

# Promoting healthy and sustainable diets: How to effectively generate and translate evidence

Maes o ddiddordeb ymchwil: [Changing diets](#)

Statws y prosiect: Wedi'i gwblhau

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There is an increasing amount of evidence generated in the area of healthy sustainable diets, including many academic studies on the problems caused by current diets and on interventions which could provide solutions. Yet a significant proportion of this evidence is not reflected in policy or practice. This research presents a set of guiding principles for researchers and research commissioners - or 'evidence generators' - on how to create and translate evidence effectively. These principles were developed through a combination of research methods, including scoping and rapid evidence literature reviews, interviews, co-creative workshops, follow-up interviews and co-creative feedback sessions.

## Research

[Main report: Guiding principles for translating evidence on diet shift for people in the real world](#)

[Technical report: Optimising Evidence Use in Policy and Practice: Shifting Toward Healthy and Sustainable Diets](#)