Head of the Cardiovascular Research Group at the Department of Health Promotion and Prevention of non Communicable Disorders at the National Institute of Health, Lisbon. Her area of expertise is cardiovascular prevention and genetics. She is the coordinator of the Portuguese Familial Hypercholesterolaemia Study and of e\_COR study – Prevalence of cardiovascular risk factors in the Portuguese population among others.

### **Manuel Cardoso**

Manuel Ribeiro Cardoso, Deputy General-Director of the Intervention on Addictive Behaviours and Dependencies General Directorate since February 2012 and member of the Executive Board of the Institute on Drugs and Drug Addiction from 2005 to 2012. Medical doctor by profession and public health consultant, with a post-graduation in Occupational Medicine and Health Management, Dr. Cardoso has 20 years' experience on health, drugs and alcohol issues and since 1998 holds management positions in public administration. From 1991 to 1998 he worked at the Directorate-General of Health in the areas of School, Occupational and Environmental Health and represented Portugal in several international fora, namely within the European Union. He was also member of the Management Board of Drug Addiction Prevention and Treatment Service (1998-2002). At international level, he has represented Portugal at the "Committee on National Alcohol Policy and Action", which plays a major role in implementing "The EU strategy to support Member States in reducing alcohol related harm". He represented also Portugal in the elaboration of the Global strategy to reduce the harmful use of alcohol and of the WHO Action Plan for Europe, as well as in the WHO national counterparts for alcohol. Since 2005 is the substitute member in the EMCDDA Management Board. He is the Executive Coordinator of the European Joint Action RARHA (Reducing Alcohol Related Harm), a project created in the framework of the 2nd EU health programme 2008-2013, which counts with the participation of Member States and International Organizations in a total of 61 entities.

### **Maria Cortes**

Senior consultant at Directorate-General of Health (DGS), integrated in the team of National Health Plan (NHP) (since 2012). Before this position she was advisor in the former High Commissariat for Health (2009/2012) also in the NHP. Between 2011/2012 she was also advisor for health issues of the President of the Executive Board of Psychologist Order.

In addition to the activity in NHP, she is involved in initiatives in field of health promotion and disease prevention, at the moment in JA-CHRODIS WP5. Maria has been involved in the activities related with health impact assessment, non-communicable disease, communication in health and health literacy. She has participated in international meetings related with social determinants of health, inequities in health and non-communicable disease. In the beginning of your career she was a member of research teams in public health and health systems in some Portuguese academic institutions.

She is psychologist with master degree in health psychology. She has post-graduate training in Data Analysis in Social Sciences, International Health with specialization in Health and Development and in Public Policy.

### **Maria Grau**

Professor Maria Grau is a Medical Doctor specialized in Preventive Medicine and Public Health, received the Doctor Europeus degree with honours (Public Health and Methodology of Biomedical Research) in 2009. After a research stay at Columbia University in New York City, sponsored by a U.S. Fulbright Commission; she is currently working as a researcher with the Cardiovascular and Genetics Research Group at Hospital del Mar Medical Research Institute (IMIM) in Barcelona (Spain) supported by a 2013 Miguel Servet grant, awarded by the Ministry of Economy and Competitiveness to recognize the 25 “most promising young researchers” in Spain each year. Her line of research is focused on the early identification of individual cardiovascular risk and improved preventive measures that can help to avert or at least slow down the clinical expression of atherosclerosis in the most vulnerable population. Professor Grau has published more than 50 scientific articles in international journals that have received almost 700 citations (h-index 15). She also works as a Professor at the University of Barcelona (Department of Public Health) and as a consultant in biomedical research methods. Consultancies have included, among others, the Autonomous University of Barcelona (UAB), the Polytechnic University of Catalonia (UPC), and agencies of the Government of Catalonia (Catalan Institute of Health [ICS] and the Catalan Agency for Health Information, Assessment and Quality [CAHIAQ]).

### **Marianne Hörlesberger**

has worked for AIT Austrian Institute of Technology GmbH since 2001. She applies and improves methodologies such as informetrics, scientometrics, and bibliometrics for identification of emerging technologies and the network of agents behind those topics. She worked significantly for the project “Development and Verification of a Bibliometric model for the Identification of Frontier Research” for the European Research Council, where indicators for identifying frontier research were developed. She combines methodologies based in bibliometrics with those for foresight processes for science and industry. She applies and improves scenario methods. She received training from Ute Hélène von Reibnitz. Besides her analytical work she is engaged as project leader in EU project as well as national and industrial projects. She graduated from the University Vienna, where she received a PhD in mathematics. Before AIT she worked in business process reengineering and business administration for the private industry. In the FRESHER project she works for WP3 on Driver and Trend identification.

### **Luís Velez Lapão**

Luís Velez Lapão is a Professor of International Public Health at Global Health and Tropical Medicine, Instituto de Higiene e Medicina Tropical - Universidade Nova de Lisboa. He is also President of the NGO AGO-Associação para a Cooperação e Desenvolvimento Garcia de Orta (<http://www.ago.com.pt/ago.html>). PhD in Systems Engineering (Healthcare management) from the Technical University of Lisbon. He was Visiting Professor of Healthcare Management at Karolinska Institutet (Medical Management Center) in 2014 and at Dubai University in 2009. He was Visiting Professor of Project Management in Medical Informatics at University of Porto from 2007 to 2009. He is an active member of the World Health Organization Collaborating Centre for Health Workforce Policy and Planning. He was Director of the PACES program (National Institute of Administration/Ministry of Health) responsible for the training in Management and Leadership for Managers of Primary Health Care in Portugal (2008-10). Coordinated several strategic and reorganization projects in various hospitals and health-centers. He is auditor of the European Commission for the Healthcare Information Systems since 2005. He works in the areas of organizational development in health, with



emphasis in the areas of implementation science, leadership, organizational reengineering, Scenario analysis, management projects and innovation, and management of information systems in health and telemedicine (e.g. the telemedicine system in cape Verde and the European Project Momentum). He is the Principal Investigator in four research projects: "HAITOOOL - A Toolkit to Prevent, Manage and Control Healthcare-Associated Infections" (EEA Grants, 2014-16); "OSYRISH-FCT" using an Information System to reduce healthcare-acquired infections, focusing on collaborative work between professionals and organization of work in Portugal and Cape Verde (2013-2015); "ePharmacare" information management in community pharmacies with a focus on collaboration between users, pharmacists and family doctors (2012-2014); and the AVALACES (INSA/ Ministry of Health) to study and evaluate the Management Models in use for Primary Health Care services management. He is author and co-author of several papers and six books: Technology Commercialization: Combining DEA with Scenario Analysis for Evaluation and Implementation of Technical Innovation. (Kluwer 2002), Complexity and Reform of Public Administration: Findings and Case Studies (INA, 2007), "Health Informatics - Best Practices and New Perspectives" (2007), Handbook of Business Information Systems (World Publishing, 2010), "Medical Informatics" (INTECH, 2012) and "Hospital Boundaryless"(Spring, 2015).

### **Maria José Lucena e Vale**

Maria José Lucena e Vale, PhD in Statistics and Information Management, supports the Direction Board at Direcção Geral do Território (General Directorate for Territorial Development) accomplishing its attributions. Coordinates several International Projects worked for the European Commission as expert for the *EU and Euratom Research and Innovation Programmes*, VII Framework Program, and for CIP ICT PSP program. Represented DGT several geographical information related associations like GMES and EUROGI and has been NCP for INSPIRE. Coordinates several research projects related to building Information management approaches to solve complex problems, namely those related with resources management efficiency and land use management. As invited professor at UCP since 2002, she had the responsibilities of several areas of knowledge namely: Water Resources Management, Land use Planning, Environment and Energy, Environmental Impact Assessment and Public Health. Has responsibilities in several National and international research projects in these fields; the projects EuroHealthy, eEnvPlus and SmartOpenData are those reflecting the most recent on-going work.

### **Amilcar Moreira**

I'm a researcher at the Institute of Social Sciences - University of Lisbon, where I am the Principal Investigator of the DYNAPOR (Dynamic Microsimulation Model for Portugal) project. I also lead Work-Package 9 (Enhancing Active Citizenship) of the MOPACT (Mobilizing the Potential of Active Ageing in Europe) project, an FP7 funded project led by Prof. Alan Walker (Univ. of Sheffield). Previously, I held appointments at Trinity College Dublin and Oslo University College. I have published work on such issues as the demand for older workers, intergenerational conflicts over labour market regulation, austerity-led labour market reforms in the South of Europe and activation policies for minimum income recipients. Just recently, together with Ivar Lodemel, I co-edited a volume entitled "Activation or Workfare? Governance and the Neo-Liberal Convergence" (2014, Oxford University Press).

### **Luis Silva Miguel**



Luís Silva Miguel is Researcher at CISEP (Research Centre on the Portuguese Economy, Lisbon School of Economics & Management, Universidade de Lisboa) where he has contributed to several health technology assessments since 2000. Luís holds a PhD from ISEG/ULisboa having developed a thesis on the efficiency evaluation of primary care provision. He is monitor of the Economic Evaluation module and responsible for the Topics of Drugs Evaluation module of the Post-Graduate Course in Economic Evaluation of Medicines jointly organized by ISEG and Faculty of Pharmacy / ULisboa. He is also responsible for the Pharmacoeconomics module of the Master Course on Regulation and Evaluation of Medicines and Healthcare Products of the Faculty of Pharmacy / ULisboa. He has works published in journals and books as well as numerous conference presentations. He participated in assessments of the current reform of primary health care, and is co-author of a specialized analysis in the preparation of the Portuguese National Health Plan 2012-2016.

### **Paulo Nicola**

Paulo Nicola is a medical doctor involved in epidemiological research and health policy for 15 year. We has a MSc from Mayo Clinic on Clinical Research and has led or participate in studies concerning asthma, breast cancer, breastfeeding, medical devices, rheumatoid arthritis, compliance to antibiotics, among others. He was the executive coordinator for the National Health Plan from 2010 to 2012, participated on WHO evaluation of the Portuguese Health System and was WHO Euro National Focal Point. Currently, he is a consultant to the Portuguese Ministry of Health, dinamizes a Epidemiology Research Unit at Lisbon University Medical School, where he coordinates the Master in Epidemiology Degree.

### **Mónica Oliveira**

Mónica D. Oliveira is Associate Professor of Decision Sciences at the Department of Engineering and Management, Instituto Superior Técnico (IST), University of Lisbon, and member of the research team of CEG-IST, the Centre for Management Studies of IST. Her research interests include the development of management science models to assist policy and decision makers in health and clinical settings, with a special interest in multicriteria value modelling using participatory processes. She has enhanced and applied management science techniques in multiple public and private organizations. She has published her research in Operations Research, Management Science, and Health Economics and Management international journals. She has been active in participating in international health projects, has been involved in advisory boards from the Portuguese Ministry of Health, and is an active member of the Portuguese Association of Health Economics and of the EURO Working Group on Operational Research Applied to Health Services.

### **Paula Santana**

Paula Santana (female), PhD in (Human: Urban and Health) Geography, Full Professor in the Department of Geography and member of CEGOT at Coimbra University. Currently a coordinator of EURO-HEALTHY project funded *under Horizon 2020*. She is Visiting Professor (since 2009) at the University of São Paulo (Brasil). Her research and publications focus on ageing, migrants, inequalities in health, health impact assessment, population health, geographical patterns of avoidable deaths and mental health; works at the local, national and international levels. She has (co-)authored over 70 papers in national and international, peer-reviewed scientific journals, in the field of social epidemiology and geography of health in such academic journals as Social Science & Medicine, Health & Place, European Journal of Public Health, International Journal of Epidemiology, International

Journal of Health Geographics. She coordinated 3 national scientific projects, funded by the Portuguese Science and Technology Foundation FCT (Healthy Urban Planning in Amadora; GeoHealthS: Geography of Health Status – An application of a Population Health Index in the last 20 years; SMAILE: Study on Mental Health - Assessment of the Impact of Local and Economic conditioners), and 12 projects funded by the Portuguese Health Ministry. During the last two decades, she has represented Portugal in 21 international projects (e.g. DEMETRIQ, INEQ-Cities, EURO-GBD-SE, EUROTINE). She became associated with the IGU Commission on Health and Development in 1995, and was first elected to the Steering Committee in 2001. She was an external collaborator with the Social and Public Health Science Unit at MRC-Glasgow (2004-2013), member of the pool of reviewers of European Science Foundation (2001-2007), advisor to WHO - Urban Planning, Environment and Health (2008) and expert for the General-Directorate of Health (Climate Change and consequences on Health, since 2009). Between 2009 and 2012 she was Vice-President of the Lisbon and Tagus Valley Coordination and Regional Development Agency.

### **Cristina Ribeiro**

Prof. Cristina Ribeiro holds the posts of Adviser to the Health Deputy Secretary of State and she was also Adviser in the National Institute on Drug and Drug Dependence. She has worked at Directorate General of Health in Psychiatry and Mental Health Department and she was one of the Portuguese Representatives in WHO concerning Alcohol related problems. She is Portuguese Coordinator in international projects related to alcohol. She has been partner in EC co-financed studies such as EC co-financed PHEPA project in implementing brief interventions for hazardous and harmful alcohol consumption in primary care. She is Portuguese Coordinator of ODHIN (Optimizing delivery of health care interventions) and she is Portuguese Coordinator of BISTAIRS (Brief interventions in the treatment of alcohol use disorders in relevant settings). She was one of the Government/ national policy representative on CNAPA – Committee on National Alcohol Policy and Action – European Commission and she was a member of European Alcohol Forum - European Commission of Health & Consumers Directorate – General . She is Professor of Primary Health Care and General Practitioner in the University of Medicine in Lisbon in the Discipline of Primary Health Care at the Institute of Preventive Medicine. The PhD program was related with Early Identification and BI in Primary Health Care and Professionals attitudes. She is developing under graduate and post-graduate training in several areas related to preventive medicine and health promotion in Portugal And she was also a Trainer of new Primary Health Care Specialists at National level. She is Coordinator Portuguese Task force on Alcohol related Problems in Association of Primary Health Care – (NRPLA – APMGF). She is promoting research in this field in the universities and access to researchers' network of in the field. She worked as a General Practitioner for more than 25 years in Primary Health Care Settings and she worked also in Alcoholology Unit in the Regional Centre in Lisbon. She has Experience in the development of family therapies in dependence fields. She is a Trainer in Alcohol Brief interventions and Motivational interviewing in specific health professional settings. She participates in several National e International conferences related with Health promotion and disease prevention related with harmful Alcohol consumption She was part of the Editorial Board of Primary Health Care Research Journal and magazine and she has published articles and other publications in alcohol related problems fields.

### **Osvaldo Santos**

Osvaldo Santos is a clinical and health psychologist. He has been the first scientific coordinator of

the Portuguese Observatory for Obesity and Weight Control. For about 15 years, he has made research in the fields of obesity and its most common comorbidities, with a main focus on behavior modification and habits formation. Presently, he teaches at the Faculty of Medicine of Lisbon and he is a researcher of the Institute of Preventive Medicine and Public Health, also from the Faculty of Medicine.

### **Simone Tulumello**

Simone Tulumello (PhD Urban and Regional Planning; University of Palermo) is a Post-doc Research Fellow (Planning and Geography) at the University of Lisbon, Institute of Social Sciences. Since 2013, he is member of the Coordination Team and officer for communication of the AESOP Young Academics. His research interests are: planning theory and cultures; critical urban studies; urban fear, security and safety; power and politics in planning; future studies, ICTs and urban governance; neoliberal urban trends; Southern European cities; the geography of crisis. He has published in *Urban Geography*, *International Planning Studies*, *Planning Practice and Research*, *Space and Culture*, *Archivio di Studi Urbani e Regionali*.

### **Joan Ramon Villalbi**

Joan-Ramon Villalbi, MD, PhD, MPH is a graduate from the University of Barcelona Medical School (1979) where he also got his Doctoral degree (1990). He obtained a Master's degree in public health from Yale University (1983). He has worked in the management and evaluation of programs and services in public health and primary health care for different agencies. Currently he is head of Quality and Processes in the *Agencia de Salut Publica de Barcelona*, the city Public Health Agency. His research experience concentrates in the evaluation of policies, programs and services, with over 180 publications listed in Medline. His professional interests include program evaluation and developing quality management in the field of public health services. He is an associate professor of the Bloomberg School of Public Health and of the Master's program of public health of the Pompeu Fabra University since 2005-06. Member of the Editorial Council of Health Promotion International, *Adicciones* and *Atencion Primaria*, and of the Experts Committee of *Medicina Clinica*, he has served in the Boards of the European Network for Smoking Prevention, the *Societat de Salut Publica de Catalunya i Balears* (of which he was President), the *Societat Catalana d'Atencio Primaria*, the *Comite Nacional de Prevencion del Tabaquismo* (the coalition of smoking prevention organizations in Spain, of which he was President) and the *Sociedad Espanola de Salud Publica y Administracion Sanitaria*. He has been a member of the Spanish National Board of the medical specialty of Preventive Medicine and Public Health for the period 2009-14. Over the years, he has been advisor for the World Health Organization, the Ministry of Health of the Spanish Government and the Health Department of the Catalan Government, for which he currently Chairs the Advisory Council on Smoking. He also serves as coordinator of the Working Group on Alcohol of the *Sociedad Espanola de Epidemiologia* since its inception in 2012.

### **Susana Xará**

From Oliveira de Azeméis, Aveiro district, Portugal, her interest in the cooperation University – Industry led her to join the staff of the Portuguese Catholic University (UCP, Faculty of Biotechnology – ESB) in 1991, after a degree in Chemical Engineering (1990) by the Engineering Faculty of Porto University (FEUP) and an extra-curricular training in an industrial company. She has a postgraduate

degree in Packaging by ESB–UCP (1998). In these 24–year career at UCP she has already performed several activities: from cooperation on research and development projects in the fields of packaging and environment; responsible for laboratories to plastic and glass containers testing, certified by the Portuguese Institute for Quality; scientific coordination of professional training and training in the fields of packaging, environment and health; coordination of the technical project of an institute to provide services in the waste field (INTERVIR MAIS); and coordination of various projects with local authorities in sustainability matters. She already taught, among others, courses on Packaging, Waste Management and Treatment, Environmental Law, Environmental Protection Techniques, Environmental Management Systems – Life Cycle Assessment and Critical Thinking. Susana has published 8 papers in specialized journals and 21 papers in conference proceedings, has contributed to two books and participates in the peer revision of 7 scientific journals in the field of environment. She has participated in 37 events by invitation, 6 abroad and 31 in Portugal and Co–supervised 6 master dissertations and 22 works of other typologies. She was responsible for the evaluation of 273 trainings of students from a Specialization in Environmental Quality, level IV, and was the president of the jury of their public defense. In the same context she evaluated 288 projects. Susana collaborated with the European Commission in the evaluation of research projects and in studies related to the definition of European policies in the waste management and eco–industries fields. Besides staff of the UCP, since 2000 she is also a researcher at LEPABE – Laboratory for Process Engineering, Environment, Biotechnology and Energy from FEUP, in the field of Life Cycle Assessment– Environmental Management and a Consultant in the fields of Packaging, Waste management and Life Cycle Assessment, her main research interests. Since 2012 Susana also cooperates with the Institute of Health Sciences (ICS) of Católica–Porto where she coordinates the advanced training for professionals and supervision of students and activities in the field of Hospital Sustainability.