Sustainable Food Cities Conference
13 June 2019
PHE Whole systems approach to obesity programme

Margie van Dijk, Diet, Obesity and Physical Activity, PHE
Background

- 2007 – Foresight tackling obesities report
- 2008-2011 - Healthy Towns Programme (evaluation 2016)
- 2010/2012 - NICE systematic reviews and guidance
- 2013 – DsPH/ADPH obesity survey

Advise and assist the promotion of a whole system approach to tackling obesity and promoting healthy weight (n=84)

48% view as essential
WSO Programme Overview

- **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

- 4 year PHE/ADPH/LGA programme – managed by Leeds Beckett University

- Key outputs -

  - Published elected members briefing: [Making obesity everybody's business](#)
  - Systematic review: [Whole systems approaches to obesity and other complex public health challenges: a systematic review](#)

- Step by step guide, tools and resources
Co-development Process

Step 1  Co-development
Lewisham, Gloucestershire, North Kesteven and Durham

Step 2  Testing and evaluation
Oldham, Halton, Bradford, Solihull, Dudley, Hertfordshire and Suffolk

Step 3  Review
> 80 LAs expressed interest

Original Pilots
Additional LAs
Whole system approach-programme definition

• responds to complexity through an ongoing, dynamic and flexible way of working

• enables stakeholders, including communities, 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’s next and timelines

- **Now**—finalising guide in response to internal and external peer review

- **July 2019**—publication of national guide, resource, learning report through PHE Health Matters; plenary session at LGA CO conference

- **September 2019**—joint session with Sport England on whole systems approaches at PHE conference

- **Post- Publication support to local authorities and partners**—in development. To include webinars, and facilitating sharing learning across local areas

- **Ongoing**—share intelligence and learning with other programmes undertaking whole systems approaches—Trailblazer programme/Sport England LDP