

Prof. Dr. Annika Frahsaannika.frahsa@unibe.chhttps://www.ispm.unibe.ch/about_us/staff/frahsa_annika/index_eng.htmlwww.communityhealth.ch<https://orcid.org/0000-0002-0207-3989>**CURRENT POSITION**

Assistant Professor on the Tenure Track, Community Health and Health(care) Systems Research, University of Bern, since May 2021 (100% since September 2021), supported by the Lindenhof foundation SLB

HISTORY OF EMPLOYMENT**University of Bern, Institute of Social and Preventive Medicine**

Since Mai 2021, Assistant Professor on the Tenure Track, Community Health and Health(care) Systems Research

University of Tübingen/Germany, Institute of Sport Science

04/2018-08/2021 Habilitandin/Postdoc, research fellow, lecturer, Co-PI

FAU Erlangen-Nuremberg/Deutschland, Institute of Sport Science and Sports

09/2006-04/2018 Research fellow, PhD candidate, lecturer, Scientific Managing Director of Research Consortium

EDUCATION**University of Tübingen, Germany**

Habilitation, Venia Legendi in Sport Science, 2021

FAU Erlangen-Nuremberg, Germany

Dr. phil. in Sport Science, 2013

Diplom-Politologin (equivalent to M.A), 2006

McGill University Montréal, Canada

Exchange student in Political Science, Canadian Studies, Ethnology, 2004-2005

INSTITUTIONAL RESPONSIBILITIES, COMMITTEES AND BOARDS

- Since 2024 Board member, Verwaltungsrätin, Swiss Center for Design and Health,
Mentor, Mentoring program, German Sports University, Cologne
- Since 2023 Scientific expertise, vulnerable groups for prevention and health promotion in different life stages,
Health Promotion Switzerland
- Since 2022 Member Directorate, Institute of Social and Preventive Medicine, University of Bern
Expert committee Public Health, Interfaculty Graduate School in Health Sciences, University of Bern
Board member, Partnet – Network Participatory Health Research in German-speaking countries
- Since 2021 Faculty member, Medical Faculty
(Co-)Leader Modules „Health Promotion“ und „Core Methods“, Interfaculty PhD Program in Public Health Sciences, University of Bern
Coopted member and scientific representative, Regional Sports Confederation WLSV, Committee Sport Development
- Since 2019 Member Program Committee, Public Health Congress Poverty and Health Germany
- 2022-2023 Tables rondes: Psychosocial determinants of health, Federal Office of Public Health Switzerland
- 2022-2023 Program committee Collegium Generale, University Bern
- 2020-2023 Mentor, Mentoring program, German Association of Sport Science dvs

2022 Scientific and organizational committee, 1st shared World Congress, International Association for Sport Sociology ISSA and European Association for Sociology of Sport EASS

SUPERVISION OF JUNIOR RESEARCHERS

Ongoing postdoc projects in community health and health(care) systems research as supervisor

- Lars Lenze, Mental health and physical activity, since 2024
- Harvy Joy Liwanag, Accountability and health systems research, since 2022

Ongoing PhD projects (health sciences) and one MD project as main supervisor

- Christopher Kobler Betancourt, Health, Illness, and societal division in pandemic contexts, since 2022
- Sophie Meyer, science-policy-interface in PH interaction, since 2021;
- Kris Schürch, Migrant Health and Smoking, since 2021

Ongoing PhD projects as co-supervisor (health sciences and sport science)

ISPM/Univ. of Bern

- Philippa Jörger for a qualitative study on hearing loss among childhood cancer survivors, since 2022
- Mert Azi Ipekçi on polarization and health outcomes, since 2023

Univ. of Tuebingen/Germany

- Lea-Sofie Hahn, Physical activity promotion in nursing home, since 2021

Successfully defended MSc theses, since 2022

Social Sciences

- Maike Dernbach on the Scientific Discourse on the Eligibility of Transgender Athletes and Athletes with Differences of Sex Development in Elite Sports, 2023 (Univ. of Tuebingen)

Health Sciences

- Gia Thu Ly: Practices and perceptions of solidarity by different population groups in the canton of Bern during the COVID-19 pandemic – a retrospective qualitative secondary analysis of focus group discussions, 2024 (co-supervision, Univ. of Lucerne)

Human medicine

- Helena Hertig: COVID-19 in rural areas, 2024
- Pascal Pajic: The impact of minority stress, caused by living in a heteronormative society, on the community health of non-binary Swiss adults, 2024
- Leo-Luca Haldemann: Interaction of researchers and decision-makers during public health emergencies. A scoping review, 2023
- Clemence Stoll: Discrimination of patients with a migratory background in the Swiss healthcare system, 2022
- Sarah Inglima Gross: Access to health care for person with a migration background in Switzerland, 2022

In previous positions (2013-2021)

Tübingen: Lea-Sofie Hahn on PA promotion in nursing homes; Katja Heilmeier, Mirijam Hinger, Anna Kötting, Vanessa de la Rosa, on worksite health promotion

FAU Erlangen-Nuremberg: Marya Balinghasay, Health literacy in public health and clinical health; Jonah Derespina, Physical activity among American Indian and Alaskan Natives; Tuulia Puikkonen, Physical activity promotion policy in Finland and Germany; Jana Tielemann, Integration through sports

CURRENT TEACHING ACTIVITIES

Lecturer of postgraduate courses

- Module Socio-cultural contexts, migration, health equity, MPH program, Bern, University of Bern. Winter 2022//2023//2024. 2 ECTS.
- Introduction to Module 1 – Theoretical foundations of public health sciences, Public Health Sciences Program, Bern, University of Bern, taught twice a year since spring 2023. 2 ECTS.
- Introduction to Module 1 – Core Methods: Qualitative methods (with Prof. Sofia Zambrano), Public Health Sciences Program, Bern, University of Bern, taught annually since spring 2024. 2 ECTS.
- Introduction to Module 1 – Health Promotion, Public Health Sciences Program, Bern, University of Bern. 2023//2024. 2 ECTS.
- Participatory Health Research (with PD Myrofora Goutaki), Public Health Sciences Program, Bern, University of Bern, taught annually since fall 2023. 1 ECTS.
- Living Labs I + II – Analysing and writing up qualitative data (with Prof. Sofia Zambrano), Public Health Sciences Program, Bern, University of Bern. taught annually since fall 2023. 3 ECTS

Lecturer of undergraduate courses

- Prevention day. 4th year Human Medicine. University of Bern, Bern. Fall 2021//2022//2023. 4hours.
- Concept lecture on what is health. Human Medicine, University of Bern, Bern. Fall 2021//2022//2023. 1hour.
- Concept lecture on health promotion. Human Medicine, University of Bern, Bern. Spring 2022//2023//2024. 1hour.
- Concept lecture and case for PBL “Social determinants of health” in Block “Mensch & Umwelt”. Human Medicine, University of Bern, Bern. Spring 2022//2023//2024. 2hours.
- Lecture on patient empowerment, health literacy and social determinants of health, Master in pharmacy. University of Bern. Fall 2024. 2 hours.
- Lecture on Prevention and health promotion. Master in pharmacy. University of Bern. Fall 2022//2023//2024. 1hour.

AWARDS, RECOGNITIONS AND FELLOWSHIPS

2023	Nominated full professor (W3) for social sciences in sport science, University of Tübingen/Germany (declined)
2022	Nominated associated professor (W2) for urban sport development, physical activity and health, German Sports University Cologne, Germany (declined)
2020	Post-Doc Travel Grant, Association for Canadian Studies in German-speaking Countries GKS (declined due to COVID-19 pandemic regulations)
2004-2006	Scholarship of the Friedrich-Ebert-Foundation, for undergraduate level studies
2004-2005	CREPUQ-Stipend from the Conference of University Rectors of Quebec for studies at a university in Quebec

Invited Keynotes

2024	D-A-CH German speaking network for health promotion, Winterthur/Switzerland.
2022	25th Congress Kommission Gesundheit, Deutsche Vereinigung für Sportwissenschaft, Tübingen/Germany. 69th ORCA congress, European Organisation for Caries Research, Cagliari/Italy.
2021	Swiss Summer Academy of Palliative Care Research, Münschwiler/Switzerland.

SELECTED REVIEWER SERVICES

ERA4Health - Joint Call Secretariat “HealthEquity”

Irish Research Council

Associate Guest Editor “Co-production in Health Promotion”. *Frontiers in Public Health*

Review Editor section “The History, Culture and Sociology of Sports”. *Frontiers in Sports and Active Living*.

Ad-hoc reviewer, e.g. for Global Health Promotion, Health Education and Behavior, Health Promotion International, Health Research Policy and System, International Journal of Qualitative Methods, WHO Public Health Panorama, European Journal of Sport and Society, German Journal of Exercise and Sport Research, Deutsche Zeitschrift für Sportmedizin, International Journal of Behavioral Nutrition and Physical Activity.

MEMBERSHIPS

International Union for Health Promotion and Education, European Public Health Association/ Section Health Promotion, PARTnet – Netzwerk für Partizipative Gesundheitsforschung, Association for Canadian Studies in German-speaking Countries, European Association for the Sociology of Sport, German Association of Sport Sciences

SELECTED PUBLICATIONS

Bühler, N., **Frahsa, A.**, Morand Bourqui, R., Von Götz, N., Bochud, M., & Panese, F. (2024). Between data providers and concerned citizens: Exploring participation in precision public health in Switzerland. *Public Underst Sci*, 33(1), 105 -120.

Gonzalez-Jaramillo, N., Abbühl, D., Roa-Díaz, Z. M., Kobler-Betancourt, C., & **Frahsa, A.** (2024). COVID-19 vaccine acceptance in the general population and under-resourced communities from high-income countries: realist review. *BMJ Open*, 14(4), e084560.

Hahn, L.-S., Thiel, A., Dembeck, V., Haigis, D., Matting, L., Pomiersky, R., Eschweiler, G. W., Nieß, A. M., Sudeck, G., & **Frahsa, A.** (2024). A 10-step participatory program for developing, implementing, and evaluating physical activity promoting actions in nursing homes in Germany. *BMC Public Health*, 24(1), 419.

Hahn, L.-S., Thiel, A., Trüb, D., Eschweiler, G. W., Nieß, A. M., Sudeck, G., & **Frahsa, A.** (2023). Patterns of physical activity among nursing home residents before and during the Covid 19 pandemic—a systematic observation. *European Review of Aging and Physical Activity*, 20(1), 23. <https://doi.org/10.1186/s11556-023-00332-5>

Abel, T., Tadesse, L., **Frahsa, A.**, & Sakarya, S. (2023). Integrating Patient-reported Experience (PRE) in a multistage approach to study access to health services for women with chronic illness and migration experience. *Health Expectations*, 26(1), 237-244. <https://doi.org/https://doi.org/10.1111/hex.13649>

Bühler, N., **Frahsa, A.**, Morand Bourqui, R., Von Götz, N., Bochud, M., & Panese, F. (2023). Between data providers and concerned citizens: Exploring participation in precision public health in Switzerland. *Public Underst Sci*, 9636625231183265. <https://doi.org/10.1177/09636625231183265>

Frahsa, A., Trüb, D., & Thiel, A. (2023). The Applicability of Photovoice in Pseudo-total Institutions – Methodological Insights From an Exploratory Study on Physical Activity in Nursing Homes. *International Journal of Qualitative Methods*, 22, 16094069231161602. <https://doi.org/10.1177/16094069231161602>

Frahsa, A. (2023). Ethische Grundsätze. Überlegungen in der bewegungsbezogenen Gesundheitsförderung. In A. Thiel, S. Tittlbach, G. Sudeck, P. Wagner & A. Woll. *Handbuch Bewegung und Public Health. Ein Lehrbuch zur bewegungsbezogenen Gesundheitsförderung*. Schorndorf: Hofmann.

Liwanag, H. J., Orth, Z., Agrawal, R., Hebbar, P., Agarwal, M., **Frahsa, A.**, ... & Rao, A. (2023). Transforming Health Systems Towards Holistic Outcomes in the G20 and Beyond. *T20 Policy Brief*, June 2023.

Mesa-Vieira, C., Gonzalez-Jaramillo, N., Díaz-Ríos, C., Pano, O., Meyer, S., Menassa, M., Minder, B., Lin, V., Franco, O. H., & **Frahsa, A.** (2023). Urban Governance, Multisectoral Action, and Civic Engagement for Population Health, Wellbeing, and Equity in Urban Settings: A Systematic Review. *International Journal of Public Health*, 68. <https://doi.org/10.3389/ijph.2023.1605772>

Punzalan, J. K., Guingona, M., Punzalan, M. G., Cristobal, F., **Frahsa, A.**, & Liwanag, H. J. (2023). The Integration of Primary Care and Public Health in Medical Students’ Training Based on Social Accountability and Community-Engaged Medical Education. *International Journal of Public Health*, 68.

Thiel, A., Hahn, L.-S. & **Frahsa, A.** (2023). Senioreneinrichtungen als Setting für bewegungsbezogene Gesundheitsförderung. In A. Thiel, S. Tittlbach, G. Sudeck, P. Wagner & A. Woll. *Handbuch Bewegung und Public Health. Ein Lehrbuch zur bewegungsbezogenen Gesundheitsförderung*. Schorndorf: Hofmann.

- Wäsche, H. & **Frahsa, A.** (2023). Sozialökologische Ansätze des Bewegungsverhaltens. In A. Thiel, S. Tittlbach, G. Sudeck, P. Wagner & A. Woll. *Handbuch Bewegung und Public Health. Ein Lehrbuch zur bewegungsbezogenen Gesundheitsförderung*. Schorndorf: Hofmann.
- WHO (authors: **Frahsa, A.**, Gonzalez-Jaramillo, N., Díaz-Ríos, C. & Meyer, S.) (2023). *Urban Governance for Health and Well-being: Research manual for conducting operational research in cities*. WHO: Geneva.
<https://www.who.int/publications/i/item/9789240073036>
- WHO (authors: **Frahsa, A.**, Gonzalez-Jaramillo, N.) (2023). Good urban governance for health and well-being. A systematic review of barriers, facilitators and indicators. WHO: Geneva
<https://www.who.int/publications/i/item/9789240074194>
- Liwanag, H. J., Uy, J., Politico, M. R., Padilla, M. J., Arzobal, M. C., Manuel, K., Cagouia, A. L., Tolentino, P., **Frahsa, A.**, & Ronquillo, K. (2022). Cocreation in Health Workforce Planning to Shape the Future of the Health Care System in the Philippines. *Global Health: Science and Practice*, 10(6), e2200176. <https://doi.org/10.9745/ghsp-d-22-00176>
- Frahsa, A.** (2022). Partizipation – eine ZuMUTung? *Magazin Prävention & Gesundheitsförderung* (S. 4-7). Zürich: Gesundheitsdirektion Kanton Zürich.
- Sauter, A., Herbert-Maul, A., Abu-Omar, K., Thiel, A., Ziemainz, H., **Frahsa, A.**, Lindner, S. & Herrmann-Johns, A. (2022). "For me, it's just a piece of freedom" — Increased empowerment through physical activity promotion among socially disadvantaged women. *Frontiers in Public Health*. doi: 10.3389/fpubh.2022.867626.
- Fleuren, T., Thiel, A., & **Frahsa, A.** (2021). Identification of Network Promoters in a Regional and Intersectoral Health Promotion Network: A Qualitative Social Network Analysis in Southern Germany. *Int J Environ Res Public Health*, 18(16). <https://doi.org/10.3390/ijerph18168372>
- Frahsa, A.**, Abel, T., Gelius, P., & Rütten, A. on behalf of the C4H consortium (2021). The capability approach as a bridging framework across health promotion settings: Theoretical and empirical considerations. *Health Promotion International* 36 (2), 481-492.
- Majzik, Z., **Frahsa, A.**, & Wolf, A. (2021). Kooperative Planung. In: Alice-Salomon-Hochschule (ed.), *Trainer:innenhandbuch. Basiskurs Partizipativ Arbeiten*. ASH: Berlin.
- Stock, C., Dias, S., Dietrich, T., **Frahsa, A.**, & Keynaert, I. (2021). Editorial: How can We Co-Create Solutions in Health Promotion With Users and Stakeholders? *Front Public Health*, 9, 773907.
<https://doi.org/10.3389/fpubh.2021.773907>
- Frahsa, A.**, Abel, T., Cattacin, S., Farquet, R., Mayer, S., & Sarkaya, S. (2020). Améliorer les soins pour les femmes atteintes de maladies chroniques, considérer les effets de la migration, Genève: Université de Genève (SocioBrief, n°3).
- Frahsa, A.**, Farquet, R., Bayram, T., De Araujo, L., Meyer, S., Sakarya, S., Cattacin, S., & Abel, T. (2020). Experiences With Health Care Services in Switzerland Among Immigrant Women With Chronic Illnesses. *Frontiers in Public Health*, 8. <https://doi.org/10.3389/fpubh.2020.553438>
- Frahsa, A.**, Altmeier, D., John, J.M., ... & Thiel, A. (2020). "I trust in staff's creativity". The impact of COVID19 on physical activity promotion in nursing homes through the lenses of organizational sociology. *Frontiers in Sports and Active Living*. <https://doi.org/10.3389/fspor.2020.589214>.
- Frahsa, A.**, Streber, A., Wolff, A. R., & Rütten, A. (2020). Capabilities for Physical Activity by Turkish- and Russian-Speaking Immigrants Aged 65 Years and Older in Germany: A Qualitative Study. 28(4), 567.
<https://doi.org/10.1123/japa.2018-0446>
- Frahsa, A.** & Thiel, A. (2020). Can functionalized play make children happy? A critical sociology perspective. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2020.571054>.
- Herbert, A., Abu-Omar, K. **Frahsa, A.**, Streber, A. & Reimers, A. (2020). Transferring a community-based participatory research project to promote physical activity among women – Experiences from 15 years of BIG. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2020.571413>.
- Rütten, A., **Frahsa, A.**, Abel, T., . . . & Potvin, L. (2019). Co-producing active lifestyles as whole-system-approach: theory, intervention and knowledge-to-action implications. *Health Promotion International*, 34 (1), 47-59.

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- Thiel, A., John, J. & **Frahsa, A.** (2019). Qualitative interviews in sport and physical activity research – do not forget the body. *European Journal for Sport and Society* 16 (1), 1-4.
- Ruetten, A., Frahsa, A., Engbers, L., Gusi, N., Mota, J., Pacenka, R., Troelsen, J., Vasickova, J., & Vuillemin, A. (2014). Supportive environments for physical activity, community action, and policy in 8 European Union Member States: comparative analysis and specificities of context. *J Phys Act Health*, 11(5), 873-883.
<https://doi.org/10.1123/jpah.2012-0225>
- Frahsa, A. (2014). Europäische Leitlinien für die Sportentwicklungsplanung. In A. Rütten, S. Nagel, & R. Kähler (Eds.), *Handbuch Sportentwicklungsplanung*. Hofmann.
- Frahsa, A.**, Rütten, A., Röger, U., Abu-Omar, K., & Schow, D. (2014). Enabling the powerful? Participatory action research with local policymakers and professionals for physical activity promotion with women in difficult life situations. *Health Promotion International*, 29(1), 171-184.
- Frahsa, A.**, Rütten, A., Abu-Omar, K. & Wolff, A. (2011). Movement as Investment for Health: Integrated evaluation in participatory physical activity promotion among women in difficult life situations. *Global Health Promotion*, 18, 31-33.
- Rütten, A. & **Frahsa, A.** (2011). Bewegungsverhältnisse in der Gesundheitsförderung. Ein Ansatz zur theoretischen Konzeptualisierung mit exemplarischer Anwendung auf die Interventionspraxis. *Sportwissenschaft*, 41(1), 16-24.
- Rütten, A., Röger, U., Abu-Omar, K. & **Frahsa, A.** (2008). Empowerment von Frauen in sozial benachteiligten Lebenslagen: Das BIG-Projekt. *Gesundheitswesen*, 70, 742-747.
- Rütten, A., Abu-Omar, K., **Frahsa, A.** & Morgan, A. (2009). Assets for policy-making in health promotion: Overcoming political barriers inhibiting women in difficult life situations to access sport facilities. *Social Science and Medicine*, 69, 1667-1673.
- Rütten, A., Röger, U., Abu-Omar, K. & **Frahsa, A.** (2009). Assessment of organizational readiness for health promotion policy implementation: Test of a theoretical model, *Health Promotion International*, 24(3), 243-251.