

Whole Systems Approach to Tackling Obesity

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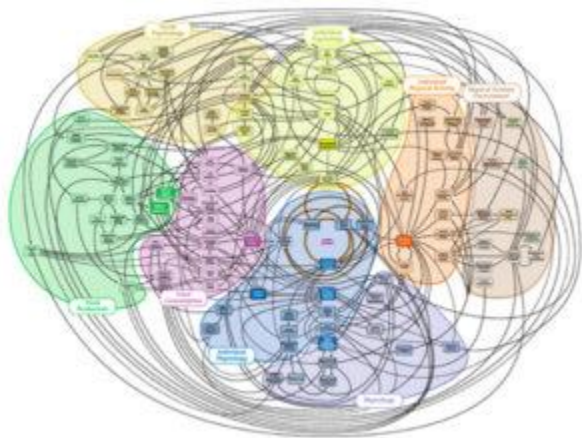


Session Overview

- Background to commission and why Local Authorities should take a Whole Systems Approach (WSA)
- Programme vision
- What is a WSA?
- What we've done
- Next steps

Background to commission

- ADPH survey
- Foresight, NICE SR, Healthy Towns
- International work
- PHE commission
- Partners – LGA & ADPH



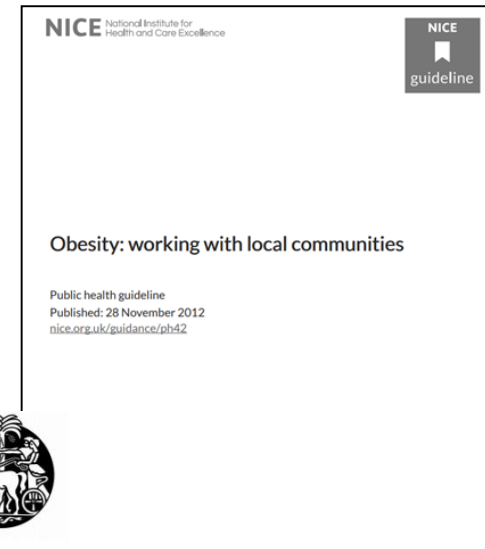
LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



Cummins, S; Ogilvie, D; White, M; Petticrew, M; Jones, A; Goodwin, D; Sautkina, E; Mapp, F (2016) National Evaluation of the Healthy Communities Challenge Fund: The Healthy Towns Programme in England. Technical Report. UNSPECIFIED.

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DOI:



Why should Local Authorities be taking a WSA?



ViSiON



To provide a tried and tested approach and tools, so that within 5 years every local authority can create a local whole systems approach to tackling obesity

What is a WSA?

A Whole Systems Approach responds to complexity through an ongoing, dynamic and flexible way of working that enables stakeholders to come together, share an understanding of the reality of the challenge, consider how the system is operating and where there are the greatest opportunities for change. Stakeholders agree actions and decide as a network how to work together in an integrated way to bring about sustainable, long term change.

What we've done

- Action Research programme
- 11 Local Authorities involved in co-developing and testing WSA guide and resources for all LAs in England
- Over 80 LAs reviewing now then peer review
- Process and proportional impact evaluation also undertaken

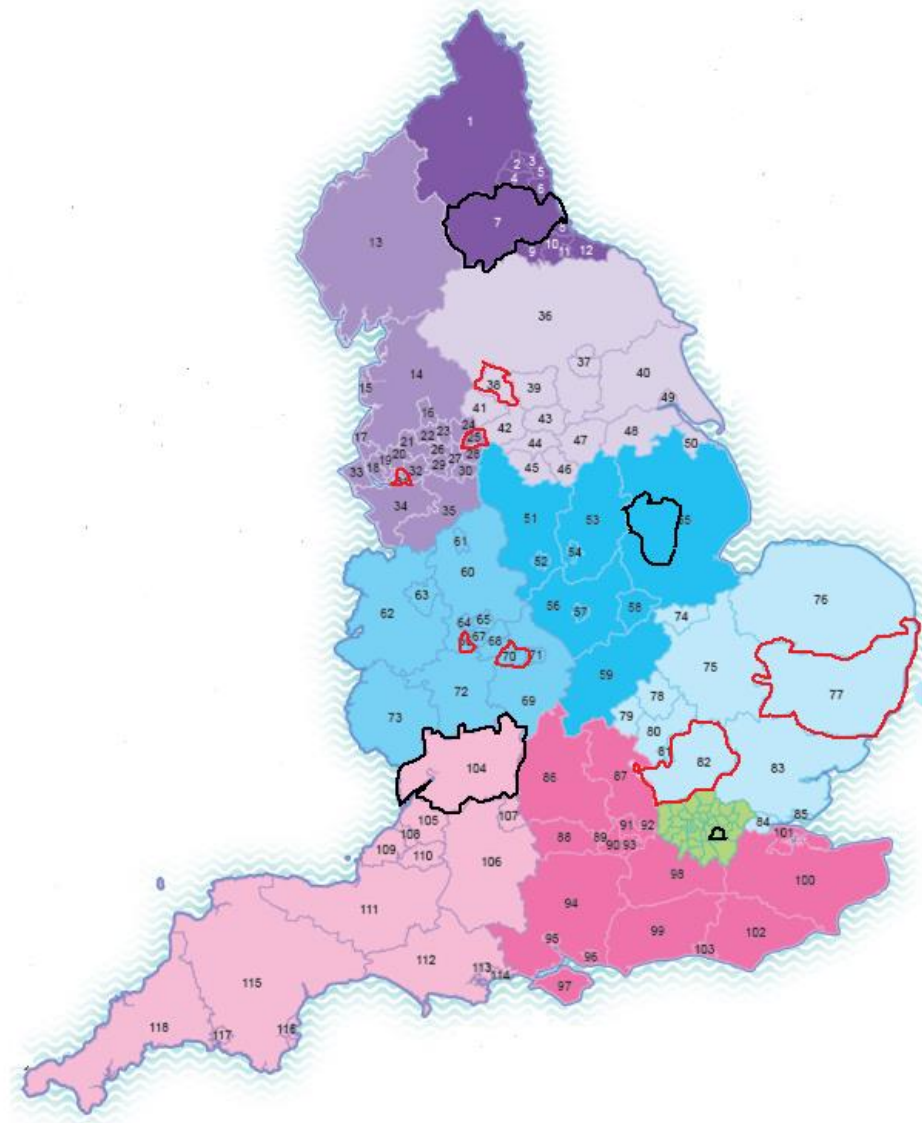
Who did we work with?

Co-production with 4 original Pilots:

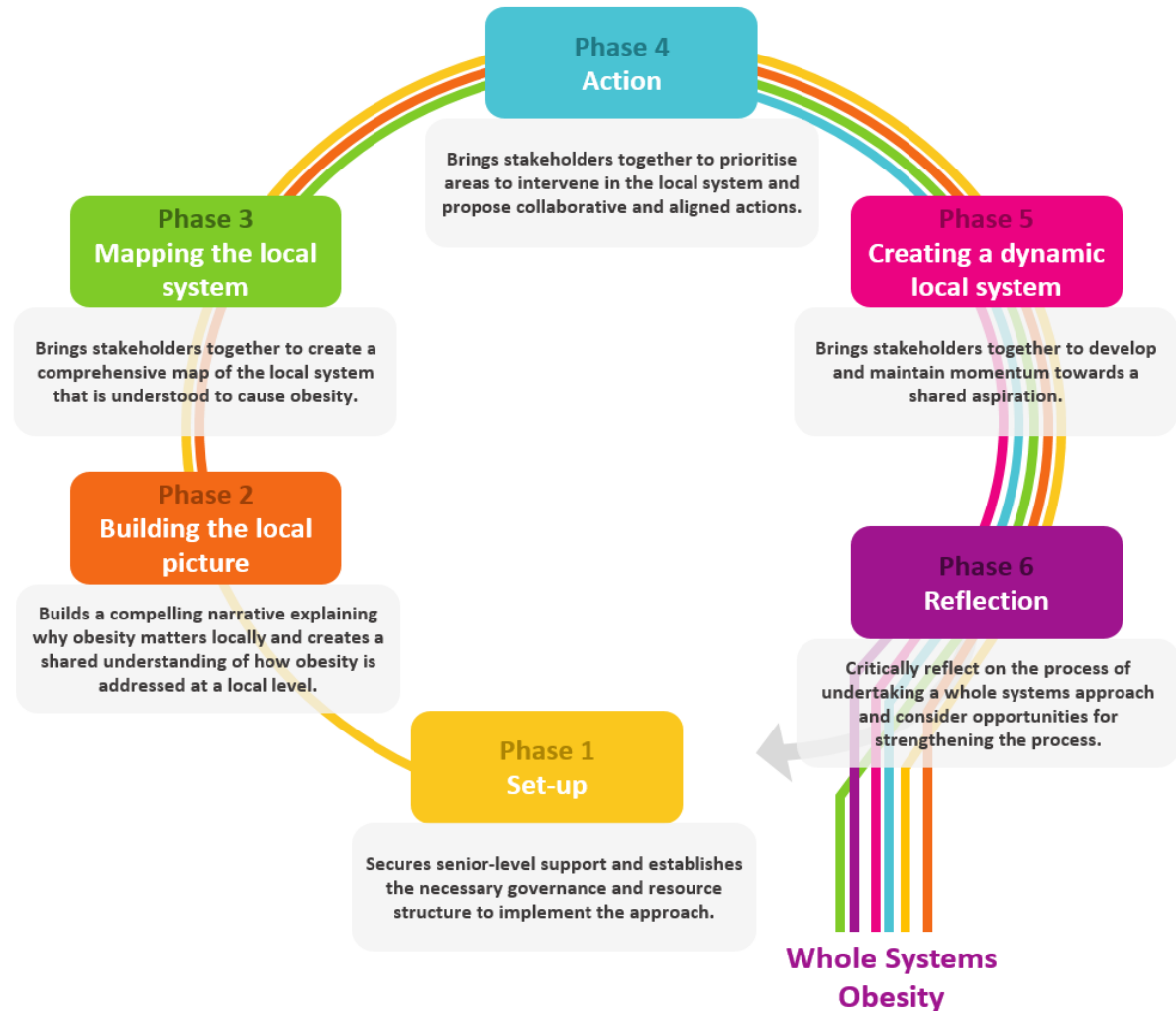
Lewisham, Gloucestershire, North Kesteven and Durham

Testing with a further 11 Local Authorities:

Oldham, Halton, Bradford, Solihull, Dudley, Hertfordshire and Suffolk



Six phases – routemap and resources



From...

...to

Silo working



Integrated / the whole system

1. Systems mind set
2. Systems working behaviours

Generalising



Tailored to the local context:
what matters here

3. Understanding the local picture

Individual, isolated initiatives.
Total impact unpredictable



Looking at how the system works as a whole

4. Connecting and aligning actions
5. Prioritisation

Linear cause and effect



Dynamic feedback loops

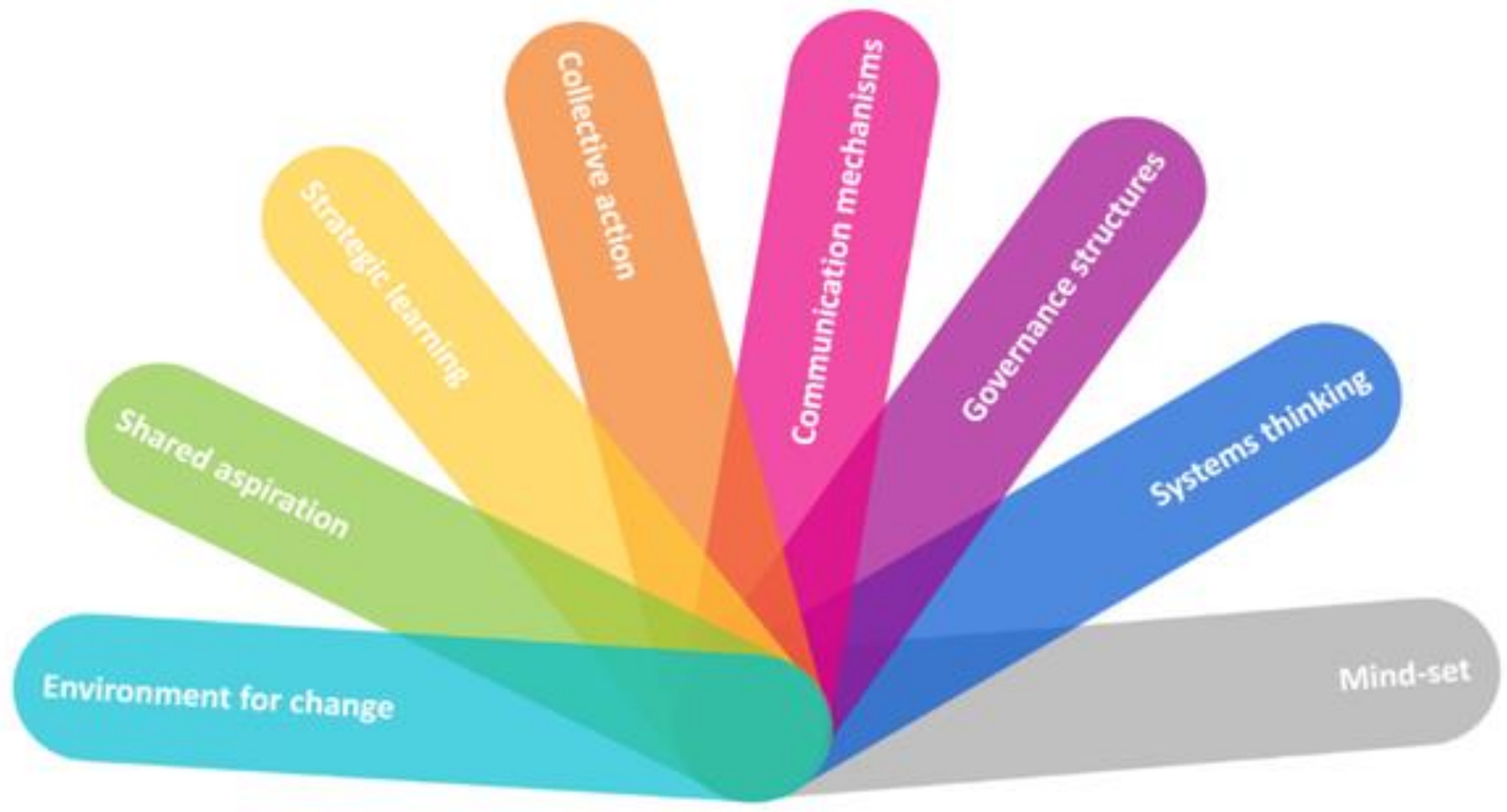
6. Dynamism
7. Feedback loops
8. Unintended consequences

Top-down control



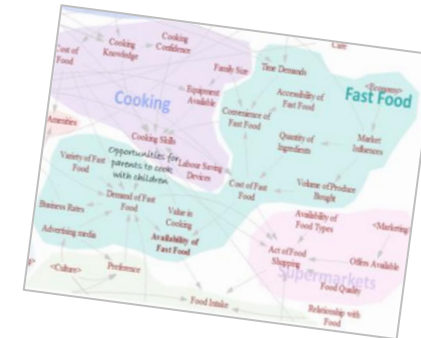
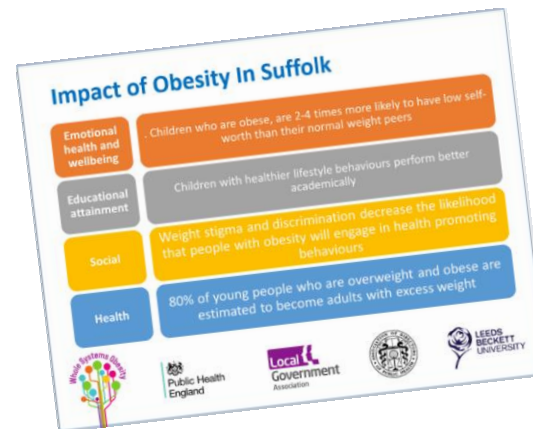
LAs holding the ring,
stakeholders are partners

9. Leadership at all levels
10. Integrity and commitment



How does that happen?

- Presentation of local information
- Workshops to clarify local causes of obesity and develop actions to address them
- Ongoing network to support delivery of actions



Some quotes...

The WSA to obesity has identified links between departments and external agencies that were not immediately obvious in the first instance. This connectivity makes it easier to align priorities and resources.

Implementing the WSA routemap has given a new sense of direction to our work and provided a dynamic framework to engage partners and deepen their understanding and role around obesity.

Improving Performance and Outcomes

Key Messages:

- What you do with your patients is great, but be aware of how the environments we live, work and play in don't necessarily help us make healthy choices
- Get actively involved in any local network to promote healthy weight and encourage your organisation to be actively involved in developing local solutions to local causes
- We won't reduce obesity prevalence without a WSA!

THANK YOU

www.leedsbeckett.ac.uk/wholesystemsobesity/

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