

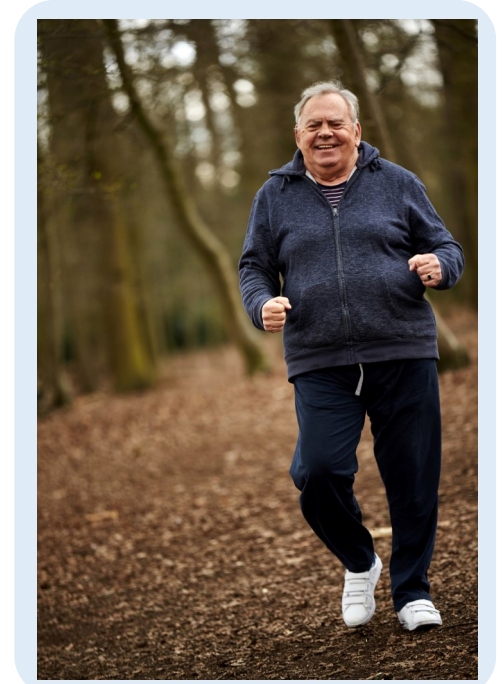
# Whole Systems Approach to Obesity

## What is Better Health Staffordshire?

Better Health Staffordshire is a Whole Systems Approach to support healthy weight and tackle the causes of obesity.

As a community we can work together to tackle high levels of obesity and promote a healthy weight in our area using a Whole Systems Approach.

We want to create a place where partners and communities work together to address the causes of obesity, promote a healthy weight and an active lifestyle.



## How is this different to what we have done before?

- This is about working together.
- We need long term changes that target and change system structures.
- Partners and communities can see where, and how, to change the system to shape a local action plan that makes sure that system change happens.



For more information and to sign up to the programme of events, please contact: [BetterHealthStaffordshire@staffordshire.gov.uk](mailto:BetterHealthStaffordshire@staffordshire.gov.uk) Watch the video here: [Whole systems approach to obesity - YouTube](#).

# Whole Systems Approach to Obesity

## Evidence - What can we learn about what works?

### The Environment

- The environment can promote physical activity in daily lives, enable active travel to get **to work, school or leisure activities**, and help people access and choose **healthier food options** on our **high streets**, around **schools** and in our **town centres**.
- Healthier options need to be **accessible, available, sustainable and affordable**. Taking into consideration cultural/ religious needs, allergy and calorie labelling.
- Employers should encourage employees to take part in physical activity.



### A Life Course Approach

- Support is needed for people who have a baby to achieve **and maintain** a healthy weight by eating a balanced diet and being **physically active**, before, during and after pregnancy.
- **Childhood** obesity can cause health conditions into **adulthood**, which in turn costs more money. **Tailored** plans are needed to meet individuals needs.
- Planning **spaces and facilities, responding** to what children and young people want, **school** and community programmes, active and **sustainable** school travel plans and helping children & families to be more **active** is needed.



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## Evidence - What can we learn about what works?



### Changing the System

- Using the “traffic light” system for **labelling** food, calorie count labels, reducing BOGOF offers and banning **adverts** for food and drink products that are high in fat, salt and/or sugar before 9pm.
- Using new **technology** to support us.
- Working in **partnership** will help to protect and improve people’s lives and reduce inequalities.
- Promoting a healthier weight will help people to access **healthier food**, enjoy **healthier diets** and live more **active lifestyles**.

### Community Engagement

- The actions that are required should be **sustainable** and **community wide**.
- **Community life, social connections** and having a **voice** in local decisions are all factors that have a contribution to local population health and wellbeing.



The full list of evidence and data is available by double clicking the icon on the right hand side. For more information and to sign up to the programme of events, please contact: [BetterHealthStaffordshire@staffordshire.gov.uk](mailto:BetterHealthStaffordshire@staffordshire.gov.uk)



Evidence Base v1