

#### **Better Health Staffordshire (BHS) Citizens Inquiry Programme**

'To create the conditions to engage, involve and empower communities to understand, prioritise and coproduce solutions to address 'what communities and organisations can do together to help people be healthy, with a focus on healthy weight and active lifestyles'

Delivery (one inquiry per pathfinder area)

#### Recruitment

- Focus on most deprived wards, based on IMD
- Target residents from a cross section of the identified wards, across age (18+) gender and ethnicity
- Target residents who do not usually get involved in participatory processes
- Recruit a minimum of 12 participants, per Citizens Inquiry session
- Ensure venues are accessible
- Focus on health and wellbeing to maximise engagement

# PHASE 1 Citizens Inquiry Sessions

- Deliver a mix of face to face and online session
- Explore community health assets
- Explore root causes of obesity (causal mapping) \*
- Explore local needs, assets, experiences, and challenges
- Explore key issues that make it difficult for people to have high levels of health and wellbeing
- \*overview of casual mapping available

## PHASE 2 Commentator Sessions

- Invite commentators to speak on the issues that participants prioritised to further understand the possibilities and constraints
- Participants discuss their learnings and share back with the commentator.
- Participants engage and reflect on what they had learnt

### PHASE 3 Community led research

- Selected participants act as Community Explorers, acting as 'researchers' in their own neighbourhood to gather views from local people on healthy weight and active lifestyles
- Support Community Explorers to become skilled in interviewing-using open questions
- Support Community
  Explorers to create
  ways of recording
  resident views

### PHASE 4 Recommendations

Participants develop a set of recommendations that reflect the views of the majority and areas that need to be prioritised

#### **Outcomes**

Residents contributing their own socio-political understanding of obesity Aligning BHS with the assets, needs, challenges, experiences, and priorities identified by local communities

Enabling and empowering the community to have a voice in local decisions regarding BHS Co-designing of sustainable and effective solutions, developed via the system network, that contribute to the management and prevention of obesity

Mobilisation of empowered participants that can influence friends, family and colleagues to lead a healthier lifestyle